

Manchester Wellness Coalition

January 24, 2012 Meeting

Attendees: Ray Berg, Matt Pegouskie, Reiley Curran, Peter Girz, Amelia Woods, Laura Seyfried, Nancy Loudin, Ruth VanBogelen, Mark VanBogelen, Peggy Allen, Barry Allen, Diane Perez, Karen Hinkley, Kathy Benedict, Jennifer Alexa, Heather Sturm, Karl Racenis, Kari Newman

1. Introduction and welcome new members

2. Update on activities

- Community Advisory Council (members from all 5 towns; from Manchester Ray Berg, Peter Girz, Karl Racenis and Ruth VanBogelen). At the January 11 meeting the following items were covered.
 - Amy Heydlauff presented methods for prioritization of interventions. Suggestion from Amy was that each subcommittee prioritizes their list of interventions (for 2012 and for the 4 years). Each group will bring their prioritized list to the coalition and then the list will be collated and prioritized across the 4 groups.
 - Each coalition talked about where they were in development of their plan. Grass Lake and Chelsea hired a consultant to help them come up with a plan and help them fill out the forms. Other Coalitions are considering hiring someone to work on implementation of the plan and on communication across the community. Do we want to hire a person to implement the plan? May be shared across communities?
 - Likely there will be shared interventions across communities - for example Safe Routes to Schools.
 - Each coalition also discussed how they would do community outreach. Other communities are doing education forums, having material printed, etc.
- Community Outreach – Ray, Ruth and Karl presented to Manchester Civic Club in November (returning to that club in February), Ray presented to Manchester Community School Staff in January; Barry and Peggy presented to the Manchester Lions. We have identified a list of groups to go to. Action – Ruth to email the list and ask for volunteers to help set up meetings and present to different groups in Manchester, and will send the most current slidedeck.

3. Intervention Development

- Move More – has gone through the data, has 10 possible interventions, 3 are written up. Includes infrastructure items such as shared-use trail, community pool, safe routes to school and complete streets improvements, and policy/program items such as expanded fitness center programs and other activities for specific demographics, couch to 5K for rural areas, apps to take advantage of smartphone usage growth. Will complete tables and prioritization by February meeting.

- Eating Better – 5-a-day toolkit is ready to get started in preparation of the March 15 Early Childhood Extravaganza. Garden plans are moving forward with \$1000 in grants received and applications out for \$2K more. Interventions for grocery store and restaurants will be shared with other communities. Intervention for the farmers market still needs to be written.
- Avoid Unhealthy Substances – Peter’s company has funding until Sept 2013 for programs like the Manchester Voices. Interventions have been drafted for an Alcohol Reduction program, tobacco cessation program. Still working on details for Red Barrel program for prescription drug abuse, drinking, etc. The booklets come from Alcohol Abuse with program, references, etc.
- Connect with Others in Healthy Ways – activity matrix has 160 activities in Manchester. Do these address the mental health needs in the community for connect with others? Lots of the events are annual (not frequent). Clubs typically meet monthly (fairly infrequent). Many of the clubs, groups are centered on fund-raising. CRC and library, churches have a better understanding of their target populations and the needs of the population. Gazebo concert is one program in need of funding. Community walking program is another program that would be good to expand for connect with other. Who, frequency?? Who are the target populations for each of the 160 activities – most are small groups and infrequent. Matt – has seen literature suggest programs for kids. Cancer support groups exist. This subcommittee will continue working to develop interventions.
- 5-a-day Toolkit intervention needs funding in order to order the plates for the event on March 15. Laura Seyfried from CRC presented the project. Discussion was held. Ray motioned to approve funding of this intervention prior to completion of the plan, Amelia seconded, approved by committee.
- Education curriculum for Manchester, monthly highlight the different groups. Manchester Education Seminar. Could happen at the library – maybe every other month, maybe longer per topic/book. Heather has a meeting tomorrow with the other libraries in 5 Healthy Towns and will report back.
 - Meetings – through SEMCOG curriculum as example, different experts come to the community. SEMCOG is very effective. Could this be a shared intervention? One Washtenaw is another program that might be used.
 - Shared book – Community Read programs could be part of this program which is done through the Library
 - Placemats.
- Safe Routes to School – Chelsea, Dexter, Manchester work on this together? 1st grant proposed earlier has expired without action, Dexter is interviewing for new coordinator. Other communities will need to agree to “go in” with a shared coordinator.
- Manchester Baseline Survey – data from HIP is for Western Washtenaw, not specific to Manchester. Amy proposed that Manchester have this survey done, responding to earlier interest by MWC, using same MSU group that did Grass Lake and Stockbridge. About \$15K. Much discussion about survey’s need, cost/benefit and whether it will truly provide more precise data for Manchester. Survey uses landlines – what about cellphone demographic which don’t have landlines, only cell phones. Other possible

data collection methods were discussed. A committee was formed to discuss this possible intervention further, and bring a recommendation back to the committee at the next meeting: Ray, Amelia, Karen and Reiley.

- Transportation Bonanza – If village government/PC presence requested, Jeff Wallace would be the best person to go. Paid for by CWF. Ray will find out if Jeff can go.
- Draft #1 of Manchester comprehensive plan issued – very preliminary. Comments are sought – send to Ray Berg.
- Potential uses of \$5K CWF seed money
 - Community forum (rental, promotion, refreshments)
 - Printing informational material
 - Hiring experts to help with plan
 - Printed Tablecloth – Kathy to follow-up, also Karen.
 - Cost of joining Manchester Area Chamber of Commerce for \$40 – as the Manchester Wellness Coalition. This was approved by the committee

4. Welcome to new CWF Board member from Manchester, Kari Newman

Next meeting: Tuesday, February 28, 7:00 PM, Village Room