



Manchester Wellness Coalition

Meeting February 28th, 2017

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Ruth VanBogelen, Dianne Schwab, Janice Steinhauer, Jane Thompson, Autumn Orta, Shelley Hehr, Gayla Martin, Dianne Schwab, Carol Palms, Laura Seyfried, Cherie Vannatter, Lindsay Hannah, Paige Bourland, Jessica Lacy

1. **Year 6 Intervention Proposal – *Sweet Soles*, Paige Bourland, Manchester High School**
 - Budget: estimate \$2,000-\$4,000
 - Two students from Manchester High School presented on their intervention idea for Sweet Soles. The program would be a running club for high school students and adults. Club would meet in the evenings, possibly weekly, during the spring and summer. The students would like to create a website and app for the club as well. Aiming for 20 members.
 - As part of the intervention, the students would also like to create a community 5K race that would target club members and community members. Anticipate the race would take place Labor Day weekend
 - Funds would be swag for club members and giveaways/prizes and marketing for the race.
 - The coalition will consider the intervention for inclusion in the Year 6 plan

2. **5HF *Connected Magazine Spring-Summer Issue-ads (SR2S, Gazebo Concerts, Sesquicentennial)***
 - Ads for coalition interventions will be funded through the Foundation's Community Advisory Committee.
 - Coalition members reviewed the listed suggestions (above) and discussed other potential interventions to be added to the list. Other suggestions included:
 - Farmers Market
 - SRSLY (checking to see if there are any events coming up for spring/fall)
 - Manchester Senior Center (checking to see if there are any events coming up for spring/fall)
 - Ads can be sent to Ashley (ashley@5healthytowns.org). Please provide ads by March 10th

3. **Update on Planning for April 21 Math and Science Night – Drugs 101**
 - Hometown Pharmacy will provide half of the funding for the Drugs 101 event, 5HF will provide the other half
 - The program educates parents about signs, symptoms and current trends of alcohol, tobacco, inhalants, marijuana and other drugs teens may use. A highlight of this program is a mock teenager's bedroom set up for parents to observe and attempt to identify the obvious and not-so-obvious drug related paraphernalia. The program will include demonstrations to help parents initiate conversations with their child.
 - Times for both events TBA

4. **Update on 5HF Manchester Strategic Plan and Facilitator Review – Request for Action Leads**
 - Looking for leads to take on some of the goals objectives listed in the strategic action plan.



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- Ray has heard from a few members who are willing to volunteer for these roles. He will update the plan and send out the revised version with a list of roles that still need to be filled.
5. **Community Advisory Council Update – CAC meetings vs. larger coalition group “get-togethers”**
 - Community Advisory Committee may be revising their structure. The group is made up of representatives from each of the 5H coalitions and meets every other month (5-6 times per year)
 - Meetings usually center around an educational component with speakers. Members also share updates on their coalitions.
 - Looking to have one meeting a year be a large group meeting where all members of the coalition are invited to attend. The idea for this spurred from the recent 5H strategic planning session. Many members found great value sharing and discussing successes, challenges, and goals with the entire group
 - Larger group meeting date and time TBA
 6. **Manchester Baby Baskets-Sara Swanson**
 - Tabled for a future meeting
 7. **Year 6 Planning Schedule and Proposed Interventions-Begin Intervention Table Preparation- Goal is to have draft tables by March 20**

(See list of ideas as of 3/1/17 attached)

- By March 20 – Define and prepare Year 6 interventions/tables
 - Intervention leads can schedule an appointment to work on intervention tables with Matt Pegouskie (matt@5healthytowns.org) on the following days:
 - Tuesday, March 14, 8:30 AM - 1:00 PM
 - Wednesday, March 15, 1:00 PM - 5:30 PM
 - Thursday, March 16, 8:30 AM - 1:00 PM
- By March 31 – Present completed Year 5 intervention reports
- March – Begin development of Year 6 Plan document (Lori Kintz)
- April – First draft of plan – April 25 meeting
- May – Finalize plan by May 15
- June 26 – 5HF Board approval of plan

REMINDERS

1. Next Meeting: Tuesday, March 28th, 2017 at Noon in the Village Offices
2. Next grant submittal deadline is April 7th
3. Weekly advertising opportunities in *The Manchester Mirror* for your intervention or project- contact Sara Swanson, themanchestermirror@gmail.com