



**Chelsea Wellness Coalition – Friends and Family Wellness
Meeting – Thursday November 6th, 2014 at 6 pm
in Atrium B St. Joseph Mercy - Chelsea**

Attendees: Andrew Thomson, Dayle Wright, Stephanie Willette, Cindy Triveline, Shawn Personke, Jesse Kauffman, Jon Van Hoek, Courtney Stinson, Reiley Curran, Alexander Pollock, Ruth VanBogelen

Agenda Topic	Summary
1. Introductions	
2. Reiley Curran – Community Needs Assessment	Slidedeck is posted at www.5healthytowns.org , scroll to Chelsea, select Coalition Document, 5. Health Data, 2014 Community Needs Assessment. The hospital does a community needs assessment every three years. Data is obtained from many sources including a community survey and community input. In 2014 396 people completed the survey. In 2012 the Priority Health Needs were: Obesity, Mental health & substance abuse and Access to Care. The top six health problems selected in the survey were: Obesity, Alcoholism and addition, Cancer, Diabetes, Mental Health and Heart disease. Reiley was looking for input about this list.
3. Review of SRSLY – Reiley and Jesse	<p>3rd year of funding - \$16,383 Presentation on www.5healthytowns.org under Intervention reports, name is Y3_SRSLY</p> <ul style="list-style-type: none"> • Describe the impact to the community (like an elevator story) <ul style="list-style-type: none"> – Students attended the National meeting in Orlando this year and participated in workshops, the organizers were so impressed with two of the students that they were asked to present at another meeting. – Last day of school last year, the 6th grade students were given the comic book which featured classmates and they all sat down and read it. Captain SRSLY comic book • Participation matrix – events, number of sessions/event, participation/session/event. <ul style="list-style-type: none"> – There were 77 activities done as part of SRSLY in the 2013-14 school year and summer and 196 volunteers. – Increase number of Safe Homes to 240 families • Survey results • How will this intervention be improved for 2014-15 school year – particularly to allow for more measure of impact? <p>Q&A – how much involvement in HS is from the Key Club? Yes there is overlap and we could partner better with that club.</p>
5. Review of Wild About Summer Camp - Andrew	<p>2nd year of funding - \$12,127</p> <p>Camp name is GABIKA, Community Ed took over the camp in early 2014 from Chelsea Rec, so applications did not go out until March which is late for parents.</p> <ul style="list-style-type: none"> • Did you achieve 440 registrations? <ul style="list-style-type: none"> – 228 registrations • Number of participants (goal = 30) <ul style="list-style-type: none"> – 55 individuals • # hours of PA each day (goal = 60 + minutes) <ul style="list-style-type: none"> – Definitely met this goal, students walked to the library 2 times a week, and pool 3x per week • # healthy snacks consumed each day (goal = 2) <ul style="list-style-type: none"> – Yes achieved this goal



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	<ul style="list-style-type: none"> • Survey results from campers and parents (CWO measures) <ul style="list-style-type: none"> – Good positive response from parents. One family visited one week and then switched to this camp for the rest of the summer. – Bring a friend day was very successful. • How will this intervention be improved in Year 4? What is the progress for sustainability – will less funds from coalition be needed next year? <ul style="list-style-type: none"> – Marketing for the 2015 camp is already started.
<p>4. Review of Heart & Sole - Reiley</p>	<p>3rd year of funding - \$5,903</p> <ul style="list-style-type: none"> • # participants (goal = 1000) <ul style="list-style-type: none"> ○ 688 actual • # sponsors <ul style="list-style-type: none"> ○ 26 sponsor • # volunteers • Donation to Grace’s Clinic <ul style="list-style-type: none"> ○ \$10,500 • How will this intervention be improved in Year 4? <ul style="list-style-type: none"> ○ Suggestion was to improve the SWAG (give away to all participants)
<p>6. Review of Run for the Rolls - Cindy</p>	<p>3rd year of funding - \$1,301</p> <ul style="list-style-type: none"> • # participants in training and race (goal = 250) <ul style="list-style-type: none"> ○ 226 ○ Training programs was very, very successful and people are still participating in training now. ○ Lots of personal stories of success with this race. ○ Participants covered a broader age range than ever before
<p>7. Update on Plan Team</p>	<p>Shawn has identified 5 people to be part of the Plan Team and is meeting with them next week for orientation. Doug Worthington, Lynn Fox, Melanie Werkner , Zora Longworth and Liz Wilson.</p>
<p>8. Other announcements</p>	<ul style="list-style-type: none"> – Jon Van Hoek talked about the Vintage Baseball Festival planned for July 18th at the Chelsea Hospital. He is looking for funding for the Festival – maybe around \$3000. Jon is the captain of the Chelsea Monitors team. There are 14 teams coming for this event and it is free and open to the public. It would be great to connect with other interventions. – Alex Pollock talked about the VegetaBULL – which is rocking bull with many vegetable shapes. The idea is to put these into the preschools to get the students familiar with different vegetables. – Dayle will not be serving as the Intervention Leader for Healthy Grocery Stores for the Y4 plan so please contact her if you’d like to lead it. – Courtney Stinson talked about the \$5000 grant available from UMICH to have dietetic students help with the Healthy Grocery Store intervention, she talked about past programs and upcoming ones. There are materials she has generated which could be used in other venues for the coalition.



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All presenters showed leave 5 minutes for Q&A. Use the time allotted as follows:

- 25% for storytelling – pictures, testimonials, stories, etc.
- 50% for data analysis and outcomes – participation, survey, etc.
- 25% for discussing how to improve the intervention – better participation, better evaluation, sustainability, etc.

Dec meeting is December 4th at 6 pm in Atrium B.

Agenda is evaluation of the following Y3 Interventions

- Food Education Series
- On the Move
- Walking Program
- Healthy Grocery Store
- Community Read
- Bulldog Fit

Date	Time & Location	Meeting Topics
December 4, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Evaluation of Year 3 interventions
January 8, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Generate list of all interventions proposed for Year 4 Plan, begin intervention prioritization process
February 5, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Prioritization of Year 4 goals and interventions
March 5, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Plan writer attends meeting to get all input for the Year 4 plan
April 2, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Final review of plan to be submitted on April 3 for review by CWF
May 7, 2014	6 pm Atrium B @ St. Joseph Mercy - Chelsea	Initiate interventions, start the annual cycle

Potential Year 4 Interventions

Intervention	Intervention leader/fiscal agent	Status, amount being requested
Community Read	Bill Harmer, Library	
Wild about summer camp	Andrew Thomson, School	
Run for the Rolls	Cindy Trivilene	
Heart and Sole	???, SJMC	
Food Education Series	????, CCK	
Healthy Grocery Store	????	
Volunteer Chelsea	???	
SRSLY	Reiley Curran, SJMC	
Farmers Market	Stephanie Willette, SJMC	

