

Manchester Wellness Coalition
Meeting Minutes for May 28, 2013

Attendees: Shelly Hehr, Matt Pegouskie, Jen Wojtowicz, Peggy Allen, Barry Allen, Laura Seyfried, Ray Berg, Jeff Wallace, Peter Girz, Ruth VanBogelen

Summary of Discussion

1. 2013 Plan.
 - 2nd revision will be reviewed June 5.
 - If revisions are needed they need to be in June 17.
 - Stayed in the \$100,000 budget with 10 interventions.
 - Still waiting to determine final amount for SR2S.
2. Healthy walking and wellness center interventions from 2012 were combined and a grant for the amount \$13,000 will be submitted June 5. The plans are to include seniors' exercise class and family Zumba class on Saturday mornings for 6 weeks four times per year. Both classes will be free and membership will not required. Scholarships for low income families will be available and coordinated through the CRC..
3. Shared use trail grant was submitted. The plan is to complete the engineering this year and then to begin building the trail next year. A design team of local residents is being formed.
- 4.
5. FUTP60 amount from 2012 – a grant for the remaining balance will be submitted.
6. Peter will submit for the rest of his intervention for June 5
7. Rural fitness almost done and will be submitted.
8. Updates of interventions
 - Red barrel is made but not installed yet, students from the Southwest Consortium built it. Pills will need to be put in plastic bags then in the shoot. Should be installed in next 2 weeks. Chelsea has already collected 30 pounds of pills.
 - Gazebo concerts start in 2 weeks and there are 7 concerts. Thursdays at 7:30. No concerts the weeks of the chicken broil and fair.
 - Community read - down to final 3 books to select.
 - Healthy chefs- the high school student earned a 2nd place prize in the statewide competition. This was a huge accomplishment as many of the competitors were culinary arts classes.
 - Community and school garden – all plots were rented (19 families), a 40x40 area is being used by the Summer Camp kids at Klager for a Farmers Market to start in July on Monday afternoons at the school. This Farmers Market is for seniors. One plot is for the migrant program at Klager. One plot was the prize for a 4th grade nutrition class. One plot was part of the First Steps Auction.
 - 5 a day toolkit- 109 enrolled and still enrolling more.
 - Farmers market. The grant for the \$8000 in the 2013-14 Plan will be submitted for June 5th review. The market is doing well so far.

9. Facebook page was set up by Jen. Send things to Jen to post. Look for manchesterwellnesscoalition

Upcoming events

- June 6 is business expo. MWC will have a booth. Need volunteers to man it (
- August 3 - street fair etc. should have a booth there also
- September 20th - Meet me in Manchester
- Billboard sign - in a few months. MW center will be focused probably August or September

- Jeff - how should we use healthy town idea

- Banner for Wurster park in September

- Banners for light poles - free just need council approval

- Peter -
 - June 11 training for TNT program starts at 8 am - pm. pilot program in the high school next fall 10 weeks + booster meetings
 - Bookmarks will be available for events
 - Planning for next 2 years of Manchester voices