



## Dexter Wellness Coalition

Meeting October 10<sup>th</sup>, 2017

**Attendees:** Brad Judge, Jeanette Brooks, Shirley Bitters, Paul McCann, Mark Olexa, Karl Fink, Lisa Babe, John Waterman, Kevin Dombkowski, Matt Pegouskie, Ashley Tomasi

### 1. Introductions

### 2. Intervention Evaluation Presentations

- **PEAC – John Waterman (see presentation attached)**
- Year 5 funding-\$4,000
- Description
  - PEAC believes that Everyone Can Ride. Participants set individuals cycling goals coming into the summer program, and PEAC instructors work with students to reach these goals. We know that cycling looks different everyone, and we meet the students where their ability is, and push them to grow it.
- Target Population
  - Individuals ages 5+ with cognitive, developmental, behavioral, or physical disabilities
- Goals
  - The individuals enrolled in our program will develop and achieve/work towards his/her cycling goal(s) - met
- Key Data
  - Units of engagement = 480
  - 32 participants
  - Progress log for students' personal riding goals

### Schedule for Intervention Evaluation Presentations

Intervention	Review Month	Intervention Year
PEAC	October 2017	Year 5
Summer Fitness Festival	November 2017	Year 5
Alternative Education Program at Dexter Wellness Center	November 2017	Year 5
Dexter Winter Marketplace	December 2017	Year 5
Farm to School	June 2017	Year 4
SRSLY	June 2017	Year 4

### 3. Updates on Year 6 Plan. Continue developing intervention list. Please refer to Year 6 Interventions document.

- **Feedback on Press Release for intervention proposals –sent in email with agenda.**
  - See updated press release in the minutes
- Updates on continuing and new intervention are included in the Year 6 Interventions document
- If planning to submit a continuing or new intervention please send a budget and description of your program or project. For continuing interventions your description will only need to consist of any updates or changes to your intervention.



## Dexter Wellness Coalition

### 4. Other items/announcements/upcoming community events?

- **Recap on His Eye is on the Sparrow Race**
  - The race had 80 participants and 20 volunteers. Race was moved from the River Grove Shelter to the Activity Center because of a track meet. New to this year's race was a water station and race timing at the finish line for the participants. Mark Olexa represented the coalition at the event and passed out flyers and Dexter Wellness Coalition water bottles. The water bottles were a hit!
- **Dexter Forum – 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month at 8:30 am in the Dexter Wellness Center Conference Room**
- **Creekside Garden Workday for Dexter Farm to School – October 28<sup>th</sup> from 10 a.m. – 12 p.m.** email [dexterfarmtoschool@gmail.com](mailto:dexterfarmtoschool@gmail.com) for more information.
- **Technology and the Impact of Mental Health presentation – October 18<sup>th</sup>, 7:00 p.m. – 8:30 p.m., Mill Creek Cafeteria**
- **Teens Using Drugs: What To Know and What to Do – Series provides starting point for families struggling with teen alcohol and drug abuse, program will be presented 1<sup>st</sup> and 2<sup>nd</sup> Tuesdays in October, November, and January – June. Series is FREE and open to all. Email [info@dawnfarms.org](mailto:info@dawnfarms.org) for more information.**
- **His Eye IS On the Sparrow Fundraiser – October 19<sup>th</sup>, 11 a.m. – close, Aubree's Pizzeria and Grill. Present the flyer attached in email to have 15% of your bill donated to the organization.**
- **Community Country Dance– October 20<sup>th</sup>, 6:00 – 7:30 p.m., Dexter Wellness Center. Registration is required, call 734-580-2500**
- **Dancing for a Cure – October 27<sup>th</sup>, 6:00 – 7:30 p.m., Dexter Wellness Center. Minimum \$10 donation reserves your spot on the dance floor, 100% of registration donations benefit cancer research. Register by calling 734-580-2500**

### Reminders:

- **Next meeting is November 14th at 5:30pm location to be determined.**
- **Next grant submission deadlines is October 6<sup>th</sup>. Please contact Sheila Gilman if you have any questions on the grant submission process ([sheila@5healthytowns.org](mailto:sheila@5healthytowns.org))**

November 14 <sup>th</sup>	Develop and discuss list of interventions for the Year 6 Plan. Intervention evaluation reviews.
---------------------------	--