

## **Manchester Wellness Coalition**

### **Feb. 26, 2013 Meeting Summary**

Attendees: Jen Wojtowicz, Amelia Woods, Leah Sweet, Michelle Hehr, Kathy Benedict, Cherie Vannatter, Amy Heydlauff, Peggy Allen, Barry Allen, Jeff Wallace, Laura Seyfried, Ruth VanBogelen

#### Announcements:

1. MECC Early Childhood Extravaganza is April 18<sup>th</sup> from 2:30 – 6:30 at Nellie Ackerson. The theme of the Extravaganza- it is "Learn, Play, Grow" which covers all of the MWC sub groups. Also, they are changing the title to include "families" to be more inclusive of the whole community, not just those with preschoolers. The gardening link is the scavenger hunt the kids will participate in at the event.
2. Aug. 3, 2013 the Run Manchester Event will be expanded to include a full day event. Because the Riverfolk Festival is not happening this year, another group is organizing the event which will include bands, art fair, etc.
3. Matt will be switching roles somewhat this year and will be more involved in helping communities measure the effectiveness of interventions – more info coming soon.
4. Revised Intervention table template and plan template will be sent out early next week

#### ACTION ITEMS:

- All subcommittees and intervention writers - send draft intervention forms to Ray Berg by April 1.
- Set up meeting (invite all) in April to work on the 2013-14 plan prior to the regular MWC monthly meeting.

#### Agenda:

1. Planning for Community Outreach Event and Prescription Drug Symposium. Tuesday, March 26, 2013 6:30 to 8:30 pm.
  - Symposium: Peter Girz is working on the Prescription Drug Symposium – details pending.
  - General information tables, exhibits, video displays.
    - Kathy Benedict suggested we invite local producers (veggies, maple syrup, honey, etc.) and crafters. She will contact people
    - Amy suggested that we work with the local grocery store to have two carts of groceries, one with healthy food and one with prepared/processed food to demonstrate that heavy food is not more expensive

- Kathy Benedict will find out the person or group from Chelsea Community Hospital that might be able to come or provide information about support groups for individuals and families with issues related to drugs, alcohol, etc.
  - CCH also has a speakers bureau – may be a source of speakers.
  - A member of the CWI committee has been involved in programs/events and says that all events have to have a take away message and action steps for participants.
  - Will the Red Barrel (or a fake) be at the event – to promote that program.
  - Aileen Rohwer, CAS, has offered to have members of CAS play at the event
  - Amelia Woods will contact the organizers of the Klager Talent show to find out if a few of the students will be willing to perform at the MWC event.
  - Could we have “quizzes “ available for people to take
  - Give aways – some of the participants, Like Manchester Wellness Center will be offering prizes, drawing. CWF has pedometers, pencils for give aways
  - Could we get a flyer together to hand out at Crazy Cash – March 2?.
  - CRC might be able to do something around their GO/slow/Whoa labeling of food.
  - Have an IDEA Box – potential intervention programs.
  - Amelia will see if someone from Couch to 5K will have a table
  - Could someone contact Kiwanis to advertise the canoe race
  - Friends group – advertise Bed Races
  - Cherie will contact the Athletic Boosters to see if they want to participate
  - Lions will have vision screening
  - If we have/sell food, will need a Food Handler License.
  - Table for Community Read.
  - (another suggestion after the meeting – arrange babysitting so that parents can attend the presentation)
2. Meeting time survey revealed most people want noon meetings, so all meetings from now on will be at noon. Next month’s meeting is the event.
  3. 2013-14 budget – anticipated community budget is about \$100K for 2013-14. In last year’s plan we had planned for \$178K so will need to adjust. Suggestions generated at the meeting were::
    - Delete \$20K for paid coordinator. CWF will be adding a part time staff person to help.
    - Delete \$10K for Complete Streets (J. Wallace) and move all or some of these funds to Safe Routes to School
    - Delete \$5K for Technology Directed Assistance (no one sure what this is anyway)
    - Potentially increase amount for Safe Routes to School
    - Decrease amount for Community and School Gardens
    - Decrease amount for 5-a-day toolkit
    - Decrease amount for Grocery store, restaurants.
    - Move More subcommittee will need to cut/decrease some of their interventions
    - Peter Girz to suggest changes in AUS area
  4. Assignments for preparing the 2013-14 plan – Have draft interventions ready April 1 and a meeting is to be set up (working meeting) to prioritize interventions across subcommittees for early April.

- Jeff Wallace and Cherie Vannatter will work on Safe Route to School
- Jen W will work on Rural Fitness Program
- Leah/Shelly will work on Wellness Center Enhancements
- Amelia will check with Mike and Kathy Austin to see if they would help write the plan
- Amy suggested that Lori Kindt charges about \$700 to write the plan for other towns.