

Manchester Wellness Coalition

June 24, 2012

Attendees: Ray Berg, Peter Girz, Barry Allen, Peggy Allen, Caitlin Deis, Laura Seyfried, Amelia Woods, Ruth VanBogelen, Heather Sturm

Agenda:

1. Caitlin Deis from the St. Louis Center introduced us to the Fitness for Life program they are running. The program is open to individuals (children and adults) with intellectual and developmental disabilities in the 5H towns (also their caregivers). They have functional training which helps with fitness for everyday life – improve muscle strength, aerobic endurance, flexibility, motor ability and body composition. There are also education sessions on nutrition. Caitlin was looking for people and organizations to get the word out about their facility. There is an Introductory Meeting on Wednesday, September 5th, 2012 from 6 – 8 pm at the Center, 16195 Old US 12, Chelsea, MI 48118. Contact Caitlin at 734-475-8430 and email wellness@stlouiscenter.org. Please call and sign up to reserve a spot at the Introductory Meeting.
2. MWC Comprehensive Plan. The plan was first reviewed by Amy and Matt – who provided some feedback and suggested some small changes. This feedback was addressed and the plan was re-submitted. The CWI and CWF grant committees reviewed the plan – who also provided feedback and suggested some small changes. This feedback was also addressed. Finally the CWF Board reviewed the plan. [Note – later on the day of this meeting, Ray and MWC heard that the plan had been approved]. The final version is available at the Chamber of Commerce website. Many of the changes made to the plan were included in the discussion at this meeting.
3. Rollout event. There was some discussion about events to introduce either the entire plan or individual interventions. No decisions were made, but the subcommittee Chairs will meet prior to the next Coalition meeting to come up with a list of ideas.
4. Other. The Community Read intervention will feature the book, In Defense of Food. This intervention will start in September. More details are coming. Heather asked for suggestions on tracking the number of participants for this program. A suggestion was made to link Community Read with the 5-a-day toolkit program – maybe providing Manchester Portion Plates to those attending discussion groups or something. More discussion is needed.

Minutes by Ruth VanBogelen