



Chelsea Friends and Family Wellness Coalition

Meeting: October 6th, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Yael Dolev, Reiley Curran, Karla Bernath, Jesse Kauffman, Courtney Stinson, Keegan Sulecki, Liz Wilson, Jim Randolph, Jon Van Hoek, Luman Strong, Tedi Milgrom, Lisa Carolin, Andrew Thompson, Cindy Burdette, Ashley Tomasi

1. Introductions

2. Update on Healthy Grocery Store Intervention-Wellness Weekends at Polly's-Courtney Stinson (see presentation attached)

- Courtney Stinson is intervention lead for the Healthy Grocery Store Initiative at Polly's Country Market. The intervention was started in Year 1. Funding for the intervention was also incorporated into the Year 2, 3, and 4 Plans. Funding from Years 3 and 4 is being used to implement a new program called Wellness Weekends.
- Washtenaw County Public Health Department is also a collaborator and funding source for the intervention
- Funding will be used to support weekend events and programming facilitated by a Registered Dietitian to promote fruit and vegetable consumption, build awareness for healthy eating, and to provide nutrition education to shoppers.
- Activities include tastings, grocery store tours, children's activities and games
- *Check out Polly's 10/15 for Fall Crockpot Cooking and 10/16 for Spooky Halloween Fun!*

3. Review of Camp Gabika-Year 5 (Andrew Thomson)-the review will be rescheduled for a future meeting

- 4th year of funding-\$8,100
 - # of participants?
 - Participants' total minutes of physical activity?
 - # of healthy snacks consumed?
 - # of healthy decision making surveys collected for campers and parents?

4. Review of Ironclad Baseball Festival-Year 5 (Jon Van Hoek)-see presentation attached in email

- 2nd year of funding-\$1,000
 - Around 300 people participated
 - Along with the Ironclad event, the Monitors had 5 other games in Chelsea and 25 practices. All free and open to the public
 - Feedback: The Monitor and Merries received an outpouring of positive feedback on the event
- *Below is the fall 2016 schedule for reviews. Please email Ashley with any questions on the templates or the upcoming reviews (ashley@5healthytowns.org)*

Year	Intervention	Review Month 2015	Review Month 2016
4	Adaptive Movement	October	November
4	Healthy Selfies	---	November
4	SRSLY	December	December



5	Farmers Market	November	December
5	Camp Gabika	November	October (reschedule)
5	Run for the Rolls	November	November
5	Heart and Sole	November	August
5	Ironclad Baseball Festival	December	October
5	Indoor Walking Trails	--	Fall 2017?
5	Bark Park	---	?
5	Bike Racks	---	Fall 2017

5. Continue developing a list of interventions for Year 6. Are there areas or specific interventions we want to put out a request for? Suggestions from last meeting include: eat better, smoking prevention/cessation, and mental health. Deadline to notify the Foundation that you plan to put in a proposal for a new or continuing intervention is December 2nd 2016.

- The coalition agreed on the above areas of need
- Potential new interventions for the Year 6 plan:
 - Healthy Art Activity-target youth or seniors
 - Youth Healthy Eating Coordinator-person to connect already existing 5H youth nutrition programming. Possible collaborators include the farmers market, Chelsea Community Kitchen, Intergenerational Garden, and Camp Gabika
 - Walking Program Marketing
 - Sponsorship for the Huron Waterloo Pathways
- Below is a list of interventions that coalition members would like to be considered for the Year 6 plan.

Intervention Name	Request to be considered for the Year 6 Plan	Budget
SRSLY	Yes	?
Run for the Rolls	Yes	?
Heart and Sole	Yes	?
Farmers Market	Yes	?
Camp Gabika	Yes	?
Adaptive Movement	Yes	?
Ironclad Baseball Festival	Yes (pending decision by CMB)	?

Potential New Intervention Ideas for Year 6

- Healthy Art Activity-target youth and seniors
- Youth Healthy Eating Coordinator-person to connect already existing 5H youth nutrition programming. Possible collaborators include the Farmers Market, Camp Gabika, Chelsea Community Kitchen, and Intergenerational Garden
- Walking Program Marketing
- Sponsorship for HWPI



- Wellness Weekends-funding for program's continuation

6. Recruiting for this year's Plan Team. We are looking to recruit 3-6 members.

- Anyone who is not submitting a proposal for the Year 6 Plan is welcome to be a part of the team. The Plan Team is responsible for reviewing proposals and recommending interventions to be incorporated into the upcoming comprehensive wellness plan. This will be a 3-4 meeting commitment.

7. Other Items/Announcements

- **5H Coalition Strategic Planning and Visioning Sessions to develop an action plan for the future of the coalitions concluded on October 5th**
 - 3 sessions to develop an action plan for the next 3 years of the coalition were held in Sept-October.
 - 6 members of the Chelsea Friends and Family Wellness Coalition will be participating
 - Reiley Curran
 - Jesse Kauffman
 - Gary Maynard
 - Shawn Personke
 - Liz Wilson
 - Andrew Thomson
 - The action plan that was developed will be presented at an upcoming meeting for review and feedback from the coalition
- **The 5H Magazine *Connected* will go out to our service area through EDDM the week of October 17th**
 - An electronic version of the magazine will also be available on the 5 Healthy Towns website

Our next meeting will be November 3rd at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room.

REMINDERS:

Upcoming Grant Submission Deadlines:

- December 2nd*

* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Wellness 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 2016-2017.

- November 3 – Continue with evaluations of some interventions (Run for the Rolls, Healthy Selfies, Adaptive Movement, Camp Gabika?)
- December 1 – Review list of interventions for Year 6 Plan, evaluation of some interventions



- January 5 – Hear presentations from proposed Year 6 interventions
- February 2 - Hear presentations from proposed Year 6 interventions, Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.)
- March 2– review the draft plan, report from the Plan Team about the budget for the Year 6 Plan
- April 6– final touches of Year 6 which would be submitted next day