



Grass Lake Community Wellness Initiative

Meeting August 24th, 2017, 6 p.m. Grass Lake High School Library.

NOTE: Our June 19th, July 17th, and August 24th meetings will be held in the Grass Lake High School Library

1. Introductions

2. Review of Grass Lake Senior Center – Annie Lavergne and Trinh Pifer

3. Discussion on nutrition and healthy eating support and services – Beverly Fex and Deb Eccleton, Henry Ford Allegiance

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
- Intervention table assistance and deadline
- Draft Year 6 Plan list of interventions below:
- List of Year 6 continuing interventions:
 - Outdoor Yoga By the Lake - \$1,000
 - 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
- List of new interventions for Year 6 Plan:
 - Celebrate Recovery - \$5,000?
 - Road Runners Training Program/Challenge - \$2,500 – table for Year 7
 - Sports/Trails/Parks - \$10,000 (TBD)
 - Bike Racks - \$1,000 – consider increasing?
- Developing Ideas:
 - Healthy GL Restaurants?
 - Fresh Air Festival?
 - Pavilion/pavilion programming?
 - Wolf Lake Water Ski Club Equipment - \$1,000?

TOTAL: \$44,250

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 27th, 4 – 7 pm, Whistlestop Park
- Music in the Park – 1st and 3rd Wednesdays, May 3rd – September 21st, 6 – 8 pm, Whistlestop Park



Grass Lake Community Wellness Initiative

- 5H Farm to Table Dinner – August 27th, in the new pavilion, 4pm – 7pm, tickets \$50
www.facebook.com/5healthytownsfarmtotable

Reminders:

- *Next grant submission deadline is October 6th*

Upcoming meetings

September 18 th (back at Grass Lake Township Hall 6 pm)	Lori Kintz to present 1 st draft of Year 6 Plan. Review of School Fitness Coordinator Program
--	--