



## Grass Lake Community Wellness Initiative

**Meeting February 15th, 2016**

**Attendees:** Doug Moeckel, Ben Dandrow, Ashley Tomasi, Joe DeBoe, Diane DeBoe, Steve Moyer, David Atiyeh, Dawn Cuddie, Mike Willis, Sue Weible

### 1. Introductions

### 2. Intervention Review

- Community Read Year 4-Sue Weible (*see presentation attached in email*)
  - Budget:
    - \$3,500
  - Description:
    - The Community Read event is held annually during the month of October. It is a collaboration of five district libraries that focus reading programs and events to support a CWF theme. A book is selected using input from all 5H local coalitions. It is collectively chosen by a committee to support the theme based on content and market availability. This year's theme was "avoid unhealthy substances". The book *Hole in My Life* by Jack Gantos was selected to address this topic. An author visit was held in October where Mr. Gantos did book signings and answered residents' questions.
  - Goals:
    - Short-term: Distribute a designated number of books to promote a healthy lifestyle with the goal that there will be 4,000 "reads" of related materials and books.
      - Around 2,000 copies distributed through the 5H Towns
    - Mid-term: Increased knowledge of the targeted CWF element and available local resources to assist the community
    - Long-term: Decrease the percentage of Grass Lake residents who are overweight or obese; increase individual physical fitness levels, become a local resource for those seeking information on substance abuse, and to become a community center to socially connect people of all ages.
  - Key Evaluation Data:
    - 350 books distributed (highest amount that has been passed out)
    - Over 18 programs offered across the 5 towns
      - 29 kids showed up to the rotten ralph event
    - Overall positive feedback on the book selection

### 3. Review of 5 Year Plan- should we make revisions based on the 2015 HIP data (*see Dashboard and 5 Year Plan attached in email*)

- The coalition will review the Dashboard comparing the 2015 data to the 2010 HIP or national data.

- After reviewing, the coalition will give feedback on any revisions or additions that should be made to the Year 5 Plan at the March meeting.
4. **Safe Routes to School Update**-Ashley Tomasi
- The next Safe Routes to School meeting will be held on February 24<sup>th</sup> at 6 p.m. at the Township Hall.
  - MSU will unveil their preliminary findings and recommendations. Grass Lake residents will be given the opportunity to respond and give feedback on these recommendations.
5. **Program to fight malnutrition, diabetes, and obesity**-David Atiyeh
- Dr. Atiyeh is interested in implementing a program that would work with families to educate them on diet and how to make healthy lifestyle choice. The program would include:
    - Home visits to families to teach proper eating and exercise habits
    - Monitor parameters such as BMI, weight, attitudes, grades, etc.
    - Provide proper nutrients ( Sam Caster of manna relief)
    - Publicize results of the intervention bi-weekly.
  - Concerns were brought up about the use of supplements. Ashley will discuss the intervention with the Foundation to see if it is something they would support.
6. **Spring Business Expo and Craft Show, March 19<sup>th</sup> from 10 a.m.-4 p.m., Grass Lake High School**
- The coalition's booth will be in the same location as previous years
  - Giveaways will be handed out at the booth (walking maps, frisbee rings, USBs, hand sanitizer, wrist bands, books) Ashley will also print off copies of the 5 Year Plan and of Year 4 Intervention Descriptions.
  - A sign-up sheet was passed around at meeting. Please email Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)) if you would like to sign-up for a time slot to be at the booth
7. **Other items**
- Joe DeBoe will discuss at the next Village Council meeting the possibility of adding the 5H logo to the Lion's Club Sign
  - Farmers Market- Sabrina is currently pursuing nonprofit status for the market and is in the process of getting her MIFMA certification.
  - During the Community Read Presentation the coalition had a discussion on the legalization of marijuana and if 5HF had taken a formal stance against its legalization in the State of Michigan. Ashley will inquire and report back at the March meeting.
8. **Announcements**
- Community Walks are held the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month. Meet at the ticket booth on the west side of Stoker Field, walk begins at 9:30 a.m.
  - In informational meeting for those interested in organizing the first ever Farm to Table Event Committee will be Monday, February 22<sup>nd</sup> at 4 p.m. at Silver Maples, Chelsea. The committee will be in charge of planning the first ever Farm to Table event that will be held this summer in Chelsea. All proceeds will go towards our 5H Farmers Markets. For more information please contact the committee head Shawn Personke ([SPersonke@silvermaples.org](mailto:SPersonke@silvermaples.org))
9. **Reminders:**
- **Next grant submission deadline April 1<sup>st</sup>**

**Upcoming meetings**

March 21	Review HIP data, do we want to revise the 5 Year Plan?
April 18	Update on School Fitness Coordinator