



Grass Lake Community Wellness Initiative

Meeting October 17th, 2016

Attendees: Doug Moeckel, Ben Dandrow, Jim Stormont, Dawn Cuddie, Kathy Walz, Katie Fendt, Joe DeBoe, Diane DeBoe, Annie Lavergne, Sabrina Edgar, Matt Pegouskie, Ashley Tomasi

1. **Introductions**

2. **Final Review of Year 5 Plan: The coalition will review and provide feedback on the final version of the plan. Intervention list and budget below:**

Intervention Name	Budget	Coalition Review: Year 4
Healthy Eating Classes	\$4,200	Reviewed in May 2016
Project Safe Graduation	\$1,000	Reviewed in June 2016
Farmers Market	\$20,000	Reviewed in January 2016
Volleyball Courts	\$10,000	August 2016?
Food for Friends	\$1,500	December 2016
Senior Activities	\$5,000	August 2016
Outdoor Yoga	\$1,000	September 2016
My Choice My Health	\$5,500	Fall 2016
Safe Routes to School	\$20,000	Reviewed May 2016
Marketing-Event Sponsorships	\$5,300	N/A
Outdoor Activity Boxes	\$1,100	N/A
Grass Lake Event Application	\$400	N/A
TOTAL	\$75,000	---

- GLCWI members reviewed the final draft of the Year 5 plan and provided feedback. Feedback was sent to Lori who will make edits and finalize the plan.
 - Thank you to coalition members for your feedback and suggestions!
3. **The Year 5 Plan will be reviewed by CSI on November 2nd. If approved, it will go to the Board for review on November 28th. We will need 2 members of the coalition to present at that meeting on the plan for it to be approved. Any volunteers?**
 - Sabrina Edgar and Dawn Cuddie will present at the November 5HF Board meeting. Thank you both for volunteering your time to present!

 4. **Discuss plans for a celebration for Year 4 accomplishments. Do we still want to do it in November? Location? Activities? Food?**
 - The coalition has an annual celebration event for the past year's accomplishments. Last year's celebration was held in November.
 - This year's celebration will also be held in November in lieu of our next meeting
 - Celebration will be held at the Grass Lake Township Hall from 6 pm – 7pm



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- Snacks will be provided by the 5 Healthy Towns Foundation. Homemade dishes are also welcome!
- The ping pong table will be set out for anyone who would like to play.
- We hope to see you there!

5. Recap of 5H Strategic Planning and Visioning Sessions-moving forward

- The 5 Healthy Towns Foundation held 3 coalition strategic planning sessions from September-October to guide the next three years of the 5H coalitions
- Members from each community coalition participated. Groups worked over the three sessions to develop an action plan
- Participants from Grass Lake were: Jim Stormont, Michael Willis, Dawn Cuddie, Ruth Riedeman, and Ben Dandrow
- The group will present the action plan at the January meeting

6. Other items/Announcements

- Katie Fendt from St. Joseph Mercy Chelsea will be taking Elaine O'Neill's place at the St. Joseph Mercy Chelsea Hospital representative for Grass Lake. Welcome Katie!
- Kathy Walz is St. Joseph Mercy Chelsea's new Behavioral Health Navigator. She will be working in all 5 Healthy Towns. Kathy will work with residents to connect them with mental health resources and to develop action plans. She is in the process of developing a schedule and finding a permanent location in each community. If you would like to speak to Kathy you can reach her by calling 734-680-5312.
- The Grass Lake Walks will be switching their starting location for November and December. Instead of meeting at the school, the walks will leave from local coffee shops. Check Facebook <https://www.facebook.com/Grasslakewalks/> or Next Door <https://nextdoor.com/events/429117/> for updates
- Pavilion-In the process of hiring a new architect for the project, which they anticipate will have lower cost and lower maintenance
- Grass Lake Senior Center Veteran's Day Program and Open House. November 11th, time TBD.

Reminders:

- ***Next grant submission deadline is December 2nd***

Upcoming meetings

November 21 st	Celebration meeting. We will not be meeting in December.
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