



Grass Lake Community Wellness Initiative

Meeting May 15th, 2017

Attendees: Doug Moeckel, Jim Stormont, Dawn Cuddie, Dianne DeBoe, Joe DeBoe, Joyce Sager, Michael Willis, Rebecca Arnold, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. GLCWI Active Communities Award Photo

- Tabled

3. Update on GL Events App- Michael Willis

- The platform for the app has been switched to Google Calendar. It offers many of the same features and is free
- The app allows an administrator to add information on events and even allows for flyers and website links to be attached.
- Testing is still in process. We would like members present at the meeting to try out the app. *Please send feedback!*
- Coalition members may begin sending events they would like added to the calendar.

4. Patient Advocacy Discussion – Joyce Sager and Rebecca Arnold

- Rebecca is interested in facilitating workshops to teach residents about Patient Advocate Designations and Medical Directives. Participants would complete and execute these documents upon completion of the workshop. The workshop would provide participants with information, materials, and documents that will serve as part of their overall estate planning.
- Workshop would apply to anyone 18 +
- Workshop may fall a bit out of the Foundation's scope
- The Foundation will assist Rebecca in making connections to other community partners who may be able to provide financial assistance.

5. Update on Yoga by the Lake. Recap of Year 4 and information on Year 5 sessions

- Recap for Yoga by the Lake (Year 4)
 - 7 events held
 - Average 10-11 people per session
 - Classes were held at 11 am at the County Park in Grass Lake
 - Yoga mats were used as giveaways
- Year 5
 - Per participant recommendation, classes will be moved to 10 am, and will be held at the same location
 - Giveaways for this year will be Yoga bricks
 - Looking to spread events out to include a larger fall event (possibly Heritage Day)
 - Classes will begin the first Saturday in June

6. Other items/Announcements

- Set up schedule for summer intervention evaluations



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- Ashley is in the process of finalizing the schedule and will send out via email shortly.
- Traffic Jam'In – July 7th and 8th. Special musical guest Sponge
- Traffic Jam'In 5K – July 7th
- Grass Lake Farmers Market – Wednesdays, May 10 – September 27th, 4 – 7 pm, Whistlestop Park
- Music in the Park – 1st and 3rd Wednesdays, May 3rd – September 21st, 6 – 8 pm, Whistlestop Park
- Grand Opening of Lost Railway Museum – July 1st

Reminders:

- ***Next grant submission deadlines are June 2nd and August 4th***

Upcoming meetings

June 19 th , 2017	Intervention Reviews, depression discussion, begin developing a list of intervention for the Year 6 Plan
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