



Grass Lake Community Wellness Initiative

Meeting March 20th, 2017

Attendees: Doug Moeckel, Ben Dandrow, Jim Stormont, Dawn Cuddie, Joe DeBoe, Dianne DeBoe, Annie Lavergne, Joyce Sager, Katie Fendt, Janine Staudinger, Sue Weible, Jeremy Hodges, Michael Willis, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Continue work on the new strategic plan draft. Review revisions made at last meeting to goal # 1 and work to further develop goal # 2 and 3

- See updated strategic plan attached in email
- May need to find another lead for Goal 1, Strategy 4
- Goal 2
 - Strategy 1
 - Move timing for the strategy 1 to the end of 2018. Add Matt Pegouskie as support to the lead.
- Goal 3
 - Strategy 1.
 - Strategy 1 was broken up into 2 parts. Need to identify leads
 - Strategy 2
 - Need to identify leads
 - Strategy 3
 - Need to identify leads
 - Strategy 4
 - Update timing to February 2018. Ashley and Matt will provide Dawn and Ben with Chelsea Intervention Table for Healthy Grocery Store.
- If interested in becoming a lead for any of these initiatives please email ashley@5healthytowns.org

3. Recap of Spring Business Expo and Craft Show, March 18th, 10am-4pm, Grass Lake High School

- Great turnout for the event, the booth was busy all day.
- Giveaways that the coalition decided on at the last meeting (Frisbees, magnets, stress balls) went over very well
- 6 people asked to be added to the coalition's email list
- Thank you to all the coalition members who volunteered their time to be at the coalition booth!

4. 5H/CAC Update

- The Community Advisory Committee (CAC) is made up of representatives from each of the 5 Healthy Tows Coalitions. The group meets 4-6 times per year. Meeting often include a speaker or educational component and representatives are given an opportunity to provide updates on their coalitions.
- For the coming year the CAC recommends swapping one of their regularly scheduled meeting for a 5H large group meeting, similar to what was done for the strategic planning sessions. Coalition members would be invited to share updates, strengths, and challenges



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with the group. An educational component would also be tied into the group meeting. Marketing was an area of improvement mentioned by all coalitions at the strategic planning sessions. The Foundation would look to bring in a speaker or expert on this topic for the first large group meeting.

5. Other items/Announcements

- St. Joseph Mercy Chelsea Hospital is looking to start a session of the Diabetes Prevention Program My Choice My Health in the next month. The coalition put in funding for the program in the Year 5 plan, but that programming is not slated to start until 2018. Looking for a possible location for the classes. One suggestion was the Grass Lake Senior Center. More information to come.
- Jeremy Hodges from Robin Hills Farm joined the coalition for the meeting to relay information on programming and events at the farm.
 - Robin Hills Farm is located at 20390 M-52, Chelsea, MI 48118 and will officially open on August 5th
 - Robin Hills is an eco-farm and agritourist destination. The Farm will feature educational events and activities on farming, stewardship, healthy eating, and more. There will also be a location available on the grounds for weddings and other special events.
 - Robin Hills Farm is interested in exploring possible way to partner with the coalition and 5 Healthy Towns in the future.
 - For more information visit www.robinhillsfarm.com
- Kathy Walz, St Joseph Mercy Chelsea Hospital's Behavioral Health Navigator, has found a location for consultations in Grass Lake. Kathy will be available one time per week at the Copper Nail
- Next scheduled run for the Grass Lake Road Runners Group is Saturday, March 25th. The group leaves from the Roaming Goat at 8 a.m. Runners of all ages and abilities welcome.

Reminders:

- ***Next grant submission deadline is April 7th***

Upcoming meetings

April 17th, 2017	Continue work on the strategic plan. Intervention review: Healthy Eating Classes
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