



Chelsea Friends and Family Wellness Coalition

Meeting: September 3rd, 2015 at 6 pm in Atrium B St. Joseph Mercy Chelsea

Attendees: Gary Maynard, Jane Thompson, Andrew Thomson, Dan Marthey, Stephanie Willette, Keegan Sulecki, Cindy Triveline, Ashley Tomasi

1. Introductions

- 2. Review of the results of the 2015 Coalition Survey** –Ashley Tomasi gave a presentation on Chelsea’s results from the 2015 coalition survey. The survey is conducted bi-annually by the Foundation, with results being used to strengthen Coalition processes and structure. Coalition members who attended at least 3 meetings from July 2014-July 2015 were invited to participate.

Summary:

- Strengths
 - a. A majority of Coalition members who took the survey:
 1. Feel meetings are run efficiently and that there are enough meetings held throughout the plan year to allow the coalition to complete its tasks
 2. Understand coalition processes (i.e. filling out intervention tables, how to complete the intervention follow-up report, etc.)
 3. Are satisfied with the amount of information provided on proposed and completed interventions
- Areas of Improvement
 1. Connection with other 5H coalitions
 2. Marketing (coalition, interventions, and positive media relations)
 3. Connection between the Coalition and the Wellness Center
 4. Identification of interventions that address areas of need
 5. Recruitment of missing entities (businesses, religious organizations, youth)
 6. Identification of Funding Opportunities
 7. Planning Events: celebrations of coalition/intervention successes
- Coalition suggestion to address areas of improvement
 1. CAC/5H Update at each meeting to keep informed on what is going on in the other 5H coalitions
 - a. Reminder: Yearly Wellness Plans that include current interventions for each of the 5H coalitions are posted on the Foundation’s website (www.5healthytowns.org).
 2. Discuss at CAC meeting September 14th (an area of improvement expressed by all of the 5H coalitions)
 3. Designate time during a future meeting to discuss connection between the Wellness Center and Coalition.
- We will continue to work throughout the plan year to find solutions to address these areas of need. Please email Ashley (ashley@5healthytown.org) with any other suggestions.

- 3. The Coalition Developed a list of Year 3 and Year 4 interventions to be reviewed at the Oct, Nov, and Dec meetings.** For interventions listed below as “?”, Ashley will email the intervention leaders to confirm a review month. The completed list will be sent out to the Coalition.



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

- 4. Areas of interest for the Year 5 Plan-** The coalition discussed whether or not it wanted to focus on any special needs for the upcoming plan. Some needs brought up by the coalition included:
- Interventions addressing depression/mental health
 - Interventions addressing the "Move More" element (weight loss through a yearlong program that focuses on physical activity)
 - Interventions/programming that focuses on smoking cessation
 - Infrastructure projects (i.e. bike racks, playgrounds, trails, etc.)

The coalition will explore the first three areas of interest to see if either an intervention or a series of community education classes would be best to address these needs. An inventory list of current resources in the Chelsea Community that address these needs will be compiled.

- 5. Update on 5H Marketing Plan/CAC/5H-** The coalition continued to brainstorm marketing needs/ideas for the upcoming Community Advisory Committee (CAC) meeting that will be held Monday Sept. 14th at 6pm. Needs/Ideas identified included:
- Ensuring that there is consistency and quality of all intervention marketing materials that go out to the community. Possibly through the development of marketing guidelines or by designating someone to review materials before they are sent out.
 - Ensuring there is consistent marketing that links all of the 5H coalitions
 - More joint press opportunities with other coalitions for marketing
 - Creating marketing materials that display all of the 5H coalition's interventions that can be handed out at community events/promote the coalitions throughout the year
 - Providing a template for flyers, posters, and press releases that intervention leaders could use when developing materials to go out to the community

Please email Ashley (ashley@5healthytown.org) with any other suggestions.

- 6. Nominations for a Community Advisory Committee (CAC) representative-** The CAC is made up of representatives from each of the 5H coalitions. Members meet 5-6 Mondays throughout the year for 90 minutes to discuss 5H needs and to provide updates. We are currently looking for two members from the Chelsea Friends and Family Coalition to serve on the committee. Currently, Chelsea does not have any representatives on this committee. The upcoming meeting on September 14th at 6 pm will focus on identifying and addressing the marketing needs of the 5H coalitions. If you are interested in being a representative on the CAC committee for the Chelsea Friends and Family Coalition please email Ashley (ashley@5healthytowns.org).



7. Change to the current meeting day and time?

- Ashley will check room availability at St. Joes and send out a Doodle Poll with possible meeting times

8. Other Agenda Items/Announcements:

- Jack Gantos, the author of this year's Community Read book *Hole in My Life* will be in Chelsea October 17th from 11:00-12:30 pm at the WSEC auditorium. During his visit, Gantos will give a presentation on his book, take questions, and sign copies of the book. Don't miss out!
- The Run for the Rolls Race was held August 29th. This year's race included the 1 mile short run and a new 5k run. Special guest Lieutenant Governor Brian Calley and his son joined the racers this year, participating in the 5K. Run for the Rolls had a 10% increase in participation for this year's race. Day-of registration bibs sold out at 9:30 am! This year's race supported the St. Louis Center.
- Camp Gabika concluded its 3rd year last week. This year there were just under 500 camp days with double the number of students as the previous year. Congratulations!
- The Chelsea Community Center Feasibility Study Survey will be concluding on September 15th. This survey will be used to gauge if there is interest from Chelsea residents to have a community center, and if so, what types of things activities and programs should be included. You can take the survey by following this link: (<https://www.surveymonkey.com/r/P8DJT9C>).
- The Chelsea-Area Wellness Foundation's Board of Directors last week and voted to change the name of the Foundation to "5 Healthy Towns Foundation". We are currently in the process of changing our website and materials.

The October meetings will tentatively be the 1st Thursday of the month. Date is: October 1st, at 6 pm. The location will be in Atrium B at St. Joseph Mercy-Chelsea.

REMINDER:

October 2nd is the deadline to apply for grant funding for interventions included in plan year

4. If you will need funds for your intervention prior to the next funding deadline (October 2nd) you application should be submitted no later than midnight on August 7th. Please feel free to contact Sheila Gilman: sheila@5healthytowns.org or 734-433-4599 if you have any questions or need help with the application process.



Tentative coalition meeting schedule for 2015-2016.

- October 1 – begin advertising that requests for new intervention ideas will be due December 1, 2015., evaluation of some interventions
- November 5– Begin 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