



Chelsea Friends and Family Wellness Coalition

Meeting: July 7th, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Ashley Tomasi, Kathy Carter, Matt Pegouskie, Jim Randolph, Jon Van Hoek, Cindy Burdette, Lauren McKimmy, Yael Dolev, Stephanie Willette

1. Introductions

2. 2016 NEAT survey results (Please see presentation and scorecard attached)- Lauren McKimmy

- Results were presented from the 2016 Nutrition Environment Assessment Tool (NEAT). The survey is done by the Foundation bi-annually and gauges a community's environment and policies related to and supporting healthy eating.
- Chelsea was once again rated as "partially supportive" with improvements in all 3 areas of the assessment.
- Suggestions to improve the score were to:
 - Work with restaurant owners to provide healthier options
 - Work with grocery stores to provide healthier options at a reasonable cost- As part of a new grant Washtenaw County Public Health will be partnering with Polly's Country Market to begin offering healthier grocery store options
 - Work with convenience stores to offer healthy options
 - Work with local employers to promote healthy eating initiatives in the workplace
- *To see the full assessment breakdown please review the 2016 NEAT scorecard that is attached in the email.*

3. Update/volunteer needs for summer interventions

- Ironclad Baseball Festival- July 16th, 9 AM-5 PM, Chelsea High School (*See flyer attached in email*)
 - The event will follow 1860s-rule baseball. Free to the community.
 - Event will also feature a performance by the North Creek Fiddlers at 1 PM
 - Event organizers are offering space at the event to showcase various organizations/groups.
 - *Email Ashley (ashley@5healthytowns.org) if interested in having a table to showcase items on an intervention or the coalition at the event.*
 - *Looking for volunteers to assist with day of operations! Email chelseamonitorbbc@gmail.com*
- Run for the Rolls- August 27th, 12:30 PM, start by the Fire Station (*see flyer and registration form attached in email*)
 - Registration is now open for the event
 - Goal of having 200 participants
 - Looking to recruit more people for the training program and more volunteers to help out on the course for the day of the race.
 - *You can register for the race here: <http://www.active.com/chelsea-mi/running/distance-running-races/run-for-the-rolls-1-mile-5k-2016>*
 - *Email runfortherolls@hotmail.com if interested in volunteering*
- Summer Chefs Club-July 25th-27th, 9:00 AM- 3:30 PM, Beach Middle School (*see flyer attached in email*)
 - Chelsea Community Kitchen Pilot Program funded through the coalition



- Looking for more participants! If interested got to www.chelseacommunitykitchen.org to register. For more information email: chelseacommunitykitchen@gmail.com

4. SHF Magazine

- The 5 Healthy Towns Foundation is working to put together its first ever magazine. The magazine will be FREE and distributed to our service area.
- First issue scheduled to go out in October. Currently looking to put out 2 issues of the magazine annually (Fall and Spring)
- Articles will focus on health and wellness and feature stories on the coalitions, Foundations, recipes, exercise, local travel, etc.
 - We are currently looking for advertisers to be featured in the magazine. If interested email ashley@5healthytowns.org

5. 5H Coalition Table at the CRC Health Fair, August 24th, 7:30 AM-3:30 PM

- The Chelsea Retirement Community (CRC) will once again be holding a health fair. The aim of the fair is to educate and inform CRC employees about various resources for health and wellness in the community.
- The coalition will be having a table to promote the coalition and interventions at the event. Go to the Doodle: <http://doodle.com/poll/9h75n3fxqify7vx3> if interested in participating

6. Other Items/Announcements

- **Robin Hills Farm Dragonboat Festival-August 6th, 9 AM-4 PM, lower pond of Robin Hills Farm**
 - Looking for organizations who may be interested in having a table at the event.
 - Seeking groups to do children's activities.
 - For more details email Ben Wielechowski (ben.w@robinhillsfarm.com) or visit their website: <http://www.robinhillsfarm.com/dragonboat/>
- **Farm to Table Fundraising Dinner- August 21st, 5 PM- 7 PM, Palmer Lot**
 - All proceeds go to benefit our 5 Healthy Towns Farmers Markets
 - Purchase Tickets on Eventbrite. \$65 per person: <https://5healthytownsfarmtotable2016.eventbrite.com>
- A roll for the coalition in the 5 Healthy Towns court case was discussed.

Our next meeting will be August 4th at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room.

REMINDERS:

Upcoming Grant Submission Deadlines:

- August 5th and October 7th*

* 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.

- August 4 – Review Year 5 of the Heart and Sole Race. Begin developing intervention list for Year 6. Should the coalition put out a request for any interventions to address specific areas?
- 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