

## Grass Lake Wellness Collation Steering Committee Meeting

Meeting Minutes  
February 28, 2011:

The regular meeting of the GLWC Steering Committee was called to order at 6:04 on February 28, 2011 at Grass Lake High School by Lissa Cole.

### **Present:**

Lissa Cole, Diane DeBoe, Janelle Sherwood, Michelle Clark, Doug Moeckel, Jim Stormont, Mike Hirst, Riley Lewis, Dave Lutchka, Lisa Lutchka, Chuck McNeil, Amy Hedluff, Maggie Morehouse, Matt

### **A. Approval of Agenda**

The agenda was unanimously approved as distributed.

### **B. General Comments Regarding Community Input Forum**

Feedback from the Community Forum was positive. Happy with the number of people that were at the community forum. Pleased with the number of people that attended focus groups, not just the substance abuse group. There seemed to be an overlap of ideas among the different focus groups. Overall, people that attended the groups seem to be very eager to get things moving and willing to help.

### **C. Focus Group Reports**

1. ***Avoiding Unhealthy Substances/Substance abuse Awareness & Education:***  
***Chair- Mike Hirst:*** Discussion with Todd Raetz from Grass Lake Community Pharmacy regarding prescription drugs and the need to educate patients using these drugs on long term effects of using the drugs as well as proper ways to dispose of the drugs. Todd offered to put information in the pharmacy about different prescription drugs, as well as a drop box to dispose of drugs. Drop boxes should be at the police station vs. pharmacy to reduce risk of break ins. Next Steps: Mike will look into having a drop box with the Sheriff's office a couple times of year, here in town. Mike is looking into having a forum in March in Jackson at his office; he will provide Doug with details for the website.
2. ***Nutrition: Chair: Lisa Lutchka-*** The focus group was attended by nine individuals, all of which seemed to be interested in getting involved with the Wellness Initiative. Overall feelings of the group is there seems to be a disconnect between what is taught and what is practiced, i.e. offerings at concessions at school events. Other issues that were discussed within the focus group make known what resources (such as fresh produce markets) are available within our community on a regular basis, newsletters, email, etc. Connect with the School to see what they already have in place to promote healthy nutrition. Would

like to see a Community Center, Community Kitchen and get feedback on a Community Garden. Next Steps: Survey at the Expo on a Community Garden.

3. ***Social Connectedness/Mental Health: Chair Lissa Cole*** – Small focus group of eight people, discussed pockets of people that are socially disengaged for reasons other than their own desire. Grass Lake is a Bedroom Community, how do we get people who commute out of the community, more involved in the community? Would like to see better communication on what is already offered in the Grass Lake Community for some of these groups of people, as well as develop new groups for new parents, teens or elderly. Offer more activities during the week and not just on weekends. Plan a Wellness or Health Fair. Next Steps: Check into Faith in Action in Jackson County for further resources.
4. ***Move More: Chair: Doug Moeckel:*** The group discussed different ideas on ways our community can become more active and move more. Ideas such as developing clubs for walking/running/biking. Developing a run or walk event in Grass Lake, i.e. 5K. Jim Stormont discussed an activity center complete with a pool, track, gym, fitness center and restaurant. He also discussed the 2 miles of walking trails being developed at the Sports and Trails Recreation Park. Also discussed was the need to educate parents on what activities are available for children.

#### **D. What's Next?**

Information at the Expo on the Wellness Initiative

Each Focus Group will have separate meeting times.

Continue to work on Civic Assessment

#### **Adjournment:**

Meeting was adjourned by J. Sherwood. The next general meeting will be at 7:00 p.m. Monday, March 21, 2011.

Minutes submitted by:

Janelle Sherwood