

Stockbridge Area Wellness Coalition Meeting Agenda
Thursday, October 20th, 2016, 6:00 p.m. Stockbridge MS/Admin. Building, Rm. 108

SAWC Board members: Jo Mayer (Chair), Molly Howlett (Vice Chair), Tonya Sexton, Kelly Schmidt, Emily Stewart, Erin Darlington, Karen Smith, Suzi Greenway, Mary Gibson

Sub-Group Chairs: Eat Better—Mary Gibson, Avoid Unhealthy Substances—Tonya Sexton, Making Healthy Connections—Paul & Jo, **Move More**—Jo Mayer, **Stockbridge SRSly Coordinator:** Emily Stewart

6:00 – **Introductions**

6:05-**Review of 2016 MiPHY data for Stockbridge**

6:25- **Introduction to Kathy Walz, St Joseph Mercy Chelsea’s New Behavioral Health Navigator**

6:35-**Updates on *Stockbridge Community News*. Is there still interest in having a monthly wellness column?**

6:45-**Updates from subgroups**

- Eat Better – Open Air Market each Friday through mid-October, 4 – 7 p.m.:
Current interventions: Heritage Healthy Snacks, Tide Me Over, Learning by Doing Cooking Project
- Move More –Sunday walks:
Current interventions/issues: Pathway to Beckwith Preserve; Maintenance of Trails, Update on Lakelands Trail Park- looking for donations to complete the project; Replacement of broken edging around playground behind old middle school; Small Towns Design for Athletic Fields; Wellness Center Be Fit; 5H Bike Racks
- Connect with Others –Foundation’s first issue of *Connected* will be in mailboxes this week.
Counseling Support Grant: Stress Free Me started another session for 6th/7th grade girls; Purchase of more Stress Stop Materials; Final Grief Group support group meeting scheduled for December 13; Community Brochure went out in mid-September;
- Avoid Unhealthy Substances-updates from SRSly: Tailgate party, Sticker Shock, Community Read, Conferences attended...

6:55- **Role for the coalition in the 5 Healthy Towns property tax challenge**

7:05– **Announcements**

- 1st Sunday walks start at 2 p.m. at the Library
- Free parent/child playgroup for ages 1- 4 on Tuesdays at the old middle school, call 517-244-1267 to register
- Family Halloween Party, October 28, 7 – 8:15pm at Heritage, fundraiser for Outreach, aimed at PK – 3rd grades. HELP NEEDED!
- 8th & 9th grade SRSly/PTO/Class of 2021 Dance at high school
- Grief & Loss Support Group, Free, Tuesdays, 6 p.m., Room 108, old middle school. Call 517-788-4730 for info. New members welcome!
- Munith Halloween Parade, October 29, 2 p.m in Munith
- Month of November: Stockbridge Library Silent Auction
- SHS Jazz Band & 6-8th grade band fall concert, Nov. 2, 7 pm
- Barons of Brass Concert at Town Hall, November 13, 3 p.m.
- Kids Night Out, November 18, 6:30 – 8:30; 6th – 8th grade Neon Dance 9 – 10:30pm, Heritage
- Small Business Saturday and OAM indoor Market, Nov. 26
- Bumbershoot postponed until February or March 2017...

7:15- Adjourn

Our next meeting is scheduled for November 17th at 6 p.m. in the old middle school, room 108, featuring a National Issues Forum on “How Should we Reduce Obesity in America” with a video and workbooks (see Jo for an advanced copy of the workbook or download a version from <https://www.nifi.org/en/issue-guide/how-should-we-reduce-obesity-america> . Session to be led by Campbell Laird, followed by a short meeting at 7 p.m.

Interventions from Y1, Y2, Y3,Y4

Intervention	Year 1*	Year 2*	Year 3*	Year 4*	Year 5
Lakeland Trail Improvements & Engineering and Playground				\$20,000	
SRSLY	\$15,750	\$30,120	\$24,268	\$20,000	\$20,000
Playground behind old middle school				\$8,400*^	
Playground Shelter between Smith & Heritage				\$7,000^	
Marketing Campaign				\$5,000	
Tide Me Over	\$1,200	\$4,500	\$5,160	\$4,800	\$7,000
Open Air Market	\$4,550	\$3,038	\$5,961	\$3,628^	
Community Read	\$3,000	\$3,000	\$4,225	\$4,225^*	
Heritage Healthy Snacks				\$4,500^	\$6,000
HS & MS Trail Maintenance			\$2,685	\$2,250^	\$2,250
Counseling and Support Groups			\$21,000		
Heritage Gardening	\$500	\$1,000	\$15,000		
Baseball Fields (See Playground behind old middle school)			\$10,700		
Small Towns Design Initiative			\$6,000		\$4,000
Wellness Center	\$212,114	\$34,815	\$5,000		
Community Pathway-Legacy Land Conservancy	\$750	\$2,240			
Unadilla Park Playscape—Unadilla Township		\$15,500			
Wellness Center Prescription for Health		\$4,830			
Community Walking Program		\$3,000			
Community Nutrition/ Health Ed.		\$2,734			
Health Expo	\$1,600				
School Assembly	\$1,100				
Wellness Center Be Fit Program					\$6,109
Healthy Heroes					\$1,000
Learning By Doing					\$4,840
Trail to Beckwith Preserve					\$10,000
5H Bike Racks					\$3,000
My Choice My Health					\$5,500
Community Info Brochure					\$5,000

*Completed, ^Check received