



Manchester Wellness Coalition

Meeting March 20th, 2018

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Jeff Wallace, Autumn Orta, Patti Bihn, Ruth VanBogelen, Janice Steinhauer, Pat Vaillencourt, Paige Bourland, Shelley Hehr, Aisling Nolan, Jason Forney, Danielle Lepar, Carol Palms, Mark Palms, Barry Allen, Laura Seyfried

1. **Review and decisions on proposed intervention ideas for Year 7 Plan (see attached table)**
 - Intervention Table drafts are due April 6th. Email ashley@5healthytowns.org or matt@5healthytowns.org to submit your table. Contact matt if you would like to schedule a meeting to work on your intervention table.
 - See email for list of Year 7 proposed interventions
 - Members were informed at the meeting that Courtney Nichols is no longer with the school district. 5HF will reach out to the school inquire if the interventions she was championing are still feasible.
 - Note: Sweet Soles (year 6) race is scheduled for July 28th. Training for the race will begin on June 2nd. Run group will meet Tuesdays, Thursdays, and Saturday. Sign-ups for the race will be distributed at the Farmers Market and through the Manchester Mirror. Will market at the summer Gazebo Concerts.

2. **Year 7 Plan Outline – Hero’s Journey Arc proposal and Year 7 Planning Matrix (planning matrix and hero’s journey arc example attached in email)**
 - *Send Lori your intervention photos and website links!*
 - Coalition members reviewed the hero’s journey arc example. Members were in favor of featuring the school and its partnership with the coalition that has resulted in the implementation of many health and wellness programs over the years.
 - For changes in the community that impact wellness offerings the coalition selected: joint parks plan, reorganization of the school district, organized walking programs, outreach focus to the Manchester community for specific interventions.
 - Lori will review intervention tables and incorporate details into the plan narrative
 - Lori will be at the April meeting to review the first draft of the plan with the coalition

3. **Status and actions needed on MWC Long Range Action Plan – as time permits (see strategic plan and guidelines attached)**
 - Due to time, this item was tabled for the April meeting.
 - If anyone is interested in taking on one of these initiatives please contact Ray.

Year 7 Plan Schedule:

- **October to April** - Intervention Evaluation Presentations: Years 5 and Year 6
- **November:** Data Review Team meets/presents findings at November meeting
- **November to March:** Define and prepare Year 7 Intervention Tables
- **January:** Develop and administer press release looking for proposals based on the data and community health needs
- **March:** Begin development of Year 7 Plan.
- **April:** Review first draft of Year 7 Plan. Intervention tables due April 6th
- **May:** Finalize Year 7 Plan. Plan is reviewed by Foundation’s CSI



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- **June:** Year 7 Plan Reviewed by 5HF Board of Directors

REMINDERS

1. Next Scheduled Coalition Meeting is Tuesday, April 24, 12:00 Noon.
2. Next grant submittal deadlines are April 6 and June 1.
3. Klager Math and Science Night, Friday April 20
4. To view previously presented Manchester Intervention Evaluation Presentations, please see this link: <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=299&showID=322>