



Dexter Wellness Coalition

Meeting March 15th, 2016

Attendees: Ashley Tomasi, Matt Pegouskie, Meagan Connell, Paul Cousins, Shirley Bitters, Mark Olexa, Kerri Ralls, Trish Machemer, Brad Judge, Karl Fink, Courtney Fitzpatrick, Becky Murillo, Brett Pedersen

Agenda

1. Introductions

2. Update on Summer Fitness Festival-Brett Pedersen

- The festival will offer three fitness classes each week in June, July, and August.
 - Fitness Class-Thursdays at 5:30 p.m. (class TBD)
 - Slow Roll-Fridays at 5:30 p.m.
 - Yoga in the Park-Saturdays at 8:00 a.m.
- All events will be held in Mill Creek Park. The slow roll will start in Mill Creek and go towards Hudson Mills. In case you are unfamiliar with what a slow roll is, I have included a link to the slow roll in Detroit: <http://slowroll.bike/videos/>
- The Wellness Center will provide staffing for the fitness events
- They are currently in the process of redesigning the Yoga in the Park t-shirts and trying to come up with a catchy title for the festival (suggestions welcome).
- They plan to reach out to other community organization such as the Dexter Forum and Rotary to get the word out.
- They don't anticipate any volunteer needs, they just ask the coalition **shows up, participates, and spreads the word!**

3. Review of 2015 HIP Data

- The HIP survey is conducted every 5 years. It is a local version of the CDC's Behavioral Risk Factor Surveillance Survey. The HIP is a phone survey that is used to collect data about residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.
- To view the PowerPoint or the full 2015 HIP datasets visit our website: <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=288&showID=379>
- Highlights
 - Strengths
 - Lowest percentage of respondents to be diagnosed with an anxiety disorder
 - Highest percentage of respondents to report getting the social and emotional support they need
 - Highest percentage of respondents to report having no poor mental health days in the past month
 - Lowest percentage of respondents who reported being overweight or obese in the 5H towns
 - Areas of Improvement
 - Lowest percentage of individuals who exercise outside of work



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- Lowest percentage of children who exercise for 60 minutes a day 5-7 days per week
 - *At our next meeting we will discuss how we would like to use this data moving forward.*
4. Vote to allocate unused Year 4 Funds to go to Faith in Action to help families who lost their homes in a condo fire
 - We currently have around \$1,200 dollars left over from the Year 4 Plan
 - It was suggested at our December meeting that the remaining funds from the Year 4 Plan go towards assisting families who were affected by the condo fire that occurred earlier this winter in Dexter; similar to how funding was used in Year 1 to go towards helping families affected by the Dexter tornado.
 - *The coalition voted and approved to have the remaining fund go to Faith in Action to go towards assisting those affected by the fire*
 - Matt will follow up with Faith in Action to ensure there is still a need for additional funds and to find out what the funding will go towards (Clothing? Transportation? Etc.)
 5. Update on Year 4 Plan
 - Plan was submitted by the coalition in January
 - The Foundation’s Committee for Strategic Impact reviewed and approved the plan in February to be sent to 5HF board of directors. Feedback and comments were sent to intervention leaders on their intervention tables.
 - The plan will be reviewed by the Foundation Board of Directors on March 28th where the board will make a decision to approve or reject the plan.
 - For Year 4 the board has requested that coalitions present on the plan before a final decision to approve or reject is made.
 - Stephanie and Brett have volunteered to do the presentation. A big thank you to both of them for their willingness to volunteer their time to give the presentation.
 6. Other items/Announcements
 - The Huron Waterloo Pathways Initiative will contribute \$6,000 to go towards the completion of the Island Hills Estate sidewalk connector.
 - Dexter Forum meets every 1st and 3rd Saturday of the month at 8 a.m. Next meeting March 19th
 - A Health Expo will be held on March 19th from 1:30 p.m.-4:30 p.m. in the basement of the Dexter Library. The event will feature a raffle, demos for various fitness programs around town (Cross Fit, Yoga), free massages, consultations, and sampling.
 - Fish Fry at the Knights of Columbus*- March 18th 4:30 p.m.-7:30 p.m.
 - Dexter United Methodist Church Dinners*:
 - St. Patrick’s Day- March 17th from 5:30 p.m.-7:30 p.m.
 - Maundy Thursday-March 24th 5:30 p.m.-7:30 p.m.
 - Call 734-426-8480 to make a reservation
- * Thank you to Mark Olexa for submitting this month’s events

Reminders:

- **Next Meeting is March 12th at 5:30pm DWC Conference Room.**
- **Next grant submission deadline is April 1st. Please contact Sheila Gilman if you have any questions on the grant submission process (sheila@5healthytowns.org)**

April 12 th	2015 HIP Data: How do we want to use this moving forward? Revise 5 Year Plan?	
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