



## FRIENDS & FAMILY WELLNESS

A 5 Healthy Towns Foundation  
Community Coalition

PLAN TEAM  
ORIENTATION

YEAR 6 PLAN  
2017-2018

### Role of the Plan Team

- 1. Understand the focus and goals of the coalition**
  - Strategic Plan
- 2. Understand the dynamics of the coalition**
  - See section below
- 3. Understand the history of the coalition**
  - See section on reverse side
- 4. Understand the role of the Plan Team**
  - Study the Prioritization and Evaluation document
- 5. Learn about each proposed intervention**
  - Read the intervention tables and (if possible) attend January and February Coalition meetings
- 6. Participate in making team decisions which are:**
  - ✓ unbiased toward any intervention,
  - ✓ are aligned with the mission and vision of 5HF,
  - ✓ address the wellness needs of the residents of the Chelsea area (school district boundaries)

### COALITION DYNAMICS

The definition of a coalition – a group of individuals or groups, during which they cooperate in joint action, each in their own self-interest, joining forces together for a common cause. (Latin word *coalitio* meaning is “to grow together”).

The common cause is developing a culture of wellness in Chelsea.

Individuals and representatives from different Chelsea organizations have not and will not all agree on the best way to develop the culture of wellness. There is an agreement to disagree. Individuals are allowed to express their opinions.



### Coalition History

Formed in 2011, the coalition’s 1<sup>st</sup> Comprehensive Wellness Plan was approved by 5HF in June 2012, all subsequent plans have been approved in May

Membership: no dues or fees, no formal membership form, completely voluntary.

For years 1-3, the decisions about which interventions were funded and the amount of funding was negotiated among people attending the meeting at which the decision was made. This process has been stressful for both the coalition and the intervention leaders. In Year 4 the Plan Team was formed to improve this process. Coalition Feedback was positive indicating this process worked.

There have been 43 meetings since May 2012 and 112 individuals have attended at least 1 meeting.

- Average 12 members per meeting
- 3 have attended meetings all 5 years
- 14 individuals have attended 2 or more meetings in Year 5 (May – Dec 2016) they are:
  - Jim Randolph (4 of 6 meetings)
  - Jon Van Hoek (2 of 6 meetings)
  - Stephanie Willette (5 of 6 meetings)
  - Jane Thompson (2 of 6 meetings)
  - Cindy Burdette (4 of 6 meetings)
  - Karla Bernath (3 of 6 meetings)
  - Gary Maynard (5 of 6 meetings)
  - Jesse Kauffman (4 of 6 meetings)
  - Andrew Thomson (3 of 6 meetings)
  - Luman Strong (3 of 6 meetings)
  - Liz Wilson (3 of 6 meetings)
  - Reiley Curran (3 of 6 meetings)
  - Keegan Sulecki (2 of 6 meetings)
  - Yael Dolev (5 of 6 meetings)
  - Lisa Carolin (4 of 6 meetings)
  - Nancy Whitelaw (2 of 6 meetings)

### Intervention History

This table provides information about which interventions were funded in Years 1-5

Element	Interventions	Year 1	Year 2	Year 3	Year 4	Year 5
EB	Farmers market	\$ 14,440	\$ 19,470	\$ 24,093	\$ 27,095	\$ 15,424
EB	Healthy Grocery Store	\$ 10,000	\$ 2,000	\$ 8,578	\$ 6,000	
EB	School Nutrition Activities				\$ 5,000	
EB	Healthy Restaurant	\$ 3,000			\$ 3,000	
EB	Food Education Series	\$ 500	\$ 500	\$ 5,703		
EB	Intergenerational Garden	\$ 7,000	\$ 10,000			
MM	Adaptive Movement			\$ 8,191	\$ 7,000	\$ 8,790
MM	Heart & Sole	\$ 5,000	\$ 6,500	\$ 5,903	\$ 2,000	\$ 2,000
MM	Run for the Rolls	\$ 3,000	\$ 1,500	\$ 1,301	\$ 2,000	\$ 2,000
MM	Walking Program			\$ 2,529		
MM	Bulldog Fit			\$ 2,398		
MM	Title work for Chelsea Dexter Trail			\$ 2,500		
MM	Safe Routes to School	\$ 23,000				
MM	Chelsea Activity Guide	\$ 11,000				
MM	Indoor Walking Trails					\$ 1,200
MM	Bike Racks					\$ 1,841
CWO	Camp Gabika		\$ 13,000	\$ 12,127	\$ 11,000	\$ 8,100
CWO	Community Read	\$ 7,000	\$ 6,050	\$ 5,782	\$ 6,000	
CWO	Healthy Selfies				\$ 1,560	
CWO	Ironclad Baseball Festival				\$ 1,500	\$ 1,000
CWO	Volunteer Chelsea	\$ 15,000	\$ 25,000	\$ 1,012		
CWO	Mobil Arts Kit		\$ 3,500			
CWO	Bark Park					\$ 14,645
AUS	SRSLY	\$ 20,000	\$ 15,000	\$ 16,383	\$ 20,000	\$ 20,000

Those shaded were not executed.