



Grass Lake Community Wellness Initiative

Meeting August 15th, 2016

Attendees: Doug Moeckel, Ben Dandrow, Jim Stormont, Sue Wieble, Joyce Sager, Dawn Cuddie, Diane DeBoe, Joe DeBoe, Steve Moyer, Trinh Pifer, Jennifer Smith, Annie Lavergne, Lori Kintz, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Review of Year 4 of the Senior Center- Joyce Sager, Jennifer Smith, Trinh Pifer, Annie Lavergne (see PowerPoint attached in email)

- Description:
 - Grass Lake Senior Center enters year two of operation, providing Grass Lake area residents ages 50+ opportunities to interact with each other during activities both on and off site. Chelsea Senior Center provides Grass Lake Senior Center with oversight, liability insurance and programming options, including activities driven by feedback from local Grass Lake resident surveys.
- Goals:
 - Increase membership from 48 to 100 paid members and average a daily participation rate of 20.
 - Provide programming and activities that are attractive to adults 50+.
- Key Evaluation data:
 - Membership rates: 68 members
 - Daily participation rates: over 3,000 visits to the Senior Center from March 2015- July 2016
 - Units of engagement: 5,928
 - Community and member surveys:
 - 90% of respondents list fellowship and social connections as the most important benefit from being a member.
 - Based on survey results, adding programming for line dancing, Medicare/Medicaid speakers, and Assistance Program
- Year 4 Funding:
 - \$5,000
- Future Goals and Sustainability:
 - Aim to diversify and increase funding from other sources
 - Hired a new program manager. Welcome Annie Lavergne!
 - Add an additional day of operations.

3. Year 5 Plan: Lori Kintz will begin collecting information for this year's plan. (see Year 5 Plan Outline attached in email).

- Lori Kintz is the Plan Writer for the 5 Healthy Towns Foundation. She assist each of the 5H coalitions in compiling their yearly plans which contain their grant proposals that will be reviewed by the Foundation board of directors.



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- *Intervention leads should begin working on their Year 5 intervention tables (see attached in email). We would like to have tables completed by September 12th. Matt will be at the Township Hall on August 31st and September 7th to assist with tables.*
- Coalition members reviewed the Year 5 Plan Outline and provided feedback on the following items:
 - Testimonials
 - Coalition will continue brainstorming and will make recommendations/provide testimonials at the next meeting
 - Coalition Photo
 - We will be taking a coalition photo at the September meeting.
 - Marketing/social media
 - Coalition members are asked to provide links to social media websites for their interventions. Email links to Lori Kintz (lorikintz3000@gmail.com)
 - Intervention photos
 - Send Lori Kintz (lorikintz3000@gmail.com) photos from your intervention
 - List of accomplishments from years 1-4
 - Success of the Senior Center
 - Michigan and Park Association Community Service Award
 - Success of the Diabetes Prevention Program My Choice My Health
 - Farmers Market and Music in the Park
 - Healthy Eating Classes
 - Sports and Trails Park
 - Event Sponsorships
 - Increasing “move more” started with the walking program, now looking to expand with a running club

Lori will be at our September 19th meeting to present the first draft of the plan.

4. 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	Reviewed 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	Reviewed August 2016



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Outdoor Yoga	\$1,000	September 2016
My Choice My Health	\$5,500	Fall 2016
Safe Routes to School	\$20,000	Reviewed June 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

Need to discuss:

- Sand Volleyball Courts
 - An update was given on the \$10,000 allotted for Sports, Trails, and Parks in the Year 5 Plan. The proposal will be for the installation of a sand volleyball court near the Township Hall. The court will be converted to an ice rink in the winter
 - The coalition was in favor of including the court in the Year 5 Plan
- Thoughts on “little free yard games” idea
 - Proposal for yard boxes containing lawn games (jarts, badminton, etc.) to be placed in 3-4 locations in town for use by community residents.
 - Cost for 4 yard boxes containing six games and binoculars is \$1,060
 - Coalition members who have participated in 50% or more of GLCWI meeting will be asked to vote on including the yard boxes in the Year 5 plan
- The coalition also discussed the possibility of adding bike racks to the Year 5 intervention list. More detail is needed on where the bike racks will be placed. There are already a few racks in town. The coalition may discuss further at the September meeting.

5. 5H Magazine

- This will be a free publication that will be distributed by every door direct mail to all houses in the 5 Healthy Towns service area (28,000). The first issue will be released in October.
- Cost for the ad page is \$995. Coalitions can use joint marketing funds earmarked in Year 4 for collaborative marketing efforts. Coalitions will have an opportunity to use joint marketing funds to purchase an ad page each issue.
- Each coalition will have a 2 page feature in the magazine. One page for content of the coalition’s choosing, another page for intervention ads.
- An email was sent out to the coalition soliciting ideas for each of the pages. Below are the top suggestions, which will be featured in the magazine:
 - Content page: Highlights of Year 4 interventions
- Ad page: Focus on fall/winter interventions (Healthy Eating Classes, Sports, Trails, and Parks, Grass Lake Senior Center)

6. 5H Strategic Planning and Visioning Update



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- Dates have been decided for the upcoming 5H Strategic Planning and Visioning Sessions that will be held at the Foundation this fall. The aim of the sessions is to create action plans for each coalition that will guide the next 5 years.
 - Session dates are as follows:
 - September 14th, 7:30 am – 3:30 pm
 - September 29th 7:30 am – 11:30 am (virtual session)
 - October 5th 7:30 am – 11:30 am
 - 6 members from the coalition have expressed interest in participating in the upcoming sessions. Thus far, 4 members have confirmed their attendance. We are waiting on confirmation from the final 2.
7. CRC Health Fair, August 24th –please bring any materials you want showcased at the event to the meeting
- Email Ashley (ashley@5healthytowns.org) if interested in signing-up for a time slot to be at the table or if interested in providing intervention promotional materials to be displayed at the event.
8. Other items/Announcements
- Tickets are sold out for the Farm to Table Dinner being held on August 21st to benefit the 5 Healthy Towns Farmers Markets! We are hoping to get a few more volunteers for the day of the event. Here is the link to volunteer: <http://www.signupgenius.com/go/30e0848afaf2faa8-farm>
 - 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
 - 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 October 7th***

Upcoming meetings

September 19th	Lori Kintz comes to unveil the first draft of the Year 5 Plan, Review of Outdoor Yoga, finalize list of interventions for Year 5
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