



Grass Lake Community Wellness Initiative

Meeting April 18th, 2016

Attendees: Doug Moeckel, Ben Dandrow, Ashley Tomasi, Matt Pegouskie, Diane DeBoe, Steve Moyer, Dawn Cuddie, Sue Weible, Sabrina Edgar, Jim Stormont, Elaine O'Neill, Pat Richardson, Alex Mullen, Jacob Swanson, Michelle Rankin

1. Introductions

2. Update on George Long School Fitness Coordinator-Pat Richardson *(please see presentation and excel data for 3rd-5th graders attached in email)*

- Each class meets for 30 minutes twice a week during the school year (grades 3rd-5th)
- It was projected the classes would have 287 students, ended with 264 students.
- The program included three “challenges” that were each 7-8 weeks long. Challenges included strength/circuit training, nutrition, yoga, and cardio
- Goal is to see 10-20% improvement in students’ respiration, heart rate, strength, flexibility, and participation. Pat will provide an update as soon as final data is collected. Currently they are in the process of finishing up testing.
- For strength training, most improvements were seen in plank and push-up tests
- EMU nurses came to help with preassessments for the program (step test, sit and reach, upper flexibility, and plank)
- Pat believes around 70% of the children in the program are fit and in good shape
- The program provides a safe space for children of all physical activity levels and abilities. This year all the children were supportive and helpful to one another

3. Summer Yoga Classes-will the classes be moved to Sunday or stay on Saturday?

- Classes will remain on Saturday mornings
- Yoga will run from 10:30 a.m. – 11:30 a.m.
- Tentative launch date will be either the 1st or 2nd Saturday in June.

4. Update on Safe Routes to School from the March 30th meeting

- Please review the drawings of the Safe Routes to School documents and give your comments to Matt at Matt@5healthytowns.org. To see the documents go to <http://5healthytowns.org/?module=Files&event=Coalition&ID=298&showID=373> and then click on “Grass Lake Safe Routes to School Meeting Documents” to see the work that has been completed. Some of these files are rather large and may take some time to open.
- The final planning meeting will be in 6-8 weeks. More information to come.
- They hope to turn in the MDOT grant application in during the fall of 2016.

5. Year 5 budget final decision and changes for the upcoming year

- The 5 Healthy Towns Foundation Board of Directors approved the Year 5 budget for \$75,000. Grass Lake will submit their Year 5 Plan to the Foundation Board of Directors in November 2016.
- Reminder: In order for funding to be released for your intervention you MUST turn in all evaluation reports you have from previous interventions. Failure to do so will result in the Foundation withholding funds. *New to the policy this year, any missing reports will result not only in having funds for your intervention withheld, but ANY intervention that is under your fiscal agent.*
- We are currently working on refining the evaluation process and are hoping to finalize changes soon. Currently there are two evaluation steps intervention leaders must complete for their intervention. 1) a presentation reviewing the outcome and data from the intervention must be given to the coalition upon the intervention's completion 2) an evaluation form must be filled out and submitted to the Foundation. We are working on streamlining that process into one presentation/form. Ashley will provide an overview of these changes at a future meeting.
- During the next meeting the coalition will look at its 5 Year Plan and develop a very rough list of potential Year 5 Interventions and budgets for the Year 5 Plan.

6. Other items/Announcements

- Farmers Market opens on May 18th to October 19th. This season the market will move to every week
- Music in the Park will be held the 1st and 3rd Wednesday. They have been asking local businesses to provide sponsorships for the music events. Every event has been sponsored with the exception of the last show.
- The diabetes prevention program My Choice My Health starts May 4th. An information session will be held on April 27th. Both the classes and information session will be held from 9:30 a.m. – 10:30 a.m. The classes will run 16 weeks followed by monthly maintenance session. **Please spread the word!**
- The Music and Memory group is going great and has been picked up by Miss Washtenaw as a best practice!
- Girls on the Run will hold their 5K on May 15th
- The Chelsea Heart and Sole race is May 21st
- 1st and 3rd Saturday Walks- 5 people at the last walk, open to anyone who is interested in joining!

7. Reminders:

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

Upcoming meetings

May 16	Discuss which interventions to review in June and July. Review Healthy Eating Classes Intervention? Come up with a list of potential interventions/budgets for Year 5
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