



## Grass Lake Community Wellness Initiative

Meeting July 18<sup>th</sup>, 2016

**Attendees:** Ben Dandrow, Mike Willis, Jim Stormont, Sue Wieble, Joyce Seger, Nancy Siegrist, Matt Pegouskie, Ashley Tomasi, Lauren McKimmy

### 1. Introductions

### 2. St. Joseph Mercy Chelsea: Behavioral Health Services Navigator for 5 Healthy Towns-Nancy Siegrist

- In the process of hiring a new position to service individuals who may be experiencing mental health and/or substance use disorders and who are not currently able to access treatment services in the 5 Healthy Towns.
- Navigator will recommend individuals to services and resources in the communities and St. Joseph Mercy Health System.
- The Navigator will have scheduled hours in each community, locations TBD
- They hope to hire someone into the position by September
- *For more information contact Nancy Siegrist: [Nancy.Siegrist@stjoeshhealth.org](mailto:Nancy.Siegrist@stjoeshhealth.org)*

### 3. 2016 Nutritional Environment Assessment Tool (NEAT)

- Results were presented from the 2016 Nutrition Environment Assessment Tool (NEAT). The survey is done by the Foundation bi-annually and gauges a community's environment and policies related to and supporting healthy eating.
- Grass Lake was once again rated as "partially supportive" with improvements in all 3 areas of the assessment, particularly the schools.
- Suggestions to improve the score were to:
  - Work with restaurant owners to offer healthier menu options
  - Work with grocery stores to offer more healthy options at a reasonable cost
  - Work with employers in our community to promote more healthy eating initiatives in the workplace
- *To see the full assessment breakdown please review the 2016 NEAT scorecard that is attached in the email.*

### 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	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	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	August 2016?
Event Sponsorships	\$4,000	N/A
<b>TOTAL</b>	<b>\$72,200</b>	---
<b>Wish List</b>		
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:

- Healthy Eating Classes: Explore ways to expand or rotate participation.
  - It is not possible to increase class sizes at the Depot, as they are already at maximum capacity. Class organizers feel that the moving the location would negatively impact the program. Coalition members also agreed that it was best to keep classes at the Depot. The Depot is a visible, central location in Grass Lake; people really enjoy having the classes there. As a way to allow more community members an opportunity to experience the class, organizers are considering putting a policy in place that would require people on the waitlist who are not able to attend a class be added first to the roster for the next class to ensure them a spot.
- Feelings on adding sand volleyball courts to the list
  - Coalition members were receptive to the idea of sand volleyball courts. Location may be an issue. The coalition would like to have the courts at the County Parks, but it may be difficult to get permission. A possible alternative option could be near the Township Hall. Looking at potentially \$6,000-\$10,000 dollars, there is currently only \$2,800 left available for this year's plan. May consider putting some money towards the project this year and devoting a portion of next year's plan funding to complete the project.
  - *Matt will talk to the County Parks to see if it would be possible to have the courts at that location.*

### 5. 5H Magazine

- The Foundation is in the process of putting together the first edition of the 5 Healthy Towns Magazine. The magazine will be distributed throughout our 5 Healthy Towns service area. We are aiming to put out two editions a year, the first will go out in the fall. The magazine will include content on the coalitions, physical activity, local interest stories, recipes, etc.
- *We are currently looking for advertisers to be featured in the magazine. If interested contact Ashley ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org))*

### 6. Other Items/Announcements

- CRC Health Fair-Wednesday, August 24<sup>th</sup>, 7:30 AM-3:30 PM



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- The 5 Healthy Towns Coalition will have a joint table at the event to showcase intervention and information about the coalitions. You can sign-up to participate here: <http://doodle.com/poll/9h75n3fxgify7vx3>
- Diabetes Prevention Program update- 12 participants. Group has collectively lost 60 pounds as of week #8 of the program. They are off to a great start!
- Yoga by the Lake- Saturdays at 11 AM, June 11<sup>th</sup>-July 30<sup>th</sup>
- Farm to Table Dinner- August 21<sup>st</sup>, 4:45 PM-7:00 PM. All proceeds go to benefitting the 5 Healthy Towns Farmers Markets. Purchase tickets here:[5healthytownsfarmtotable2016.eventbrite.com](http://5healthytownsfarmtotable2016.eventbrite.com)
- Farmers Market-Wednesdays 4 PM-7PM, Whistlestop Park, May-October
- Music in the Park- 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6 PM-8 PM, Whistlestop Park, May-September
- 2016 Grass Lake Traffic Jam'in-July 8<sup>th</sup> and 9<sup>th</sup><http://www.grasslakechamber.org/traffic-jamin-2013.html>
- 5H Walk to End Alzheimer's- Sept. 24<sup>th</sup> [http://act.alz.org/site/TR/Walk2016/MI-MichiganGreatLakes?pg=entry&fr\\_id=9071](http://act.alz.org/site/TR/Walk2016/MI-MichiganGreatLakes?pg=entry&fr_id=9071)

### Reminders:

- ***Next grant submission deadline is August 5<sup>th</sup>***

### **Upcoming meetings**

August 15th	Lori Kintz comes to begin collecting information on Year 5 Plan, Review of the Senior Center, continue working on list of interventions for Year 5
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