



## Chelsea Friends and Family Wellness Coalition

**Meeting: November 3<sup>rd</sup>, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room**

**Attendees:** Liz Wilson, Jim Randolph, Luman Strong, Lisa Carolin, Andrew Thomson, Cindy Burdette, Jane Thompson, Stephanie Willette, Lynn Fox, Nancy Whitelaw, Matt Pegouskie, Ashley Tomasi

### 1. Introductions

### 2. Review of Adaptive Movement for All-Year 4 (Jane Thompson)-see *presentation attached in email*

- 2<sup>nd</sup> Year of funding-\$7,000
  - 102 participants
  - 9 classes held per week
  - Instructors felt classes significantly improved memory and flexibility of participants. There is a push from some participants to develop more challenging classes and to have classes more frequently.

### 3. Review of Healthy Selfies-Year 4 (Luman Strong)-see *presentation attached in email*

- 1st Year of funding-\$1,560
  - 142 selfies submitted
  - 9 Eat Better submissions, 8 Connecting with Others submissions, 125 Move More submissions
  - 54 student photos submitted, 88 employee photos submitted
  - Equal split between local and destination submissions

### 4. Review of Run for the Rolls-Year 5 (Cindy Burdette)-see *presentation in email*

- 5<sup>th</sup> Year of funding-\$2,000
  - 204 participants (Goal: 300)
  - 3 training program participants ( Goal: 10)
  - 350 surveys collected

### 5. Review of Camp Gabika-Year 5 (Andrew Thomson)-see *presentation in email*

- 4th year of funding-\$8,100
  - 2,349 registrations
  - Participants averaged around 3-4 hours of physical activity per day
  - Healthy snacks were consumed daily
- *Below is the fall 2016 schedule for reviews. Please email Ashley with any questions on the templates or the upcoming reviews (ashley@5healthytowns.org)*

Year	Intervention	Review Month 2015	Review Month 2016
4	Adaptive Movement	October	November
4	Healthy Selfies	---	November
4	SRSLY	December	December
5	Farmers Market	November	December



5	Camp Gabika	November	October (reschedule)
5	Run for the Rolls	November	November
5	Heart and Sole	November	August
5	Ironclad Baseball Festival	December	October
5	Indoor Walking Trails	--	Fall 2017?
5	Bark Park	---	?
5	Bike Racks	---	Fall 2017

**6. Continue developing a list of interventions for Year 6. Are there areas or specific interventions we want to put out a request for? Suggestions from last meeting include: eat better, smoking prevention/cessation, and mental health. Deadline to notify the Foundation that you plan to put in a proposal for a new or continuing intervention is December 2<sup>nd</sup> 2016.**

- Below is a list of interventions that coalition members would like to be considered for the Year 6 plan.

Intervention Name	Request to be considered for the Year 6 Plan	Budget
SRSLY	Yes	?
Run for the Rolls	Yes	?
Heart and Sole	Yes	?
Farmers Market	Yes	?
Camp Gabika	Yes	?
Adaptive Movement	Yes	?
Hospital Campus Walkability Master Plan	Yes	\$5,000
Physical Activity Equipment and Healthy Food for Chelsea Youth with Housing Instability	Yes	\$5,000
Healthy Communities Walking Program Signage	Yes	\$2,000
Eddy Discovery Center Playground	Yes	\$2,000

**New Intervention Ideas:**

- Hospital Campus Walkability Master Plan-There is some concern about the safety of walkers around the St. Joseph Mercy Chelsea Hospital campus due to the lack of sidewalks and pedestrian paths in some areas. The intervention is requesting \$5,000 to work with professional planners and engineers to develop a master plan for the campus to improve walkability. Coalition members present were in favor of adding this proposal to the current list of interventions under consideration for inclusion in the Year 6 plan.



- Physical Activity Equipment and Healthy Food for Chelsea Youth with Housing Instability- The intervention is requesting \$5,000 to provide healthy snacks and physical activity equipment for the 40 students in the Chelsea School District who are faced with housing instability. Coalition members present were in favor of adding this proposal to the current list of interventions under consideration for inclusion in the Year 6 plan.

#### Other Potential Intervention Ideas for Year 6

- Youth Healthy Eating Coordinator-person to connect already existing 5H youth nutrition programming. Possible collaborators include the Farmers Market, Camp Gabika, Chelsea Community Kitchen, and Intergenerational Garden
- Sponsorship for HWPI
- Wellness Weekends-funding for program's continuation
- Farm to School Programming in Chelsea

#### 7. Other Items/Announcements

**Our next meeting will be December 1st at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room.**

#### **REMINDERS:**

Upcoming Grant Submission Deadlines:

- December 2nd\*

\* 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.

- December 1 – Review list of interventions for Year 6 Plan, evaluation of some interventions
- 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