



Grass Lake Community Wellness Initiative

Meeting August 17th, 2015

Attendees: Jim Stormont, Ben Dandrow, Ashley Tomasi, Sue Weible, Michael Willis, Diane DeBoe, Joe DeBoe, Joyce Sager, Doug Moeckel, Art Franke, Ben Hamilton, Pat Richardson, Lori Kintz, Steve Moyer, Dawn Cuddie, Matt Pegouskie, Elaine O'Neill

1. Introductions

2. Intervention Review for Year 3:

School Fitness Coordinator- Ben Hamilton:

- Coordinator will be responsible for making sure that four grade levels of Students at the elementary school participate in structured, aerobic activities two times per week for 30 minutes per session during times that are independent of recess and physical education times.
 - 3 phases of the program: Building A Foundation, Building Muscle Strength and Endurance, and Building Agility and Coordination
 - Will measure using participation rates, # of minutes of exercise daily, heart rate (resting and active), timing of "pacers" (measured running), and flexibility
- Middle School after-school program will be added that focuses on calisthenics, aerobics, walking, jogging and other sustained activities to increase the students' heart rates and offer them praise toward self-confidence, while building an attraction toward physical activity.
 - Will measure by using pedometers, walking progress charts, nurse reports on heart rate and flexibility.
 - Brought in EMU students twice to do testing (pre and post testing)
- Wellness Warrior of the Week
 - Each Friday, the elementary fitness coordinator, PE teacher, and health teacher get together and discuss students who have excelled in our classes and choose three "Wellness Warriors of the Week".
- Leading up to Christmas the program did the "12 Days of Fitness" where they assigned students a day and they came up with an exercise to fit into the 12 Days of Christmas song.
- Presidential Youth Fitness Testing
 - This year they will use Pacer, Mile Run, Mile Walk, Curl Up, Trunk Lift, Push Up, Pull Up, Arm Hang, Sit and Reach, and Shoulder Stretch to assess if students are in their target fitness zone
 - Students made significant improvements throughout the year with as much as 98% improvement in trunk lifts, 59% improvement in pacers, and 80% in push ups.
- Goal: 100% participation in grades 2-5, while attracting as many as possible to the Middle School afterschool program
- Pat Richardson will be taking over the program for Ben Hamilton starting this year.
- Budget: \$12,000

3. **Guest: Art Franke from the National Kidney Foundation of Michigan visited the coalition to talk about a possible GLCWI partnership to offer the Diabetes Prevention Program (My Choice, My Health) in Grass Lake (flyer attached in email)**
- The Diabetes Prevention Program is geared towards those 18 and older who are interested in learning ways to prevent type 2 Diabetes.
 - Participants meet once a week over the course of 16 weeks, which are then followed by monthly maintenance sessions
 - Cost: **FREE**. The sessions are supported by the Chelsea-Area Wellness Foundation and AAA1b and is offered at no cost to qualified participants
 - The National Kidney Foundation is currently in the process of applying for funds to support this program through CWF. The coalition will also set aside funds to accommodate the program in the Year 4 Plan. If the National Kidney Foundation is granted funds before the coalition, the coalition will reallocate the set aside funds.
4. Guest: Lori Kintz came to the meeting to collect information for the Year 4 Plan
- This year the plan will be following a template that focuses on photos and testimonials.
 - i. Doug emailed the coalition a sample testimonial from Project Safe Graduation
 - *“I was involved with Project Safe Graduation for our 2014 graduating class. This event was fantastic!! We had several parents and students on the committee, including some great volunteers who didn't even have children in school anymore. Most of our work was raising funds and I was extremely impressed with the generosity of our small community. We were able to make it really fun and educational for our seniors! Great food, fantastic prizes and lots of activities! I really hope that we can keep this tradition going. What a great way to show our kids that we want them to be safe, healthy, happy and successful!” Sandra Tietsema, Grass Lake parent*
 - ii. Lori is requesting that intervention **photos and testimonials be due by September 14th**. Please send these materials to Ashley (ashley@5healthytowns.org) before the 14th so she can get them to Lori.
 - Matt and Ashley will send Lori a finalized list of all Year 4 Interventions
 - i. All Year 3 interventions were implemented
 - Ashley will be emailing intervention leaders to get updates on progress for Year 3 Interventions
 - The coalition voted to feature the Senior Center as a success story in the Year 4 Plan
 - Some areas of improvement discussed by the coalition was the need for more volunteers
 - Some lessons learned included learning the value of “piggy backing”/ coordinating events (having library cooking classes before the farmers market) and the importance of sustainability and continuing interventions.
 - Lori will be back at the September 21 meeting to unveil the first draft of the plan.

Current list for Year 4 Interventions:

Intervention Name	Continuing/New	Request \$	Review	Captain
Outdoor Yoga in the Park	NEW	?		?
Adaptive Movement	Decided to wait till year 5			-----
Community Garden	NEW			The coalition was unsure who the champion would be. Joyce?
My Choice My Health	NEW	\$5,500?		Elaine
Stress Management	NEW	\$4,000?		?
Food For Friends	NEW	\$1,200		Matt
Library Fit Bit	NEW	\$3,600		Sue
Let Me Run	NEW	\$1,000?		Doug
Safe Routes to School	NEW	\$3,000?		Matt
Healthy Cooking Classes	CONTINUE	\$4,200	April Y2 (reviewed)	Sue
Farmer's Market	CONTINUE	\$19,000?	October?	Diane
Sports/Trails/Parks	CONTINUE	\$30,000?	June (reviewed)	Jim
Fitness Coordinator	CONTINUE	\$12,000-\$20,000	August (reviewed)	Doug
Senior Activities	CONTINUE	\$5,000	July (reviewed)	Joyce
Project Safe Graduation	CONTINUE	\$1,000	July (reviewed)	Mike
	Total So Far	\$97,500		

5. Update on Outdoor Yoga in the Park- Matt Pegouskie

- The Chelsea Wellness Center is interested in implementing the program. Matt is waiting to hear back about the estimated cost. He will give an update at the next meeting.

6. Update on 5H marketing-Brainstorm ideas for CAC meeting

- The Community Advisory Community (CAC) that represents all of the 5H coalitions will be meeting on September 14th to discuss potential marketing ideas/ needs for the 5H coalitions.
- **Please email Ashley (ashley@5healthytowns.org) with your marketing needs/ideas for interventions and/or the coalition.**

7. Other Agenda Items

- The coalition signed a thank you card for Jim Porter, the Founder of StressStop, who called into the coalition meeting last month to talk about the importance of managing stress. The coalition is discussing a possible intervention for Year 4.

8. Announcements

- **Heritage Day Festival- Saturday, September 12th, 2015 from 10 AM-4 PM- Downtown Grass Lake.**
 - i. **Festivities include: a silent auction, military reenactments, vendor booths, a 5K run/walk, and Paul “The Critter Guy” for the kids!**
 - ii. **Please email Doug if you would like to help out at the GLCWI booth!**

9. Reminders:

- **Note – all draft intervention tables with budgets need to be ready by Sept. 1st.** Contact Matt (matt@5healthytowns.org) if you’d like help preparing the intervention table.
- **Next grant submission deadline October 2nd**

Upcoming meetings

September 21	-Intervention tables due Sept. 1 -Lori comes and coalition provided feedback on draft plan
October 19	Celebrate Y3 accomplishments
November 16	Review Most Teens Don’t
December – no meeting	
January	Review Community Read

Diabetes Prevention Program in the Works for Grass Lake

On the next page please see information about the Diabetes Prevention Program. We hope to bring this program to Grass Lake in the near future.



My Choice... My Health.

Diabetes Prevention Program



Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **My Choice... My Health: Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

.....
Move those muscles

.....
Control your portions

.....
Find your healthy weight

.....
Be part of a group

.....
Take back negative thoughts

.....
Stay motivated

.....
16 weekly sessions followed by monthly maintenance sessions

Location

New locations are being confirmed throughout Michigan. Visit nkfm.org/dpp for a current schedule of classes.

Register

Visit the National Kidney Foundation of Michigan at nkfm.org/dpp to sign up online or call the NKFM at 800-482-1455. Questions? Email preventdiabetes@nkfm.org.

Cost

This session of *My Choice... My Health* is supported by the Chelsea-Area Wellness Foundation and Area Agency on Aging 1-B and is offered at no cost to qualified participants.



National Kidney Foundation[®]
of Michigan



Area Agency on Aging 1-B
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