



**Meeting Summary March 22<sup>nd</sup>, 2016**

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Ruth VanBogelen, Sara Swanson, Janice Steinhauer, LB Hilbert, Denese Walter, Carol Palms, Eileen Parker, Barry Allen, Lori Kintz, Jeff Wallace, Shelley Hehr, Joan Gaughan, Kerri Ralls, Autumn Orta

**1. Year 4 Intervention Reviews**

- Community Read- Kathy Dimond
  - Kathy was unable to join us for the meeting. Ashley Tomasi presented on Kathy's behalf.
  - *Please see presentation attached in email*

**Upcoming Reviews**

- **SRSLY-April**
- **Stress Management-April**
- **Adaptive Movement- April/June**
- **Leader in Me-April**

**2. Continue discussion on Year 5 Plan development and possible interventions**

- **Introduce Lori Kintz-Year 5 Plan Preparation** (*please see outline attached in email*)
  - Lori needs input on:
    - Recommendations for items to include on a "List of Accomplishments" page which will feature coalition accomplishments from years 1-5. This can include successes, improvements in the coalition process, awards, etc.
    - Suggestions for a "Marketing Recommendations" page. Focus on the idea of "what are we selling?"
    - Suggestions for a key community leader to give a testimonial. This can include an elected official, superintendent of the school, corporate leader, etc.
    - Intervention photos

**Email your suggestions and recommendations to Lori Kintz:**

[lorikintz3000@gmail.com](mailto:lorikintz3000@gmail.com)

- **Year 5 Intervention Table Format**
  - 2 additions to the Year 5 Intervention Table Template. A section has been added for sustainability plans. The Foundation is also requesting that intervention leaders list all in-kind donations, cash and non-cash, in their budget. Non-cash items can include volunteer hours, space donated, etc.
  - Final edits are being made to the intervention table. The finalized version will be mailed out later this week.
- **Pending Year 5 Interventions** (*please see attached in email*)
- **New proposal- step/weight management program**
  - The 2,000 pound challenge is a walking a weight loss program, which combines incentives, activity trackers, competition to motivate residents to be more active.



### Manchester Wellness Coalition

- 100 activity trackers would be handed out to participants to monitor steps and activity
- Measurements include weekly check-in for steps and a monthly weigh in
- Prizes would be given for greatest percentage of BMI lost and most steps.
- If we reach \$2,000 pounds lost overall by the community, \$2,000 will be donated to a local Manchester charity
  - Coalition was in support of adding this program to the list of Year 5 interventions
- **Schedule for Year 5**
  - Matt will be at the Village Offices on March 29<sup>th</sup>, 31<sup>st</sup>, and April 6<sup>th</sup> to assist with intervention table. Please email Matt ([matt@5healthytowns.org](mailto:matt@5healthytowns.org))

Item	Due Date
Draft intervention tables	April 12 <sup>th</sup>
Final draft intervention tables	April 26 <sup>th</sup>
Draft of the Year 5 Plan	April 26 <sup>th</sup>
Final draft of the Year 5 Plan	May 8 <sup>th</sup>

### 3. Other Items

- **Klager-The Leader in Me-Leadership Day-March 23**
  - The intervention Lead will give a report on the event at our April meeting
- **The Coalition took a group 5 photo that will be featured in the Year 5 Plan**
- **Klager Math and Science Night will be held on April 22<sup>nd</sup>**
- **Free community programs at the Dexter and Chelsea Wellness Centers** (*please see attached flyer*)
- **Remember availability of HIP Data at [www.5healthytowns.org](http://www.5healthytowns.org)**

### REMINDERS

1. **Next Scheduled Coalition meeting is Tuesday, April 26<sup>th</sup>, 12:00 PM-Village Room**
2. **Next grant submittal deadlines are April 1<sup>st</sup> and June 17<sup>th</sup>**