



Grass Lake Community Wellness Initiative

May 18, 2015 Meeting Summary

Attendees: Doug Moeckel, Jim Stormont, Anne McCrory, Ben Dandrow, Debi Eneix, Elaine O’Neill, Joe DeBoe, Diane DeBoe, Joyce Sager, Veronica Zick, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Elaine O’Neill presented on “My Choice My Health” a pre-diabetes prevention program that is run through the National Kidney Foundation. The program is free to participants and will be added to the list of proposed interventions for Year 4.

- Website: <http://www.cdc.gov/cdctv/diseaseandconditions/commonconditions/change-life-physical-activity.html#.VVozWOrTC2E.email>

3. The coalition worked on developing a schedule to review Year 3 Interventions

Intervention Name	Continuing	Request \$	Review
Healthy Cooking Classes	YES	\$4,000?	April Y2 (reviewed)
Farmer’s Market	YES	\$5,000?	September?
Sports/Trails/Parks	YES	?	June 15 th meeting
School Fitness Coordinator	YES	\$12,000- \$20,000?	June 15 th meeting
Community Read	No	-----	February (reviewed)
Senior Activities	YES	\$5,000?	Update at the July 20 th meeting
Event Sponsorship	?	-----	-----
Most Teens Don’t	?	-----	-----
Project Safe Graduation	YES	\$1,000?	July 20 th meeting

4. Interest was expressed in gaining more information on stress management. The coalition discussed setting up a time to speak with Jim Porter from StressStop. The coalition will speak with Jim in July.

5. New interventions Proposed:

- Community Garden- Joyce will talk to Renee-?
- My Choice My Health (Pre-Diabetes Program introduced by Elaine O’Neill)-\$5,500?
- Stress Management- \$4,000?
- Food for Friends-\$1,200?
- Library Fit Bit-Sue Weible?



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- Let Me Run (Running program for boys)- \$100 per student
- Safe Routes to School- Jim Stormont, Matt Pegouskie, Doug Moeckel-\$3,000?

6. Announcements

- All American Picnic-July 9th from 11 am-3 pm at the Wolf Club. There will be kayaking, canoeing, and pontooning.
- Farmers Market Open – 5 pm in WhistleStop Park. Markets are 1st, 3rd and 5th Wednesdays of the month and runs through September.
- Music in the Park– 6:30 pm in WhistleStop Park. Music in the Park is the 1st, 3rd and 5th Wednesdays of the month and runs through September.

Reminders

- Upcoming Meetings
 - June 15th at 6 pm
 - Intervention leaders presenting in June to prepare presentation to review Y3 interventions
 - July 20th at 6 pm
 - Project Safe Graduation and Senior Activities to present on Year 3 Interventions
 - Jim Porter to talk about StressStop
 - August 17th at 6 pm
 - Lori Kintz comes to talk about plan write-up
 - **September 1st**
 - **Intervention tables due!**