



## Manchester Wellness

Meeting Summary July 28, 2015

Attendees: Laura Seyfried, Lindsay Hannah, Jeff Wallace, Jan Steinhauer, Ashley Tomasi, Matt Pegouskie, Shelley Hehr, Pat Villiencourt, Ruth VanBogelen, Cindy Cope, Patty Swaney, Leah Sweet, Cindy Dresch, Becky Brewis, Cherie Vanatter

1. Introductions-Ruth VanBogelen chaired the July meeting

### Updates

2. Ashley Tomasi gave an update on the 2015 Washtenaw County HIP survey (see attached in email).

- The survey concluded on July 12<sup>th</sup>, reaching 220 of its desired 250 responses in Manchester
- Biggest hurdle in reaching quota was the population size and individuals not answering phone calls (primarily cell phones).
- Washtenaw will get the initial HIP survey dataset on September 1<sup>st</sup>
- Ashley will present findings during one of the coalition meeting this Fall

3. The Manchester Year 4 Plan was published in *The Manchester Mirror* and on the Chelsea-Area Wellness Foundation's website. The full plan is available for download at both of these locations. If there are questions on how to access the full plan on the foundation's website please contact Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org))

4. The coalition checked on the status of Year 4 grant requests for September funding (August 7<sup>th</sup>)

<u>Submitted</u>	<u>Needs to Submit</u>
<ul style="list-style-type: none"><li>• SRSLY Manchester</li><li>• Safe Routes to School</li><li>• Dance Manchester</li><li>• Adaptive Movement</li></ul>	<ul style="list-style-type: none"><li>• Healthy Chefs</li><li>• Community Read</li><li>• Youth Football</li></ul>

### New Items

1. The Chelsea Retirement Community will be hosting a health fair on August 12<sup>th</sup> from 7:30 am-3:30 pm. The event will be used to showcase various programs/organizations that promote health and wellness in the area to allow employees to see what is available and how they can utilize these resources in the communities they live. They are anticipating about 200 employee participants from all over the area – such as, Stockbridge, Dexter, Chelsea, Grass Lake, Munith, Jackson, Manchester, and more. The foundation is hoping to have a table representing all of the 5H coalitions at the event. If you are interested in participating please contact Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)). Thank you to those who have already signed-up!
2. The Chelsea-Area Wellness Foundation's bi-annual coalition survey will be going out this week. Those who have attended at least 3 coalition meetings within the past year (July 2014-July 2015) will be invited to participate. The results of this survey will be used to strengthen coalition processes. The survey is confidential and will take 10 minutes to complete.



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3. The Manchester Wellness Coalition will be reallocating \$2,500 of its unused funds from year 3 to go towards a 5H Marketing Plan. The CAC will be meeting on September 14<sup>th</sup> to discuss the marketing needs of each of the 5H coalitions.
  - During the August meeting we will be brainstorming marketing needs/visions for the coalition
4. Cindy Cope and Shelley Hehr gave an update on the status of the Manchester Wellness Center (see attached in email)
  - Membership at the Manchester Wellness Center has been declining since 2012, going from 318 members in 2012 to 246 members in 2015, while expenses have continued to increase
  - The coalition discussed ways to generate more interest and increase awareness of the Wellness Center in the community.
    - The Wellness Center is planning some promotional events. August 2-8 new members will be able to join for free and in October there will be a Fall enrollment special where new and returning members will be able to join for free. To further promote the center in October they will also have an open house, create digital and print ads, create flyers, promote the center on Facebook, and offer special offer to current members and students. They are also considering offering membership discounts for employees of large corporations in town.
    - The Wellness Center is interested in expanding class offering to include children's classes, yoga, and senior classes.
    - Ideas brought up by the coalition include: emailing out a survey to cancelled members to better understand their reasons for discontinuing their membership, expanding center hours, having better signage to promote the wellness center and its location, include membership fee on the website, add photos of current members/Manchester residents to the website, adding a jazzercise class, using local radio personalities to promote the center, giving out free passes to the wellness center at school events with maps of the location, have Halloween/Christmas events at the center (Santa at the center for Christmas in the Village?), offer discounted week passes, and if room, include the center in the booklet that is currently being created by the school, chamber of commerce, and DDA.
    - In August, signs will be placed in front of the Post Office and by the seating area on Main and 52. Signs will have space to display community events and could be used to promote the center and center events.
    - Coalition member also were given a tour of the Wellness Center
5. Other Announcements:
  - Thursday July, 30<sup>th</sup> AATA will be having an information session on public transportation options in rural western Washtenaw County. For those interested, the session will be from 1:00pm-2:30pm at the Chelsea Retirement Community in the Dancey House Theater Room. **To RSVP** for this event, please email Marsha Davison, [mdavison@csswashtenaw.org](mailto:mdavison@csswashtenaw.org).
  - Thursday July 30<sup>th</sup> SRSly will be having a teen meeting that is open to the public to discuss and identify issues with substance abuse in teens in Manchester. They will also be reviewing



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MiPHY and other data. The meeting will run from 6-8pm and will be held in the Nellie Ackerson Building Conference room

- Friday November 6<sup>th</sup>, 2015 the CRC Banquet will be held at St. Joseph Mercy
  - Should we nominate someone from the coalition for volunteer of the year? We will discuss at our August or September meeting.

### REMINDERS

1. Next scheduled coalition meeting is Tuesday, August 25<sup>th</sup>, 12:00 Noon-Village Room
2. September 22 coalition meeting will be lunch with the senior at Emanuel Fellowship Hall
  - a. The Chelsea- Area Wellness Foundation will be funding lunch for the coalition. Ashley will pass around a signup sheet to get a head count at the August meeting
3. Next grant submittal deadline is August 7th