



## Chelsea Wellness Coalition February 6, 2014 Meeting Summary

**Attendees:** Jim Randolph, Trinh Pifer, Dan Kaminsky, Dayle Wright, Lumen Strong, Andrew Thomson, Sheri Montoye, Nancy Paul, Ashley Miller-Helmbolt, Jess Kauffman, Susan J. Moore, Cindy Triveline, Jane Thompson, Peggy Cole, Charlie Taylor, Peter Feeney, Jan Pacheco, Kathy Carter, Shawn Personke, William Harmer, Scott McElrath, Melissa Johnson, Melinda Baird, Ruth VanBogelen

### 1. Welcome and Introductions

### 2. Quick history of the Coalition – the Year 1 and Year 2 Plans and the original 5 year plan

In 2012, the coalition looked over data from several surveys and identified some key areas of need for the Chelsea Community (see Table 1 below). Using these need areas as the basis for decisions about interventions, the coalition developed a 5 year plan. Minor changes were made to the 5 year plan during the development of the Year 2 plan in 2013. Table 2 provides an overview of the 5 year plan. Each of the interventions addresses one or more of the need areas.

*In 2014 focus for the Coalition is Friends and Family Wellness.*

### 3. Current list of interventions (programs) for Move More, Eat Better, Avoid Unhealthy Substances and Connect with others.

Reports are available for most of the existing interventions. They can be found at this site <http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=357>.

Interventions leads were each ask to give a 2-3 minute summary including new plans to provide a brief introduction to these interventions.

- SRSLY – programs for area youth to discourage the use of alcohol, drugs, and tobacco.
- Heart and Sole Race. This is the 25<sup>th</sup> year for this race and thus, this year's race will include a 25K. The overall goal is to find sponsors for all expenses for the race so that the registration money can be donated to Grace's Clinic.
- Volunteer Chelsea – In Year 1 connected individuals with 30+ nonprofits organizations in town through a volunteer web portal on chelseamich.com and in Year 2 connected individuals with other individuals through the Chelsea Community Senior Services (C2S2). The requested funds for 2014 will support ongoing web maintenance for the web portal.
- Wild about summer camp – long standing summer camp for area youth, Chelsea Community School's Community Education will be overseeing this camp now. Last year, coalition funds to provide healthy snacks and lunches.
- Farmers Market – Saturday market has been around for 20 years, Wednesday market for 8 years. 2014 plans include adding a winter market.
- Community Read – engage residents of all 5 healthy towns to read, discuss and participate in activities around a single topic. In 2012, Eat Better was the topic, in 2013, Move more was the topic, and in 2014, Connect with Others will be the topic. Kick off is in the fall (Sept/Oct.)
- Intergenerational garden – last year a hoop house was constructed, 2014 focus is on programming
- Healthy Grocery Store – collaboration with Polly's Country Market to ensure the local grocery store promotes healthy eating environment.



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- Kids Cooking Camp – provide opportunity for area youth to learn to prepare healthy food (summer program)
- Run for the Rolls – provides a family friendly opportunity for individuals to participate in a run
- Healthy Town Square – the City purchase the Palmer Lot and ideas are being developed for how to use this space for a Healthy Town Square.

#### 4. Public comments, suggestions, ideas for the Year 3 Plan

##### A. New Intervention ideas

1. **Chelsea Schools Move, Lumen Strong** – this intervention is being proposed by Chelsea Community Schools as a program in support of two goals, 1) positive healthy schools and 2) connect to the community. The idea is to offer employees, staff and students registration for the Heart and Sole Race. The proposal has a budget for 130 registrations. The project addresses several of the Coalitions list of community needs including: decrease screen time, increase physical activity in the workplace, decrease BMI, and increase awareness of community events.
  - Questions, comments included:
    - In which grades is Physical Education a requirement? K – 9
    - What would the training program look like? This hasn't been figured out yet
    - Is this a one year program, or how might it continue? This would be a trial year to figure out how best to configure this program.
    - Run for the Rolls has a Community Education component, like guys and girls on the run , training programs,
    - Who could participate? Any employee, staff, students. Originally were thinking about 80 registrations for 14 years and above and 50 for middle school and below.
2. Walking Program – Sheri Montoye. A walking program has been around for 11 year and originally it was sponsored by Washtenaw Community Health. The program was a 12 month commitment by individuals who were supplied with a pedometer and log book. The programs were run in Chelsea, Dexter and Manchester. Walking maps for each town were developed. Stockbridge and Grass Lake were added when 5H program began. The funds would be used to re-do maps as needed and to support walks from Farmers markets.
  - Questions, comments included:
    - Maps are expensive to print, what about using an app? Several maps already include QR codes so the individuals don't need a paper map, but many people don't have smart phones.
    - Libraries may be able to help with printing maps and these are a great resources for libraries to have.
    - What about a walking map for seniors, winter walking which includes areas to work indoors like at the High School and the Ice Rink. Add these when the maps are redone.
    - If this program has been around for 11 years, why wasn't it part of the Coalition's Wellness Plan previously? Good point, that the Wellness Plan has not included wellness



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programs that already exist in the community. It would be good to include these. Faith in Action offers several wellness programs that could also be included in the plan.

3. Chelsea Community Center – there are discussion underway with several local organizations to do a feasibility study for a community center. It would be a one stop shop, intergenerational in nature for wellness including; programs to continue physical education activities after school, kitchen space, etc. They have talked to a group in Birmingham who has developed such a center. Funds are being requested to do a feasibility study to see if such a center is needed in Chelsea and to look at some possible locations (like Washington Center Ed Center area)
  - If Year 1 is feasibility, would year 3 + be a plan to request Coalition funds for building and developing the project? Not likely, there are many sources of funding to build and organizations to do the programing
4. On the Move, Jane Thompson and Peggy Cole. The intervention is to hire a dance/move therapist to teach people with different levels of ability to move more. The target population includes residents of the St. Louis center, special education students in Chelsea Community Schools, pre-school, young adults program, seniors. The program would start in June and about 200 individuals would receive training. At the end of the year, the individuals would participate in a performance.
  - What would the funds to used for? Hire a dance/move therapist
5. Bike program – connect with Aberdeen or other company/group to set up a booth at the farmers amrekt for bike repaires, then organize rides, family rides, senior rides, more strenuous rides.
  - Mike Casey from the Ann Arbor Bike Association could help with this, they offer helmets, vests, etc.
  - Faith in Action received about 40 bikes that had been reconditioned from Aberdeen in the past.
- B. Connection between the Coalition and the City Council. The City’s master plan includes how to address wellness so it seems the two groups should at least be aware of what each other are doing.
  1. Coalition did make a presentation to the City Council in Year 1 and should do it again.
  2. The Governor has an award for the fittest cities and other opportunities for the City to be acknowledged for wellness
- C. Prescription for Health – no funding was available in 2013, but is available in 2014 from Kreseg.
- D. Don’t forget to add to the plan, local wellness programs that don’t require coalition funding.

**5. Location for the next Coalition meeting – McKune Library, March 6<sup>th</sup>, 6 pm. The Coalition will be working on prioritizing proposed interventions.**

### 6. Other:

- All intervention leads – contact Matt Pegouskie at matt@5healthytowns and he will help you write the intervention tables.
- Handouts:



## **Chelsea Wellness Coalition February 6, 2014 Meeting Summary**

1. Timeline and due dates for things related to the Year 3 plan – (see below Table 3).
2. Figures 5 year plan included some proposed funding for Year 3 (see below Table 4)
3. Prioritization tool – based on 2 dimensions, value to the community to develop a culture of wellness and feasibility of successful execution of the interventions. (see below Table 5)

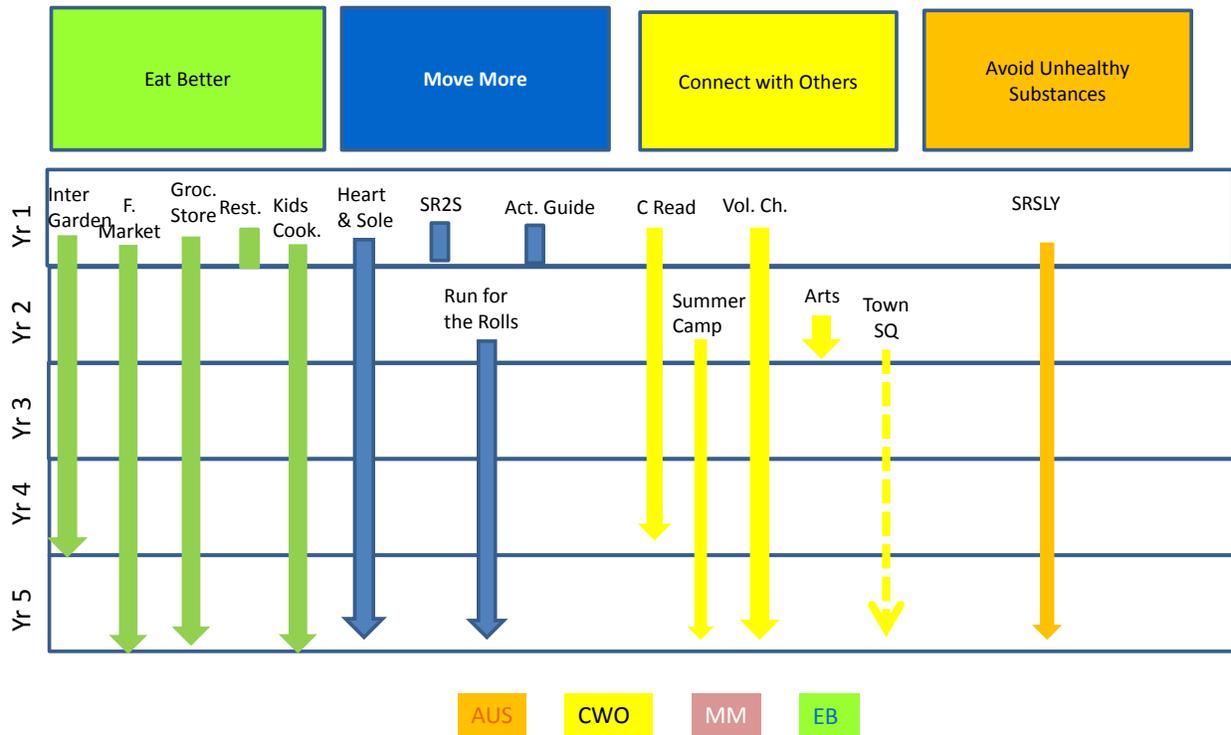


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**Table 1: Coalition identified these areas of need for the community**

- Decrease BMI, 39% of youth and 63% of adults are overweight or obese
- Increase number of sidewalks and paths
- Increase awareness of walking, biking, etc. resources
- Increase physical activity in the work place
- Decrease screen time of youth
- Increase awareness for importance of balance diet, increase consumption of fruits and vegetables
- Increase healthy food options in restaurants, grocery stores, etc.
- Decrease alcohol drinking rates
- Decrease adult smoking rates
- Decrease percentage of youth using alcohol and marijuana
- Increase age teens 1<sup>st</sup> use alcohol and other drugs
- Increase awareness to existing community events
- Recruit a network of volunteers
- Decrease teen age bullying

**Table 2: Overview of 5 year plan of interventions**



**Table 3: Time Table for development of the Year 3 Comprehensive Wellness Plan**



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| <b>Schedule for developing and approval of the Year 3 Chelsea Wellness Coalition Comprehensive Wellness Plan and submitting Intervention grants to receive funding</b> |                 |  |
|--|-----------------|--|
|  | Feb. 6          | <b>Coalition Meeting:</b> Community Meeting to generate ideas for interventions for the Year 3 Plan                |
|  | Feb 6 - 22      | Leads for each intervention work with Matt@5healthytowns.org to develop an Intervention Table.                     |
| ***  | Feb. 23         | Submit Intervention Tables to Matt@5healthytowns.org   |
|  | Feb 23 - Mar 6  | Coalition members review the intervention tables to prepare for prioritization                                     |
|  | Mar. 6          | <b>Coalition Meeting:</b> Review and prioritize interventions if the total request for CWF funds exceeds \$100,000 |
|  | Mar. 7- 26      | Lori Kintz will be writing the plan  |
|  | Mar. 27         | Coalition members review the draft plan and bring edits and comments to April 3rd meeting                          |
|  | Apr. 3          | <b>Coalition Meeting :</b> review of the draft plan, tabulate edits, comments for Lori                             |
| ***  | Apr. 4          | Intervention grants are due if funds are required in May - June - contact matt@5healthytowns.org for assistance    |
|  | Apr. 7          | Last review of Plan  |
|  | Apr. 8.         | Submit plan to CWF   |
|  | Apr 8 - 15      | Amy and Matt review plan and send comments, suggestions to Coalition   |
|  | Apr 15-25       | Coalition will need response to Amy and Matt's comments by the 25th  |
|  | May 7th         | CWF Joint committee reviews the plan, may have comments to coalition, will make recommendation to the BOD          |
|  | May 7 to May 14 | Coalition responds to comments from joint committee  |
|  | May 26th        | BOD reviews Plan for approval (or not)   |
| ***  | Jun. 6th        | Intervention grants are due if funds are required in July - Aug - contact matt@5healthytowns.org for assistance    |
| ***  | Aug. 1          | Intervention grants are due if funds are required in Sept - Oct - contact matt@5healthytowns.org for assistance    |
| ***  | Oct. 3          | Intervention grants are dur if funds are required in Nov - Dec - contact matt@5healthytowns.org for assistance     |
| ***  | Dec 5th         | Intervention grants are dur if funds are required in Jan - Feb - contact matt@5healthytowns.org for assistance     |
| ***  | Feb. 6, 2015    | Intervention grants are dur if funds are required in Mar - Apr 2015- contact matt@5healthytowns.org for assistance |

**Table 4: 5 year plan Financial Plan**



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|     |   |                   |                | 5 year plan in Year 1  |                   | 5 Year Plan in Year 2  | Proposed for       |
|-----|---|-------------------|----------------|------------------------|-------------------|------------------------|--------------------|
|     | <b>Interventions</b>                                    | <b>Year 1</b>     | <b>Ranking</b> | <b>plan</b>            | <b>Year 2</b>     | <b>plan</b>            | <b>Year 3 Plan</b> |
| AUS | SRSLY   | \$ 20,000         | 3.7            | 5 years                | \$ 15,000         | 5 years                | \$ 20,000          |
| AUS |   |                   |                |                        |                   |                        |                    |
| AUS |   |                   |                |                        |                   |                        |                    |
| CWO | Wild about Summer Camp                                  |                   |                |                        | \$ 13,000         | 4 years                | \$ 15,960          |
| CWO | Mobil Arts Kit  |                   |                |                        | \$ 3,500          |                        | \$ -               |
| CWO | Volunteer Chelsea                                       | \$ 15,000         | 3.8            | 5 years                | \$ 25,000         | 5 years                | \$ 1,200           |
| CWO | Community Read  | \$ 7,000          | 4.3            | 2 years                | \$ 6,050          | 4 years                | \$ 7,500           |
| CWO | Healthy Town Square                                     |                   |                |                        | \$ -              | 4 years                |                    |
| CWO | Faith Based Supper Club                                 | \$ -              | NA             | 1 year                 |                   |                        |                    |
| CWO |   |                   |                |                        |                   |                        |                    |
| CWO |   |                   |                |                        |                   |                        |                    |
| ALL | <i>Chelsea Community Center</i>                         |                   |                |                        |                   |                        | \$ 20,000          |
| EB  | Intergenerational Garden                                | \$ 7,000          | 4.4            | reassess after 3 years | \$ 10,000         | reassess after 3 years | \$ -               |
| EB  | Farmers market  | \$ 14,440         | 4.2            | 5 years                | \$ 19,470         | 5 years                | \$ 30,030          |
| EB  | Healthy Grocery Store                                   | \$ 10,000         | 4.0            | 5 years                | \$ 2,000          | 5 years                | \$ 11,610          |
| EB  | Healthy Restaurant                                      | \$ 3,000          | 4.1            | 5 years                |                   | 5 years                |                    |
| EB  | Kids Cooking Camp                                       | \$ 500            | NA             | reaccess after 1 year  | \$ 500            | 5 years                | TBD                |
| EB  |   |                   |                |                        |                   |                        |                    |
| EB  |   |                   |                |                        |                   |                        |                    |
| MM  | Heart & Sole  | \$ 5,000          | 4.0            | support for 5 years    | \$ 6,500          | 5 years                | TBD                |
| MM  | Run for the Rolls                                       |                   |                |                        | \$ 1,500          | 5 years                | TBD                |
| MM  | Safe Routes to School                                   | \$ 23,000         | 4.1            | reassess after 2 years | \$ -              | reassess after 2 years | \$ -               |
| MM  | Chelsea Activity Guide                                  | \$ 11,000         | 3.9            | 5 years                | \$ -              | 5 years                | \$ -               |
| MM  | Regional Trail Plan                                     |                   |                |                        | \$ -              | 5 years                | 0                  |
| MM  | Lyndon Township Trail                                   | \$ -              | 3.6            |                        |                   |                        |                    |
| MM  | <i>New - Chelsea Schools Moves</i>                      |                   |                |                        |                   |                        | \$ 2,750           |
| MM  | <i>New - Walking Program</i>                            |                   |                |                        |                   |                        | \$ 3,000           |
| MM  | <i>New - On the Move - An Adaptive Movement Program</i> |                   |                |                        |                   |                        | \$ 10,000          |
|     |   |                   |                |                        |                   |                        |                    |
|     | <b>Total</b>  | <b>\$ 115,940</b> |                |                        | <b>\$ 102,520</b> |                        | <b>\$ 122,050</b>  |



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**Table 5: Prioritization Tool**

| Prioritization Tool: Part 1. Value to the Community for developing a culture of wellness |   |          |  |          |  |          |
|--|---|----------|--|----------|--|----------|
|  | Low   | Score    | Medium   | Score    | High   | Score    |
| Fits into the vision, Mission of CWF   | Fits within one of the 4 elements: Score 2  |          | Fits within 2 of the 4 elements: Score 3   |          | Fits within 3 or more of the 4 elements: Score 5   |          |
| Identified health need from survey data (BRFSS, MiPHY, NEAT, PAC)                        | Local data at or slightly worse than county, state, national data: Score 1                                      |          | Local data 25% worse than county, state, national data: Score 3  |          | Local data 50% or more worse than county, state, national data: Score 5                              |          |
| Collaboration within or among communities  | One organization or community is involved in planning and execution: Score 1                                    |          | 4-5 organizations and/ or community(s) are involved in planning and execution: Score 3                       |          | One organization in all 5 community is involved in planning and execution: Score 5                   |          |
|  | two-three organizations and/or community(s) are involved in planning and execution: Score 2                     |          | 6 or more organizations and/ or community(s) are involved in planning and execution: Score 4                 |          | Two or more organizations in all 5 towns community are involved in planning and execution: Score 6   |          |
| Availability of intervention to community  | Offered one or two times per year: Score 1  |          | Offered more than 5 times per year: Score 3  |          | Offered continuously over 5-6 month period: Score 5  |          |
|  | Offered 5 times or less per year: Score 2   |          | Offered continuously over 2-4 month period: Score 4  |          | Offered for 6 months or more per year: Score 6   |          |
| Impact - number of people directly impacted  | Less than 100 people or 25% of target population directly impacted once per year: Score 0.5                     |          | 100-500 people or 50% of target population directly impacted one to 4 times in a year: Score 3               |          | over 500 people directly or entire target population impacted one or two times a year: Score 5       |          |
|  | Less than 100 people or 25% of target population directly impacted 2-4 in a year: Score 1                       |          | 100-500 people or 50% of target population directly impacted 5 or more times in a year: Score 4              |          | Over 500 people or entire target population directly impacted 3-5 times a year: Score 6              |          |
|  | Less than 100 people or 25% of target population directly impacted more than 5 times or more in a year: Score 2 |          | Less than 100 people or 50% of target population directly impacted, greater than 20 times in a year: Score 5 |          | Over 500 people or entire target population directly impacted greater than 5 times per year: Score 7 |          |
| Community Support  | Unable to document community support: Score 1   |          | Community outreach has been done with no reasonable opposition: Score 3                                      |          | Community enthusiams are clearly documented: Score 5   |          |
| <b>Part 1 Score</b>  |   | <b>0</b> |  | <b>0</b> |  | <b>0</b> |
| <b>0</b>   |   |          |  |          |  |          |

See next page for Part 2. Feasibility



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| Prioritization Tool: Part 2. Feasibility/Potential for impact   |  |          |   |          |   |          |
|---|--|----------|---|----------|---|----------|
|   | Low  | Score    | Medium  | Score    | High  | Score    |
| Credible Intervention   | Innovative: Score 1  |          | Recommended in Literature: Score 3  |          | Best Practice: Score 5  |          |
| Measurable outcomes   | Outcome stated: Score 1  |          | Data collection mechanism in place: Score 3   |          | Data analysis plan is stated in detail in the plan: Score 5   |          |
|   | Stated data to be collected: Score 2   |          | Data collection in 2nd year or more: Score 4  |          | Documented evaluation plan carried out by 3rd party: Score 6  |          |
| Oversight organization has capacity and experience to implement   | Organization has demonstrated in the past that they can recruit the necessary staff/volunteers to implement: Score 1 |          | Organization has sufficient staff/volunteers to implement: Score 3  |          | Organization has run this intervention successfully one or more times in the past 5 years: Score 5    |          |
| Funding for budget  | Organization is still identifying sources of funding for the intervention: Score 1                                   |          | All funds have been applied for and there is good reason to believe the funding will be received: Score 3 |          | 100% of funds committed and received: Score of 5  |          |
| Sustainability Plan if intervention will be continued (behavior) or remain in place in the community (Infrastructure, policy, system) | Behavior project for 1 year. Score 0.5   |          | Behavior project planned for 1-3 years and with 25% or more funding available from other sources. Score 2 |          | Behavior project planned for more than 3 years and more than 50% of funds from other sources. Score 4 |          |
|   | Infrastructure, policy, system project feasibility project. Score 1  |          | Infrastructure, policy, system project implemented. Score 3   |          | Infrastructure, policy, system project which will last for more than 10 years. Score 6                |          |
| <b>Part 2 Score</b>   |  | <b>0</b> |   | <b>0</b> |   | <b>0</b> |
| <b>0</b>  |  |          |   |          |   |          |