



## Chelsea Friends and Family Wellness Coalition

**Meeting: October 1<sup>st</sup>, 2015 at 12:00 pm in Atrium B St. Joseph Mercy Chelsea**

**Attendees:** Gary Maynard, Jane Thompson, Andrew Thomson, Dan Marthey, Stephanie Willette, Keegan Sulecki, Matt Pegouskie, Ashley Tomasi, Liz Wilson, Karla Bernath, Heather Davidson, Reiley Curran, Kathy Carter, Luman Strong, Jesse Kauffman

### 1. Introductions

### 2. Review of On the Move (Year 3)- Jane Thompson- presentation attached in email

- 1<sup>st</sup> Year of Funding-\$8,191
  - Work with elementary students, high school students, seniors, residents at the St. Louis Center, and WISD
  - 98 participants total
  - Classes ranged from 15-22 weeks in length
  - Total number of hours participants in the program exercised = 1571
  - Program has received lots of positive feedback. In addition to increasing physical activity, the program has produced a wide range of other benefits such as improvements in gross motor skills, memory, balance, and providing an avenue for participants to connect with others
  - Improvements for Year 4 include:
    - More props to encourage movement of different parts of the body
    - Wider range of music
    - Split the high school into two classes
    - Obtain more photos and of program participants
    - Have a class for teens at the St. Louis Center
  - The program will be implemented in Manchester this Fall. There are also discussions about the possibility of implementing it in Grass Lake

### 3. Review of the Ironclad Baseball Festival (Year 4)- Jon Van Hoek

- This will be tabled for the December meeting

Schedule of upcoming reviews:

| Intervention Name       | Plan Year | Review Month |
|-------------------------|-----------|--------------|
| Bulldog Fit             | 3         | December     |
| Chelsea Walking Program | 3         | November     |
| On the Move             | 3         | October      |
| Farmer's Market         | 4         | November     |
| SRSLY                   | 4         | December     |
| Camp Gabika             | 4         | November     |
| Community Read          | 4         | December     |
| Run for the Rolls       | 4         | November     |
| Heart and Sole          | 4         | November     |
| Ironclad Baseball       | 4         | December     |

Please let Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)) know if you need to switch your review month.



#### **4. Update on Areas of interest for the Year 5 Plan**

- The Coalition is interested in incorporate interventions centering on mental health, smoking cessation, and weight management for the Year 5 Plan. We are currently in the process of creating a resource map to gain a better understanding of what resources are currently available to address these areas in the Chelsea community.
- Heather Davidson attended the meeting to discuss the business health services offered at the hospital. They offer comprehensive corporate wellness services for area businesses, which include onsite presentations and wellness coaching for smoking cessation, weight management, and mental health.
- The coalition discussed the possibility of an intervention that addresses these areas, but is open to the community.
- The Coalition will continue to discuss the potential for interventions in these areas and continue compiling information for the resource map.

#### **5. CAC/5H Update**

- The Community Advisory Committee (CAC), which is made up members from all of the 5H Coalitions, met on September 14<sup>th</sup> to discuss marketing in the 5H communities
- The committee identified marketing of the Coalitions and individual interventions as the biggest needs in all of the 5H communities
- One solution the committee discussed was to develop a quarterly newsletter (electronic or mail?) with information on Coalition interventions and events that would go out to each of the 5H communities.
- The committee also discussed the possibility of renaming the coalitions (i.e. 5H Chelsea, 5H Manchester, 5H Stockbridge) to better distinguish themselves from other entities in the community
- Liz Wilson and Zora Longworth represented the Coalition at the meeting. Thank you both for volunteering your time to be a part of the committee!
- Next CAC meeting will be November 2<sup>nd</sup> at 6:00 pm at 5 Healthy Towns Foundation (5HF).

#### **6. Review of "Call for Proposals" Press Release-attached in email**

- The Coalition reviewed the "Call for Proposals" press release that will be going out to the Chelsea Community. Press release will be posted on the Foundation and Coalition Face Book pages as well as printed in the Chelsea Standard and Sun Times. Please share the press release with ANYONE you think may be interested in applying!
- We are also recruiting members for the Plan Team. The Plan Team is responsible for evaluating intervention proposals and making recommendation on which proposals should be included in the Year 5 Plan. Members must have no conflicts of interest (i.e. are not submitting a proposal for the Year 5 Plan. This is a 3 to 4 meeting commitment. If interested in being a part of the Plan Team, please email Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)).

#### **7. Other Agenda Items**

- Proposal-The library is interested in continuing Community Read in Year 5. For this intervention they would poll the community to select a book topic. They are currently inquiring to see if the other 5H communities would want to continue to be involved. They are proposing a budget of \$3,000.
- The Chelsea Senior Center will be having a Flu Shot Clinic/Health Fair October 21<sup>st</sup>. We are hoping to have a joint Coalition/Foundation table at the event. Please email Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)) if you are interested in participating or would like to have intervention materials displayed at the event.



## 8. Announcements:

- Jack Gantos, the author of this year's Community Read book *Hole in My Life* will be in Chelsea October 17<sup>th</sup> from 11:00-12:30 pm at the WSEC auditorium. During his visit, Gantos will give a presentation on his book, take questions, and sign copies of the book. Don't miss out!
- The Huron Waterloo Pathways Initiative will be having a kickoff event October 21<sup>st</sup> at 6:30 p.m. in the McKune Room of the Chelsea Library. Come join the meeting to learn more about the trails, see what progress is being made, get maps of the proposed trail system, and learn how you can get involved!
- Heart and Sole race organizers are looking to recruit members for their Planning Committee. If interested, the committee will meet starting in November from 8-9am either the 1<sup>st</sup> or 2<sup>nd</sup> Thursday of the month (TBD). Next year's Heart and Sole race will take place on May 21<sup>st</sup>, 2016.

**The November meetings will be the 1<sup>st</sup> Thursday of the month. Date is: November 5<sup>th</sup>, at 12:00 pm. The location will be in Atrium B at St. Joseph Mercy-Chelsea.**

## REMINDERS:

Upcoming Grant Submission Deadlines:

- October 2<sup>nd</sup>, 2015
- December 4<sup>th</sup>, 2015

\* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Year 4 Plan. Grant cycles run every two months. Intervention leaders will apply for funds according to the dates requested in the intervention table (i.e. date funding required)

Tentative coalition meeting schedule for 2015-2016.

- November 5– Continue 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