



**Chelsea Wellness Coalition – Friends and Family Wellness
Meeting – October 2, 2014 at 6 pm at Atrium B Chelsea Community Hospital**

Meeting Summary

Members: Dan Kaminsky, Ashley Miller Helmholdt, Tim Malik, Stephanie Doll, Lumen Strong, Cindy Triveline, Shawn Personke, Dayle Wright, Alex Pollock, Ruth VanBogelen

Guests: Amanda Edmonds

1. Introductions

2. Prioritization and evaluation document. The coalition went through the document including the evaluation section (which was new) and approved the document as final.

3. 5 year plan document and membership. With the changes listed below, the coalition also approved this document as final.

- Front side, top section, change: 2. Increasing awareness & opportunities for outdoor activity to
2. Increase physical activity
- Back sideback, Members section
 - Change Meeting Attendees to Guests and modify wording slightly to reflect that change
 - **Guests:** Attend meetings to learn about the coalition and are welcome to participate in discussions and encouraged to get involved as a volunteer or participant in the interventions.
 - Change members to Coalition members and change wording to indicate in more detail the role of members
 - **Coalition Members:** Attend meeting regularly, understand the coalition's goals and long term vision, and contribute to all aspects of the yearly intervention cycle. Together members make decisions that will advance the culture of wellness in Chelsea.

4. Evaluation of Farmers Market (see the slidedeck and handout which are posted at www.5healthytowns.org under Chelsea, Coalition Documents. . Note – there are still markets until the end of October so these reports will be modified so they reflect the complete season. Answers to key evaluation data will be done then.

- Amanda Edmonds, Exe. Director of Growing Hope was a guest for the meeting. She has been helping with the evaluation of the market and has received a grant to help the other 5H markets also. A lot of data is being collected and further analysis will happen once the year is complete.
- Likely the Wednesday market will move to the Palmer Lot next year. (Why not Thursday night with Sounds and Sight? Many issues including parking, people walking around don't want to carry purchases, etc. No move to Thursday night)
- Ashley is moving and her position as market manager has been posted on the hospital website. They hope to hire soon to allow for the new person to work with Ashley



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- Number of vendors are up at both markets
- Customer numbers are similar to last year for Wednesday market and up for Saturday market
- Surveys are being collected
- Sales for food assistance programs has almost reached \$6000 for this season

5. Evaluation of other interventions – intervention leaders will provide short presentations to the coalition in either Nov or Dec. Ruth is working with leaders to schedule these.

6. Meeting day and time. The coalition looked at the outcome of the survey and decided NOT to change the meeting day and time.

7. PR team outreach for new interventions by Dec 1. The team (Shawn) agreed to put something

8. Announcements

- Farmers Market special event, Healthy Heart which was Oct 4th
- Silver Maples Harvest Art Show – also Oct 4th.

Upcoming meetings – note that days and times might change

Date	Time & Location	Meeting Topics
November 6, 2014	6 pm Atrium B @ CCH	Evaluation of Year 3 interventions Reiley Curran – Community Health
December 4, 2014	6 pm Atrium B @ CCH	Evaluation of Year 3 interventions Generate list of proposed interventions Select Plan Team
January 8, 2014	6 pm Atrium B @ CCH	Presentations from intervention leaders
February 5, 2014	6 pm Atrium B @ CCH	Presentations from intervention leaders
March 5, 2014	6 pm Atrium B @ CCH	Plan team presents proposed plan Plan writer attends meeting
Extra meeting ?	TBD	Review draft plan with plan writer
April 2, 2014	6 pm Atrium B @ CCH	Final review of plan to be submitted on April 3