



# Manchester Wellness Coalition

## Meeting Summary

March 24, 2015

**Attendees:** Ray Berg, , Laura Seyfried, Lindsay Hannah, ,Jeff Wallace, Kathy Dimond, Barry Allen, Lori Kintz, Sara Swanson, Ruth VanBogelen

### 1. Updates

- The flyer has been delivered to all 48158 mailboxes
- Ray has heard from 5 people who were called do the HIP Survey which is still on-going through July of this year.
- My Choice, My Health, Leigh Vogelsong reported that 15 people have signed up for the program which starts March 25.
- Math & Science night is this Friday, over 20 activities are scheduled. Thanks Kathy Benedict for organizing that event.
- April 15 – 5:30 – 6:30 the Manchester Voice Coalition will host a meeting with Reiley Curran from St. Joseph Mercy Chelsea about applying for the \$625,000 Drug Free Community Grant. PLEASE COME – ALL ARE WELCOME – in the Manchester High School Library.

**2 Community Read 2014 report** – Last's years topic was Connect with Others in Healthy Ways and the book was A Fault in Our Stars. 500 free copies of this book were distributed September – December. There were 4 programs associated with this program. Three were held at the Farmers Market (Hands-on Science, Seed Saving and Ways to Eat Pumpkin. One event, a book review was head at the library. In addition the library has hosed other related to wellness over the last few months including Lisa Howard talking about going Gluten Free and Mary Donaldson about eating a healthy breakfast. In 2015 Community Read will cover the topic, Avoid Unhealthy Substances. As soon as the 5 communities decide on a book, the library will begin generating ideas for community meetings which will likely be at the Farmers Market again this **year**.

### 3. Interventions for Year 4 Plan (maximum of \$100,000)

- SRSly Manchester – this is the combined Manchester Voices, Project Success and Project TNT which will be moving to the SRSly model. This fiscal agent will be the Schools or St. Joseph Mercy Chelsea. Budget request \$24,530
- Gazebo Concerts – in their 27<sup>th</sup> year of hosting concerts, they have 8 scheduled for this year in June, July and August. They ask various groups in Manchester to sponsor concerts several were not able to this year and some have been reduced. The fiscal agent is Riverfolk. Budget request



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- Community Read – last year for this program to cover the 4 elements. The element, Avoid unhealthy substances will be addressed. Fiscal Agent is the Manchester District Library. Budget request is \$2000
- Retirement Community Planning – discussions are underway with UMRC and Silver Maples about the potential to have a facility (level of care tbd) in Manchester. An assessment was done last year which showed the need. Silver Maples is working on the financial analysis. Funds would be used to host community forums to get feedback on this potential project. Fiscal agent – Village of Manchester? Budget request of \$7000 is an estimate only
- Body Image – the intent to bring up the topic in the community “something to talk about” as it appears that it is a very emotional thing for some. The action plan would include 2 community forums hosted by a professional facilitator, to host a Women’s Roller Derby event in Manchester, 4 poster events (one would be a contest) and to have a presence at the Fair parade. The theme will be Year of the Wonder Woman. Fiscal Agent either Manchester ladies Society (pending 501c3 application) or the library. Requesting \$1200
- Stress Management – Goals are 2-fold: 1) to make people more aware of their stress level and 2) provide opportunities to learn how to manage stress via groups or self-directed. The action plan would include programs for students in the transition from 8<sup>th</sup> to 9<sup>th</sup> grade, for school staff, for parent groups, community groups, professional offices in Manchester and the Library. Fiscal Agent would be MCS and the budget request is \$7200. All the materials would come from professional sources – primarily StressStop.com. This is a follow-up intervention from the Stress Management training provided to all 5 communities by CWF.
- Farmers Market – the location will be moved from Adrian St to ChiBroil Park because of the bridge construction, but otherwise the plans are very similar to last year’s intervention. Fiscal agent is the Village and the request is for \$8000. Budget items include coupons for customers, CRC and/or Senior lunches, market manager, marketing, advertising and miscellaneous supplies.
- Community and School Gardens – most of the funds are used for the school garden portion of the project. Gardening is done with 7 pre-school classes and 7-9 classes from Klager. Gardening starts in March and continues through the summer. Fiscal agent is MCS and request is for \$2500.
- Safe routes to School. The grant for almost \$400,000 for sidewalks and crossing at Klager was awarded and \$42,000-\$60,000 will be needed for the engineering costs. Requesting \$20,000 which is \$15,000 for engineering and \$5000 for coordinator. Fiscal agent is the Village
- Youth Football – this program will be the 2<sup>nd</sup> year of this program and funds are still needed for equipment and other infrastructure needed for the program. This fiscal agent is MCS and the request is for \$10,000
- Run Manchester. Race the 1<sup>st</sup> Saturday in July. Fiscal agent ?? Request is for \$5000.



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4. **The narrative for the Year 4 Plan** – Lori Kintz has already worked on the Chelsea Year 4 plan and has developed an outline which shows the maturity of the coalitions.

- Frame the interventions with the goals in the 5 year plan
- 1 success story – we decided on Safe Routes to School
- Testimonials and pictures – please send testimonials and good quality photos to Lori Kintz at [lorikintz3000@gmail.com](mailto:lorikintz3000@gmail.com). Sara said that we are free to use any of the pictures from the Manchester Mirror and let her know if you have trouble downloading them.

5. **Intervention tables** – please complete your intervention tables as soon as possible because Lori needs them (even a draft) to work on the plan. Contact Matt if you need help preparing the intervention table. Once drafted or completed, send to Matt. [matt@5healthytowns.org](mailto:matt@5healthytowns.org)