



Grass Lake Community Wellness Initiative

Meeting June 19th, 2017

Attendees: Doug Moeckel, Jim Stormont, Ben Dandrow, Dawn Cuddie, Dianne DeBoe, Joe DeBoe, Joyce Sager, Michael Willis, Michelle Whitley, Katie Fendt, Christian Calaguas, Sabrina Edgar, Laurie Kelly, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Introduction to St. Joseph Mercy Chelsea's new dietitian Christian Calaguas

- Christian works as an outpatient dietitian and Certified Diabetes Educator at the hospital. He will also be overseeing the food assistance programming at the 5H farmers markets and will be working to develop food and nutrition programming in the communities.
- Welcome Christian!

3. Review of Project Safe Graduation – Michelle Whitley (see presentation attached)

- Years funded:
 - 4
- Description:
 - We educate them on some drinking and drug facts in a fun environment, bus them to the YMCA where they are locked in for the night, lots of things to do: swimming, rock climbing, basketball, volleyball, dodgeball, inflatables, arts and crafts, tons of food brought in, and loads of fun for all.
- Target Population
 - Grass Lake High School Seniors
- Goal:
 - Provide a safe, drug and alcohol-free graduation celebration for graduating seniors incorporating education, entertainment and excitement while creating a lifelong memory of classmates and of a caring community - met
- Key Data:
 - 55 students participated (80% of the graduating class)
 - 495 units of engagement

4. Update on Sponsorship Events and Activities: Andy's Angels Benefit Dinner – Doug Moeckel (see attached)

- Three of eight sponsorship events have taken plus thus far
- See highlights from the Winterfest Chili Cook-Off, Grass Lake Regional Chamber of Commerce Spring Business Expo, and Andy's Angels Benefits Dinner attached in email

5. Begin Brainstorming Intervention Ideas for the Year 6 Plan. Lori Kintz will attend the August coalition meeting to begin collecting information for the Year 6 Plan narrative. The plan will be submitted to 5HF in November. Year 6 budget is \$75,000

- Review Years 1-6 budget summary and new strategic action plan
- New ideas?



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- List of Year 6 possible continuing interventions:
 - Outdoor Yoga By the Lake - \$1,000
 - Healthy Cooking Classes - \$1,000
 - Farmers Market - ?
 - Grass Lake Senior Center - \$5,000
 - Project Safe Graduation - \$1,000
 - Event Sponsorships - \$3,750
- List of possible new ideas for Year 6 Plan:
 - Celebrate Recovery - ?
 - Program targeting depression - ?
 - Road Runners Training Program/Challenge - ?
 - Sports/Trails/Parks - ?
 - Bike Racks - \$2,000 - \$5,000)
- We would like to find a way to tie in one or multiple of the following objectives from the coalition's new strategic plan:
 - Provide healthier options at the concession stands at the schools
 - Incorporate healthy food truck/vending machine options for events at the Township and other venues in Grass Lake
 - Create healthy meal kits to be placed at various locations in Grass Lake
 - Partner with local restaurants to incorporate or identify a healthy food option on their menu
 - *Please email Doug, Ashley, or Matt if interested in implementing one of the items listed above*
- We will continue working to develop the Year 6 Plan over the next few months. The Foundation's Plan Writer, Lori Kintz will attend the August meeting to begin collecting information for the plan. The plan will be submitted to the Foundation in October and approved by the Foundation's Board of Directors in November

6. Other items/Announcements

- **Traffic Jam'in - July 7th and 8th**
- **Traffic Jam'in 5K – July 7th, 7:00 p.m. 1-mile and 7:30 p.m. 5K**
- **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 27th, 4 – 7 pm, Whistlestop Park**
- **Music in the Park – 1st and 3rd Wednesdays, May 3rd – September 21st, 6 – 8 pm, Whistlestop Park**
- **Grand Opening of Lost Railway Museum – July 1st, 10 a.m. – 4 p.m.**
- **5H Farm to Table Dinner – August 28th, in the new pavilion, 4pm – 7pm, tickets \$50**
www.facebook.com/5healthytownsfarmtotable

Reminders:



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- *Next grant submission deadlines are August 4th and October 6th*

Upcoming meetings

July 17 th , 2017	Review of Year 4 My Choice My Health, 2017 PAC and NEAT results, continue developing a list of interventions for the Year 6 Plan
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