

Manchester Wellness Coalition

Meeting minutes, July 23, 2013

Attendees: Ray Berg, Matt Pegouski, Barry Allen, Kathy Benedict, Heather Sturm, Michelle Hehr, Dennis Sullivan, Amy Heydlauff, Amelia Woods, Peter Girz, Jeff Wallace, Laura Seyfried, Vanessa Howe, Jen Wojtowicz, Ruth VanBogelen

Summary of Discussion

1. Our 2013-14 Plan is approved and is available on the CWF website

2. Interventions

- Manchester Voices – planning is in progress for fall including a community organizer. They would like input from the Coalition and community for the organizer. Several individuals are candidates for the position. Plans are to start shortly after school starts. Data and problems with youth are a major consideration for what will be included in the program.
- Project Success – at risk youth at middle school and high school, substance abuse, student teaching students. All is in place
- Community Read – A Walk in the Woods is this year's book, they are here, and distribution begins August 3rd at the street fair. Kickoff is at the Heritage Festival at Grass Lake. Still looking for materials to go with the program – like business cards with MapMyWalk app.
- Gazebo concerts – 3 concerts have taken place, 4 more the next 4 Thursdays.
- Healthy Chefs – Not much happens over the summer, Nick is doing some sessions with Summer Camp kids at Klager
- Community Gardens – all plots taken for this season. 23 plots rented in the Community Garden, 40x40 area for Summer Camp kids, 20x20 area for Migrant program. Summer Camp kids have a Farmers Market from noon to 5 on Mondays in the Klager Lobby. Klager garden has a wildlife problem, but kids are still getting some produce. Nellie Ackerson garden for pre-school kids is being watered by the kids.
- Farmers Market – have between 15-20 vendors with gross sales between \$1500 - \$2400 per week – seems to be growing
- Safe routes to school – 1st meetings is August 14th to plan what to work on. Information about where kids live, etc. has been collected. MSU helps, 3 week, bike audit, meeting with parents, look at sidewalks, cross walks. All this will help write grants from federal sources. MSU Landscape and community design graduate program.
- Fuel up to play 60 – program resumes in August and a plan for the year will be put in place

- Kirk Park – replace fencing, new diamond, new playstructure. Funding from Civic Club, Lions, Manchester Friends, Chicken Broil, etc., + banks and business. Plans are to build in Spring 2014. Article in next Manchester Magazine. Matt suggested a baseball bat gage at the park to monitor donations.
- Rethinking drinking – literature are book marks and booklets for distribution. Next week is a mass distribution. Would like to survey individuals to find out how many know about Rethinking Drinking and how many know the information in the material.
- Red Barrel – is OPEN and ready for use. Plans are to being to advertise it locally. Washtenaw Community Health Organization really likes what has happens and is considering getting barrels in other Washtenaw communities.
- Project TNT – very successful training for Manchester and surrounding communities. Middle School anti-tobacco curriculum – was the training. One of the more effective programs to prevent tobacco use in those who have not starting using tobacco. Meant to be taught 5 days a week which isn't realistic so a modification of the frequency will be made. Begins this fall.
- 5 a day toolkit – at 137 people enrolled of the 150 planned. U of Mich researcher is analyzing the data from enrollees. Less than 40% that enroll complete the plan.
- Expanded wellness programs, walking and biking. Mondays at 10 am and Thursdays at 6 pm, longer walk at 6:30. Biking – short and longer bike trips. Low income enrollees – 1st one was registered today. Expanded hours. Amy talked to Cindy, Director of all 4 centers. She said how to shift hours . 2 options: shift hours or coalition will need to fund expanded hours @ \$50 an hour rate. CWF surveyed the school staff and only 10 people said they would use it after school. To be discussed at the Move More meeting before August 25th.
- Shared Use Trail – meeting being planned with Washtenaw Parks & Rec, Engineers, and put together a committee – in August.
- Rural Homes Fitness – Jen is trying out some bike runs for the program. Interest in boot camp or yoga classes, Jen to talk to Amy or Cindy at wellness center about costs to do classes at another location. Would be at a township hall.
- Education – topic for fall? Give Ray ideas. Ideas: Sports injury, walk in the woods,

3. Community Advisory Committee met and

- one thing that came up is to generate a local logo for MWC but CWF would like everyone to use the 5H logo. Maybe Manchester Wellness Coalition test in yellow 5.
- Coalition job description – see draft
- Coalition coordinator position – assist with bones of coalitions – organization, communication, etc. Matt will work more on plans and evaluation of intervention.
- August 11 from 6:15 – 8 pm come to Dexter Wellness Center open to all.

4. Mailer last year, should we do this again?

- Ad in Manchester Magazine
- Postcard with key highlights, QR codes and/or magnet, facebook link

5. Facebook page – send things to JEN!!!!

6. Street Festival funding for 2014. Would be an intervention for consideration for MWC 2014-15 Plan which will be due May 1, 2104

Announcements

- James Miller is the new librarian starts August 1.
- Summer Festival – can we get volunteers to man a booth 12-4 pm? Email and put it on facebook for volunteers. Lots of material is available.
- Smoking cessation classes start in fall at Chelsea Wellness Center