



Grass Lake Community Wellness Initiative

Meeting February 19th, 2018

Attendees: Dawn Cuddie, Jim Stormont, Joe DeBoe, Diane DeBoe, Joyce Sager, Annie Lavergne, Laurie Kelly, Stephanie Kelly, Kimber Zatkovich, Ben Dandrow, Sabrina Edgar, Matt Pegouskie, Ashley Tomasi, Amy Heydlauff

1. Introductions

2. Intervention Evaluation Report Presentations Year 5 (see presentations attached in email):

- **Yoga By the Lake Year 5 (\$1,000) – Matt Pegouskie**
 - Years funded:
 - 2
 - Description:
 - Yoga by the Lake is a free outdoor yoga session held at Grass Lake County Park every Saturday morning in July and August – weather dependent.
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 - Target Population
 - Grass Lake resident 15 and up
 - Goal:
 - Provide eight outdoor yoga sessions in Grass Lake over July and August, with an average attendance of 15 participants per session – met plus two additional pop up sessions.
 - Key Data:
 - 133 Units of Engagement
 - 19 average participants per session
 - 7 classes plus 2 pop-up classes
 - Survey:
 - a. 60% attended more than one session, 80% learned about the program through social media, 83% enjoyed the location at the County Park

- **Grass Lake Farmers Market (\$3,077 carryover funds from Year 4) – Sabrina Edgar**
 - Years funded:
 - 5
 - Description:
 - The Grass Lake Farmers Market runs from May – October. Markets are held on Wednesdays under the newly constructed Events Park Pavilion. Funds were carried over from Year 4 to go towards marketing the market in its new location
 - Target Population
 - Grass Lake resident of all ages
 - Goal:
 - Increase the number of market vendors – met
 - Increase average sales per vendor – unmet



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- Increase use of EBT and credit cards at market and add double up food bucks availability – met
 - Key Data:
 - Averaged 382 customers per market
 - 21 markets held
 - Gross sales almost \$31,000
 - 32 unique vendors
 - Average 17 vendors per market
 - **Review scheduling document**
 - **Upcoming reviews for April 2018:**
 - Volleyball Courts
 - Healthy Eating Classes
 - Event Sponsorships
3. **Update to the 20/20 Strategic Plan. Updates and suggestions from Michelle Rankin and Sabrina Edgar (20/20 plan and proposal attached in email)**
- The strategic plan was reviewed by coalition members at the January coalition meeting. Two suggestions to address items listed in the plan were sent in by members:
 - Michelle Rankin was not able to attend, but will be at the March GLCWI meeting
 - Sabrina Edgar invited guest Kimber Zatkovich of Custom Ideation to discuss marketing that addresses Goal 1 of the Strategic Plan.
 - Coalition members reviewed the proposal presented by Kimber. Suggestion to create a website that could be utilized by all of Grass Lake (possibly 5H Towns) that has a calendar that lists community events/resources.
 - Further discussion is needed. May create a separate subgroup with other Village and Township entities to discuss.
4. **Update on spring issue of Connected. Status on PSG article and coalition ads.**
- The next issue of *Connected* (Spring/Summer) will come out in April
 - Coalition article (success story) on Project Safe Graduation has been submitted
 - For the GLCWI ad page: Grass Lake Farmers Market/Music In the Park, Senior Center, Project Safe Graduation, Traffic Jam'In, Road Runners have been submitted. Waiting on Fresh Air Festival and Wolf Lake Waterski
5. **Other items/Announcements**
- **Traffic Jam'In Headlines Announced – Chris Hitchcock on Friday and Sponge on Saturday**
 - **Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat**
 - **Diabetes Prevention Program – Federated Church of Grass Lake (519 E Michigan Avenue), weekly classes start March 8th. Call 800-482-1455 if interested.**
 - **Grass Lake Spring Expo – March 17th, 10 am – 4 pm, Grass Lake High School. Sign up to help out at the booth! <https://doodle.com/poll/p3ndvmam7qbcz48x>**



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Reminders:

- ***Next grant submission deadline is April 6th***
- ***Next Meeting: March 19th at 6pm at the Grass Lake Township Hall***

Upcoming meetings

March 19	2020 plan update, spring expo recap, introduction to Patricia Binh (St. Joes Faith Community Nurse)
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