



Grass Lake Community Wellness Initiative

Meeting April 16th, 2018

Attendees: Dawn Cuddie, Jim Stormont, Joe DeBoe, Diane DeBoe, Annie Lavergne, Ben Dandrow, Patti Bihn, Michael Willis, Sabrina Edgar, Sue Weible, Joyce Sager, Dick Dice, Matthew Prater, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Intervention Evaluation Presentations:

- Healthy Eating Classes – Sue Weible (Year 5)
 - Years funded:
 - 4
 - Description:
 - Monthly cooking demonstrations held at the Grass Lake Depot. Programs will include cooking demonstrations, recipe handouts, tasting samples, and a question-and-answer period with a food professional.
 - Target Population
 - Grass Lake adults 18+
 - Goal:
 - Teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee – met
 - Reach 45-40 regular attendees while encouraging the purchase of locally sourced products and offering a trip to Eastern Market - Met
 - Key Data:
 - 8,484 Units of Engagement (counted collectively not unique participants)
 - 40 average participants per session
 - 12 classes plus trip to Eastern Market
 - 72 fliers and 100 brochures distributed to promote event
 - 395 surveys collected
- Event Sponsorships – Matt Pegouskie
 - Tabled for May meeting
- Upcoming Intervention Evaluation Presentation: Ice Rink/Volleyball Courts (May), Bike Racks (June), PSG (July)

3. Update on discussion from March meeting on Coalition Marketing and 20/20 Plan:

- Remind.com and 5HF Website
 - Ashley has a call with a representative from Remind to see if this may be an option for the Coalition.
 - 5HF is also looking into if there may be a way to incorporate a calendar/improve the website
- Any other items from the 20/20 Plan we want to pursue for the coming year? Should we put out a call for proposals?
 - Coalition members will review and email suggestions



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- New intervention ideas?
 - Recreation Space
 - Matt Prater presented a proposal to the Coalition for building additional recreation space to support wrestling, baseball, softball, golf, etc.
 - Estimated cost is \$250,000, Matt is seeking a current quote as this one is from two years ago.
 - Topic needs further discussion. Matt working to nail down and share further details.
 - Shuffle Board
 - Idea first proposed by Jim Stormont and Annie Lavergne at the March meeting
 - Annie confirmed interest from the seniors to pursue
 - Possible locations: Township Hall or Community Events Pavilion
 - Looking into a quote
 - Email Dawn, Ashley, or Matt with new ideas

4. Other items/Announcements

- **Dick Dice joined the Coalition meeting. Dick is an active member of the Chelsea Senior Center, Silver Solutions, and soon-to-be Walk to School Wednesdays in Chelsea. Thanks for joining us Dick.**
- **5 Healthy Towns Farm to Table Dinner – September 16th, 2018, Alber’s Orchard in Manchester**
 - **Joyce may have a connection with A1 Rental for a tent**
- **Community Events Pavilion Update: Snag with the sewer system, working on finding a solution. The project was able to raise enough to get its match from MEDC, but hopes to raise an additional \$35,000. Contact Diane if interested in donating.**
- **Michigan Military Heritage Museum – WW1 Sentennial Event, August 4th**
- **Grass Lake Farmers Market – Wednesdays, May – September, 4 pm – 7 pm, First Market is May 2nd, celebration with cake and ice cream for Sabrina’s son’s birthday!**
- **Music In the Park – First and Third Wednesdays, May – September, 6 pm – 8 pm, First concert May 2nd with performer Kevin Divine.**
- **Chelsea Heart and Sole Race (part of 5H Race Series) – May 12th**
- **Amanda Loveland will be holding Yoga classes at the Community Events Park Pavilion. Classes will take place May 17 – July 5th on Thursdays from 6:30 pm – 7:30 pm. \$5 donation to go towards continued Pavilion construction. Look for more details on the yoga classes on the GLCWI Facebook page.**
- **GLEF Untapped and Uncorked event – May 18, 6:30 pm – 10:30 pm, Lost Railway Museum. \$25 ticket price.**
- **Traffic Jam’In July 13th and 14th. Traffic Jam’In 5K July 13th. Friday Fireworks! More details to come.**
- **Chad Tuff Baseball Tournament same weekend as Traffic Jam’In**
- **Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat**



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Reminders:

- ***Next grant submission deadline is June 1***
- ***Next Meeting: May 21st at 6pm at the Grass Lake Township Hall***

Upcoming meetings

May 21 st	Evaluation presentations, ideas for the Year 7 Plan, MPHI Visits, Review of local health data
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