



Chelsea Friends and Family Wellness Coalition

Meeting: August 4th, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Cindy Burdette, Yael Dolev, Stephanie Willette, Reiley Curran, Lisa Carolin, Karla Bernath, Jesse Kauffman, Ashley Tomasi, Matt Pegouskie

1. Introductions

2. Review of Year 5 Heart and Sole Race (see PowerPoint in email attached)

- Description:
 - An annual community walk/bike/run. This was the race's 27th year! All proceeds go towards Behavioral Health Services at St. Joseph Mercy Chelsea.
- Goal:
 - Encourage community members to move more and work towards a healthy lifestyle in a safe, supportive, social, atmosphere while raising money for a good cause.
- Target Population:
 - All ages
- Key Evaluation Data:
 - Number of participants (579)
 - Amount raised for behavioral health services (\$7,500)
- Budget:
 - \$2,000
- Karla will be passing the torch next year as lead coordinator for the race. Thank you for all your work in planning this year's race!

3. Continue discussion on possible role for the coalition in the 5 Healthy Towns property tax challenge

- At the July 2016 Coalition meeting we were asked by 5HF to submit a 'friend of the court' or 'amicus' brief, explaining our interest in the court's decision and the impact that decision will have on the Chelsea Coalition. Those present fully supported the submission of a brief.
- The brief was shared again at the August meeting so additional members could review.
- Following that review, it was decided we will reach out to active members who have not yet read the brief. Our decision will be made based upon the majority's response.

4. Begin developing a list of Interventions for Year 6-should we put out a request for any interventions to address specific areas?

- Potential focus areas identified by the coalition include:
 - Eat Better
 - Smoking Cessation/Prevention
 - Mental Health
- Intervention leaders who were present were asked if they plan to proposal renewal of their intervention's funding in Year 6. This includes:
 - SRSLY
 - Farmers Market
 - Run for the Rolls
 - Heart and Sole Race



- We will continue to develop our list of Year 6 interventions and brainstorm other potential focus areas at the September meeting.

5. 5 Healthy Towns Magazine

- 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. 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.
- An email was sent out to the coalition soliciting ideas for each of the pages. Below are the top suggestions, which will be featured in the magazine:
 - Content page: a feature on personal stories/quotes from Chelsea community members whose lives have been positively impacted by a coalition intervention.
 - Ad page: Focus on fall/winter interventions (SRSLY, Adaptive Movement, Indoor Walking Trails, and Winter Farmers Market)
- Thank you to all who provided input!

6. Other Items/Announcements

- **Farm to Table Fundraising Dinner- August 21st, 4:45 PM - 7 PM, Palmer Lot**
 - All proceeds go to benefit our 5 Healthy Towns Farmers Markets
 - Volunteers needed: If interested in helping out, sign-up here: <http://www.signupgenius.com/go/30e0848afaf2faa8-farm>
- **5H Coalition Table at CRC Health Fair, August 24th, 7:30 am-3:30 pm**
 - Email ashley (ashley@5healthytowns.org) if interested in providing materials to promote your intervention at the event.

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

REMINDERS:

Upcoming Grant Submission Deadlines:

- October 7th and 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.

- September 1 – Develop list of which interventions will be reviewed/evaluated in Oct, Nov, Dec.



- October 6 – Begin advertising that requests for new intervention ideas will be due December 2, 2016., evaluation of some interventions
- November 3 – Begin recruiting Plan Team members, evaluation of some interventions
- 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