



**Meeting January 23<sup>rd</sup>, 2018**

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Autumn Orta, Carol Palms, Sara Swanson, Cindy Dresch, Laura Seyfried, Eric McCalla, Barry Allen, Jane Thompson

**1. Status Update on Year 6 Intervention e-Grant Submittals (candidates for scheduling)**

- **Outdoor Exercise Equipment**
  - Planning to submit for February e-Grant cycle
- **Cooking Matters**
  - Planning to submit for February e-Grant cycle
- **School/Community Gardens**
  - Planning to submit for February e-Grant cycle
- **Gazebo Concerts**
  - Planning to submit for February e-Grant cycle

Status Update on Year 6 Intervention e-Grant Submittals

<b>Intervention</b>	<b>e-Grant Submitted</b>	<b>Approved</b>
Adaptive Movement	Yes	Dec 2017
Sweet Soles	Yes	June 2017
Summer Swim Program	Yes	Aug 2017
Outdoor Exercise Equip	No	Submitting Feb 2018
Tree Search	Yes	Oct 2017
Cooking Matters	No	Submitting Feb 2018
School/Comm Gardens	No	Submitting Feb 2018
MMLB II	Yes	Aug 2017
WELCOA Worksite Material	Yes	Aug 2017
Farmers Market	Yes	April 2017
Gazebo Concerts	No	Submitting Feb 2018
Kiwanis Service Leadership	Yes	Oct 2017
Sesquicentennial	Yes	Aug 2017
Marketing Banners	Yes	Aug 2017
SRSLY	Yes	Aug 2017

**2. Data Review Team Meeting Results (see summary attached in email)**

- The team presented suggestions for areas to focus Year 7 interventions based off of the most recent HIP, MiPHY, PAC, and NEAT data
- Area of need are categorized by element (EB, MM, CWO, AUS)
- Coalition was in most support of the following:
  - Bike Maps
  - Fruit/vegetable competition at the schools
  - Ensure two articles about healthy eating and nutrition make it into the Manchester Mirror annually



### Manchester Wellness Coalition

- Decrease bullying and increase bonding between students, teachers, and parents and increase emotional intelligence – Explore ways to extend Leader in Me program to the high school
- Continue to support youth substance abuse prevention through SRSLY Manchester
- The coalition will look into pursuing these ideas for the Year 7 Plan

### 3. **Schedule for Year 7 Plan Development – begin identifying proposed Year 7 interventions. Note change in 5HF Board policy regarding monetary prizes in interventions. Discuss proposed policy on “intervention champion” attendance requirement at coalition meetings**

- 5HF Board Policy for interventions – Cash, gift cards, or other forms of currency are not allowed to be offered as prizes. Prizes must be tangible and relate to the mission (i.e. cookbooks, wellness center passes, fit bits, etc).
- Strategic Plan Attendance requirement” Require minimum level of participation at coalition meetings by intervention champions/organizations. This is set at 6 meetings minimum per year” – This requirement applies to only to continuing interventions. Must have someone from the organization (does not have to be the same person each time) represented at least half of meetings. Interventions are encouraged to reach out (i.e. email Ray) if not able to attend. *The coalition was in favor of upholding this requirement.*
- Proposed Interventions for the Year 7 Plan –
  - Bike maps - develop biking trails around Manchester area, produce and print quadfold brochure maps similar to Tour de Barn Quilts, promotion of trails (an event to highlight the new bike trail map) - Sara Swanson and Ray Berg
  - Manchester High School and Middle School "The Leader in Me" program - develop program, training of staff, implement - Eric McCalla
  - Fruit/vegetable competition at Klager elementary - potential PTO project, model after existing Chelsea program
  - Continue SRSLY program, add elements such as vaping danger, kids presenting data to parents, Drugs 101, etc.
  - "Free Food Pantry" concept similar to existing "free library" stations - Amy Pyle proposal
  - Reinstate a periodic community dance program (quarterly) featuring period dances at Emanuel Church - Carol Palms
  - Gazebo Concerts for next season - Carol Palms
  - Adaptive Movement for next season - Jane Thompson
  - Farmers Market for next season - Ruth VanBogelen
  - mParks intervention - to be followed up after February 5 CAC meeting/presentation
  - Open Hours at Manchester High School indoor track to allow for walking in inclement weather – Andy Supers
  - New section of walking path sponsored by the Wellness Coalition – Sue LaRocque

#### Year 7 Plan Schedule:

- **October to April** - Intervention Evaluation Presentations: Years 5 and Year 6
- **November:** Data Review Team meets/presents findings at November meeting



## Manchester Wellness Coalition

- **November to March:** Define and prepare Year 7 Intervention Tables
  - **January:** Develop and administer press release looking for proposals based on the data and community health needs
  - **March:** Begin development of Year 7 Plan (Lori Kintz). Intervention tables are due March 20
  - **April:** Review first draft of Year 7 Plan
  - **May:** Finalize Year 7 Plan
  - **June:** Year 7 Plan Reviewed by 5HF Board of Directors
4. **5HF Connected Magazine – February 15 deadline for coalition input**
- Coalition article (theme success story) will be on the progression of the Manchester Wellness Coalition since its inception
  - We will need to identify intervention to feature on the coalition’s ad page
  - Email Ashley with Manchester photos of people engaging in wellness activities!
5. **Manchester Wellness Center “Coffee Bar” request – actions needed to present request**
- At this time the request is not viable. May look into getting a Keurig or Espresso machine.

## REMINDERS

1. Next Scheduled Coalition Meeting is Tuesday, February 27, 12:00 Noon.
2. Next grant submittal deadlines are February 2 and April 6.
3. To view previously presented Manchester Intervention Evaluation Presentations, please see this link: <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=299&showID=322>