



Chelsea Friends and Family Wellness Coalition

Meeting: December 3rd, 2015 at 12:00 pm at the 5 Healthy Towns Foundation Offices

Attendees: Gary Maynard, Andrew Thomson, Stephanie Willette, Matt Pegouskie, Ashley Tomasi, Liz Wilson, Karla Bernath, Reiley Curran, Kathy Carter, Luman Strong, John Hanifan, Jim Randolph, Raysha Simon, Kerri Ralls, Margo MacInnes, Keegan Sulecki, Jane Thompson, Jon Van Hoek, Dan Marthey, Jesse Kauffman, Cindy Triveline, Art Franke

1. Introductions

2. National Kidney Foundation Diabetes Prevention Program at the Chelsea Wellness Center-Art Franke (see flyer attached in email)

- The National Kidney Foundation will be holding an information session on its diabetes prevention program My Choice...My Health at the Chelsea Wellness Center on January 13th from 7:00-8:00 p.m.
- The program is geared towards individuals 18+ who are at risk of developing type two diabetes
- Please spread the word! See flyer for more details. For more information call (800)-482-1455 or email preventdiabetes@nkfm.org

3. Year 5 New Intervention Proposals

- Ballroom Dancing- Margo MacInnes
 - Interested in providing monthly Ballroom dancing events for community members.
 - Location: Beach Middle School
 - Held a ballroom dancing event last month that had 32 community members in attendance
 - Requesting \$5,000: to go towards bringing in musical entertainment and providing food at the events.
- Bark Park- John Hanifan (*see intervention table in email*)
 - The Bark Park will include the creation of a 1.1 acre fenced in dog park
 - Location: near the Water Purification Plant
 - Requesting \$15,000: fencing, entry gate with fob reader, signage, refuse containers.
- Indoor Walking Trails- Luman Strong (*see intervention table attached in email*)
 - Indoor trail maps would be placed on prominent walls in each of the four Chelsea School District (CSD) buildings and the WSEC. Students and employees would be encouraged to reference the map to track daily miles walked.
 - Location: CSD buildings and WSEC
 - Requesting: \$1,200

4. 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>

A big thank you to each of our presenters!

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

- 4th Year of Funding-\$2,000
 - 243 community members participated in this year's race (Goal = 300)
 - Fewer volunteers for the event than in previous years
 - 10 individuals completed the training program
 - 80% of racers are repeat racers
- Improvements: more marketing to increase the number of racers and volunteers



Review of Ironclad Baseball-Year 4-Jon Van Hoek

- 1st Year of Funding-\$1,500
 - 12 men's and women's leagues participated from Michigan and Ohio
 - Fewer community members than anticipated, due to the weather
 - Event included demonstrators and a performance by the Chelsea House Orchestra
- Improvements: improved marketing, improved accessibility and comfort for spectators, golf carts for water and/or injured players

Review of Community Read-Year 4-Keegan Sulecki

- 4th Year of Funding-\$6,000
 - 500 books distributed in Chelsea
 - An estimated 1,500 Chelsea residents read the book
 - Hosted 8 programs/events in the community to raise awareness of substance abuse.
 - Book had a positive response from many in the community.
 - Community members were given the opportunity to meet the Book's author Jack Gantos, which allowed for open discussion of the book and book topic.
- Improvements: Find a way to better track how many books are read, explore ways to encourage interaction and engagement of readers, invite other 5H communities to continue the Community Read collaboration

Review of Bulldog Fit-Year 3-Luman Strong

- 1st Year of Funding-\$2,398
 - 68 individuals participated in Bulldog Fit
 - 25 employees and their families participated in either/or both the Heart and Sole and Run For the Rolls races
 - 39 fitness passports were turned in
- Did not request funding from Year 4 Plan, or for the Year 5 Plan

Review of SRSly-Year 3- Jesse Kauffman

- 3rd Year of Funding-\$16,383
 - This program is being implemented in 4 of the 5 5H communities
 - The percentage of youth who reported that is "sort of" or "very easy" to get alcohol decreased from 2.2% at the High School Level
 - The percentage of youth who reported that is "sort of" or "very easy" to get marijuana decreased 11.4% at the High School Level and 2.9% at the Middle School Level
 - 2 out of 3 teens choose friends who do not use drugs or alcohol
 - 431 pounds of pill have been collected in the Red Barrel container since 2013
- Improvements: Increase event and meeting attendance by changing the meeting structure, formalizing membership, and having promotional events such as SRSly week.

5. Other Agenda Items/Announcements

- In January and February we will be hearing intervention proposal presentation for the Year 5 Plan. For Year 5 we have 10 proposed interventions (see list attached in email).
- This year's Plan Team has been assembled! This year's team includes: Shawn Personke, Lynn Fox, Zora Longworth, Kathy Carter, Ben Wielechowski, and Debi Weiker. Thank



you! We greatly appreciate your time and willingness to be a part of this year's Plan Team!

The January meeting will be the 1st Thursday of the month. Date is: January 7th, at 12:00 p.m. in Atrium B at St. Joesph Mercy Chelsea

REMINDERS:

Upcoming Grant Submission Deadlines:

- February 5th, 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.

- 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