



Chelsea Friends and Family Wellness Coalition

Meeting: February 1st, 2018 at 12:00 pm at Chelsea Wellness Center Conference Room

Attendees: Gary Maynard, Jim Randolph, Shawn Personke, Nancy Graebner, Reiley Curran, Autumn Orta, Jane Thompson, Dave Gilbert, Yael Dolev, Lori Kintz, Matt Pegouskie, Ashley Tomasi

- 1. Introductions and group photo (see photos attached in email)**
- 2. Year 7 Plan – Lori Kintz will attend the meeting to review a draft of the narrative for the Year 7 Plan. She will be looking for feedback on the content, layout, story arc, and interventions.**
 - **Plan updates and feedback**
 - Theme for the plan will be collaboration and inspirations across the Chelsea Coalition Interventions
 - Hero's Journey/story arc feature for the plan will be Adaptive Movement for All
 - Send any additional feedback or comments you have to Lori. Lori will send out the final draft of the plan.
 - **Please send Lori photos and social media/website links**
 - **Any updates on intervention tables?**
 - Please email Ashley if you have any updates or changes for your intervention tables by April 2
 - **We will need two volunteers to present on the plan to the 5HF Board**
 - Email Ashley if interested in presenting. Coalition members nominated Gary and Andrew. Ashley will reach out to each to see if they will accept the nomination.
- 3. 5H Magazine. Next issue will come out in April. Theme will be success stories. Input needed on story to feature and intervention ads**
 - Story suggestions: Chelsea Community Kitchen Cooking Program, Intergenerational Garden, broad overview of the coalition's progression over the past 5 years (vignettes featuring highlights of various interventions).
 - Ads: spring/summer interventions featured in the plan
- 4. (12:55 – 1:05) Other Items/Announcements**
 - New 5HF Board Policy – Cash, gift cards, or other forms of currency cannot be offered as prizes. Prizes must be tangible and relate to the mission (i.e. cookbooks, wellness center passes, fit bits, etc).
 - Huron Waterloo Pathways – Scheduled to break ground on the Chelsea – Dexter segment of The Loop in late 2018
 - Ballet Chelsea was awarded Business of the Year by the Chelsea Chamber of Commerce. Congratulations!
 - 5HF is working with the Chelsea District Library, Chelsea School District, and Silver Solutions Network to start a walk to school program in Chelsea. More information to come!
 - Yael Dolev of Chelsea Community Kitchen is partnering with Faith in Action to promote healthy eating habits at the Chelsea food pantry. Yael will hold individual coaching sessions during the winter, twice a month on Wednesdays from 2-5 pm, starting February 14th and going through April.



5. (1:05 – 1:10) Mission Moment

- Shawn Personke shared her experience of going to Walk to School Wednesday in Manchester and her excitement about starting a similar program in Chelsea

REMINDERS

- **No March meeting!**
- **Next meeting is April 5th at Noon in the 5HF Conference Room**

Upcoming e-Grant Submittal Deadlines:

- April 6
- June 1

* 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)