

## **Stockbridge Area Wellness Coalition Meeting Agenda** **Thursday, March 15<sup>th</sup>, 2018, 5:30 p.m.**

**SAWC Board members:** Dave Peck (Chair), Suzin Greenway (Vice Chair), Tonya Sexton, Harvey Morrell, Emily Stewart, Jo Mayer, Mark Taylor, Sue Wireman, Molly Howlett, Amy Steffey

**Sub-Group Chairs:** Eat Better—Suzin Greenway, Avoid Unhealthy Substances—Tonya Sexton, Making Healthy Connections—Paul & Jo, Move More—Jo Mayer, **Stockbridge SRSLY Coordinator:** Emily Stewart

5:30 – **Introductions**

5:35 – **Introduction to Patricia Bihn: New Faith Community Nurse at St. Joseph Mercy Chelsea**

5:40 – **Brainstorming for Year 7 Interventions – Develop a draft list of continuing intervention and new intervention ideas. Please provide an estimated budget. We will finalize our list of interventions in April. Community RFP in SCN.**

- An intervention focusing on mental health (youth mindfulness)
- Healthy Restaurants
- Trail additions (steps and trail markers for the Lakeland Trails)
- Staff person, games, and curriculum for parks/outdoor activity boxes
- Senior Center/Senior Activities
- Wellness Center
- Others

6:10 – **Discussion on Sunday Walks**

6:20—**Update on Festival of Tables planning**

6:35—**Intervention Updates: EB, MM, CWO, AUS: Marketing budget dollars for Community News OAM ads?**

6:45– **Announcements**

- Remaining Winter Market date is April 14 at the first Presbyterian Church, 11 a.m. – 3 p.m.
- “Goal Setting Workshop” as part of Bridge to Wellness, all invited, 6:30pm, Smith ELC, March 20
- SRSLY 3-on-3 Tournament – March 17<sup>th</sup>. Need Volunteers. Help spread the word!
- Festival of Tables – March 24<sup>th</sup>, 2018.
- Hungerwise program as part of Bridge to Wellness, April 12, 6:30pm, Smith ELC
- Cardio Drumming workshop as part of Bridge to Wellness, April 19, 6 pm, Smith ELC
- Earth Day Woodland Stewardship at the Beckwith Preserve – April 22<sup>nd</sup>, 10 am – 1 pm, FREE, Beckwith Nature preserve. Please register: [stewardship@legacylandconservancy.org](mailto:stewardship@legacylandconservancy.org) or (734)-302-5263
- ADIV 5K June 16, 2018, Coordinated by Positively Chiropractic
- Spring/Summer issue of Connected will be mailed out the first week of April

6:50- **Adjourn - Our next meeting is April 19<sup>th</sup>, 5:30 p.m. in Room 108. All are invited to participate in the Bridge to Wellness Nutritional Seminar at 7 p.m. at Smith Extended Learning Center following our meeting.**

**Interventions from Y1, Y2, Y3,Y4, Y5**

<b>Intervention</b>	<b>Year 1*</b>	<b>Year 2*</b>	<b>Year 3*</b>	<b>Year 4*</b>	<b>Year 5*</b>	<b>Year 6</b>
Lakeland Trail Updates & Engineering and Playground				\$20,000*^		
SRSLY	\$15,750*^+	\$30,120*^+	\$24,268^*	\$20,000*^+	\$20,000*^+	\$20,000
Playground behind old middle school				\$8,400*^+		
Gather Under the Pavilion				\$7,000*^+		
Marketing Campaign				\$5,000		\$3,590^
Tide Me Over	\$1,200*^+	\$4,500*^+	\$5,160*	\$4,800*^+	\$7,000^+	\$5,500
Open Air Market	\$4,550*^+	\$3,038*^+	\$5,961*^+	\$3,628*^		
Community Read	\$3,000*^+	\$3,000*^+	\$4,225*^+	\$4,225*^+		
Heritage Healthy Snacks				\$4,500*^+	\$6,000*^	
Smith Healthy Snacks						\$2,500^
HS & MS Trail Maintenance			\$2,685*^+	\$2,250*^+	\$2,250*	\$4,300
Counseling and Support Groups			\$21,000^			
Heritage Gardening	\$500	\$1,000	\$15,000			
Baseball Fields – transferred to playground			\$10,700			
Small Towns Design Initiative/Dev. Open Spaces			\$6,000		\$4,000*^	
Wellness Center	\$212,114	\$34,815*^+	\$5,000*^+			
Community Pathway-Legacy Land Conservancy	\$750	\$2,240				
Unadilla Park Playscape—Unadilla Township		\$15,500*^+				
Wellness Center Prescription for Health		\$4,830*^+				
Walking Program		\$3,000*^				
Community Nut./ Health Ed.		\$2,734				
Health Expo	\$1,600					
School Assembly	\$1,100*^+					
Wellness Center Be Fit Program					\$6,109*^+	\$6,110^
Healthy Heroes					\$1,000*^+	
Learning By Doing					\$4,840*^+	\$3,200*^
Trail to Beckwith Preserve					\$9,000*^+	
5H Bike Racks					\$3,000^	
My Choice My Health					\$5,500^	
Community Info Brochure					\$5,000*^+	
Basketball Courts						\$11,000*^
Parks and Rec Master Plan						\$5,000^
STEM Build and Ride Bikes						\$3,000
Bridge to Wellness Challenge						\$5,800^
Leader in Me						\$5,000

\*Completed, ^Check received, + Final report filed