



Stockbridge-Area Wellness Coalition

September 21st, 2017 Meeting Summary

Attendees: Jo Mayer, Suzi Greenway, David Peck, Harvey Morrell, Amy Steffey, Molly Howlett, Emily Stewart, Cady Bauer, Ashley Tomasi

1. Introductions

2. 2017 PAC and NEAT Data for Stockbridge – Ashley Tomasi (see NEAT and PAC results attached)

- Presentation and results were compiled by the 5HF summer intern, Minji Kang. Minji conducted the PAC and NEAT in all the 5H communities
- PAC: evaluates ways a community supports active living
 - 2017: received bronze award
 - What's going well: programming, promotions, and facilities, community maintenance, downtown environment, neighborhood safety
 - Suggested Improvements: creation of community planning documents (in progress), school walking programs (in progress), creation of sidewalk regulations, increased and improved bicycle facilities, worksite physical activity promotion
- NEAT: Assessment of community's environment and policies related to promoting and supporting healthy eating
 - 2017: partially supportive
 - What's going well: community programming
 - Suggested Improvements: healthy eating features in local media, worksite healthy eating education and support, community involvement with healthy eating in school, healthier options at local stores
- Please reach out to Ashley (ashley@5healthytowns.org) with any questions.

3. Recap of Wellness Showcase at the Open Air Market. Other community events where we should have a presence?

- Great weather for the showcase, coalition members present were happy with the outcome. One suggestion would be to move the location on the square closer to the market vendors so the showcase appears more part of the market.
- Other community events and marketing ideas include:
 - SAWC table at Day in the Village
 - SAWC Table at Parent Teacher Conferences
 - SAWC Table at school open house/high school open house
 - Create a brochure that includes a map showing Stockbridge playgrounds and or community organizations
 - Sponsor a musical act at Cravingz
 - Create signs for SAWC events



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- Action item: Jo will put coalition apple key chains and stress bio dot cards in teachers' mailboxes at the three Stockbridge Schools, remaining key chains will go to Emily to bring to Family Fun Night on Oct 5. SAWC handout will also be provided for the event.

4. Update on SAWC Meeting Location

- Discussions are still taking place related to the future of the old middle school/admin building.
- We should be ok meeting at the old middle school for the next few months, backup location is one of the Stockbridge school rooms. We will notify the coalition of any changes.

5. Announcements

- 1st Sunday of the month walks-next walk October 1st at 2 p.m. from Stockbridge Library
- OAM Summer Market – Fridays, May - October, from 4 to 7 pm on the square in downtown Stockbridge.

Next Meeting-October 19th at 5:30 p.m. at the pavilion between Heritage and Smith School (weather permitting)



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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			



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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—Unadilla Township		\$15,500^*+				
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