



# Grass Lake Community Wellness Initiative

## Summary for GLCWI Coalition Meeting

April 21, 2014 at 6:00 pm at Grass Lake Township Hall.

**Attendees:** Doug Moekel, Jim Stormont, Mike Hirst, Wendy Murdock, Ben Dandrow, Sue Weible, Debi Eneix, Joyce Sager, Veronica Zick, Diane DeBoe, Kathy Camilleri, Danny Hart, Joe DeBoe, David Atiyeh, Matt Pegouskie, Ruth VanBogelen

### 1. Welcome and introductions

2. **Presentation by David Atiyeh**, Chiropractor Neurologist provided a presentation called Diagnosis: What can I do to help my child?

3. **Stoker Field Update** – The track around the field at Stoker Field needs to be repaired. It is a popular walking location in Grass Lake. The field itself may be modified to become a soccer field. The track has been looked at to see how it could be repaired. There is concern that the asphalt may need to be repaired or replaced before the new rubber surface can be put on. More new later

4. **Grass Lake Walking Map update** – Kathy Camilleri has been working with the graphic artist at Chelsea Community Hospital to get the new Grass Lake Walking maps done. Kathy thinks the new maps will be ready in 6-8 weeks.

### 5. Review of 2012 MiPHY data – MiPHY is Michigan Profile for Healthy Youth.

Matt presented data from the 2010, 2012, and 2014 MiPHY survey.

- There was good news with several trends showing improved outcomes for especially with bullying, but also for alcohol and drug use.
- The numbers for physical activity and eating fruits and vegetables were both worse than previous years, and there was discussion about whether changing the time the survey was done caused the change in these numbers. In prior year the survey is done in the fall but this year it was done in the winter. In the fall students are more active than in the winter and fresh fruits and vegetables are more plentiful and lower cost. If the survey was done when all the snowstorms were happening, most people were less active.
- Students trying to lose weight still appears to be an issue
- Students who feel sad, considering suicide, attempting suicide still appears to be an issue.
- Action: Doug, Matt and Ruth will generate a list of health indicators prior to the next meeting. Coalition members can select to areas for the coalition to work on and then develop 5 year goals around these prioritized health indicators.

### 6. Any other items, any community announcements



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- Red Barrel – Matt met with Steve Rand and Mike Hirst to discuss the installation of the Red Barrel. There are still concerns about whether the proposed location is secure. Steve Rand will provide a plan about how the location can be secured.
- Sponsorship Intervention update. Doug has sent an email about what programs the coalition should sponsor. He will follow-up by email. If any changes are made, Doug will need to contact Amy at CWF to get the changes approved.
- Pickleball is becoming a popular sport and the township is considering options for how to get a court in Grass Lake. It might be possible to add lines to the existing tennis courts but Jim is also getting a bid to determine the cost of pouring concrete behind the township hall for a court.
- Volunteer Grass Lake website is back and working.
- Sue handed out a list of possible books for Community Read. Please send her your top two choices by Friday at noon. Her email is [weiblesm@myjdl.com](mailto:weiblesm@myjdl.com)
- Sue handed out the recipe cards from last year's Healthy Cooking Class – see Sue if you'd like a copy
- It was learned in a Grant writing class that we should be keeping track of volunteer time. This time can be used as in-kinds for many grants. The accepted hourly rate is \$22.13 per hour for volunteers.

### New Intervention ideas for Grass Lake's Year 3 Plan:

1. Community Garden
2. Wellness Center
3. STDI projects
4. Senior Center/Community Center
5. Swimming lessons in the lake
6. Library Fitbit club
7. Sidewalk on Mt. Hope Road to Prospect
8. **Grass Lake Girl Power** - Bringing together the strength of 3 community organizations, this intervention proposes to unite the Girl Scouts at the elementary school level, Girls On the Run at the elementary school and expand to a pilot program at the middle school, and the Girls Cross Country Team at the high school to promote fitness and positive self-image for girls. I can make a huge case for a girls only intervention. I thought we could build on the successful foundation already established at George Long Elementary School with the playground activities and the eat better programs.
9. **Grass Lake Cyber Cafe Web Portal and myApp with MyNutratek** - this offering brings myNutratek into the Grass Lake Schools, seeking a sponsoring organization like a corporation or even CWF for the first year. I am hoping that Manchester and Dexter also have interest in exploring this program. I



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can do a 15 minute overview, even an online demo if folks are interested. It's a really neat offering that expressly focuses on fitness and healthy weight through self reporting and establishing a personal health record. Its value is in the impact on health awareness, behavior and healthy choices and the availability of data to use for other interventions through customized reports

10. Safe Routes to school
11. George Long Elementary Healthy Choices, PTO
12. Playground equipment for preschool program
13. Frisbee Golf
14. Pickle ball courts
15. Grass Lake High School Physical Education Equipment - Mats for floor exercises. Mats are generally 4 x6 or 4x8 and used for floor exercising and heart monitors. Utilizing the equipment would be all GLHS freshman =100 and then all Sports and Rec classes 6 x 40 so total of all about 350 students, plus community members using facilities. We estimate 4 mats @ 250 each and 15 heart monitors at \$80 each for a total of approximately \$2200.
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