



Manchester Wellness Coalition January 27, 2015 Meeting Summary

Attendees: Amber Burkhardt Sidebottom, Shelley Hehr, Sara Swanson, Nicky Tippie, Patty Swaney, Lindsay Hannah, Jeff Wallace, Cherie Vannatter, Arlene Guindon, Leigh Vogelsong, Amelia Woods, Laura Seyfried, Barry Allen, Matt Pegouskie, Ruth VanBogelen

Actions:

- Ray to send flyer about National Kidney Foundation of Michigan Pre-Diabetes Program to the coalition members

1. Introductions including new attendees:

- Arlene Guindon will be running the National Kidney Foundation of Michigan Pre-diabetes program. This program is free, registration is Feb 25 and classes begin March 4. 5:30 – 6:30 pm in the Village Room
- Amber – runs Bridgewater Support Services, she is a social worker and offers programs involving horses.
- Patty Swaney – representing the senior population in Manchester
- Nickie – works at the Chelsea and Manchester Wellness Centers

2. Reports from Year 3 interventions:

- Manchester Youth Football – (see slide deck at <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=299&showID=322>, Click on Year 3_2015 and 2015 Reports, select Y3_Youth Football.
 - 153 participants (exceeding goal for 1st year)
 - 40 games
 - Good feedback from parents, many hours of physical activity per week for participants
 - 2nd year plans – have some funds left but not enough to cover the early expenses of the program (equipment, etc.). Fund-raisers are scheduled.
- Run Manchester and Street Festival
 - 256 participants in the run including all age groups
 - 3 runs = Fun run, 5K and 10K
 - Proceeds to the Kirk Park Renovation project



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- Next year – figure out a way to get more surveys filled out, would like to get more people involved in the Couch to 5K training which starts in May. Would like to get more seniors (which for the race is age 49 and up)
 - Swimming Lessons
 - Offered 2 programs
 - Community Ed program – parents drop kids off at Klager, kids are bussed to Beach School in Chelsea for lessons. Only 2 families participated, but good feedback about the convenience and quality of the lessons
 - Wednesday Free swim at Day Camp – saw an 2 fold increase in the number of kids attending day camp on the days the kids were bussed to Beach Middle School for free swim.
 - Poor enrollment likely due to: 1) first year of the program and 2) not enough marketing (advertising didn't start until after school was out, need to start before school is out).
 - Do have funds left over.
 - Safe Routes to School
 - Application for almost \$400,000 was submitted in October and should hear in late January if the grant is awarded. The work would include Crossing at Klager and sidewalks in the walking areas in town. Work would be done in 2016 if the grant is awarded
 - Walking School Bus – good attendance at these
 - Walking Wednesdays – some attendees and weather has prohibited several already this winter. It needs to be above 10 degrees with wild chill.
 - Bicycle Rodeo – was done, only 16 attendees (probably due to the cold weather that day), but plans are underway for another.
3. MWC EDDM Mailer – should go out in early February to all residents of the Manchester School District by USPS.
4. Pending Year 3 grants
- Community Garden has the grant application in (Dec) and is waiting for bids and final approval of the water line part of the project before receiving the funds.
 - Leader in Me – Jennifer is working on securing the remaining funds for the program which would start in the 2015-16 school year
 - Kirk Park – bids should be in next week
5. Year 4 interventions –



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- Add Senior Activity interventions, Patty Swaney to work with Matt to develop the intervention. Would probably be dancing (Contra Dancing)

6. 2015 HIP Survey – please inform people about the survey which will start in February. Collecting this health data is very important to the coalition and also to the county. The caller ID should be **Washtenaw County Health Department** and/or **734-544-6700**

7. Community Advisory Council

- Meeting on January 3 and the River Raisin Watershed group presented to let people know about the opportunities for programs, etc. on the river.
- 5H Trails meeting was held on January 22 and plans continue on how to develop trails that may eventually connect the 5 towns and other neighboring towns.
- This council is made up of 4 coalition members from each town. Manchester currently is looking for 2 new members. If you are interested contact Matt at matt@5healthytowns.org, the meetings are Jan, Mar, May, Sept, Nov – 1st Mondays at 6 pm at the Chelsea Wellness Foundation office. There is typically a program with an outside speaker and the opportunity to hear what the other 5 towns are doing.

8. Kathy Benedict provided these updates by email:

- 1) Senior Citizen Pen Pal Program with Klager Elementary: I reviewed some ideas with Jan Steinhauer and a discussion was held at the last Senior Citizens Council Meeting. The seniors suggested guidelines that included a letter exchange with a student chosen at random each month, with first names only. Senior suggestions were documented and discussed with Jennifer Mayes, and she will pass on the information to the Klager teacher interested in furthering the program. Short of providing stationery, there doesn't seem to be enough substance to develop into a MWC intervention, as the program already has an interested teacher sponsor at Klager.

2) Klager Math/Science Night: Klager has been reserved for March 27th 2015, and we have a number of local presenters interested in participating. Manchester Wellness Coalition support will extend to coordination of the evening, and organization of presenters. Financial contribution, if any, still needs to be discussed. Last year the MWC paid for presenter supplies, snacks, and half the fee of an animal presenter. An overpayment from last year's animal presenter was noted when reviewing expenses for this year, and when that check (\$250) is received, there is a question whether it could be put towards the Math/Science Night expenses this year. The PTO is willing to commit financially to the event, as well. (Ray: Ruth says that the time limit for the funds would not allow using the \$250, that we need to make a financial request to Amy). Correspondence with Amcor for support via a community grant has not been successful. MWC members will present on Stress Management topics, as well as gardening and nutrition topics. Manchester Voices may



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present on the importance of appropriate prescription drug use. Plan to contact the Wellness Center regarding Zumba and yoga. Contact for Math Science Night: Kathy, Sara Swanson, Ruth Van Bogelen

3) "Dancing with the Dutch" : Thanks again to Matt P. for the catchy title--plans are underway for the intergenerational dance with a planned date of Saturday, May 16th. The United Methodist Church next to Klager has been reserved. There is a list for interested high schoolers in the office; the dance has been mentioned in announcements at school and to parents via high school email announcements. It is unlikely that we will have sufficient numbers of high school dance partners for the seniors, and high schoolers have suggested opening it up to other community members. There is minimal interest at the high school in dance lessons to prepare for the dance, also. As the semester continues, we will try to generate more interest at the high school level.

The dance studio in town is willing to provide the studio for a cost if we can find a dance instructor, or we may seek to have a series of dance lessons for community members beginning the month before the dance- perhaps offering lessons at local churches or the high school to keep costs low. Contacts to find an instructor have not been successful yet (including a plea to the U of MI Ballroom Dance Club and Ann Arbor area ballroom dance club, and Chelsea Ballet studio).

The senior citizens are aware of the dance/"prom", and there will be a discussion at a luncheon next month to poll for formal wear, refreshments, and activities.

9. Other updates

- Bridge replacement project. Likely the bridge will close around May 1 and will be done by November.
- Farmers Market will relocate to ChiBroil Park this year because Adrian Street is part of the detour.