



**Meeting January 24<sup>th</sup>, 2017**

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Ruth VanBogelen, Dianne Schwab, Sara Swanson, Janice Steinhauer, Jeff Wallace, Danielle VanBogelen, Jane Thompson, Autumn Orta, Shelley Hehr, Barry Allen

**1. Year 5 Intervention Reports (see reports attached in email)**

• **Summer Swim Classes-Danielle VanBogelen**

- Budget: \$2,800
- Description: To provide students that attend Manchester Kids Club Center during the summer months (June-August) with open swim time at the Chelsea Beach Pool for an hour every week plus transportation to and from Chelsea. This program also provides transportation to and from swimming lessons offered at Chelsea Beach Pool. Lessons are 5 days for each week structured swim lesson and are offered through Manchester Community Education.
- Target group: Youth ages 5-12
- Goals: 1) Provide more physical activity during summer months- *achieved* 2) Offer transportation for swim lessons-*achieved*
- Key data: 27 participants, 19 classes held, 203 units of engagement
- Applying or Year 6 Funding: Yes

• **Run Manchester-Amelia Woods and Cindy Dresch**

- Tabled for a later meeting

• **Adaptive Movement for All (Year 4)-Jane Thompson**

- Budget: \$5,500 (funds extend through Year 5, Feb 2016-June2017)
- Description: The program is made up of three very different classes: special education pre-school students, special education high school students, and Manchester Seniors. For students the aim is to have them develop motor skills, awareness of body movement, group participation, and increased stamina. For seniors the aim is to improve balance, relieve muscle tension, and improve strength
- Target group: special education pre-school and high school students and seniors
- Goals: 1) Provide a program for people with physical and/or mental limitations and who live in the Manchester Area –*achieved for pre-schoolers and seniors* 2) Help pre-schoolers develop large motor skills, awareness of body movement, increased stamina and group participation - *achieved* 3) Help seniors improve balance, achieve better arm and shoulder strength, and relieve muscle tension - *achieved* 4) Have 135 people participate in the program over 20 weeks – *not achieved*
- Key Data: 27 participants (goal 135), feedback from instructors and participants, achievement of personal goals
- Applying for Year 6 funding: Yes

**2. Update on 5HF Manchester Strategic Plan and Facilitator Review (see attached strategic plan and Action Plan Lead Description in email)**



## Manchester Wellness Coalition

### Goals

- Boost attendance and active participation in coalition; intervention champions are continuous participants in coalition planning
- Reach out for community partners and supplemental funding
- Balancing health data indicators vs. community champions' proposals
- Working closely with Seniors in long-range planning
- New attendance policy for intervention champions. All those granted with Year 6 funding will need to attend a minimum of 6 meetings per year to be considered for funding for the following year.
- We are looking for coalition and community members to take on some of the goals and objectives listed in the plan. We currently have leads for Goal 1 A1 (looking for a co-planner), Goal 3, Goal 4 A1 and A2. Anyone interested in taking on one of these initiatives is encouraged to email Ray.

### 3. **Health Data Review Team-Progress Report and Potential Year 6 Interventions (see Health Data Subgroup Recommendations and Press Release attached)**

- The group identified four focus areas of major concern based on data from HIP, NEAT, and MiPHY
- Findings:
  - Avoid Unhealthy Substances: focus on SRSLY for students, new programs to inform and empower adults against substance abuse
  - Connect with Others: focus on guiding residents to get help to improve mental health and to encourage empathy and spread kindness
  - Move More: focus on helping youth find activities other than screen time
  - Eat Better: focus on spreading broadly information about good nutrition strategies for healthy eating
- A press release will be posted in the Manchester Mirror calling for proposals to be submitted for interventions that address areas of need
- See health data recommendation and press release for more information.

### 4. **Year 6 Planning Schedule and Proposed Interventions**

- Ideas submitted to date: Adaptive Movement, Mobile Salad Bar/Food Education, Sesquicentennial Events Support, Farmers Market, Gazebo Concerts, Summer Swim, Drugs 101 class, Health Data Review Team Recommendations

November to March-Define and prepare Year 6 Intervention Tables

November to April- Present completed Year 5 Intervention Reports, *try to get the majority submitted by mid-March*

March- Begin development of Year 6 Plan document (Lori Kintz)

April-First draft of plan- April 25<sup>th</sup> meeting

May-Finalize plan by May 15<sup>th</sup>

June 26th-5HF Board approval of plan

### 5. **Other items**

- Intervention feature for *Connected Magazine*- 5H would like to feature a current spring/summer Manchester Wellness Coalition intervention of the coalition's



## Manchester Wellness Coalition

choosing for the April issue of the magazine. Email Ray with you suggestions on which intervention to feature

- Results of the MMLB are in! Over 300 pounds lost and over 80 million steps of activity recorded! See report attached for a full summary of the results.

### REMINDERS

1. Next Meeting: Tuesday, February 28<sup>th</sup>, 2017 at Noon in the Village Offices
2. Next grant submittal deadline is February 3<sup>rd</sup>
3. Weekly advertising opportunities in *The Manchester Mirror* for your intervention or project-contact Sara Swanson, [themanchestermirror@gmail.com](mailto:themanchestermirror@gmail.com)