



Manchester Wellness Coalition

Meeting August 23rd, 2016

Attendees: Ray Berg, Ashley Tomasi, Shelley Hehr, Autumn Orta, Laura Seyfried, Ruth VanBogelen, Janice Steinhauer, Patty Swaney, Cindy Dresch, Kathy Walz, LB Hilbert, Nancy Loudin, Lindsay Hannah

1. Status of Year 5 Grant Applications

- The Year 5 Plan was approved by the 5HF BOD in June 2016.
- The table below shows the status of Year 5 grants applications. Go here to apply to e-Grant

Intervention	Applied to e-Grant	Approved
Manchester Mirror Outreach	June 2016	Yes
MMLB (2000 lb.) Challenge	June 2016	Yes
Phase II Shared Use Trail	Not yet applied	---
Stress Management	June 2016	Yes
Manchester Farmers Market	June 2016	Yes
Manchester SRSLY	August 2016	Awaiting approval
Gazebo Concerts	Not yet applied	---
Dance Manchester	Not yet applied	---
Safe Routes to School	Not yet applied	---
Run Manchester/Street Festival	Not yet applied	---
Summer Swim Classes	June 2016	Yes

2. Year 4 Intervention Report Form-format and schedule (see form attached in email)

- In order to receive funds for your intervention you will need to submit an evaluation form on your previous year’s intervention (only for repeating interventions)
- Below is a tentative schedule of Year 4 Interventions and the current evaluation report form status

Year 4 Intervention	Intervention Completion Date	Status
Safe Routes to School	Fall 2016	In Progress
Youth Football	November 2015?	Waiting on Year 3 report
Adaptive Movement	December 2016	In Progress
Dance Manchester	May 2016	Waiting on Year 4 report
Farmers Market	November 2015	Year 4 report received
Community and School Gardens	June 2017	In Progress
Healthy Chefs	June 2016	Waiting on Year 4 report
Gazebo Concerts	August 2015	Year 4 report received
Community Read	December 2015	Year 4 report received
Retirement Community Planning	In Progress	In Progress
Stress Management	November 2016	In Progress
SRSLY	July 2016	Waiting on Year 4 report

3. Strategic Planning and Visioning Sessions – Sept. 14th, Sept. 29th, Oct. 5th

- The foundation will be holding 3 sessions to focus on creating an action plan for each of the 5H coalitions as we look to the next 5 years and beyond.



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- An email was sent out in June requesting that 6 members from each of the 5H coalition participate in the upcoming sessions.
- Sessions will be held:
 - September 14th 7:30 am-1:30 pm: This will be a brainstorming session to reflect on the past 5 years of the coalition and to make suggestions for the future. The session facilitator will use this feedback to create a draft of the action plan for each coalition
 - September 29th 7:30 am-11:30 am: This will be a virtual session (most likely through GoToMeeting.com) participating members can log in remotely or can come to the Foundation to attend the session.
 - October 5th 7:30 am-11:30 am: This will be a wrap up session to iron out final details for the action plans. Action Plans will be presented to the entire coalitions in winter 2017.
- Participants from Manchester are:
 - Ray Berg
 - Dianne Schwab (need verification on the above dates)
 - Cherie Vannatter
 - Shelley Hehr
 - Janice Steinhauer
 - Autumn Orta

4. **5H Bi-Annual Magazine-Connected**

- 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. Content and ads have been submitted.
- Ideas for Spring edition: Article on where to go in the 5H Towns for food assistance, Article on 5H Farmers markets (mention SNAP if up and running in all markets), Manchester Community Garden article on the benefit of gardening with kids.

5. September 27 MWC Meeting-Kingsley-Jenter House, meal included

- Next meeting will be a celebration of the previous year's accomplishments and the submission of the Year 5 plan
- A meal will be provided free of charge
- Trying to organize a speaker for the meeting

REMINDERS



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- 1. Next Scheduled Coalition meeting is Tuesday, September 27th, 12:00 PM- Kingsley-Jenter House. 302 E Main St. A meal will be served at this meeting**
- 2. Next grant submittal deadline is October 7th**
- 3. August 21-5 Healthy Towns Farmers Markets-Farm to Table Benefit Dinner**
 - All 150 available tickets were sold!
 - Event was a success, besides for the rain
 - Totals will be in by the end of the week. Somewhere in the ballpark of \$8,800 raised
 - 30% of profits raised will go to the host city (Chelsea), the remainder will be distributed equally among the other markets
 - Grass Lake is slated to have the next event in 2017, Manchester in 2018
- 4. August 24-Chelsea Retirement Community Health Fair**
 - Event runs from 7:30 am – 3:30 pm. Coalition members from all the 5H Towns are invited to stop by. The Foundation will have a joint 5H coalition table at the event.
- 5. Update on MMLB (20000 lb.) Challenge**
 - A Manchester community-wide challenge to lose two thousand cumulative pounds. If the community reaches its goal \$750 will go towards the non-profit of the community's choice.
 - The intervention will distribute activity trackers to the first 77 people to sign-up. Trackers monitor steps and movement. Those who already have trackers are invited to participate as well.
 - The Manchester Wellness Center will track participants' steps and pounds lost.
 - A number of prizes will be handed out during the challenge!
 - Registration has been open for about 3 weeks. Currently, there are 30 signed up!
 - Go to www.manchesterwellness.org for information.