



## Chelsea Friends and Family Wellness Coalition

**Meeting: January 7<sup>th</sup>, 2015 at 12:00 pm at St Joseph Mercy Chelsea, Atrium B**

**Attendees:** Gary Maynard, Andrew Thomson, Stephanie Willette, Ashley Tomasi, Karla Bernath, Reiley Curran, Kathy Carter, Luman Strong, John Hanifan, Jim Randolph, Raysha Simon, Kerri Ralls, Keegan Sulecki, Jane Thompson, Jon Van Hoek, Cindy Triveline, Debi Weiker, Lynn Fox

### 1. Introductions

### 2. Year 5 Proposal Presentations- All presentations can be viewed on our website under "Year 5 Proposed Interventions":

<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=358>

- SRSLY- Reiley Curran
  - Budget
    - \$20,000- 5<sup>th</sup> year requesting funding from the coalition
  - Description
    - A community coalition dedicated to preventing destructive behavior in youth. . SRSLY uses multiple strategies and a focus on youth leadership and community engagement to prevent youth substance abuse.
  - Target population:
    - Youth ages 10-15
  - Goals:
    - Increase coalition capacity to prevent and reduce substance abuse among youth by strengthening collaboration.
    - Reduce substance abuse among youth by addressing the factors in a community that increase risk of abuse and promoting factors that minimize risk.
  - Key evaluation data:
    - Some measures include number of people who sign up to receive emails, total volunteer hours, total amount of money raised, website traffic, Facebook followers, Hip and MiPHY data.
  
- Bark Park- John Hanifan
  - Budget:
    - \$15,000- 1<sup>st</sup> year requesting funding from the coalition
  - Description
    - The city of Chelsea is proposing the creation of a 1.1 acre dog park that would be located near the waste water treatment plant
  - Target population:
    - Dog owners of all ages
  - Goals:
    - Provide an additional recreation area for Chelsea residents.
    - Build a sense of community
  - Key evaluation data:
    - Surveys of registered participants
  
- Camp Gabika- Andrew Thomson



- Budget:
  - \$8,100- 4<sup>th</sup> year requesting funding from the coalition
- Description:
  - Provide a healthy daily environment for campers with a focus on movement, healthy choices and friendship. Camp Gabika focuses on providing children with a great experience during the summer months out of school.
- Target population:
  - Youth ages 5-12
- Goals:
  - Educate campers about healthy decision-making
  - Encourage campers to work together and grow bonds with their peers
  - Involve the campers with the many different groups in the Chelsea area (Seniors, Library, Police & Fire Dept., SRSLY, etc.)
- Key evaluation data:
  - Measure the total minutes of physical activity (games, walking, etc.)
  - Measure the number of healthy snacks consumed
  - Survey of campers and healthy decision-making
  - Survey of parents and healthy decision-making at home
- Indoor Walking Trails-Luman Strong
  - Budget:
    - \$1,200- 1<sup>st</sup> year requesting funding from the coalition
  - Description:
    - CSD Indoor trails consists of placing a map on a prominent wall in each of the four school buildings and the WSEC detailing lengths of all major halls and several walking routes with distances outlined. Employees of each building and students will be encouraged to reference the map to track daily miles walked and to use the designated walking routes on off-time.
  - Target population:
    - All ages. Students, staff, and community members
  - Goals:
    - Use school facilities to foster exercise among staff and students and to promote convenient exercise paths and exercise information for the community.
  - Key evaluation data:
    - Number of participants
    - Number of events and spin-off events held as a result of the walking trails
    - Number of miles of trails offered
    - Success stories
- Heart and Sole-Karla Bernath
  - Budget:
    - \$2,000-5<sup>th</sup> year requesting funds from the coalition
  - Description:
    - An annual 5k, 10k, and 2 mile running and 13.8 mile biking event, open to kids and adults.
  - Target population:
    - All ages



- Goals:
  - 700 participants “Moving More”
  - Raise Funds for Behavioral Health Services
- Key evaluation data:
  - Feedback on the event
  - Funds raised
- Ironclad Baseball Festival- Jon Van Hoek
  - Budget:
    - \$1,000-2<sup>nd</sup> year requesting funds from the coalition
  - Description:
    - The Ironclad Vintage Base Ball Festival is a one-day celebration of baseball played by the rules of 1860, with an emphasis on fellowship, sportsmanship and community. 2016 will be the second Ironclad hosted by Chelsea’s clubs, the Monitors and Merrimacks. Approximately 12 mens and ladies clubs from around Michigan and Ohio will participate.
  - Target population:
    - All ages
  - Goals:
    - To provide a family-friendly, free event centered around the pastime of vintage baseball, which promotes exercise sportsmanship and enjoyment, in addition to connection with fellow community members.
    - To continue the same essential goals of the Ironclad Festival at all our local matches & practices. Inclusive, affordable and engaging entertainment & exercise. We make a special effort to reach out to area senior residents to come enjoy a local attraction that harkens back to a simpler time.
  - Key evaluation data:
    - Attendance
    - Feedback from participants and community members

Thank you to all of our presenters! Next month we will be hearing proposal presentations from:

- Adaptive Movement for All
- Community Read
- Run for the Rolls
- Farmers Market
  - Note: Ballroom Dancing has decided to withdraw its proposal from this year’s plan

**3. Action item:** Vote to transfer unused year 4 fund to Chelsea Community Kitchen’s pilot program

- The Coalition voted on transferring unused Year 4 funds from the School Nutrition Activities intervention to the Chelsea Community Kitchens new Kids Cook pilot program (see attached intervention table and budget in email).
- The coalition voted to approve the transfer of funds.

**4. Other items/Announcements:**

- The Community Advisory Committee (CAC) will be creating a brochure to go out to the 5H communities using combined 5H marketing funds. The brochure will include information on each coalition and a description of the intervention that are currently being implemented.
- Please email us with ideas for any additional items you would like included in the brochure. Deadline is January 20<sup>th</sup>.



**The February meeting will be the 1<sup>st</sup> Thursday of the month. Date is: February 4th, at 12:00 p.m. in Atrium B at St. Joseph Mercy Chelsea**

**REMINDERS:**

Upcoming Grant Submission Deadlines:

- February 5<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.

- February 4 - Hear presentations from proposed Year 5 interventions
- March 3– Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.) report from the Plan Team about the budget for the Year 5 Plan.
- April 7– review the draft Year 5 plan and make any final touches. Submit plan.