



## Grass Lake Community Wellness Initiative

Meeting January 19, 2015

6 pm

Grass Lake Township Hall

### Meeting Summary

**Attendees:** Doug Moeckel, Sue Weible, Wendy Murdock, Jim Stormont, Diane DeBoe, Stephanie Willette, Heather Davidson, Elaine O'Neill, Michelle Rankin, Sabrina Edgar, Marilyn O'Leary, David Atiyeh, Ruth VanBogelen

1. Introductions
2. Reviewed intervention and grant processes. See table on page 3 for a summary of where the Grass Lake Interventions are.
  - What interventions still need to be funded?
    - 2 interventions from the Year 2 plan have not been applied for yet, Eating Disorders and Momentum Youth Support Group
    - 2 interventions from the Year 3 plan have not been applied for yet, Events Sponsorships and Farmers Market Enhancements
3. Grass Lake meeting with St. Joseph Mercy Chelsea. Last week Doug and Matt met with Heather, Nancy Graebner and David Clayton to brainstorm to identify needs in Grass Lake the match with services from St. Joseph Mercy Chelsea . Many ideas were generated ranging from providing times for blood pressure checks to establishing an urgent care facility. Discussions will continue in the future – not decisions have been made at this time. Sue Weible commented that the Library likes to host meetings with health topics and would appreciate assistance with these.
3. Grass Lake Senior Center Update. The Senior Center is going to be operated by the Chelsea Senior Center. The sessions will be Tuesdays and Thursdays from 10-2 including a brown bag or pot luck lunch. A pilot session(s) will happen in March, but normal programming will start sometime in April. The sessions will be at the Grass Lake Township Hall. Funding is \$5000 from Coalition, \$10,000 from Coppernail and \$2500 from the Township.
4. Coppernail – is supporting the Sr. Center (\$10,000) and are in the process of expanding Coppernail to increase space to increase sales to increase the amount they can donate back to the community. Their expansion project is \$250,000 and they are working on grants.
5. Historical Society is also working on increasing operations including a space for the intra-urban train and for a Michigan Military History museum. They are also working on a historic walk which should be ready by spring.



## Grass Lake Community Wellness Initiative

Meeting January 19, 2015

6 pm

Grass Lake Township Hall

6. **Community Read** – the 2015 topic is Avoid Unhealthy Substances. In March and April they will be soliciting for ideas so if you have ideas for books on this topic send titles to Sue. Kick-off will likely be Heritage Day again which is September 12 this year.
7. **Healthy Cooking Classes** – last of the Year 2 classes is in February – bye bye bacon – good breakfast choices. Year 3 classes will be international foods with classes on food from Thailand, India, west coast, east coast, Great Lakes, own back yard. There will also be a bus trip to Eastern Market.
8. **Wellness Workshops in Feb, Mar, Apr.** David Atiyeh is hosting 3 meetings this spring at the Family Worship Center. They will be a 7 pm on the 4<sup>th</sup> Monday of Feb, Mar and April. The topics are: February – prevention of disease, March – pregnancy care, April – milestones parents should look for in child development.
9. **Diabetes prevention** - Elaine is working with the National Kidney Foundation of Michigan to host diabetes prevention program in Grass Lake. More details coming.
10. **Music and Memory.** Michelle received funding from the Chelsea Community Foundation to do a Music & Memory program at Silver Maples, UMRC and Senior Center. Research has shown that people with dementia and Alzheimer's benefit from listening to music which often increases their communication and decreases their need for medications for anxiety, etc. The program is to load music onto iPod Scuffles that the people enjoyed and they help them listen to the music. She is looking for volunteers to help find music, download music and put it on the iPods. Sue also told her the library has many music CDs and Jackson Library has digital access to music. There is a Kick-OFF meeting on March 22 showing the Video Alive Inside.
11. **Next Door Grass Lake** – nextdoor.com is website and Grass Lake has a page, for posting social activities and more in the community. You must be invited to the group. If you are interested in joining contact Diane DeBoe. Doug will send out an invitation to all participants of tonight's meeting.

Next meeting is Feb 16, 2015 at 6 pm at the Township Hall.



## Grass Lake Community Wellness Initiative

Meeting January 19, 2015

6 pm

Grass Lake Township Hall

	Intervention	Element	Award	eGRANT Application in	Funds Rec'd	Initiated	Completed	Evaluation to Coalition	Written report to CWF	Total years funded	Sum \$\$ across all years
Year 1	Most Teens Don't Marketing	AUS	\$ 5,360	yes	yes	yes	yes		yes	1	\$ 5,360
Year 1	Most Teens Don't Campaign	AUS	\$ 1,215	yes	yes	yes	yes		yes	1	\$ 1,215
Year 1	Healthy Food Prep	EB	\$ 5,825	yes	yes	yes	yes		yes	1	\$ 5,825
Year 1	Healthy Cooking Classes	EB	\$ 3,600	yes	yes	yes	yes		yes	1	\$ 3,600
Year 1	Long Elementary PTO	EB	\$ 2,600	yes	yes	yes	yes			1	\$ 2,600
Year 1	Food for Friends	EB	\$ 2,340	yes	yes	yes				1	\$ 2,340
Year 1	Wellness Center Business Plan	MM	\$ 25,000	yes	yes	yes	yes			1	\$ 25,000
Year 1	School Fitness Coordinator	MM	\$ 11,000	yes	yes	yes	yes			1	\$ 11,000
Year 1	HS Fitness Center Equipment	MM	\$ 10,690	yes	yes	yes	yes		yes	1	\$ 10,690
Year 1	Recreation Park Path Maintenance	MM	\$ 8,000	yes	yes	yes	yes		yes	1	\$ 8,000
Year 1	Community Parks Concept Drawing	MM	\$ 5,000	yes	yes	yes	yes			1	\$ 5,000
Year 1	Walking Program	MM	\$ 2,000	yes	yes	yes	yes			1	\$ 2,000
Year 1	Marketing		\$ 3,500							1	\$ 3,500
Year 2	Most Teens Don't	AUS	\$ 7,395	yes	yes	yes		yes		2	\$ 13,970
Year 2	Red Barrel	AUS	\$ 2,915	yes	yes	yes	yes	yes		1	\$ 2,915
Year 2	Project Safe Gradulation	AUS	\$ 1,000	yes	yes	yes	yes	yes		1	\$ 1,000
Year 2	Event Sponsorships	CWO	\$ 4,000	yes	yes	yes	yes	yes		1	\$ 4,000
Year 2	Community Read	CWO	\$ 3,000	yes	yes	yes	yes	yes	yes	1	\$ 3,000
Year 2	Coalition Marketing	CWO	\$ 3,000	yes	yes					1	\$ 3,000
Year 2	Momentum Youth Support Group	CWO	\$ 1,500							1	\$ 1,500
Year 2	Farmers Market enhancements	EB	\$ 4,840	yes	yes	yes	yes	yes		1	\$ 4,840
Year 2	Healthy Cooking Classes	EB	\$ 3,600	yes	yes	yes	yes	yes	yes	2	\$ 9,425
Year 2	Eating Disorders	EB	\$ 3,000							1	\$ 3,000
Year 2	Sports Trails Parks improvement	MM	\$ 38,905	yes	yes	yes	yes	yes		1	\$ 38,905
Year 2	School Fitness Coordinator	MM	\$ 23,846	yes	yes	yes	yes	yes	partial	2	\$ 34,846
Year 2	Walking Program	MM	\$ 2,000	yes	yes	yes	yes	yes		2	\$ 4,000
Year 2	Fit Families	MM	\$ 1,000	yes	yes	yes	yes			1	\$ 1,000
Year 3	Most Teens Don't	AUS	\$ 4,000	Dec-14						3	\$ 17,970
Year 3	Project Safe Gradulation	AUS	\$ 1,000	Dec-14						1	\$ 1,000
Year 3	Senior Activities	CWO	\$ 5,000	Dec-14	Jan-15					1	\$ 5,000
Year 3	Event Sponsorships	CWO	\$ 4,000							2	\$ 8,000
Year 3	Community Read	CWO	\$ 3,500	Dec-14	Jan-15					2	\$ 6,500
Year 3	Farmers Market enhancements	EB	\$ 55,000						2016	2	\$ 59,840
Year 3	Healthy Cooking Classes	EB	\$ 4,000	Dec-14	Jan-15					3	\$ 11,200
Year 3	School Fitness Coordinator	MM	\$ 12,000	Dec-14						3	\$ 46,846
Year 3	Sports Trails Parks improvement	MM	\$ 11,500	Dec-14						2	\$ 50,405