



Manchester Wellness Coalition

Meeting Summary November 24th, 2015

Attendees: Ashley Tomasi, Matt Pegouskie, Shelley Hehr, Cindy Dresch, Nancy Loudin, Cherie Vannatter, Ray Berg, Kathy O'Mara, Ruth VanBogelen, Sara Swanson

Coalition Updates

1. November 2 CAC Meeting Update-Matt Pegouskie

- The Community Advisory Committee (CAC) continued the conversation on marketing. The committee discussed potential low cost resources in each of the 5H communities that could be used to market the Coalitions and their interventions. The committee narrow this list and determine budget at the January meeting.
- The Foundation will be marketing the 5H logo on coffee sleeves at local coffee shops starting in December.
- To raise awareness, the Coalition may present at local service organization meetings and at the Nonprofit Roundtable in January

2. Initial look at HIP results for Manchester-Ashley Tomasi

- Please see attachment 1 below. To view the complete Washtenaw presentation go to: http://www.ewashtenaw.org/government/departments/public_health/health-promotion/hip/2015-chc-meetings/hip_2015_survey_chc_nov2015.pdf
- Ashley will present the full results at the January 26th meeting.

3. Year 4 Intervention Reports:

- **Community Gardens- Ruth VanBogelen (see presentation attached in email)**
- **Farmer's Market-Ruth VanBogelen (see presentation attached in email)**
- **Safe Routes to School- Matt Pegouskie, Cherie Vannatter, Kathy O'Mara (see presentation attached in email)**
 - Kathy O'Mara is the new Walking Coordinator
 - Have themed walks to school that incorporate the band, drama club, choir, and school athletes to encourage students to walk
 - Once a month will have a drop-off point at the high school so elementary students can walk to Klager.
- **Gazebo Concerts- Ray Berg (see follow-up report attached in email)**

4. Continue discussion on Year 5 Plan development and possible interventions-(see attachment 2 below). Review schedule for development of interventions and plan. Manchester Mirror article November 16.

- Ideas for potential Year 5 Interventions must be submitted to Ray by December 15th
- January the Coalition will begin prioritizing interventions on the list of potential Year 5 interventions
- Ray and Ashley will send out the finalized list and HIP data highlights in December

5. Klager Math and Science Night

- Proposed date is April 22nd (need to verify with school PTO)



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- Depending on event, may request between \$500-\$1,000.
- Could we tap into unused fund from Year 1 (about \$600) to fund the event?

6. Other Items

- **The next Dance Manchester event will be held on December 12th. Event organizers are currently inquiring if it would be possible to have a dance in June 2016 on the newly constructed bridge.**
- **The Stress Management intervention is in full swing. All materials have been received. The first event was held at the school's Parent Teacher Conferences. Talking to community education to incorporate a once a month stress management session.**

REMINDERS

1. **Next Scheduled Coalition meeting is Tuesday, January 26th, 12:00 PM-Village Room**
2. **Next grant submittal deadlines are December 4th and February 5th**



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ATTACHMENT 1

HIP Highlights

Meeting: November 24th, 2015

Survey Statistics:

Location	Target	Surveys Final
Washtenaw	1,600	2,947
Manchester	250 (200 extra sampled)	220 (88%)

- The University of Missouri finished collecting responses for Washtenaw County in July, 2015
- Initial Timeline: results by the end of September, 2015 Actual Timeline: November 10th, 2015
- Washtenaw County: 74% Landline, 26% cell phone
- Manchester: Majority of calls were landline. Missouri had difficulty reaching respondents through cell phone.
 - Zip codes:
 - 48158, 49240, 49236

Manchester Highlights from Washtenaw County's November 10th meeting:

Strengths:

1. Least likely to smoke (only 5%), 10% below the County
2. Fewer asthma diagnoses (8%), county 16%
3. Most active adults (55%)

Areas of Improvement:

1. 40-41% of the adult population with poor mental health (15 or More Poor Mental Health Days Per Month or Depression or Anxiety Disorder Diagnosis)
2. Most at risk for not having health insurance
3. Higher risk of being overweight/obese

Note: Highlights are for Washtenaw County ONLY. Some highlights may change when combined with the Grass Lake and Stockbridge data.

Next Steps:

- Complete presentation of HIP results at the January 26th meeting

To View the presentation that was given November 10th, go to:

http://www.ewashtenaw.org/government/departments/public_health/health-promotion/hip/2015-chc-meetings/hip_2015_survey_chc_nov2015.pdf



**MANCHESTER WELLNESS COALITION
POTENTIAL YEAR 5 INTERVENTIONS**

- Joan Gaughan visited the coalition to discuss the possibility of an adult learning program. There is support from the Senior Center in Chelsea and they are interested either bringing the program over or generating a group to start the program in Manchester.
- There is also interest from the Manchester Senior Center to get funding to replace or repair the bus.
- Wellness Center Support-TBD
- Park on the Riverfront. The village is working with County Parks and Recreation on a 5 Year Master Plan and 2016 grant.
- Funding for Phase 2 of the Manchester Shared-Use Trail
- Continue funding of Manchester SRSLY
- Continue gazebo concert funding
- Mental health support (students and parents) in partnership with MCS – Foundation will not support medical interventions, but will allow the Coalition to fund counseling and support groups.
- Continue Adaptive Movement program after initial start in 2016- Expected November, 2015 start date
- Finance next level of Manchester Wellness Center outreach classes to particular groups-archery trail run for hunters to get in shape for hunting season?
- Continue funding Run Manchester/Manchester Street Festival
- Continue funding the Farmers Market
- Continue funding Stress Management- dependent on year 1 rollout
- There is interest in installing a fishing deck in Manchester-location TBD-
- Disc Golf Course-Carr Park?
- Diabetes awareness classes (NKFM)?
- Marketing (Coalition and 5H)- put funds towards festivals, flyers, etc. to promote the Coalition



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- Blacksmith Shop Concert Series-put on by Riverfolk Music and Arts, concerts at the Blacksmith Shop, intimately hosting up to 50 people for once a month concerts that also feature locally/regionally made food samplings with the reception
- Manchester Youth Orchestra Project, starting in January 2016 will be made up of local youth musicians ages 9-14 that will explore orchestral repertoire--music for strings, winds, brass and percussion. This project will not only give local youth an opportunity to be involved in an alternative group activity that is not available at school but will allow them to connect with others of similar interests that live outside of Manchester, bringing other families into town to spend local dollars. The group will continue the community outreach that was initiated by its sister group Cultural Art Strings.