



Grass Lake Community Wellness Initiative

Meeting March 19th, 2018

Attendees: Dawn Cuddie, Jim Stormont, Joe DeBoe, Diane DeBoe, Annie Lavergne, Ben Dandrow, Michelle Rankin, Patti Bihn, Christian Calaguas, Amanda Loveland, Ashley Tomasi

1. Introductions

2. Introduction to Patricia Bihn: Faith Community Nurse, St. Joseph Mercy Chelsea Hospital

- Patti is the new faith community nurse for the 5 Healthy Towns service area
- Patti is looking to partner with the local churches in Grass Lake to promote health. Hoping to connect with local ministerial association.
- Want to work with the coalition to promote events
- Welcome Patti!

3. Update to the 20/20 Strategic Plan. Suggestions from Michelle Rankin. Continue discussion from marketing/community calendar proposal. (20/20 plan attached in email)

- Michelle's Business, Ascent Audiology would like to make a \$1,000 to GLCWI to go toward Goal 1 of the Strategic Plan (increase coalition awareness).
- GLCWI brainstormed some potential ideas to put Michelle's generous donation towards
 - Updating the 5HF website (including GL calendar page/website that was discussed at our last meeting). Ashley will discuss with 5HF to see what price of this may be.
 - Developing a calendar app, may be able to use Remind.com as an organization.
- Further discussion will take place during our next meeting

4. Recap from the Grass Lake Spring Business Expo. Thanks to all who volunteered!

- GLCWI members who attended felt the Expo was a success. Lots of traffic at the GLCWI and Road Runners tables.
- Giveaways were a hit. All giveaways were distributed!
- Market other 5H races as part of this summer's 5 Healthy Towns Race series at the event
- Numbers for attendees were slightly lower this year. This was thought to be due to the holiday and a few other local events going on that day.

5. Other items/Announcements

- **5HF Connected magazine will go out to mailboxes the first week of April**
- **New 5H Run Series with 5 Healthy Towns Races!**
- **Idea for Year 7 Intervention: Jim Stormont/Annie Lavergne - Shuffle Board**
- **Christian Calaguas, St. Joseph Mercy Chelsea Dietitian will officially be joining GLCWI as a member! Welcome!**
- **Amanda Loveland visited the coalition to spread awareness of her new yoga program that will be taking place this summer under the new Pavilion. Classes will take place May 17 – July 5th on Thursdays from 6:30 pm – 7:30 pm. \$5 donation. Look for more details on the yoga classes on the GLCWI Facebook page.**



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- GLEF Untapped and Uncorked event – May 18, 6:30 pm – 10:30 pm, Lost Railway Museum. \$25 ticket price.
- The Dahlem Center was chosen by Jackson Magazine as “The Best Place to Take a Toddler”. Congrats Ben!
- Traffic Jam’In July 13th and 14th. Traffic Jam’In 5K July 13th. More details to come.
- Chad Tuff Baseball Tournament date announced as August 4th and 5th.
- Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat

Reminders:

- ***Next grant submission deadline is April 6th***
- ***Next Meeting: April 16th at 6pm at the Grass Lake Township Hall***

Upcoming meetings

April 16	Evaluation presentations, ideas for the Year 7 Plan
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