



Chelsea Friends and Family Wellness Coalition

Meeting: November 5th, 2015 at 12:00 pm in Atrium B St. Joseph Mercy Chelsea

Attendees: Gary Maynard, Andrew Thomson, Stephanie Willette, Matt Pegouskie, Ashley Tomasi, Liz Wilson, Karla Bernath, Reiley Curran, Kathy Carter, Luman Strong, John Hanifan, Melissa Johnson, Jim Randolph, Raysha Simon, Kerri Ralls

1. Introductions

2. Presentation on Chelsea Parks and Recreation Master Plan- John Hanifan and Melissa Johnson

- The City of Chelsea's new Master Plan was approved in September. The plan is a guide for improvements and enhancements to the City of Chelsea. You can view the plan on the City of Chelsea website <http://city-chelsea.org/>.
 - Focus Areas of the Master Plan include:
 - Improving existing parks
 - Non-motorized connections
 - Expansion opportunities
 - Proposed Projects:
 - Enhanced landscaping in Veteran's Park
 - Improvements to the dug-outs at Weber Field
 - New dog park
 - New community parks
 - New connector trails (Lett's Creek Trail, The Loop)
 - Community Center
 - Pocket Parks

3. Intervention Reviews- All presentations can be found on the 5 Healthy Towns Foundation Website: <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=462>

Review of the Chelsea Walking Program (Year 3)- Karla Bernath

- 1st Year of Funding-\$2,529
 - 5,000 new maps have been printed and are currently being distributed around Chelsea. The new maps made their debut at the Flu Shot Clinic at the Chelsea Senior Center on October 21, 2015.
 - Ordered 500 pedometers/head phones
 - Farmer's Market Walks:
 - Kids day
 - 12 kids
 - 7 adults
 - 2 new sign-ups
 - Dog Day
 - 6 kids
 - 9 adults
 - 5 new sign-ups



- Improvements: increase advertising, use other trail locations around town, increase walks to monthly/bimonthly, get suggestions for where to distribute walking maps.

Review of Heart and Sole-Year 4-Karla Bernath

- 4th Year of Funding-\$2,000
 - 545 participants (Goal = 700)
 - Raised \$7,500 for Behavioral Health Services at the Hospital
 - 100 volunteers
- Improvements: Improve sponsorship by sending out letter earlier, seek more sponsors related to Behavioral Health, increase marketing, set a later date (May 21, 2016) for the race as this year it was on Mother’s Day (possible reason for lower participation)

Review of Farmer’s Market-Year 4-Stephanie Willette

- 4th Year of Funding-\$9,000
 - Average customer counts per market: Wednesday- 340, Saturday- 657
 - 65% of customers felt that their weekly consumption of fruits and vegetables increased due to the market
 - 70 small businesses represented over the season
 - 40%of seasonal vendors were produce vendors
 - 6 Health education events and 8 cooking demonstrations were held at the markets
- Improvements: Better advertising and form more partnerships to increase participation in Food Assistance Programs, more signage and advertising for the markets

Review of Camp Gabika-Year 4-Andrew Thomson

- 3rd Year of Funding-\$11,000
 - 458 campers attended this year’s camp
 - Healthy snacks were provided to students daily
 - Campers enjoyed weekly presentations from groups such as the Intergenerational Garden and SRSLY. Campers also took trips to the Library
- Improvements: Include information in handouts and emails on healthy snacking and decision-making, more curriculum to accommodate younger and older age groups.

Review of Run for the Rolls-Year 4 (Cindy Triveline)

- Tabled for the December meeting

Schedule of upcoming reviews:

Intervention Name	Plan Year	Review Month
Bulldog Fit	3	December
Chelsea Walking Program	3	November
On the Move	3	October
Farmer’s Market	4	November
SRSLY	4	December
Camp Gabika	4	November
Community Read	4	December
Run for the Rolls	4	December
Heart and Sole	4	November
Ironclad Baseball	4	December

Please let Ashley (ashley@5healthytowns.org) know if you need to switch your review month.



4. Other Agenda Items/Announcements

- The Community Advisory Committee (CAC), which is made up members from all of the 5H Coalitions, met on November 2nd to continue the discussion on marketing in the 5H communities. Committee members identified possible marketing avenues for each community. The next meeting will focus on narrowing this list down and solidifying an action plan. Next meeting will be in January.
- We are still looking to recruit a few more members to the Plan Team. This is the group that evaluates intervention proposals and makes recommendations for which interventions should be included in the Year 5 Plan. If interested or for more information please contact Ashley (ashley@5healthytowns.org).

The December meetings will be the 1st Thursday of the month. Date is: December 3rd, at 12:00 pm. The location is TBA.

REMINDERS:

Upcoming Grant Submission Deadlines:

- December 4th, 2015

* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Year 4 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)

Tentative coalition meeting schedule for 2015-2016.

- November 5– Continue recruiting Plan Team members, evaluation of some interventions
- December 3 – review list of interventions for Year 5 Plan, evaluation of some interventions
- January 7 – Hear presentations from proposed Year 5 interventions
- February 4 - Hear presentations from proposed Year 5 interventions, Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.)
- March 3– review the draft plan, report from the Plan Team about the budget for the Year 5 Plan
- April 7– final touches of Year 5 which would be submitted next day