



## Grass Lake Community Wellness Initiative

Meeting August 24<sup>th</sup>, 2017

**Attendees:** Jim Stormont, Dawn Cuddie, Dianne DeBoe, Joe DeBoe, Joyce Sager, Trinh Pifer, Annie Lavergne, Leigh Vogelsong, Katie Fendt, Anthony Loe, Matt Pegouskie, Ashley Tomasi

### 1. Introductions

### 2. Review of Grass Lake Senior Center – Annie Lavergne and Trinh Pifer (see presentation attached)

- Years funded:
  - 3 (\$5,000 per year)
- Description:
  - Grass Lake Senior Center enters year two of operation, providing Grass Lake area residents ages 50 and older, opportunities to interact with each other during activities both on and off site. We will continue to collaborate with Chelsea Senior Center (CSC) to develop our senior activities. CSC provides Grass Lake Senior Center with oversight, liability insurance and programming options. They also provide expertise while Grass Lake Senior Activities continues to mature.
- Target Population
  - Grass Lake Seniors in the Grass Lake School District
- Goal:
  - Increase membership from 48 to 100 paid members and average a daily participation rate of 20- exceeded
  - Provide programming and activities that are attractive to adults 50+ -met
- Key Data:
  - 104 GLSC members
  - 22 daily participants
  - 9,450 units of engagement

### 3. Discussion on nutrition and healthy eating support and services – Beverly Fex and Deb Eccelton, Henry Ford Allegiance. See flyer for Diabetes Prevention Program attached

- Discussion on nutrition support and services was tables. Instead, Leigh Vogelsong from The National Kidney Foundation of Michigan spoke on the upcoming Diabetes Prevention Program in Grass Lake
- This is a FREE year-long program for those who qualify as pre-diabetic
- Course incorporates education and healthy habits to lower participant's risk of developing type II Diabetes
- Class in Grass Lake will begin September 13<sup>th</sup>. See flyer for more details!

### 4. Develop and finalize an intervention list for the Year 6 Plan. Lori Kintz will attend the September coalition meeting and present a first draft of the Year 6 Plan narrative. The plan will be submitted to SHF in November. Year 6 budget is \$75,000

- Begin collecting information for Year 6 Plan – Grass Lake Year 6 Planning Document (attached)
  - Theme: Grass Lake, An Active Community. Spotlight on PAC Award



## Grass Lake Community Wellness Initiative

- Testimonials: Doug Moeckel and Jim Stormont
- Success Story: Pavilion and Farm to Table
- We will be doing a group photo at the next meeting.
- SEND LORI WEBSITE AND SOCIAL MEDIA LINKS AND PHOTOS!  
(lorikintz3000@gmail.com)
- **Intervention table assistance and deadline**
  - Email Matt (matt@5healthytowns.org) to set up an appointment to work on your intervention tables. We would like to have as many intervention table in as possible by September 11<sup>th</sup>.
- **Draft Year 6 Plan list of interventions below:**
- List of Year 6 continuing interventions:
  - Healthy Cooking Classes - \$1,000
  - Farmers Market - \$9,000 (\$4,500 for 2017, \$4,500 for 2018)
  - Grass Lake Senior Center - \$10,000 (increase to cover the cost of additional day and programming)
  - Project Safe Graduation - \$1,000
  - Event Sponsorships - \$3,750
  - Food for Friends - \$1,500
- List of new interventions for Year 6 Plan:
  - Celebrate Recovery - \$5,000?
  - Road Runners Racing Program - \$1,500
  - Sports/Trails/Parks - \$10,000 (TBD)
  - Bike Racks - \$2,500
- Developing Ideas:
  - Healthy GL Restaurants - \$2,000
  - Fresh Air Festival (includes Yoga By the Lake)- \$3,000
  - Pavilion/pavilion programming?
  - Grass Lake School Greenhouse (more information at September meeting) - \$15,000  
- \$20,000

**TOTAL: \$70,250**

### 5. Other items/Announcements

- **Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat**
- **Grass Lake Farmers Market – Wednesdays, May 10 – September 27<sup>th</sup>, 4 – 7 pm, Whistlestop Park**
- **Music in the Park – 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, May 3<sup>rd</sup> – September 21<sup>st</sup>, 6 – 8 pm, Whistlestop Park**
- **5H Farm to Table Dinner – August 27<sup>th</sup>, in the new pavilion, 4pm – 7pm, tickets \$50**  
[www.facebook.com/5healthytownsfarmtotable](http://www.facebook.com/5healthytownsfarmtotable)



## Grass Lake Community Wellness Initiative

Reminders:

- ***Next grant submission deadline is October 6th***

**Upcoming meetings**

September 18 <sup>th</sup> (back at Grass Lake Township Hall 6 pm)	Lori Kintz to present 1 <sup>st</sup> draft of Year 6 Plan. Finalize Year 6 Intervention List
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