

Manchester Wellness Coalition

January 28, 2014 Meeting Summary

Attendees: Ray Berg, Lindsay Hannah, Marie Beaudoin, Laura Seyfried, Amelia Woods, Leah Sweet, Shelley Hehr, Rebecca Scholten, Pat Vaillencourt, Barry Allen, Peggy Allen, Matt Pegouskie, Ruth VanBogelen

Meeting Summary – please go to the end of this document for important community meetings coming up.

1. Introductions

2. Review of interventions

- Shared Use Trail. The Ann Arbor firm, Stantec Consulting, is developing the plans for the Shared Use Trail. There is also a local design committee. The 1st meeting with Stantec and the design committee included reviewing aerial pictures of the trail and collecting questions and issues. Stantec has delivered the 1st draft of the plan, which indicates the trail path is ADA accessible (no grade greater than 5%), identifies obstacles the trail needs to go around, location of benches, how to cross M-52, etc.
 - The Design Committee is also meeting with local groups whose property is next to or near the trail:
 - River Ridge Condominiums property is next to the east trail end. There were options to put up railing or to keep the area open to allow condo residents to easily use the trail. The owners of the condos are excited about the trail and want the area left open for their easy access. There will be signs of some sort to indicate that the area is private property beyond the trail end.
 - Catholic Church property near Madison Street. Father Tim is in favor of using the strip of land owned by the church to connect the trail to Madison Street. He is helping the committee get approval by Diocese decision makers in Lansing.
 - Deutschgrat subdivision – west end of the trail. Pat is setting up a meeting with residents of that subdivision.
 - Chi Bro Park portion will likely be paved. There is also discussion that a path from Chi Bro Park to Klager could be part of the Safe Routes to School plan to connect the trail to Klager.
 - Kiwanis, as part of Crazy Cash, will be donating \$3000 for the observation deck near the Mill Pond. Two years ago, they donated \$2000 for benches
- Kirk Park Community Project. The MWC, Village and Manchester Area Youth Sports are working together on this project which is to renovate the ball fields, fences, bleachers and old playground at Kirk Park. These items in the park were put in about 40 years ago (funded partly by the Herrick Foundation) and it is time for renovations. About 300 kids play baseball/softball at the field each year. The project cost is \$136,000 and so far \$95,000 has been raised. Grants have been submitted (e.g., Herrick Foundation) and local businesses, groups and individuals have been asked for

donations. The group is deciding whether to begin the repairs before the baseball season or after the baseball season in 2014.

- Expanded Wellness Center Programs. Several programs are underway or planned including:
 - Walking and Bikers Program. There are prizes offered to those who log their walks and bike rides. Only 2 walkers and 2 bikers have logged their walks/bike rides so far. Many of the walkers start at Klager so it is not convenient to log their miles. Many are using MapMyWalk. Shelley indicated that the information sent to MapMyWalk users qualifies for the prizes – so their information from this program should be forwarded to Shelley.
 - Scholarship program. Only 1 person has used the scholarship so far. Laura Seyfried has referred about 6 people so far. Any ideas for how to get this information about scholarships out to people?
 - Senior Exercise class – starts in February and is once a week for 6 weeks. Participants exercise while seated in a chair. So far 10 people have signed up and the program allows a maximum of 25 people. Some new equipment is being ordered. The instructor has been trained through the Arthritis Foundation.
 - First Responders subsidized membership – plans for this program are still being worked out, but there is a lot of interest.
 - Family/Children Zumba class will start in the spring and will be on Saturdays. Participants do not need to be members.
- Manchester Voices, Project Success, TNT, Rethinking Drinking – Lindsay Hannah is the new coordinator of these programs. Many of the students she is working with (requests in the 100's) want to meet with her individually rather than in groups. There is a broad range of issues and she does many referrals (32 so far this school year) to appropriate resources (physician, counseling, groups, etc). She has started one group session. She is working to establish groups that respect the confidentiality of the things discussed in the meetings. Lindsay is collecting data in a similar way that had been collected previously so that data can be compared across years. (See slides which will be posted at www.5healthytowns.org under Manchester Coalition Documents). Lindsay also provided a calendar of the events she is arranging (also on the website). The TNT project (Towards No Tobacco use) starts next week and runs for 10 weeks. Lindsay teaches this program in classes as part of the curriculum. For Rethinking Drinking the printed materials are done and are being distributed throughout the community. A survey was done in September for this program. The results are in the slides. Examples are: 29% of those surveyed think adult binge drinking is a problem in Manchester, 31% said 3-4 drinks per day is heavy drinking, 31% thought 5-7 drinks was heavy drinking and 17% thought 10 or more drinks per day was heavy drinking.
- Red Barrel – so far about 30 pounds of pills have been collected. More marketing and education are planned. They are still having a problem with people putting the pill bottle in instead of transferring the pills to the plastic bags provided.

3. Subcommittee updates. Preliminary lists of interventions for the Year 3 plan (2014-15). Still time for new interventions to be brought forward for consideration.

- AUS
 - Manchester voices, \$18,500 same as in Year 2
 - Project Success, \$5000 same as in Year 2
 - TNT - \$3500 which is less than Year 2
 - Red Barrel – Ray will ask Reiley how much the 5 towns are allocating to Red Barrel
- Move More
 - FitBit program for the High School (dependent on major funds from BCBS Foundation of MI which will know yes/no in April). If yes, Coalition would need to contribute \$2100 a year for 2 years. BCBS would contribute \$50,000.
 - Library loan out program - \$1000 (skates, fishing poles, etc.)
 - Synthetic Ice Rink - \$40,000
 - Feasibility study for community center which could include museum, large room for gatherings of 300 people or more, meeting rooms, pool, etc. \$20,000
 - Street Fair - \$5000 for health expo, etc.
 - Youth Football - \$10,000 (total cost \$50K), group has 2 fundraisers planned, Feb 8th Casino trip and May 2 basketball game with the Detroit Lions. Tickets are \$10 and there will also be silent auctions, etc.
 - FUTP60 - \$2000
- Connect with Others
 - Retirement Community – with assisted living, etc. so that local residents can stay in Manchester when they cannot live independently. Best location is in the village so it is easy for residents to get to events, churches, businesses in the Village. Meeting Jan 30th with CWF and United Methodist Retirement Center to discuss next steps. Cost to be determined
 - Community Read - ??
- Eat Better.
 - Healthy Chefs - \$10,800 to continue the program, asking the program do a fundraiser for \$2200 of the \$13000 they need
 - Community and School Gardens - \$7500 which includes \$5500 for putting in an underground water line from the baseball fields to the garden + \$2000 for the school gardens
 - Farmers Market - \$8000 same as last year to repeat programs offered last year. The goal is to be self sustaining in 5 years or less.
 - Placemats/Plates - \$1000 for the initial set of placemats and then advertising would pay for the cost of additional printing. The placemats with the MyPlate on it would be provided to restaurants, churches and other “Food” events to remind people about healthy eating and portion size
 - Composting bin at Nellie Ackerson for Food Pantry waste + education on composting for the preschool programs. \$1200.
 - Nutrition Education – like the Chelsea Healthy Grocery Store program with grocery tours, label reading at local events, etc. TBD

4. Education Outreach – Math and Science Night March 21, 2014 from 6-8 pm at Klager. The public is welcome to attend. Plans are well underway. So far about 16 people/groups have offered to organize activities for rooms at Klager. Kathy Benedict is getting quotes for the main event.

5. Coalition Health Goals – list from the Year 2 plan was distributed. It was suggested that the Reduce Tobacco usage be removed from the list. Dexter and Chelsea coalitions are using a focus, phrase, tag line for their coalitions so that it is easily and more clear what the group is trying to accomplish. Dexter uses Dread Strong which is what the school and other organizations use – so it is a community theme. Chelsea is just rolling out their new focus which is Friends and Family Wellness. There was discussion that the Village is also working on a focus/tag line to “Brand” Manchester. It was discussed that we should all work together on this and come up with one branding thing for Manchester. Ideas could come from Crowd Spring – an internet group that competes to develop the best idea for prize money and www.acronymcreator.net.

6. Miscellaneous

- 5H Farmers Market group has received \$500 from CWF to do co-marketing. The group will decide in February how to use the funds. This group meets once a month.
- Manchester Orientation booklet – Version 4 is ready and copies can be put at the library, CRC, etc. to help people understand what the MWC is doing. Once the Year 3 plan is finished, Version 5 will be done. Expect a once a year update from now on.
- 2015 HIP planning. Every 5 years, the BRFSS survey is done at a national, state, and county level. See more information about the survey at <http://www.cdc.gov/brfss/>. The county uses this data to develop their Health Improvement Plan (HIP). CWF plans to pay to have the survey done for a larger number of Manchester residents so that Manchester is not lumped into Western Washtenaw for the 2015 survey. The coalition will play an important role to market this survey to make residents aware that this is an important survey and if they are contacted to please participate. More information about marketing will be provided by the County later this year.
- Web page – most coalition documents have been posted on the www.5healthytowns.org website, scroll to the bottom of the home page, select Coalition Documents in the Manchester area and find documents under the headings. Sorry that the documents are not ordered by name so just browse through the list.
- The January 6th CAC meeting was postponed to Feb 3rd at 6 pm at the CWF offices. The topic is grant funding. Lori Kintz is the presenter. She works with coalitions, hospitals and other groups to apply for grants.
- On Feb 13th, Manchester will be presenting at a SR2S meeting in Lansing. Jennifer Mayes is presenting for Manchester.
- On Feb 6th – at 7 pm in the Village room, there will be a public meeting with the Village Committee for the River Raisin Frontage project. This meeting is to gather community input and ideas for the area along the river including the property where the old barn used to be.

Plans like a dock for canoes, etc. will be presented. Please attend!! The Village plans to submit a DNR grant around April 1.

- Feb 1 at 10am in the Village Room, the CRC and Library are hosting an information session for Affordable Care Act. This session is focused on individuals and families. It is not for enrollment, but sign up for a counselor for enrolling will be available.
- May 2nd – Youth Football and Cheerleading is hosting a fun Basketball game which will be Detroit Lions players versus teachers and staff from the school. Tickets are for sale at the Coffee Mill and are \$10 per person. There will be silent auctions and other fundraising efforts. It will be held at the High School.