



## Chelsea Friends and Family Wellness Coalition

**Meeting: February 2<sup>nd</sup>, 2017 at 12:00 pm at 5 Healthy Towns Foundation Conference Room**

**Attendees:** Gary Maynard, Jim Randolph, Andrew Thomson, Jesse Kauffman, Stephanie Willette, Jo Ann Munce, Nancy Whitelaw, Katie McGlashen, Courtney Stinson, Luman Strong, Autumn Orta, Lynn Fox, Reiley Curran, Matt Pegouskie, Ashley Tomasi

### 1. Introductions

### 2. Year 6 Proposal Presentations (see attached in email):

- **Wellness Weekends at Polly's/Healthy Grocery Store- Courtney Stinson**
  - Funding request
    - \$6,045
  - Description
    - Healthy Grocery proposes a continuation of programming at Polly's Country Market in Chelsea. Currently, Chelsea Friends and Family Wellness Coalition, Washtenaw County Public Health, and Polly's Country Market have partnered to add signage about healthier food choices and in-store tours and instructional demos every other week.
  - Target population
    - All ages
  - Goals
    - Educate shoppers about signage and healthier food items to make eating better an easier choice
    - To get customers to purchase healthier foods
  - Key evaluation data
    - Customer interaction sheets
    - Surveys counted by WCPH
    - Identified food sales numbers
    - Comparative data from Polly's
    - Units of engagement
    - Average number of prepared materials taken per event
  
- **Eddy Discovery Center Nature Play Area-Katie McGlashen**
  - Funding request
    - \$2,000
  - Description
    - The Nature Play Area is a landscape designed with the purpose of providing opportunities for outdoor play and exercise for children. The area designated for play is surrounded by Oak Hickory Forest with plenty of open space between trees to run around and explore. The project includes an ADA accessible trail that will extend the currently available level surfacing to a respectable length of approximately half a mile.
  - Target Population



- Nature Play Area: ages 3-12
  - Trail: individuals of any age with physical disabilities, parents and caregivers with strollers, and an aging population looking for opportunities to engage in nature on a level and smooth surface.
  - Goals
    - To create a safe place for children to play with and around natural materials outdoors and allow their bodies to meet their physical potential through play and exercise.
    - To provide an accessible trail for populations that would prefer or require a smooth surface, an opportunity to use a trail through a natural forest.
  - Key Evaluation Data
    - Number of people who use the ADA trail through trail count data.
    - Number of people who use the Nature Play Area through count data.
    - Look for an increase, or decrease, in the number of visitors to the Discovery Center attributable to the Trail and Nature Play Area.
- **Walk!-Reiley Curran**
  - Funding request
    - \$5,000
  - Description
    - St. Joseph Mercy Chelsea proposes to engage an engineer to create a hospital campus walkability master plan and to replace the walking map that is on the side of Smokehouse 52 so that it reflects some of the new trails in town
  - Target Population
    - All ages
  - Goals
    - Develop Master Plan
    - Replace walking map mural
  - Key Evaluation Data
    - Unknown. Hundreds of employees and community members visit the hospital campus every day. With more and safer pedestrian paths, even more people might be attracted to walk at the hospital. It would certainly be safer for those already walking here if there were more dedicated pedestrian paths, rather than walking through parking lots or alongside roadways.
- **Heart and Sole Race-Autumn Orta**
  - Funding request
    - \$2,000
  - Description
    - The race encourages community members to move more and work towards a healthy lifestyle in a safe, supportive, social atmosphere while raising money for a good cause
  - Target Population
    - All ages



- Goals
  - Encourage 700 participants to Move More
  - Raise Funds for Behavioral Health Services
- Key Evaluation Data
  - Number of participants
  - Funds raised
  - General feedback on event
  - Units of engagement
- **Wellness Resources for Chelsea Students with Housing Instability-Reiley Curran**
  - Funding request
    - \$5,000
  - Description
    - The number of youth facing housing instability in the Chelsea School District fluctuates from year to year. This year there are approximately 20 homeless students; last year there were more than 60. A student is considered homeless if he or she does not have a permanent address, or if his or her family is living with another family (i.e. doubling up).
  - Target population
    - Homeless students in the Chelsea School District
  - Goals
    - to increase access to health and wellness related programs and services for youth facing housing instability in the Chelsea School District
  - Key Evaluation Data
    - Anonymous feedback surveys from students who receiving assistance from the program
    - Units of engagement
- **Camp Gabika-Andrew Thompson**
  - Funding request
    - \$6,000
  - Description
    - Provide a healthy daily environment for campers with a focus on movement, healthy choices and friendship. Camp Gabika focuses on providing children with a great experience during the summer months out of school.
  - Target Populations
    - Youth ages 5-12
  - Goals
    - Educate campers about healthy decision-making
    - Encourage campers to work together and grow bonds with their peers
    - Involve the campers with the many different groups in the Chelsea area (Seniors, Library, Police & Fire Dept., SRSly, etc.)
  - Key Evaluation Data
    - Measure the total minutes of physical activity (games, walking, etc.)
    - Measure the number of healthy snacks consumed



- Survey of campers and healthy decision-making
- Survey of parents and healthy decision-making at home
- Units of engagement

*The Chelsea Plan Team will review intervention proposals and make recommendations for the Year 6 Plan at the March 2<sup>nd</sup> Coalition meeting.*

### **3. Other Items/Announcements**

- We are looking for volunteers from the coalition to man the coalition's table at the Chelsea Spring Expo that is being held at the Chelsea Senior Center on April 22<sup>nd</sup> 10am-3pm
- Which Coalition Intervention should we feature for the Spring issue of *Connected*
  - Coalition voted to feature Camp Gabika
- Should we change the date of the April meeting?
  - The April meeting is during the week of Spring Break for Chelsea Schools. Ashley will send out a doodle with alternative meeting dates.
- 5H CSA Fair-February 19<sup>th</sup>, 128 Park Street, Chelsea, 1pm-3pm. CSA vendors for the 5 Healthy Towns will be present to provide information on their CSAs and offer residents to sign-up
- SRSLY will be participating in the annual CADCA conference the week of February 6<sup>th</sup>
- SRSLY Chelsea Youth Gaga Ball Tournament-February 11<sup>th</sup>, Beach Middle School, 2pm-5pm.

**Our next meeting will be March 2<sup>nd</sup> at 12:00 p.m. in the 5 Healthy Towns Foundation Conference Room.**

### **REMINDERS:**

Upcoming Grant Submission Deadlines:

- April 7<sup>th</sup>

\* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Wellness Plan. Grant cycles run every two months. Intervention leaders will apply for funds according to the dates requested in the intervention table (i.e. date funding required)

Tentative coalition meeting schedule for 2016-2017.

- March 2– Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.) review the draft plan, report from the Plan Team about the budget for the Year 6 Plan
- April (date TBD)– Lori Kintz attends the meeting. Final touches on the Year 6 Plan which will be reviewed by the Foundation in May 2017.