



Chelsea Friends and Family Wellness Coalition

Meeting: April 14th, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Andrew Thomson, Stephanie Willette, Ashley Tomasi, Kathy Carter, Jane Thompson, Matt Pegouskie, Lisa Carolin, Karla Bernath, Dan Marthey, Jesse Kauffman, Lori Kintz, Jim Randolph, Jon Van Hoek, Kerri Ralls, Luman Strong, Liz Wilson, Keegan Sulecki, Raysha Simon

Introductions

1. Group photo for Year 5 Plan

2. Approved \$75,000 budget. Review changed made by the Plan Team (please see attached final budget in email)

- The 5 Healthy Towns Foundation Board of Directors approved the Year 5 budget for \$75,000.
- Community Read requested to have their proposal removed from this year's plan. The library will be providing funding for this year's read.
- Plan Team reallocated funding from the read (\$3,000) to incorporate some of the suggestions proposed at the March 3rd meeting.
- *Coalition approved these changes to the budget*

3. Year 5 Plan-Lori Kintz will present the draft of the Year 5 Plan and collect information (Please see draft Year 5 Plan attached in email)

- Two draft pages were added to the plan. One on smoking cessation and another on marketing. The coalition reviewed these proposed pages and discussed if they wanted them included in the Year 5 Plan:
 - Smoking Cessation (page 8):
 - The coalition believes this is an important topic, but has not found a champion to lead an intervention.
 - The coalition liked the idea of a social media campaign. May be the best route in terms of pursuing an intervention as it would take the burden off of having one person lead.
 - What is the best way to carry this out? Follow existing examples (i.e. Great American Smokeout). Should this be organization led? Should a committee be formed?
 - *We will discuss this idea further at our May meeting.*
 - Marketing (page 10):
 - Positive feedback on the ideas that were suggested
 - May need some refining, could be too many strategies to tackle in Year 5
 - Lori will refine the current list for the final draft
 - The coalition reviewed the other pages of the plan. Lori will incorporate changes that were emailed by coalition members earlier in the week.
 - Ashley will email out the final draft of the Year 5 Plan for review by the coalition the week of April 18th

4. Brainstorm coalition accomplishments for "proud of" page (please see page 6 in the plan)

- Coalition members reviewed the list of accomplishments that were compiled from our discussion at the March 3rd meeting.
- No other suggestions were made.

5. Other Items

- **Coalition booth for Chelsea Spring Expo, April 16th from 10:00 a.m-3:00 p.m. at the WSEC.**



- Ashley is collecting items from Intervention leaders to be displayed at the booth.
- Coalition's booth will be next to Community Recreation and Education in the gymnasium.
- *A big thank you to Jon Van Hoek, Jane Thompson, Kathy Carter, Gary Maynard, and Cindy Burdette for volunteering their time to be at the booth on Saturday!*
- **5 Healthy Towns Foundation Promoting Active Communities Award.**
 - The 5 Healthy Towns Foundation has been chosen by the Governor's Fitness Council to be the recipient of the 2016 Promoting Active Communities Award. The Foundation was selected to receive the award for its efforts in promoting infrastructure improvements and for its policies and programming that encourage active lifestyles. 5 Healthy Towns is the first Foundation to be honored for this award.
- **Huron Waterloo Pathways Initiative Announcement**
 - HWPI is officially a part of the Border to Border Trail coming from Ann Arbor
 - An MDNR grant has been filed. A decision on the grant will be made shortly
- **Celebration/potluck at next meeting or July meeting?**
 - We will have a cookout at the Foundation during our May meeting. Ashley will send out an email to see if there are any volunteers to bring side dishes
- **Heart and Sole Race May 21st**
 - Race organizers are looking for volunteers to help during race day. Email Karla Bernath if interested karla.bernath@stjoeshealth.org
- **Chelsea Farmers Markets**
 - Saturday Market kicking off April 30th
 - Wednesday Market starts May 4th
 - Farm to Table fundraising event being held May 9th at the Chelsea Ale House from 5 p.m. – 8 p.m. You can purchase tickets here: <https://www.eventbrite.com/e/farm-to-table-dinner-a-farmers-market-fundraiser-tickets-24242499970>
- **SkyWell Annual Meeting**
 - 2016 SkyWell annual meeting will be held April 27th, 2016 from 12 p.m. – 1 p.m. in Skyline Auditorium, Ann Arbor. Contact Lori Kintz for more details lorikintz3000@gmail.com
- **Shop to benefit Chelsea Community Kitchen**
 - CCK was 1 of 4 organizations chosen to be a part of Whole Foods Community Giving Day
 - Shop at Whole Foods on May 10th on Washtenaw Ave in Ann Arbor. 5% of profits from the entire day of sales will go to CCK.
- **SRSly Chelsea**
 - 2016 CPTN SRSly comic book distribution was a success!
 - Some of the comic book characters made an appearance recently at a school assembly. Check out the video here: <https://www.youtube.com/watch?v=BblxGGg2bIA>
- **Chelsea Midwest Literary Walk**
 - April 30th from 1-5 p.m.
 - Visit the website for more details: <https://www.youtube.com/watch?v=BblxGGg2bIA>

Our next meeting will be May 5th at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room. We will be having a cook out! Ashley will email with more information.

REMINDERS:



Upcoming Grant Submission Deadlines:

- June 3rd and August 5th*

* 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.

- May- celebration meeting/cookout. Continue discussion on anti-smoking social media campaign.