



Grass Lake Community Wellness Initiative

Meeting June 20th, 2016

Attendees: Ben Dandrow, Steve Moyer, Mike Willis, Dawn Cuddie, Jim Stormont, Diane DeBoe, Joe DeBoe, Michelle Whitley, Sabrina Edgar, Matt Pegouskie, Ashley Tomasi, Lauren McKimmy

1. Introductions

2. Intervention Review:

- **Year 4-Project Safe Graduation-Mike Willis and Michelle Whitley (see presentation attached in email)**
 - *Year 4-Project Safe Graduation- Mike Willis and Michelle Whitley (2nd year of funding)*
 - Project Safe Graduation’s mission is to provide a safe, drug and alcohol-free graduation celebration for graduating seniors incorporating education, entertainment and excitement while creating a lifelong memory of classmates and of a caring community.
 - Target Group:
 - High School Seniors
 - Goals:
 - Provide a safe, drug and alcohol-free graduation celebration for graduating seniors incorporating education entertainment and excitement while creating a lifelong memory of classmates and of a caring community
 - Reduce the number of students who make unhealthy choices specifically the Friday before graduation
 - Key Evaluation Data:
 - Number of student participants-85% of this year’s graduating class
 - Number of students involved in incidents- 0
 - Pre and post surveys of students
 - Improvements:
 - Hope to gain a stronger partnership with the school
 - Recruit more parent volunteers to sustain the program. Michelle has agreed to coordinate the events until 2019.

3. Continue developing a list/budgets for potential Year 5 Interventions

- Below is a list of potential Year 5 interventions and estimates on funding. The Year 5 Plan will be reviewed by the 5 Healthy Towns Foundation Board of Directors in November 2016. Our Plan Writer will be at our August meeting to begin collecting information for the plan. Budget for Year 5 is \$75,000. We will continue to develop this list over the next few months.

Intervention Name	Budget	Coalition Review: Year 4
Healthy Eating Classes	\$4,200	Reviewed in May 2016
Project Safe Graduation	\$1,000	June 2016
Farmers Market	\$20,000	Reviewed in January 2016
Sports/Trails/Parks	\$10,000	August 2016?



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Food for Friends	\$1,500	December 2016
Senior Activities	\$5,000	August 2016
Outdoor Yoga	\$1,000	September 2016
My Choice My Health	\$5,500	Fall 2016
Safe Routes to School	\$20,000	August 2016?
Event Sponsorships	\$4,000	N/A
TOTAL	\$72,200	---
Wish List		
School Fitness Coordinator	\$22,000	Reviewed in April 2016
Community Garden	\$0 (looking for someone to take the lead)	N/A
Boys on the Run	?	N/A

- Still looking for someone to champion the community garden. Email Ashley if interested.
 - The Healthy Eating Classes have been a huge success. The coalition would like to have a discussion at our July meeting to see if there is a way the classes can be expanded so that more members of the community are able to take part.
 - Intervention tables will be due Sept. 1
4. 5H Strategic Planning and Visioning Sessions-would like to have 3 more coalition members for the sessions
 - More information on dates, times, number of sessions, and length of sessions will be provided later this summer. At the moment we are planning for 1 six hour session and 2 four hour sessions.
 - So far we have 3 GLCWI members. We are hoping to get 3 more members.
 - Email Ashley if interested. A survey will be sent out to those who have expressed interest in participating the week of June 27th to begin developing a schedule for the sessions.
 5. Update on Safe Routes to School
 - Proposing 20,000 linear feet of improvements to sidewalks in Grass Lake.
 - Aiming to submit the grant for the infrastructure portion in November.
 - Click on the link to see the full plan:
<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=298&showID=373>
 6. 5H Walk to End Alzheimer's-Looking for representation for the 5H communities to be on the planning committee
 - Planning committee will meet the 3rd Wednesday of the month at 2 PM from June-September
 - Email Maggie Gibbons (mgibbons@alz.org) if interested in joining.
 7. Other Items/Announcements



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- Senior Center received a \$5,750 grant from St. Joseph Mercy Chelsea to go towards transportation assistance. The grant will support the future GL Program Manager, who will help establish a volunteer matching system to provide rides for seniors using volunteer drivers.
- Yoga by the Lake- Saturdays at 11 AM, June 11th-July 30th
- Farmers Market-Wednesdays 4 PM-7PM, Whistlestop Park, May-October
- Music in the Park- 1st and 3rd Wednesdays, 6 PM-8 PM, Whistlestop Park, May-September
- 2016 Grass Lake Traffic Jam'in-July 8th and 9th <http://www.grasslakechamber.org/traffic-jamin-2013.html>
- Boat Races- July 9th and 10th
- Traffic Jam'in 5K- July 8th
- Dispose of old tires at the Township- July 9th, 8:30 AM-4PM
- One Helluva Ride- July 9th <http://www.aabts.org/ohr/>
- 5H Walk to End Alzheimer's- Sept. 24th http://act.alz.org/site/TR/Walk2016/MI-MichiganGreatLakes?pg=entry&fr_id=9071

Reminders:

- ***Next grant submission deadline is August 5th***

Upcoming meetings

July 18 th	Discussion on behavior and mental health support from St. Joes, continue working on list of interventions for Year 5, 2016 NEAT results
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