



Grass Lake Community Wellness Initiative

Meeting March 21, 2016

Attendees: Doug Moeckel, Ben Dandrow, Ashley Tomasi, Matt Pegouskie, Joe DeBoe, Steve Moyer, Dawn Cuddie, Mike Willis, Sue Weible, Veronica Zick, Sabrina Edgar, Joyce Sager, Jim Stormont, Elaine O'Neill

1. Introductions

2. Review 2015 HIP Data and 5 Year Plan-How do we want to use this moving forward? Do we want to choose a focus(es) for the coming year? Do we want to make any goals? (*please see HIP Dashboard and 5 Year Plan attached*)

- The coalition reviewed the 2015 HIP data dashboard
- The coalition has made great progress in addressing many of the “indicators of wellness” that they identified in their 5 Year Plan. The coalition has maintained a good balance in developing interventions to target each of the four focus areas (eat better, move more, connect with others, avoid unhealthy substances).
- Looking at indicators of wellness, overall we have seen the most improvement in “engaging in an appropriate amount of physical activity” and “offering strategies and alternatives to using unhealthy substances and decrease availability of addictive substances”. Weakest indicators are “maintaining a healthy weight”, “Eat more fruits and vegetables”, and “provide strategies and support for managing stress, for having good self-perception, and for finding healthy companionship”
- Coalition went through each of the questions that were listed under the indicators of wellness and provided suggestions for possible programs or projects. Ideas included:
 - Sponsor fresh fruit options “healthy snacks” for students at Grass Lake Schools
 - Continue sponsoring the Senior Center-addresses Grass Lakes largest target population and addresses many of our focus areas (eat better, move more, connect with others)
 - Have stress/mental health support groups and offer education resources about stress and mental health to the community
 - Bring in motivational speakers on positivity/mindfulness
 - Weight management program-similar to what is being done in Manchester Year 5
 - Provide educational materials to realtors/ home sellers in the area about removing prescriptions from home before an open house as a way to reduce prescription drugs from getting stolen and to reduce abuse rates
 - Provide educational materials to teens to raise awareness of why they shouldn't use drugs, alcohol, cigarettes, and prescription drugs
 - Bring in speakers to talk to teens about the dangers of drug, alcohol, and prescription drug abuse and about the dangers of smoking cigarettes. A potential speaker could be Mike Hirst.

- The coalition will continue discussing these ideas as we move into year 5.
3. **Diabetes Prevention Program Update**-discuss launch date, class time, and marketing (*please see flyer attached in email*)
 - Classes will run from 9:30 am-10:30 am from May-April at the Grass Lake Senior Center, participants must be 18 or older
 - From May 4th to June 22nd classes will run weekly, bi-weekly meetings will be held June 22nd to October 12th, monthly meetings will be held November through April (dates TBD).
 - An informational meeting for those interested in signing up will be held on April 27th at the Senior Center
 - **Please spread the word!**
 4. **Summer Yoga Classes**-may have to move to Sunday's instead of Saturdays
 - The intervention lead for Summer Yoga in the Park asked the coalition to consider the idea of moving classes from Saturdays to Sundays to better accommodate some of the instructors' schedules.
 - The coalition felt it Sundays may be a hard sell as many people go to church and consider Sunday as a family day. It could work if moved to Sunday afternoon or evening, but they think it would have the best attendance if kept to Saturday.
 - Matt will discuss these concerns with the program lead
 5. **Update on Safe Routes to School**
 - Next meeting will be March 30th at the 6 p.m. in the Township Hall.
 - This is the second meeting and will provide Grass Lake an opportunity to examine initial recommendations from the MSU Safe Routes to School team and provide feedback. The information gained from this meeting will be used to develop the SR2S action plan and MDOT grant request.
 6. **Spring Business Expo and Craft Show**-feedback from the event
 - 800 people went through the expo
 - Lots of people visited the coalition booth and took flyers and information on many of the interventions.
 - **A big thank you to Steve Moyer, Mike Willis, Joyce Sager, Dawn Cuddie, Sabrina Edgar, Doug Moeckel, and Matt Pegouskie for staffing the coalition table!**
 7. **Other items/Announcements**
 - Farmers Market opens on May 18th to October 19th. This season the market will move to every week
 - The market is officially a 501c3!
 - Music in the park will be held at the market every 1st and 3rd week
 - Two fundraisers are being held for the market
 - Fruit and veggie shaped market bags will be sold at the market, \$3 each
 - Farm to Table dinner event-August 21st. All proceeds to towards the 5H farmers market
 8. **Reminders:**
 - **Next grant submission deadline April 1st**

Upcoming meetings

April 18	Update on School Fitness Coordinator
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