



Chelsea Friends and Family Wellness Coalition

Meeting: February 4th, 2016 at 12:00 pm at St Joseph Mercy Chelsea, Atrium B

Attendees: Gary Maynard, Andrew Thomson, Stephanie Willette, Ashley Tomasi, Kathy Carter, Luman Strong, Keegan Sulecki, Jane Thompson, Jon Van Hoek, Cindy Triveline, Lynn Fox, Shawn Personke, Matt Pegouskie, Lisa Carolin, Lori Corgell, Edward Lepiec, Andrew Thomson

1. Introductions

2. Public Commentary: Concerns about the proposed dog park-Edward Lepiec

- Mr. Lepiec came to the meeting to express his concerns about the proposed Year 5 dog park. The primary construction of the dog park is being overseen by the city, though the coalition has been asked to contribute \$15,000 from their Year 5 Plan to the project. Budgeting for the Year 5 Plan is still underway and will not be finalized until May.
- Mr. Lepiec's primary concerns were for the safety of the public and of his cattle, as he owns property adjacent to the proposed site of the park. He fears that having the dog park in close proximity to his cattle poses a danger as a barking or loose dog could startle the cattle and cause them to charge. This could result in possible injury to the cattle or humans.
- Other concerns include noise, distance from the park to the parking area, accessibility for emergency vehicles, zoning, and hunting concerns.
- The coalition will consider these concerns for the Year 5 Plan.

3. Year 5 Proposal Presentations- All presentations can be viewed on our website under "Year 5 Proposed Interventions":

<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=358>

- Adaptive Movement for All- Jane Thompson
 - Budget
 - \$8,690- 3rd year requesting funding from the coalition
 - Description
 - Ballet Chelsea is planning to continue and enhance the current adaptive dance program with additional classes to cover members of the community who are not able to participate in and enjoy the benefits of the existing classes. The current classes will be maintained and additional classes will be for Alzheimers patients who live at home and who attend workshops with their carers, and special ed. students who are not included in the classes at Northcreek School and the High School.
 - Target Population:
 - All ages
 - Goals:
 - The main goal this year is to increase the number of classes and locations offered in order to cover residents who cannot currently benefit from the existing classes. In order to achieve this goal we need to train a number of additional teachers to lead these classes.
 - Key evaluation data:



- Number of participants
- Length of classes
- Number of weeks of classes
- Individual goals (set by the participant)

- Community Read-Keegan Sulecki
 - Budget:
 - \$3,000- 5th year requesting funding from the coalition
 - Description
 - Having covered all 5 Healthy Towns interventions as themes, we seek to embrace the main intervention category we fall into "Connecting with Others" and identify a topic/theme important to the community. Using our established partnerships and outreach channels, we will bring the Chelsea community together over a book that highlights this topic and facilitate the open and respectful exchange of ideas.
 - Target Population:
 - All ages
 - Goals:
 - Select a single book that can represent an important topic to the Chelsea community.
 - Provide programming related to the book and the theme that is engaging to our community, encourages conversation and a sense of community.
 - Provide greater avenues for conversation and data collection through social media.
 - Key evaluation data:
 - Number of Books Distributed in the Community & sites where books are distributed
 - Available formats to gage access for entire community
 - Number of library checkouts for both physical & digital formats
 - Number of Surveys returned and analysis of response
 - Feedback from community partners

- Farmers Market-Stephanie Willette
 - Budget:
 - \$14,720- 5th year requesting funding from the coalition
 - Description:
 - The Chelsea Farmers Market and Bushed Basket Markets act as a place for Chelsea residents and surrounding communities to acquire healthy, fresh food and receive health education through our Healthy Demonstrations.
 - Target population:
 - All ages
 - Goals:
 - Increase fruit and vegetable consumption
 - Provide health education through healthy demonstrations, cooking demos and health related activities
 - Strengthen community around health by involving community partners and creating a fun, interactive environment centered around health
 - Key evaluation data:



- Pre and post surveys for healthy demonstration education activities, such as change in eating habits and knowledge of cooking
- Impact of market on healthy eating for customers (customer survey questions about ease of access, price, availability, if there was an effect on diet. etc)
- Run for the Rolls-Cindy Triveline
 - Budget:
 - \$2,000- 4th year requesting funding from the coalition
 - Description:
 - Run for the Rolls is a 1 mile fun run and a 5K race which will take place Saturday August 27th 2016. In addition to the race, there will be a 10 week training program and a Couch to 5K training program to encourage people not just to prepare for the race, but to make walking and running part of their life in order to get adequate physical activity and maintain a healthy weight. This in turn will lead to improved health and improve and reduce chronic disease risk.
 - Target population:
 - All ages
 - Goals:
 - To get community members of all ages and abilities to move more connect with others and learn to make healthier choices. Food, behavior.
 - Increase the number of registrations race day.
 - Impact families to train with us.
 - Learn how to make running or walking a Lifestyle.
 - Key evaluation data:
 - Number of participants
 - Number of people who complete the training program
 - Number of repeat racers

Thank you to all of our presenters! The Plan Team will be at the next meeting to make recommendations for the Year 5 Plan.

4. Review of the 2015 HIP Survey Data-Ashley Tomasi

- The HIP survey is conducted every 5 years. It is a local version of the CDC's Behavioral Risk Factor Surveillance Survey. The HIP is a phone survey that is used to collect data about residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.
- To view the PowerPoint or the full 2015 HIP datasets visit our website: 8 <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=378>
- Highlights
 - Strengths
 - Lowest percentage of respondents to be diagnosed with an anxiety disorder
 - Highest percentage of respondents to report getting the social and emotional support they need
 - Highest percentage of respondents to report having no poor mental health days in the past month
 - Lowest percentage of respondents who reported being overweight or obese in the 5H towns



- Areas of Improvement
 - Lowest percentage of individuals who exercise outside of work
 - Lowest percentage of children who exercise for 60 minutes a day 5-7 days per week
 - We will revisit the data at a future meeting to re-evaluate our current 5 Year Plan.
- 5. Other Items/Announcements:**
- Chelsea Spring Expo 2016- April 16th, Washington Street Education Center. 10am-3pm.
 - Trihn has offered to donate a booth to the coalition for the event as long as we are have members to man it.
 - Slots for the event fill up fast. Ashley will email a Doodle out to the coalition next week so members can sign-up for shifts.
 - It's a great way to get the word out about all of the wonderful projects and programs going on in the Chelsea Wellness Coalition. Please sign-up if available!

The March meeting will be the 1st Thursday of the month. Date is: March 3rd, at 12:00 p.m. in Atrium B at St. Joseph Mercy Chelsea

REMINDERS:

Upcoming Grant Submission Deadlines:

- April 1st, 2016

* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Year 4 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 2015-2016.

- March 3– Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.) report from the Plan Team about the budget for the Year 5 Plan.
- April 7– review the draft Year 5 plan and make any final touches. Submit plan.