



Manchester Wellness Coalition

Meeting May 23rd, 2017

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Ruth VanBogelen, Janice Steinhauer, Jane Thompson, Autumn Orta, Shelley Hehr, Cherie Vannatter, Lindsay Hannah, Lori Kintz, Barry Allen, Laura Seyfried, Nancy Loudin, Kathy Walz, Cindy Dresch

1. **Intervention Reports (see reports attached in email)**

- **SRSLY – Lindsay Hannah**
 - Budget: \$20,600
 - Description: The goal of SRSLY Manchester is to reduce youth substance abuse with a focus on two identified substances of abuse: Alcohol and Marijuana
 - Target group: Youth ages 10-18
 - Goals: 1) Increase community collaboration to prevent youth substance abuse 2) Reduce youth substance abuse by addressing the factors in a community that increase risk of abuse and promoting factors that minimize risk. Some of the objectives under the goals have changed as a result of SRSLY's new strategic plan. Objectives set for current timeline have been met, some are still in progress
 - Key data: 2015-2016 MiPHY: 73 7th graders, 88 9th graders, and 66 11th graders responded. Youth Survey: 215 respondents. Adult Survey: 227 respondents. 9,723 units of engagement, 3,3037.5 volunteer hours recorded from Aug 2016-April 2017, 53 adults and 178 youth volunteers
- **Manchester Mirror Ads – Sara Swanson**
 - Budget: \$2,200
 - Description: The Manchester Wellness Coalition purchased a year's worth of print ads. Two types were purchased, twelve 8"x10" (half page) ads that are submitted by the Coalition directly and sixty-four 4"x6" ads that Coalition members submit directly to advertise their intervention.
 - Target Group: Manchester area residents
 - Goals: 1) The goal was to expose 500 Manchester area residents per week to Wellness Coalition content via the print edition of the Manchester Mirror – *achieved*
 - Key data: 500 copies distributed per week, around 1,000 readers per week, 17,000 print editions of *The Manchester Mirror* including Manchester Wellness Coalition print ads have been distributed thus far, averaging around 34,000 views by Manchester residents, 8,320 units of engagement
- **MMLB – Ruth VanBogelen**
 - Budget: \$5,600 from Manchester Wellness Coalition \$2,000 from the Wellness Center
 - Description: The program combined incentives, activity trackers, competition, and the potential of helping a local community non-profit to encourage residents to be more active. The goal is for the participants of the MMLB Challenge to use walking and healthier lifestyle choices to lose pounds.
 - Target Group: adults 18 +
 - Goals: 1) Engage between 100 and 200 Manchester residents in a health and wellness program with the goal of losing 2000 total pounds. Average 1 hour



Manchester Wellness Coalition

activity 5 times a week times 18 weeks (18000 – 36000 miles of activity – *participation and step goals were met. Weight loss goal was not met.*

- Key data: 114 participants, 36 people opted to extend the program for 15 weeks, almost 46,000 miles of activity, 412.1 pounds lost, 22,930 units of engagement

2. **Year 6 Plan Finalizing and Submittal to Foundation – Report and Intervention Tables (see final plan attached in email)**

- Almost all of Year 6 Intervention Tables have been submitted. Waiting on a few tweaks.
- Lori has updated the plan narrative based on final feedback from coalition members
- Plan will be reviewed by the Foundation’s Committee for Strategic Impact on June 7th. If approved it will move onto the 5HF Board of Directors for Final approval on June 26th.
- Ashley will email the coalition of the Board’s decision on June 27th.
- Once the plan has been approved, intervention leads will be able to apply to release their funding through e-Grant. More information on this to come!

3. **June 26th 5HF Board Presentation**

- Autumn Orta and Laura Seyfried have volunteered to present on the Manchester Wellness Coalition’s Year 6 Plan at the 5HF Board’s June 26th meeting
- Ashley will meet with Laura and Autumn on June 7th to begin work on the presentation
- A big thank you to both for volunteering their time!

4. **Coalition at May 25th Business Expo with Manchester Wellness Center?**

- The Manchester Wellness Center will be having a table at the business expo and has offered to share the space with any coalition members interested.
- Expo runs from 3:30 pm – 7 pm with set-up at 2:30 pm
- Matt from 5HF will be at the table from 3:30 pm – 5 pm
- Email Ray if able to join us at the table
- If not able to attend, feel free to email or drop off materials you would like at the table to Ray, Ashley, or Matt

5. **Coalition/Foundation Presence at Sesquicentennial Festival August 5th?**

- Manchester Wellness Coalition/5HF is hoping to have a table at the event
- We will be looking to get a group of members together to be at the table during the event
- Event will be from 10 am – 4 pm
- Email Ray if interested

REMINDERS

1. Next Meeting: Tuesday, June 27th, 2017 at Noon in the Village Offices
2. Next grant submittal deadline is June 2nd
3. Weekly advertising opportunities in *The Manchester Mirror* for your intervention or project-contact Sara Swanson, themanchestermirror@gmail.com