

Manchester Wellness Coalition Meeting

September 24, 2013, 12:00 – 12:55 PM

Village Room, 912 City Rd, Manchester, MI

Attendees: Ray Berg, Peter Girz, Jen Wojtowicz, Cherie Vannatter, Laura Seyfried, Barry Allen, Kathy Benedict, Peggy Allen, Shelly Hehr, Matt Pegouskie, Lindsay Hannah, Jeff Wallace, Kim Mahrle, Ruth VanBogelen.

Agenda & Summary of Discussion:

1. Introductions;

- new attendees are:
 - Lindsay Hannah, new coordinator for Manchester Voices, Project Success and Project TNT
 - Kim Mahrle, leader for walking program.

2. New Subcommittee Chairs

- Ray Berg – continuing Chair for Move More
- Laura Seyfried – new Chair for Eat Better. Meeting is 9/30/13 at 9 am at CRC
- Kathy Benedict – new Chair for Avoid Unhealthy Substances
- Jim Miller – new chair for Connect with Others

3. Subcommittees begin soliciting ideas for 2014-15 Plan

- During the 4th quarter of 2013, the subcommittees should be looking at any new health data that is available, generate ideas for new interventions, get community input on the intervention, draft a budget and draft the intervention form (Matt & Ruth can help fill out forms, matt@5healthytowns.org, ruth@5healthytowns.org).
- In 1st quarter of 2014, we will discuss ideas for new interventions, evaluate interventions that might be continued, find out from CWF what the total funding amount will be for 2014-15 Plan, prioritize interventions if needed and prepare the draft plan.
- April 2014 – prioritization is done first within subcommittee, then across subcommittees, review and finalize the plan
- May 1st submit plan to CWF, reviewed first by Amy, Matt and Ruth (feedback provided, may need to send in revised plan), CWF combined Grant and CWI committees reviews the plan (May 22, may provided feedback to be addressed in 3rd version)
- CWF reviews plan for approval or not June 23rd.

4. September 9 Community Advisory Council Training – summary of results

Meeting was moderated by Karen from the Univ of Wisconsin County Health Roadmaps and Rankings. Topic was on boundaries within and external of coalition. Information and tools on how to think about boundaries and how to handle barriers. Laura Seyfried and Kathy Benedict represented Manchester. Their output was around boundaries affecting the sustainability of the coalition. Two other towns had the same topic in their discussion. Two towns had topics related to communication within and external of the coalitions.

Action – Matt to send Ray the Notetaking guide which included information about boundaries. Ray will send this document to coalition members. (Matt completed this action immediately after the meeting).

5. October 19 Coalitions Workshop at Silver Maples in Chelsea from 8am –noon.

This meeting is an extension of the September 9th meeting. A more in-depth training on boundaries and workshop time is included. Tour of tools offered by University of Wisconsin. Information on County Health Roadmaps and Rankings, Overview of results of Coalition survey done this summer, tutorial for new website area for coalition information.

Action – Ray to send email to coalition inviting them to this meeting. RSVP to Matt Pegouskie (Matt @5healthytowns.org)

6. Education Outreach Ideas – continuing discussion

Plan is to combine this education outreach with 3 events that take place at Klager, the Middle School and the High School next year January – May. Kathy will have a draft plan ready for the next meeting. Suggestions were:

Klager – March math & science night

Middle School – May talent and variety show which is part of Manchester Voices

High School – basketball game, play, etc.

7. October 25 FUTP60 Health Expo at the Manchester Middle School – 8am – 11 am

Action – need volunteers from the coalition to attend the event and be prepared to have some sort of interaction with students. Also need printed material to hand out to students. So far Ray, Ruth and Lindsay are planning to attend.

8. Grants to be submitted by October 4 include FUTP60, Community Garden and Gazebo Concerts

9. Brief updates on interventions

AUS –

- Lindsay Hannah is the new coordinator for Manchester Voices, Project Success and Project TNT. Peter is working with her to transition all these programs to her. She will be working 4 days a week on these projects.
- Manchester Voices will be hosting a table at the Oct 4th football game. If anyone wants to provide printed material and/or be at the event, please let Lindsay know (Lindsay@kbamichigan.com)
- Red Barrel – was emptied for the first time last week and is getting full again already

CWO – Jim did not attend the meeting. Community Read Kick-off was in Grass Lake Sept 7th. Many other events are happening in the 5 towns. Get a book and schedule at the library, CRC and other locations.

EB –

- Healthy Chefs at Klager starts Nov 18th, High School program may have already started after school
- Community & School Garden will wrap for this year by the end of October and will provide a report in November
- Farmers Market last market day is Oct 10, report will be provided in October
- 5-a-day toolkit program will end Dec 31 this year. A report will be provided in January. New plans for all the plates is underway

MM

- SRTS – Melanie Woods is the coordinator. Natl Walk to School Day is Oct 9th. Matt is working with Melanie on next steps with MSU
- FUTP60 – event for Middle School students is Oct 25th in the morning. Many groups will have information for students. Different grades rotate through at different times, they get signatures from different groups to get prizes. Focus is on health & exercise.
- Kirk Park – so far have raised ~ \$60,000. Group is doing their 2nd round of fundraising. There was an article in the September issue of the M Magazine
- Expanded Wellness Programs – biking and walking programs continue, Senior-focused programs will start in winter
- Shared Use Trail – the group has met with the engineer, a proposal will be ready for the next Village Council meeting, committee is working on many aspects of the trail, construction will begin in early 2014.
- Rural Fitness. Nan Curtis and Nancy Loudin have been referred to Jen with ideas and or help for this program. Jen has talked to Ron Milkey about using the field at the old Pleasant Lake School for kick ball, she is developing nature walks.

- Kim Mahrle – organizes exercise activities. From May – Oct, there are walking groups on Tuesday in Chelsea (6:30 at corner of M-52 and old US-12), Thursday in Manchester (6:30 at Klager) and Saturdays at 10 am (not sure of location). The walks are typically 1.5-2 hours and 5-6 miles. There is also a beginner walk at 9 am on Saturdays at Klager – shorter distance, slower pace. Contact Kim for more information and to get on the list (Mahrle farms@gmail.com)

10. Other matters for discussion - None