



Chelsea Friends and Family Wellness Coalition

Meeting: September 1st, 2016 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Yael Dolev, Stephanie Willette, Karla Bernath, Jesse Kauffman, Nancy Whitelaw, Keegan Sulecki, Liz Wilson, Ashley Tomasi, Matt Pegouskie

1. Introductions

2. Review revisions to coalition evaluation process and develop a schedule for Year 5 intervention reviews for Oct 6, Nov 3, and Dec 1 (see evaluation PowerPoint and form attached in email)

- The Foundation has made revisions to streamline the coalition evaluation process for 2016-2017
- Previously, Intervention leaders completed two steps
 - (1) give an evaluation presentation to the coalition
 - (2) submit an evaluation form to the Foundation
- This year we have created a template to simplify these two steps into one step.
- Intervention leaders can now choose to EITHER use the PowerPoint presentation template (like we have done in past years) or to fill out the evaluation form and bring that to the meeting with copies for everyone that you will be shared and reviewed with at the meeting.
- The templates include all the questions previously included in the evaluation form that was submitted to the Foundation.
- Once you complete your evaluation (EITHER presentation OR form that you share with the coalition, your choice) you will not have to worry about submitting another form to the Foundation. The presentation will also be your evaluation form for the Foundation.
- *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
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

3. 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 2nd 2016.

- The coalition agreed on the above areas of need
- Potential new interventions for the Year 6 plan:
 - Healthy Art Activity-target youth or seniors
 - Youth Healthy Eating Coordinator-person to connect already existing 5H youth nutrition programming. Possible collaborators include the farmers market, Chelsea Community Kitchen, Intergenerational Garden, and Camp Gabika
 - Walking Program Marketing
 - Sponsorship for the Huron Waterloo Pathways
- 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	?
Ironclad Baseball Festival	Yes (pending decision by CMB)	?

4. Update on 5 Healthy Towns Magazine

- The first issue of the 5 Healthy Towns Magazine, *Connected*, will be published on October 15th. The magazine will be distributed through EDDM to our service area.
- Cost for the ad page is \$995. Coalitions can use joint marketing funds earmarked in Year 4 Foundation still has spot available for advertising. We will be accepting submissions until Sept. 12th.
- 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 is what will be featured in the magazine:
 - Content page: recap/background on the coalition with a few 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, and Winter Farmers Market)
- Thank you to all who provided input!

5. Other Items/Announcements

- **Robin Hills Farm Robin Run-looking for local organizations and non-profits to host information booths during the September 17th event**
 - Registration available at the event for 5K and 10K runs, and also includes a kids obstacle course



- Event starts at 9am
- Two complimentary race tickets available for any coalition members interested in participating
- 5H Coalition Strategic Planning and visioning Sessions to develop an action plan for the future of the coalitions
 - 3 sessions to develop the action plans will be held over Sept-October.
 - 6 members of the Chelsea Friends and Family Wellness Coalition will be participating
 - Reiley Curran
 - Jesse Kauffman
 - Gary Maynard
 - Shawn Personke
 - Liz Wilson
 - Andrew Thomson
 - Action plans will be presented to each coalition during the winter
- Farm to Table Fundraiser-Recap
 - Event sold out of all 150 tickets
 - Still totaling the final amount for funds raised, in the ballpark of \$10,000
 - Next year's event will be in Grass Lake
 - Thank you to all who helped in planning and executing this great event!
- 5H Coalition Table at CRC Health Fair-Thank you to all who participated!
- The Chelsea District Library is currently soliciting feedback for their 2017-2019 strategic plan. Please take their brief survey to help inform this process.
<https://www.surveymonkey.com/r/ChelseaLibrarySurvey>

Our next meeting will be October 6th 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.

- October 6 – Begin advertising that requests for new intervention ideas will be due December 2, 2016., evaluation of some interventions (Camp Gabika and Ironclad)
- 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