

Manchester Wellness Coalition Meeting Minutes

October 22, 2013

Attendees: Jeff Wallace, Cherie Vannatter, James Miller, Lindsay Hannah, Barry Allen, Aaron Kesson, Laura Seyfried, Kathy Benedict, Amelia Woods, Shelley Hehr, Leah Sweet, Kim Mahrle, Ray Berg, Matt Pegouskie, Ruth VanBogelen

Next Meeting is Nov. 26th at noon in the Village Room. No meeting in December

Agenda & summary of discussion:

1. Introductions

2. Subcommittee updates on 2014-15 Year Planning

1. Move More has collected new ideas and will reconsider ideas from previous years including: new walking/biking maps, new High School program for students not involved in school sports, Library has check out location for sporting equipment, synthetic ice rink, critical needs for SR2S, pool, wellness center programming
2. Avoid unhealthy substances – likely no new programs, but may have expansion of current programs
3. Eat Better plans to continue Healthy Chefs, Community Garden, Farmers market and potentially add an intervention for the grocery store.
4. Connect with others – meeting to discuss 2014-15 plan will be scheduled.

3. October 19 Coalition workshop at Silver Maples

The program was a virtual meeting with Karen Odegaard from Univ. of Wisc. County Health Rankings and Roadmaps to discuss overcoming boundary issues both within coalitions and external to the coalition. A digital video is available. RWJ gives awards each year to towns addressing health issues and Manistique, MI was a recent winner. A video was shown of what Manistique accomplished. Laura Seyfried and Kathy Benedict attended the session.

4. October 25 FUTP60 Health Expo at Manchester Middle School – Planning

This Friday, Oct. 25 from 8-11 am. There will be a table for the coalition at this event. Volunteers for the event are Ray, Lindsay (she will have her own table), Kim, Nancy, Matt and Ruth. Set up starts at 7:30 am. We can give away plates in the raffle.

5. Education Outreach ideas

Klager Math & Science night is in jeopardy of being canceled, thus Kathy is pursuing the possibility of the coalition helping to make this event happen. It happens in March and typically about 200 people attend. There are typically about a dozen demo/experiments and one big

presentations (animals are really popular). Kathy and Ruth will attend the PTO meeting tonight and Cherie said staff would be talking about this event this week. The coalition could include concussion, bike safety, exercise instruction and other demos – as planned for this year’s education series.

6. Brief status updates on interventions

- Shared Use Trail – engineering is happening now. There is a community meeting on Nov 2nd from 10-12 in the Village Room to talk about this project
- Rural Home Fitness – plans are in progress for Sharon and Freedom Township. The location for Freedom township has been identified both for winter and spring events.
- Safe Routes to School – the walk on Nat’l Walk to School Day was a big success with students congregating at 3 locations to walk to school. Many students indicated that they would like to walk again. On Oct 29th the first phase of the evaluation begins. People will meet at Klager after school to walk routes to identify the quality of the sidewalks and other potential issues (unfriendly dogs, etc.). Then there will be a dinner followed by the Kick Off meeting. Times and location of the kick off meeting will be determined soon.
- Kirk Park improvement project. About \$60K has been raised so far. Plans are to begin in the spring of 2014
- Walking program – walks will continue on Tuesday and Thursday through October and then classes indoors will start. Saturday walks on Saturday will continue to be outdoors as long as possible. Call Kim Mahrle for location of walks
- Farmer Market – the 2013 season is done. The market average 18 vendors per market day. Overall, the market is viewed as showing significant improvement over past year. The performance of the market was monitored by gross sales of vendors. The total gross sales was ~ \$38,000 this year. On Nov 5th there is a visioning session for the Farmers Market, 6:30 – 8:30 in the Village Room. All are invited to attend.
- Manchester Voices/Project Success. The students are working on the Red Ribbon program which starts next week. Mainstreet will be decorated with red ribbons, baskets of red ribbons will be placed in businesses and there will be Red Ribbon “Bomb” at some location (e.g., student will put red ribbons on cars during church at UMC)
- Community Read – many books are being taken. Manchester Pharmacy has distributed the most. Tonight is the Backpacking session, 7 pm in the Village Room.

7. Camera – should the coalition purchase a camera and tripod so the individuals can check out the camera to take pictures and/or videos of events. Question was raised if anyone uses cameras anymore. The importance of taking pictures and videos of events was also discussed. Action – Ray will work with Matt to order the camera. Funds from the \$5000 capacity monies would be used.

8. Orientation/member booklets – Ruth is developing an orientation/member booklet and was looking for volunteers to edit. Amelia and Jen volunteered for this Thursday at 1:30.

9. Other November would be a good time to begin to review/evaluate interventions in preparation of preparing the 2014-15 Plan. Three interventions will be reviewed at the November meeting. Farmers Market, Community Garden and FUPTP60. Each review will be 10-15 minutes.