



## Chelsea Friends and Family Wellness Coalition

**Meeting: December 1st, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room**

**Attendees:** Gary Maynard, Jim Randolph, Luman Strong, Lisa Carolin, Andrew Thomson, Jesse Kauffman, Jane Thompson, Stephanie Willette, Reiley Curran, Becca Jaskot, Yael Dolev, Corey Knight, Katie McGlashen, Shawn Personke, Matt Pegouskie, Ashley Tomasi

### 1. Introductions

### 2. Year 6 Intervention Proposals

- **Eddy Discovery Center Nature Play Area- Katie McGlashen**
  - Funding request: \$2,000
  - Description: Construct a natural play area for children that allows them to move more and connect with nature. The play area would be constructed from natural elements including a rock pile feature, willow huts, stump structures for climbing, etc. and would be approximately 1.74 acres. The area would be designed near the Oak Hickory Forest in the Eddy Discovery Center. The play area would be surrounded by an ADA compliant trail that is .3 miles long.
  - The coalition voted to add this intervention to the list of considerations for the Year 6 Plan
- **Heart Rate Monitors for Beach Middle School Weight and Fitness Class**
  - Funding request: \$6,500
  - Description: The class instructor would like to purchase 40 heart rate monitors for his class at Beach Middle School. The Monitors would reach around 180 students each year. Students would use the monitors during class, then return them at the end of the day.
  - The coalition voted to add this intervention to the list of considerations for the Year 6 Plan

**List of potential Year 6 Interventions below. Those submitting a proposal will present on their potential Year 6 intervention at either the January or February meetings. Ashley will contact intervention leads to schedule.**

<b>Intervention Name</b>	<b>Budget</b>
SRSLY	\$20,000
Run for the Rolls	\$2,000
Heart and Sole	\$2,000
Farmers Market	\$21,692
Camp Gabika	\$6,000
Adaptive Movement	\$8,000
Hospital Campus Walkability Master Plan	\$5,000



Physical Activity and Healthy Food for Chelsea homeless students	\$5,000
Walking Program Marketing	\$2,000
Wellness Weekends at Polly's (Healthy Grocery)	\$7,000
Heart Rate Monitors for Beach Middle School Fitness Class	\$6,500
Nature Play Area at the Eddy Discovery Center	\$2,000
<b>TOTAL</b>	<b>\$87,192</b>

**3. Review of SRSly-Year 4 (Jesse Kauffman)-see presentation attached in email**

- 4<sup>th</sup> Year of funding-\$20,000
  - 201 youth and adult volunteers (2015) 1,100 youth and adults volunteers in total across the 4 years
  - 2,100 volunteer hours (2015) More than 19,000 volunteer hours across 4 years
  - Total donations from community members: \$195,625 since 2008
  - Units of Engagement: 32,140

**4. Review of the Chelsea Farmers Market-Year 5 (Stephanie Willette)-see presentation attached in email**

- 5<sup>th</sup> year of funding (this grant is the second part of the Year 4 grant, April 2016-October 2016)-\$9,000
  - Customers per market: 268 (Wednesday), 629 (Saturday)
  - Number of markets held: 25, (Wednesday), 26 (Saturday)
  - Units of Engagement: 6,916
  - Gross sales: \$143,800
  - 40% of the market is made up of produce vendors
  - 7 health education events
  - 8 cooking demos
  - Majority of those who shopped at the market reported that their fruit and vegetable consumption had increased as a result of shopping there.

**5. Presentation of new Coalition Strategic Plan by the Strategic Planning Team-Gary Maynard, Andrew Thomson, Liz Wilson (not present), Jesse Kauffman, Reiley Curran, Shawn Personke-see plan attached in email**

- The new plan will build upon the success of the first 5 years of the coalition and will act as a guide for the next 3 years. This plan will take the place of the current 5 year plan.
- The plan was developed over 3 sessions that took place in September and October.



- During the sessions the representative from each planning teams were asked three questions. The answers to these questions were used to guide the formation of the vision statement and strategic goals.
  - What does your community need?
  - What will it take for the Coalition to effectively respond to these needs?
  - What will your community look like if your coalition is 100% successful in meeting these needs?
- We ask that coalition members review the plan and provide any feedback. Anyone who is interested in contributing to one of these initiatives, or know someone who may be please let us know!
- We will continue to work to further define these initiatives and to assign timing and leads over future meetings.

#### **6. Other Items/Announcements**

- **SRSLY is looking for volunteers for their New Year's Eve party!**

**Our next meeting will be January 5th at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room.**

#### **REMINDERS:**

Upcoming Grant Submission Deadlines:

- February 3<sup>rd</sup>\*

\* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Wellness Plan. Grant cycles run every two months. Intervention leaders will apply for funds according to the dates requested in the intervention table (i.e. date funding required)

Tentative coalition meeting schedule for 2016-2017.

- January 5 – Hear presentations from proposed Year 6 interventions
- February 2 - Hear presentations from proposed Year 6 interventions, Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.)
- March 2– review the draft plan, report from the Plan Team about the budget for the Year 6 Plan
- April 6– final touches of Year 6 which would be submitted next day