



Chelsea Friends and Family Wellness Coalition

Meeting: May 7, 2015 at 6 pm in Atrium B St. Joseph Mercy Chelsea

Attendees: Stephanie Willette, Andrew Thomson, Jane Thompson, Gary Maynard, Cindy Triveline, Jim Randolph, Dayle Wright, Zora Djuric Longworth, Liz Wilson, Judi Wilcox, Jennifer Smith, Melody Werner, Ruth VanBogelen

1. Introductions and dinner

2. Feedback from CWF on the Year 4 Plan and Marketing Memo.

- Overall the plan was well received by the CWF Comprehensive Wellness Committee who does the in depth review of Plans.
- A few questions or concerns about specific interventions were raised and Matt Pegouskie will contact intervention leaders directly to address these.
- In general, there was feedback from this committee that some of the intervention tables had grammatical errors, looked like cut and paste from previous year's tables, etc. – just not as “polished” as expected for a grant applications.
- The committee thought the request from the coalition to present a 5H market plan to the Community Advisory Council was a terrific idea and they fully support the coalition to move forward developing this idea.

3. Heart and Sole Race – May 9th. No volunteers to man a coalition table were identified at the meeting, but an email went out to the coalition the evening of the meeting asking anyone to contact Karla.

4. Marketing Team – Shawn was not able to attend so this agenda item was deferred to the next meeting

5. Brainstorming – what went well last year, what areas may needs improvement

- The new Prioritization method worked very well
- All the planning to lay out a calendar of agenda items last year worked well and the same calendar can be used for the upcoming year
- The term intervention may put off some people – it is a very medical term, maybe too sophisticated for a community audience, understood it is used commonly in healthcare. Maybe more people would submit ideas if we called it a grant opportunity? Continue to discuss. Likely we'd need to use intervention when presenting grants to CWF, but in our communication with Chelsea resident use the term grant??
- Once we decide about any specific objectives for the Year 5 plan, we should broadly solicit ideas for how to address the objectives to the Chelsea community members. Need to identify the mechanism to solicit ideas (request for proposal type thing).



- In the past the expectation about attending meetings if you had an intervention idea especially if it was funded by the coalition. Is this still the expectation for Year 5 interventions
- We should work more on the content of intervention tables. Suggestion was that Community Ed develops a class for how to write a wellness proposal to the coalition. Andrew Thomson and Melody Werner will work on this idea.

6. A look ahead – see below for a tentative agenda for meetings

7. Announcements:

- June 14 – Run for the Rolls, On the Track and Couch 2 5K programs start. Training is Sundays, Tuesdays and Friday at 6:30 pm on the High School Track. The race is Aug 29th at 12:30.
- Ashley Tomasi is the new Coalition Coordinator. She has an Masters in Public Health from the University of Michigan and a Bachelor’s degree in Communications from Albion College. She will start May 11th. Her email is Ashley@5healthytowns.org.

NO MEETING IN JUNE. Next meeting is TUESDAY July 7th at 6 pm in Atrium B at SJMC

- July 7 – review PAC and NEAT survey new data from fall 2014. Review 5 year plan – any changes
- August 4 – begin developing intervention list for Year 5. Should the coalition put out a request for any interventions to address specific areas
- September 3 – reports from Marketing and other teams on progress, develop list of which interventions will be reviewed in Oct, Nov, Dec.
- October 1 – begin advertising that requests new intervention ideas which will be due December 1, 2015., evaluation of some interventions
- November 5– Begin recruiting Plan Team members, evaluation of some interventions
- December 3 – review list of interventions for Year 5 Plan, evaluation of some interventions
- January 7 – Hear presentations from proposed Year 5 interventions
- February 4 - Hear presentations from proposed Year 5 interventions, Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.)
- March 3– review the draft plan, report from the Plan Team about the budget for the Year 5 Plan
- April 7– final touches of Year 5 which would be submitted next day