



Stockbridge-Area Wellness Coalition

October 19th, 2017 Meeting Summary

Attendees: Jo Mayer, David Peck, Harvey Morrell, Amy Steffey, Molly Howlett, Karen Smith, Amy Heydauff, Matt Pegouskie, Ashley Tomasi

This month's meeting was held at the Pavilion between Smith and Heritage Elementary Schools

1. Introductions

2. E-Grant: Year 6 Interventions Update

- Now that the Year 6 Plan has been approved, intervention leads can begin applying to release funding through e-Grant. E-Grant applications are reviewed every other month. The next e-Grant cycle deadline is December 1st.
- The following Year 6 Interventions have applied for the October e-Grant cycle:
 - SRSLY Stockbridge
 - Basketball Courts
 - Bridge to Wellness Challenge
 - Smith Healthy Snacks
 - Learning By Doing
- E-Grants will be reviewed by the Foundation's grant committee and checks will be released within the next few weeks

3. Discussion on use of SAWC Year 6 marketing funds

- The coalition designated \$3,590 of the Year 6 budget for marketing initiatives. The coalition brainstormed the following ideas for the use of the marketing funds
 - 2 brochures: one promoting Stockbridge infrastructure for families, one promoting the coalition - \$800 (draft attached in email). Jo will work on drafting the brochure.
 - Billboard - \$1,200-\$1,500
 - Annual Sponsorship for the Stockbridge Community News - \$500
 - Banner advertisement on Stockbridge Community News for the Bridge to Wellness Challenge/SAWC, 3 months - \$570
 - Sponsorship for Kindergarten – Second Grade Community Ed. Basketball program - \$200
 - Miscellaneous - \$20

4. Updates from subgroups and interventions

- Eat Better
 - Learning By Doing- started this week. 8 families are participating. In addition to the 5HF grant, Meijer's in Howell will be donating \$1,000 for supplies for the program
 - Open Air Market – One more week left for the Open Air Market. Season ends at the end of October. See announcements for more information
 - Winter Market – the winter market will run from January – April, Saturdays at the Presbyterian Church. See announcements for more information
 - Small Business Saturday – November 29th



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- Tide Me Over- The program currently has 106 students between the two elementary schools. The program received milk coupons from the Ingham County Commissioners
- Smith Healthy Snacks – Intervention champions will begin the program once funding from the October E-grant cycle is received
- Year 7 Intervention Idea- Healthy cooking classes (vegetarian)
- Move More
 - Be Fit – Second year of classes began in September. There are currently 4 students in the program.
 - Parks and Recreation Plan – November 8th public meeting with Warren Rauhe at the Township downstairs meeting room. 6:45pm refreshments, 7pm meeting start time.
 - Basketball Courts – Courts are installed!
 - Grant has been submitted to Ingham County for improvements and extension of the Lakeland Trail. More details in the coming months. Matt will be presenting to their board on Monday, October 23 in Lansing.
 - Park and Rec Master Plan survey -75 surveys have been collected thus far, plus whatever Matt collected from the soccer players’ parents during the meeting! Go get ‘em, Matt! If willing to participate in the survey email matt@5healthytowns.org.
 - Bridge to Wellness Challenge – Registration will run January 2nd to February 28th. Kickoff will be held March 1st and 2nd. Challenge will run March 3rd – June 15th. Participants will be encouraged to participate in the Positively Chiropractic’s Day in the Village 5K in June. 5 events will be held; one nutrition event, one motivational event, and three physical activity events.
- Connect with Others
 - Jo placed the leftover 5HF key chain apples from the wellness showcase event in the mailboxes of teachers in all Stockbridge schools. A big thank you to Jo!
- Avoid Unhealthy Substances
 - Family Fun Night – SRSLY Stockbridge was present at the Family Fun Night held at the school on October 5th. Flyers and SAWC hand sanitizers were distributed at the event. Thank you Emily!

5. SAWC Board Appointment

- Jo Mayer nominated Amy Steffey to join the SAWC board. Currently, there is an open position
- Jo moved, Harvey seconded to appoint Amy Steffey to the board. Passed. Thanks and congrats, Amy!

6. Announcements

- 1st Sunday of the month walks-next walk November 5th at 2 p.m. from Stockbridge Library
- OAM Summer Market – Fridays, May - October, from 4 to 7 pm on the square in downtown Stockbridge. Winter Market dates are January 13, February 10, March 10 and April 7 at the first Presbyterian Church, 11 a.m. – 3 p.m. Small Business Saturday – November 29th at the Presbyterian Church 11 a.m. - 3 p.m.
- November 12, Stockbridge Area Arts Council presents Jazz Pianist Pat Cronley at Back Street Bar & Family Restaurant, from 5 – 7 p.m., no cover charge
- November 18, Festival Chorus presented by Stockbridge Area Arts Council, 7 p.m., Town Hall.

Next Meeting-November 16th at 6:00 p.m. room 108 of the old middle school



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Interventions from Y1, Y2, Y3,Y4, Y5

Intervention	Year 1*	Year 2*	Year 3*	Year 4*	Year 5*	Year 6
Lakeland Trail Updates & Engineering and Playground				\$20,000*^		
SRSLY	\$15,750^*+	\$30,120^*+	\$24,268^*	\$20,000^*+	\$20,000^	\$20,000
Playground behind old middle school				\$8,400*^+		
Gather Under the Pavilion				\$7,000^*+		
Marketing Campaign				\$5,000		\$3,590
Tide Me Over	\$1,200^*+	\$4,500^*+	\$5,160*	\$4,800*^+	\$7,000^	\$5,500
Open Air Market	\$4,550*^+	\$3,038^*+	\$5,961^*+	\$3,628^*		
Community Read	\$3,000^*+	\$3,000^*+	\$4,225^*+	\$4,225^*+		
Heritage Healthy Snacks				\$4,500^*+	\$6,000^*	
Smith Healthy Snacks						\$2,500
HS & MS Trail Maintenance			\$2,685*^+	\$2,250*^+	\$2,250*	\$4,300
Counseling and Support Groups			\$21,000^			
Heritage Gardening	\$500	\$1,000	\$15,000			
Baseball Fields – transferred to playground			\$10,700			
Small Towns Design Initiative/Dev. Open Spaces			\$6,000		\$4,000*^	
Wellness Center	\$212,114	\$34,815^*+	\$5,000^*+			
Community Pathway-Legacy Land Conservancy	\$750	\$2,240				
Unadilla Park Playscape—		\$15,500^*+				



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Unadilla Township						
Wellness Center Prescription for Health		\$4,830 ^{^*+}				
Walking Program		\$3,000 ^{^*}				
Community Nut./ Health Ed.		\$2,734				
Health Expo	\$1,600					
School Assembly	\$1,100 ^{^*+}					
Wellness Center Be Fit Program					\$6,109 ^{^*}	\$6,110
Healthy Heroes					\$1,000 ^{^*^+}	
Learning By Doing					\$4,840 ^{^*^+}	\$3,200
Trail to Beckwith Preserve					\$9,000 ^{^*^+}	
5H Bike Racks					\$3,000 ^{^*}	
My Choice My Health					\$5,500 ^{^*}	
Community Info Brochure					\$5,000 ^{^*^+}	
Basketball Courts						\$11,000
Parks and Rec Master Plan						\$5,000
STEM Build and Ride Bikes						\$3,000
Bridge to Wellness Challenge						\$5,800
Leader in Me						\$5,000

*Completed, ^Check received, +final report filed