

Manchester Wellness Coalition

Meeting Minutes September 25, 2012

7 pm at Manchester Village Offices, Village Room

Attendees: Peter Girz, Amelia Woods, Heather Sturm, Laura Seyfried, Kari Newman, Ruth VanBogelen

Next meeting: October 23, 2012 at noon, location to be determined (Peter Girz to determine if meeting can be at the school to allow students to attend the meeting)

Summary of meeting: The Manchester Wellness Coalition submitted the 2012-13 Comprehensive Wellness Plan to the Chelsea Wellness Foundation. The \$167,000 Plan was approved in June. The next two grant due dates are October 5 and December 5. See budget at the end of this document.

- Objective over the next 4 months is to increase the awareness of the Coalition to the Manchester Community and to increase membership to the Coalition.
- Active programs (intervention)
 - *Community Read – kickoff this month with the book, In Defense of Food, and a number of programs in September and October*
 - *Manchester Voices and Project Success will begin in the Middle and High School in the next month*
 - *Red Barrel – several of the 5 Healthy Towns are working together to get this program going in the towns*
 - *Gazebo concerts – 6 concerts were held over the summer (completed program for 2012)*
 - *5-a-day toolkit – enrollment is over 80 people, the program started 6 months ago and has a goal of 150 people enrolled.*
 - *Community & School Gardens – program involved ~ 400 people in 2012, gardens are “wrapping up” for the fall.*
 - *Manchester Wellness Center – free enrollment fee during the month of October*

Agenda

1. Status of planned publicity

- Ray Berg is preparing a booklet for direct mailing to residents in the Manchester Community School District

- New CWO Chairs, Heather Sturm and Laura Seyfried, will work on identifying volunteers to develop a website, and will explore options for paperless posts
- Peter Girz will determine if a student would be interested in monitoring a Facebook page
- Email – Ruth had set up a gmail account while we were getting feedback on the plan and this email could be used more actively.
Manchesterwellnesscoalition@gmail.com – Ruth and Heather to monitor the email

2. Proposed Events

- October 5th Homecoming Game – tent will be put up near the concession stand to be manned with MWC information and give-aways by Peter Girz, Erin Murphy, Laura Seyfried, Ruth VanBogelen
- Restaurant Week – no date has been selected, Eating Better subcommittee is meeting next week to get this event going.
- Speaker on prescription drug problem – no speaker lined up yet.
- Community forum – no date selected

3. Coalition and Committee Chair Positions

- Connect with others – new Co-Chairs are Laura Seyfried and Heather Sturm
- Other Chair Positions remain available for new volunteers
 - Role for Coalition Chair – send announcement about meetings and agendas to all coalition members, ensure the Comprehensive Wellness Plans are submitted by the due dates (next due date is April 1, 2013). Chair is currently Ray Berg
 - Role of Committee Chair Position – maintain membership of committee at 4 or more members, arrange for meetings, collect ideas from the community, ensure grants for interventions are submitted, ensure interventions have the appropriate leadership and are executed as planned, ensure reports for interventions are submitted to the Chelsea Wellness Foundation in a timely manner. There are four committees: Move More (Ray Berg), Connect with Others (Laura Seyfried and Heather Sturm), Avoid Unhealthy Substances (Peter Girz) and Eat Better (Ruth VanBogelen)

4. Outreach to expand membership of Coalition and expand involvement of members

- All members send minutes of meetings to 5 people they know and encourage people to become involved in the coalition
- Amelia Woods will organize a group to call members of the coalition to get volunteers to work on the coalition's TO DO List below. PLEASE send all items for the TO DO list to Amelia (woodsie668@aol.com)

Need	Date needed	Contact	Volunteer
MWC website	ASAP	Heather Sturm	
MWC Facebook page	ASAP	Peter Girz	
MWC Logo	ASAP	Laura Seyfried	
Manchester Restaurant Week – help organizing the event		Ruth VanBogelen	
Education Series – speaker for AUS event		Peter Girz	
Sign for Manchester Wellness Center announcing next MWC meeting	ASAP		
Sandwich board sign for Main street to announce MWC meetings and events			
Community Forum - organize		Ray Berg	

5. Interventions update (see next page)

Manchester Wellness Coalition
2012 Comprehensive Wellness Plan

Status of 2012 Approved Interventions

Data as of October 15, 2012

		<u>Approved</u>	<u>Revised Proposed</u>	<u>Grant \$ Submitted to Date</u>
AUS-1	Rethinking Drinking	\$ 1,500	\$ 1,500	\$ 495
AUS-2	Breathe Life Plan	\$ 4,800	\$ 4,800	
AUS-3	Manchester CMCA (Voices)	\$ -	\$ -	
AUS-4	Project SUCCESS	\$ -	\$ -	
AUS-5	Red Barrel Program	\$ -	\$ 2,000	\$ 2,000
AUS-6	Project TNT	\$ 5,000	\$ 5,000	\$ 4,311
CWO-1	Healthy Walking/Biking Programs	\$ 5,000	\$ 5,000	
CWO-2	Community Read	\$ 2,000	\$ 2,000	\$ 2,000
CWO-3	Gazebo Concerts	\$ 1,200	\$ 1,200	\$ 1,200
MM-1	Shared Use Trail	\$100,000	\$ 100,000	
MM-2	Wellness Center – Exp. Programs	\$ 10,000	\$ 8,000	
MM-5	Rural Homes Fitness	\$ 2,500	\$ 2,500	
MM-9	FUTP60 Programs – MCS	\$ 5,000	\$ 5,000	
EB-1	Healthy Chefs	\$ 10,000	\$ 10,000	\$ 10,000
EB-2	Community and School Gardens	\$ 7,000	\$ 7,000	\$ 7,000
EB-3	Five-a-day toolkit	\$ 5,000	\$ 5,000	\$ 5,000
EB-4	Farmers Market Enhancements	\$ 1,000	\$ 1,000	
G-3	Education Seminar Series	\$ 2,000	\$ 2,000	
	Unallocated reserves	\$ 5,000	\$ 5,000	
		<u>\$167,000</u>	<u>\$ 167,000</u>	<u>\$ 32,006</u>