



Manchester Wellness Coalition

Meeting March 28th, 2017

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Ruth VanBogelen, Janice Steinhauer, Jane Thompson, Autumn Orta, Shelley Hehr, Carol Palms, Cherie Vannatter, Lindsay Hannah, Michael Cuevas, Lori Kintz, Sara Swanson, Barry Allen, Julie Greene, Jason Aldrich

1. Run Manchester 2016 Report and schedule of remaining Year 5 reports

- Run Manchester
 - Tabled for a future meeting
- Outstanding reports
 - Run Manchester-Year 5-?
 - SRSLY-Year 5-April 2017
 - Manchester Mirror-Year 5-May 2017
 - Dance Manchester-Year 5-?
 - Senior Nutrition-Year 5-fall 2017?
 - MMLB-Year 5-preliminary report submitted, final May 2017
 - Phase II Shared Use Trail-Year 5- in the process of securing a bid
 - Safe Routes to School-Year 5-May 2017
 - Community Garden-Year 4-November 2017
 - Stress Management-Year 5-?

2. Manchester Baby Basket Project – Sara Swanson

- Baby baskets will be created and distributed to new moms in the community. Several Manchester community organizations have donated items such as clothing, toys, and informational resources to be included in the baskets.
- Ways for the coalition to partner:
 - The idea was explored for having the coalition budget to pay for 6 month memberships for the mothers. This will end up being very pricey. A budget of \$1,050 would only reach 5 people. Champions of the project will instead explore the idea of using wellness center day passes instead. The Wellness Center may be able to donate passes
 - Looking for educational materials to put in the basket on interventions or health and wellness topics that fall within the coalition's focus areas. Materials must pertain to young children, mothers, or babies. The coalition will explore what materials may be appropriate to include in the basket.

3. Year 6 Proposed Interventions – Status of Intervention Tables (attached)

- Year 6 budget for all 5H wellness coalitions was voted on by the 5HF Board of Directors on March 27th. Coalition budget for Year 6 is \$75,000
- Current budget is at \$73,800
- Intervention Tables that have been received: Farmers Market (draft), MMLB 2/DPP (draft), Builders Club/K Club (draft), Adaptive Movement (draft), Gazebo Concerts (draft), Summer Swim Classes (draft), SJMC/Welcoa (draft), Community and School Garden/Seeds (draft)
- *Intervention Tables are due to Lori Kintz (lorikintz3000@gmail.com) by April 15th*



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4. Year 6 Plan Development – Lori Kintz (Year 6 outline attached)

- Looking for input on a theme for this year's plan. One idea is to align with the Sesquicentennial celebration with a "back to the roots" theme.
- Ashley will be contacting intervention leads to get progress reports on Year 5 interventions
- We will be taking a group photo of the coalition at April meeting
- All intervention tables must be sent to Lori by April 15th (lorikintz3000@gmail.com)

Anyone with intervention photos (preferably Year 5, but we will take earlier years as well), or website/social media links, can send them to Lori. She plans to incorporate them into the plan.

Plan Schedule:

March – May – Present completed Year 5 intervention reports

March – Begin development on the Year 6 Plan document (Lori Kintz)

April – First draft of plan – April 25th meeting

May – Finalize Plan by May 15th

June 26th – 5HF Board approval of plan – We will need two coalition members to present on the Year 6 Plan at that meeting. Email Ashley (ashley@5healthytowns.org) if interested.

5. Update on 5HF Manchester Strategic Plan – Request for Action Leads (attached)

- Looking for individuals to champion some of the initiatives listed in the new strategic action plan.
- Sara Swanson volunteered to take over the coalition's Facebook page
- Please review the strategic plan and email Ray or Ashley if interested in becoming an action lead for any of the other initiatives.

6. Update on Connected Magazine

- Magazine will be arriving in mailboxes in mid-late April

REMINDERS

1. Next Meeting: Tuesday, April 25th, 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