



Chelsea Friends and Family Wellness Coalition

Meeting: April 5th, 2018 at 12:00 pm at Chelsea Wellness Center Conference Room

Attendees: Gary Maynard, Shawn Personke, Andrew Thomson, Reiley Curran, Jane Thompson, Cindy Burdette, Jon Van Hoek, Patti Bohn, Lindsay Baker, Amy Heydlauff, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Guest Patricia Bihn to discuss her new role as Faith Community Nurse Liaison, St. Joseph Mercy 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 Chelsea to promote health and wellness programming. She will be attending the local ministerial association meetings.
- She would like to work with the coalition to promote events
- Welcome Patti!

3. Update on Year 7 Plan Process

- The Plan will be reviewed by the 5 Healthy Towns Foundation Board of Directors this month.
- Looking for two representatives from the coalition to present at the Board's April 23rd meeting on the Year 7 Plan. Andrew Thomson has volunteered to be one of the presenters. Looking for one more volunteer to present. Thank you to Andrew for volunteering your time.
- We will be emailing out a final version of the Year 7 Plan Narrative that was created by Lori Kintz
- The Year 7 budget for each 5 Healthy Towns Coalitions will be \$75,000
- After the Year 7 Plan is approved in April, intervention leads will need to submit an eGrant application to have funding for their individual projects/programs released. The first eGrant cycle deadline after the Plan's approval will be June 1. More information on eGrant can be found here: <http://www.5healthytowns.org/?module=Page&slD=grants>

4. Review of 20/20 Strategic Plan: progress, changes, updates:

- The plan was last reviewed by the Coalition in October 2017
- Progress:
 - Goal 1, objective 4, strategy 1, action 1: 5HF is working Chelsea District Library, Chelsea School District, and Silver Solutions to revamp the Walk to School program in Chelsea. A kick-off event for the new Walk to School Wednesdays will be held on May 16th, 2018. More information in the announcements. Starting in September the plan is to hold Walks every Wednesday throughout the school year.
 - Goal 2, objective 1, strategy 1, action 1: 5HF is working with interns from the University of Michigan School of Public Health to create videos tutorials on the Coalition process (i.e. eGrant, intervention table, evaluation report, etc.). Videos will be posted on the 5HF website. Goal is to have all videos created by September.
 - Goal 2, objective 1, strategy 1, action 5: 5HF has created a Prezi and PowerPoint presentation for Coalition members to utilize when presenting to local community groups. We will identify community groups and volunteers at our next meeting.



Some suggestions include: Rotary, Kiwanis, Lions, Ministerial Association, Silver Maples, CRC, Friends of the Library, Waterloo Natural History Association.

- Changes/updates:
 - Goal 1, objective 1, strategy 1, action 1: Patti Bihn will work with the local ministerial association to get information on Coalition projects and programs to local churches.
 - Goal 1, objective 2, strategy 2, action 1: Interest by the Coalition to pursue for the coming year. Matt has reached out to the Ann Arbor Youth Council to learn more about their group. If possible, would like all 5H coalitions to be involved. The idea will be proposed at the May Community Advisory Committee meeting, made up of representatives from all 5H Coalitions. Speaker from the Ann Arbor Youth Council will attend the May Community Advisory Committee meeting. More information regarding next steps following that meeting. Reiley Curran volunteered to be a part of the coordinating group.
 - Goal 3, objective 1, strategy 1, action 2: Andrew has volunteered to lead the Smoke Free Outdoor Spaces initiative. Thank you, Andrew! For Goal 3, the Coalition also discussed creating a resource document on how to quit smoking and participating in the Great American Smoke Out
 - Consider adding another Goal to address Eat Better

5. Other Items/Announcements

- Ironclad Baseball Festival Update: Event will be held on July 21st, 2018. Deciding whether to keep the Festival at Chelsea High School or to move to Pierce Park. Pierce Park would be a more visible location, but there would be no restroom access. Either rent porta johns or pay staff to monitor restrooms. More information in the coming weeks
- Introduction to Lindsay Baker, new SRSly Chelsea Coordinator. Lindsay is from Buchanan MI and has a background in clinical psychology. Welcome Lindsay!
- Chelsea Spring Expo – April 14th, WSEC, 10 a.m. – 3 p.m. 5HF will have a booth. Email Ashley if interested in materials on your projects/programs at the table or if you would like to volunteer! (see flyer attached in email)
- Chelsea City Park Clean Up Day – April 28th, 2018, 10 a.m. – 12 p.m. More information here: <http://chelseaupdate.com/may-16-give-your-input-on-pierce-park-improvement-plan/>
- Chelsea Heart and Sole Race – May 12th, for more information/sign-up visit here: www.chelseaheartandsole.org
- Walk to School Wednesday Preview – May 16th, 7:20 a.m., 2 groups of walkers (North, Beach and South Meadows). Looking for volunteers! (See flyer attached in email)
- Pierce Park Improvement Input – May 16th, 5:30 p.m. – 7:30 p.m. Share your thoughts on the Pierce Park Improvement Plan. More information here: <http://chelseaupdate.com/may-16-give-your-input-on-pierce-park-improvement-plan/>
- County Clean Up Day – May 19th, 2018, 9:00 a.m. – 2:00 p.m. More information here: http://www.ewashtenaw.org/government/departments/environmental_health/recycling_home_toxics
- SRSly Cinema – June 21st – August 16th, movies start at dusk. More information here: <https://www.srslychelsea.org/calendar/>

6. Mission Moment



- A “mission moment” is a brief story or example of how your organization is making an impact. Gary Maynard shared stories about two men he met at the Chelsea Wellness Center who have adopted healthy lifestyles, lowering the Blood Pressure, Weight, and risk of type II Diabetes through diet and exercise. Thanks for sharing Gary!

REMINDERS:

- **The next meeting will be May 3rd at Noon in the 5HF Conference Room.**

Upcoming Grant Submission Deadlines:

- June 1st

* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Wellness Plan. Grant cycles run every two months. Intervention leaders will apply for funds according to the dates requested in the intervention table (i.e. date funding required)