

Manchester Wellness Coalition

Meeting Notes: April 18, 2011

- Attendees: Barry Allen, Peggy Allen, Kathy Benedict, Ray Berg, Peter Girz, Reiley Lewis, Nancy Loudin, Matt Pegouskie, Shawn Lewis-Lakin, Erin Murphy, Karl Racenis, Melissa Schook, Dennis Sullivan, Ruth VanBogelen, Amelia Woods, Jeff Wallace. Welcome to new members Kathy Benedict, Nancy Loudin, and Melissa Schook.
- Review of Community Assessment and CWF Interview.
- Comprehensive Wellness Plan future activities.

We discussed Steps 2, 3, and 4 in the Wellness Coalition Planning Process, which are:

- Resource Mapping.
- Needs Assessment.
- Indicators the Coalition Wants to Impact.

Differing approaches to organizing our efforts were discussed. The idea of organizing by individual, group, and policy tasks was considered, but it was decided that working in groups aligned with the four goals of CWF was decided upon. Individuals were decided on to coordinate each of these areas and to represent the Manchester Wellness Coalition to CWF Community Advisory Council. The Resource and Activity Matrix on Google Docs will be updated and maintained by each group in their respective areas.

- Move More - Ray Berg, Amelia Woods
- Eat Better - Ruth Van Bogelen, +Lisa Garrison
- Connect with Others in Healthy Ways - Karl Racenis, Library/+Heather Sturm, +CRC
- Avoid Unhealthy Substances - Erin Murphy, Peter Girz, Dennis Sullivan, Kathy Benedict, +Peter Harris

+ Individuals identified for these tasks, but not present at meeting.

The underlined person in each group will recruit other coalition members to their task and organize group meeting(s) before the next entire Wellness Coalition meeting in June

Resource people Shawn Lewis-Lakin (Schools), Jeff Wallace (Village), and Reiley Lewis (CCH)

The entire Wellness Coalition will plan to meet every other month to coordinate activities among the four groups and to work on putting the entire Wellness Plan together.

- 5H Training Seminar - Saturday April 30. Coalition members are encouraged to attend. We have six members signed up so far.
- A community presentation by Adrienne Waller from the Washtenaw County Department of Public Health will be scheduled in the latter part of May to present the 2010 County HPPA survey results about health in the Manchester area. This will be open to the public, as well as to Coalition members and will be widely publicized to maximize participation. Health Improvement Plan (HIP) Survey results.

Next Meeting: Week of June 20 (Peter Girz will set up a Doodle in early June).

Karl Racenis