



## Chelsea Friends and Family Wellness Coalition

**Meeting: January 5<sup>th</sup>, 2017 at 12:00 pm at 5 Healthy Towns Foundation Conference Room**

**Attendees:** Gary Maynard, Jim Randolph, Lisa Carolin, Andrew Thomson, Jesse Kauffman, Jane Thompson, Stephanie Willette, Yael Dolev, Corey Knight, Cindy Burdette, Jo Ann Munce, Nancy Whitelaw, Shawn Personke, 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**
  - Tabled for the February meeting
  
- **Beach Middle School Heart Rate Monitors-Corey Knight**
  - Funding request
    - \$6,500
  - Description
    - The class instructor would like to purchase 40 heart rate monitors for his class at Beach Middle School. The monitors would reach around 180 students each year. Students would use the monitors during class, then return them at the end of the day.
  - Target Population
    - 7<sup>th</sup> and 8<sup>th</sup> grade students at Beach Middle School
  - Goals
    - To promote life-long fitness by providing heart rate monitors to all students in the weight and fitness classes.
  - Key Evaluation Data
    - Attendance
    - Heart rate zone
    - Calories burned
    - Endurance
    - Recovery time
    - Feedback on the intensity of the workout
    - Units of engagement
  
- **SRSLY-Jesse Kauffman**
  - Funding request
    - \$20,000
  - Description
    - SRSLY is a community coalition dedicated to the prevention of destructive behavior in youth. SRSLY uses multiple strategies and a focus on youth leadership and community engagement to prevent youth substance abuse
  - Target Population
    - Youth ages 10-15



- Goals
  - SRSLY is currently working complete their 2017-2020 Strategic Plan. They envision their goals of reducing alcohol, marijuana, and medicine abuse and misuse among youth to remain the same.
- Key Evaluation Data
  - Annual volunteers
  - Volunteer hours
  - Total monies donated from community members
  - Units of engagement
- **Chelsea Farmers Market-Stephanie Willette**
  - Funding request
    - \$21,692
  - Description
    - The Chelsea Farmers Market and Bushel Basket Markets act as a place for Chelsea residents and surrounding communities to acquire healthy, fresh food from local farms and vendors. Customers receive health education through our Healthy Demonstration events, recipes, cooking demos and other activities.
  - Target Population
    - All ages
  - Goals
    - Increase fruit and vegetable consumption
    - Provide health education through healthy demonstrations, cooking demos and health related activities
    - Increase access to fresh produce through our food assistance programs
    - Strengthen community around health by involving community partners and creating a fun, interactive environment centered around health
  - Key Evaluation Data
    - Customer counts
    - Vendor counts
    - Surveys
    - Vendor income
    - Market days
    - Tracking for food assistance programming
    - Units of engagement
- **Adaptive Movement for All-Jane Thompson**
  - Funding request
    - \$8,000
  - Description
    - The Adaptive Dance Program takes the health benefits of movement to music to residents of Chelsea who experience physical or mental difficulties. This population is often left out of organized activities and this program is targeted to their needs.
  - Target population



- Seniors and individuals of all ages with intellectual and developmental disabilities
- Goals
  - To design and implement a new class for special ed. students (k-12) at the studio of Ballet Chelsea.
- Key Evaluation Data
  - Attendance
  - Surveys, feedback, and evaluation reports from participants and instructors
  - Units of engagement
- **Run for the Rolls-Cindy Burdette**
  - Funding request
    - \$2,000
  - Description
    - Run for the Rolls 1 mile fun run and 5k race takes place Saturday August 26<sup>th</sup>. 12:30pm & 12:45pm. Including the Bulldog Challenge and the 5 town School Challenge.
  - Target Populations
    - All ages
  - Goals
    - To get community members of all ages and abilities to move more, connect with others and learn to make a healthier choices. Food, Behavior.
    - Increase the number of registrations for race day
    - Impact families to participate together race day
    - Inspire participants to make running or walking a lifestyle
  - Key Evaluation Data
    - Registrations
    - Surveys
    - Feedback from racers and volunteers
    - Units of engagement

**List of February Intervention Proposals below:**

**February 2<sup>nd</sup> meeting:**

1. Eddy Discovery Center Nature Play Area-Kathleen McGlashen
2. Wellness Weekends at Polly's-Courtney Stinson
3. Heart and Sole Race-Autumn Orta
4. Hospital Campus Walkability Master Plan-Reiley Curran
5. Healthy snacks and physical activity equipment for students with housing instability-Reiley Curran



6. Camp Gabika-Andrew Thomson

7. Walking Program Marketing-Reiley Curran

### 3. Other Items/Announcements

- We are currently looking for coalition and community members who may be interested in working on some of the strategic plan initiatives. Please email Ashley if interested.
- SRSLY will be conducting a survey in each of the communities it is currently being run. Keep an eye out for the link to complete the survey!
- Chelsea Community Kitchen's After School Kids Cooking Camp will be starting on January 17<sup>th</sup>. Go to [www.chelseacommunitykitchen.org](http://www.chelseacommunitykitchen.org) to learn more and/or register.

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

### REMINDERS:

Upcoming Grant Submission Deadlines:

- February 3<sup>rd</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.

- February 2 - Hear presentations from proposed Year 6 interventions
- 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 6– final touches of Year 6 which would be submitted next day