



Grass Lake Community Wellness Initiative

Meeting May 16th, 2016

Attendees: Doug Moeckel, Sue Weible, Ben Dandrow, Steve Moyer, Mike Willis, Dawn Cuddie, Jim Stormont, Diane DeBoe, Joe DeBoe, Michelle Rankin, Joyce Sager, Sabrina Edgar, Joseph Paulette, Atticus Sumner

1. Introductions

2. Intervention Review:

- **Healthy Eating Classes- Year 4- Sue Weible (4th year of funding)-see PowerPoint attached in email**
 - Provide monthly classes featuring healthy eating topics and food preparation. Programs will include demonstrations, recipe handouts, tasting samples, and a question-and-answer period with a food professional.
 - Target Group:
 - Adults
 - Goals:
 - To teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee.
 - Reach 35- 40 regular adult attendees.
 - Encourage the purchase of locally sourced products, and to offer an outing to Eastern Market to highlight a successful Farmers Market
 - Key Evaluation Data:
 - Surveys
 - a. 97.9% found the program valuable or highly valuable
 - Attendance
 - a. Total 515 participants, 39 per class
 - Cost:
 - \$4,200

3. Begin 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 submitted to the 5 Healthy Towns Foundation Board of Directors in November 2016. 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?
Food for Friends	\$1,500	December 2016
Senior Activities	\$5,000	July 2016
Outdoor Yoga	\$1,000	September 2016
My Choice My Health	\$5,500	Fall 2016



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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

4. Develop a schedule of Year 3 and 4 Interventions to review during the summer months
 - Intervention Reviews for the summer months are listed below:
 - June 20th-Project Safe Graduation
 - July 18th-Grass Lake Senior Center
 - August 15th- Tour of the new multi-purpose courts?

5. Volunteers for One Helluva Ride and the 5H Walk to End Alzheimer's
 - One Helluva Ride- July 9th, looking for SAG drivers to follow riders on the course and pick up anyone who may need medical or mechanical assistance. Anyone interested in volunteering should reach out to Sal (nikonmn@gmail.com)
 - 5H Walk to End Alzheimer's- September 24th, looking for volunteers for to be on the planning committee and for volunteers to help out with day of operations. If interested contact Maggie Gibbons (mgibbons@alz.org)
 - Others?
 - Traffic Jam'in 5K- July 8th, looking for volunteers to help with day of operations. Contact Dawn Cuddie (coachcuddie@yahoo.com)

6. Any Other Items?
 - Atticus Sumner and Joseph Paulette came to the meeting to speak about their program "Tap Your Potential"
 - Program motivates kids to take a stand and fight childhood obesity in their community through an innovative tap dancing initiative.
 - Looking for ways to collaborate with the coalition
 - Chelsea and Dexter schools are currently looking to participate.
 - Looking for ways this may be incorporated with the schools or Senior Center
 - **Doug will send out contact information and links to videos from the program.**

7. Announcements
 - 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



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- Grass Lake Educational Foundation Fundraiser “On Tap and Uncorked”-May 20th, 7 PM-10PM at the Depot. Tickets are \$25 and can be purchased at the Grass Lake Schools Superintendent’s Office
- 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 http://act.alz.org/site/TR/Walk2016/MI-MichiganGreatLakes?pg=entry&fr_id=9071

Reminders:

- ***Next grant submission deadlines are June 3rd and August 5th***

Upcoming meetings

June 20 th	Review of PSG, continue working on list of interventions for Year 5, speaker from Alzheimer’s Association?
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