



Grass Lake Community Wellness Initiative

Meeting April 17th, 2017

Attendees: Doug Moeckel, Ben Dandrow, Jim Stormont, Dawn Cuddie, Dianne DeBoe, Sabrina Edgar, Annie Lavergne, Joyce Sager, Steve Moyer, Katie Fendt, Sue Weible, Nicole Frazier, Jennifer Lapp, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Review of Year 4 Healthy Eating Classes – Sue Weible

- Years funded:
 - 4
- Description:
 - Provide monthly classes featuring healthy eating topics and food preparation. Each program will include demonstrations, handouts, taste samples, and a question-and-answer period with a food professional. Each program will highlight a selected cookbook and use published recipes with modifications if necessary.
- Target Population
 - Adults
- Goals:
 - To teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee
 - Intervention met the monthly goal of providing an interesting topic using healthy recipes and ideas from selected cookbooks
 - Offer taste samples, printed recipes, and information that can be applied to home use.
 - Reach 35 – 40 regular adult attendees
 - Average 39 per event
 - Encourage the purchase of locally sourced products
 - The presenter used food sources from local markets, farm stands, and ethnic stores. A shopping guide brochure, with maps and directions, was distributed to the patrons
 - Offer an Eastern Market outing to highlight a successful Farmers Market
 - A return trip to the Eastern Market was a summer highlight, and exposed some people to a wider variety of diverse shopping options.
- Key data:
 - Number of classes held
 - 12 + Eastern Market trip
 - Total number of participants
 - 517
 - Total number of surveys collected
 - 412
 - Number of flyers distributed
 - 72
 - Number of promotional brochures distributed



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- 100
- Number of recipe handouts distributed
 - 12 monthly 5 page color handouts
- Units of engagement
 - 6,024

3. Update on Jackson YMCA classes at the High School – Jennifer Lapp

- POUND and Pilates classes at the high school have been well received and well attended. Some classes as high as 35 participants.
- The site at the high school where classes are currently held will be closed for the summer. The YMCA is looking for other locations in Grass Lake to hold classes
- Classes are currently Monday and Wednesday evenings
- Suggestions included:
 - The middle school cafeteria
 - Senior Center
 - Area Churches
 - New Pavilion
 - Jennifer will schedule a time with Doug to see the school space, as well as explore the other locations mentioned above

4. Grass Lake Strategic Plan – Feedback on changes? Looking for action leads

- The coalition is comfortable with the changes made to the plan from last meeting
- We are looking for action leads for the following items in the plan. Email Ashley if interested in leading one of these initiatives
 - Goal 1, Strategy 4
 - Goal 3, Strategies 1-3
- Goal 1, Strategy 3 has been completed. The banner has arrived and will be hung on Mount Hope Rd. Thanks, Sabrina!

5. Feedback on the GLCWI Handout

- Please provide Ashley with any edits by April 27th
- We are aiming to have the handout as an insert for the May 11 mass mailing of the Grass Lake Times

6. Other items/Announcements

- Representatives from GLCWI will attend the Governor's Fitness Awards Banquet on April 20th. The winner of the Active Communities Award will be announced at the event. Grass Lake is one of three communities nominated for the award
- Grass Lake Road Runners every Saturday for runners of all abilities. Group meets at the Roaming Goat at 8 a.m.
- On Tap and Uncorked - Grass Lake Educational Foundation Fundraiser – May 19th, 7:00 p.m. – 10:00 p.m., Grass Lake Depot. Must be 21 or over to attend. Tickets \$25 per person. Call 734.845.4586 for tickets



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- We have broken ground on the new Grass Lake Pavilion!

Reminders:

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

Upcoming meetings

May 15th, 2017	Intervention Reviews
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