



## Chelsea Friends and Family Wellness Coalition

**Meeting: August 4th, 2015 at 6 pm in Atrium B St. Joseph Mercy Chelsea**

**Attendees:** Shawn Personke, Jon Van Hoek, Jim Randolph, Melinda Baird, Ashley Tomasi, Kathy Carter, Stephanie Willette, Ben Wielechowski, Keegan Sulecki

### 1. **Introductions**

2. **Review of Past and Present Interventions Across the 4 Elements** –Ashley Tomasi gave a presentation looking at interventions from years 1 through 4 and compared them across the four elements (eat better, move more, avoid unhealthy substances, connect with others).

Summary:

- Strengths
  - i. There are strong, continuing interventions across each of the four elements. A few examples include SRSLY, Community Read, the Farmer’s Market, and Run for the Rolls, etc.
  - ii. Many intervention collaborations with other community organizations
  - iii. Overall balance from year to year of interventions that address all age groups
- Areas of Improvement
  - i. Very few interventions focusing on infrastructure
  - ii. Most of the interventions targeting the Move More element are events/ short term programs. May want to incorporate interventions that extend throughout the year.
  - iii. Continue adding interventions that target the “connect with others” element.

### 3. **Ashley Tomasi reviewed the University of Wisconsin’s “What Works for Health” website with the coalition**

- The website was established by the University of Wisconsin as a component of the UW Population Institute’s “Making Wisconsin the Healthiest State” project. The purpose of website is to provide communities with information to help select and implement evidence-informed policies, programs, and system changes to improve health.
  - Website: <http://whatworksforhealth.wisc.edu/>

4. **Marketing Team Update**-The Community Advisory Committee (CAC), which is made up of coalition members who represent each of the 5H coalitions, will be meeting September 14<sup>th</sup>. During the meeting the CAC will discuss marketing needs in each of the coalitions and across 5H. The Chelsea Friends and Family Wellness Coalition discussed marketing needs and ideas which included:

- Ensuring that there is consistency and quality in 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 the other coalitions for marketing
- Having marketing materials (bookmark) displaying all of the 5H coalition’s interventions that can be handed out at community events/promote the coalitions throughout the year

5. **Update on community education classes on how to fill out intervention tables** – Education class implementers were not able to attend the meeting. This will be tabled for a later meeting.



6. **Begin developing an intervention list for year 5-** The coalition will further discuss in September if they want to focus on any specific need for next year's plan.

Intervention Name	Element	Continuing
SRSLY	AUS	YES
Community Read	CWO	NO
Iron Clad Baseball	CWO	YES?
Healthy Selfies	CWO	?
Healthy Restaurants	EB	?
Healthy Groceries	EB	?
Farmers Market I	EB	YES
Farmers Market II	EB	YES
School Nutrition	EB	?
Run for the Rolls	MM	YES
Adaptive Movement	MM	YES
Heart & Sole	MM	YES
Camp Gabika	MM	YES
Intervention focusing on depression/ possible intervention series	CWO	NEW?

7. **Chelsea Retirement Community Health Fair, August 12<sup>th</sup>, 7:30 am-3:30 pm-** The Chelsea Retirement Community will be hosting a Health Fair to showcase programs and organizations in the community that promote health and wellness. The fair will be targeting the center's 400 employees, many of which come from our 5H towns. For the event, we will have a joint 5H table representing all of the coalitions together. If you are interested in participating or having your intervention materials be displayed at the event please contact Ashley Tomasi ([ashley@5healthytowns.org](mailto:ashley@5healthytowns.org)) by August 7<sup>th</sup>.

8. **Other Agenda Items**



- Guest: Ben Wielechowski from the Robin Hills Farm visited the coalition to discuss a possible partnership/intervention for year 5. Robin Hills is an organic farm located in Chelsea with the mission of providing an experience that educates and fascinates the community. The coalition will continue to discuss possible collaborations during future meetings. The farm is located at 20390 Stockbridge Chelsea Road in Chelsea with farm tours every Wednesday and third Saturday of the month at 12:00pm. Check them out!
- Jon Van Hoek gave an update on the Iron Clad Baseball Festival. The festival was a success with 12 gentlemen and ladies clubs participating from Michigan and Ohio. The festival organizers hope to continue the festival next year as well. The Monitors will be at Greenfield Village August 8<sup>th</sup> and 9<sup>th</sup> to participate in the World Tournament of Historic Baseball. The Monitors will be playing two matches on Saturday 8:00am-12:30pm with a possible third match at 9:00am or 12:00pm Sunday. Good luck to our Monitors!
- Starting in September, coalition meeting are scheduled to switch back to Thursdays instead of Tuesdays. The coalition discussed the meeting time switch and if we should explore alternative meeting times to ensure the best attendance rates. The coalition decided to further discuss this topic at the September meeting after the school year has begun.

9. Announcements:

- The Run for the Rolls Race will be held August 29<sup>th</sup>. The 5k race will begin at 12:30 pm and the 1 mile race will begin at 12:45 pm. You can register for the race online or at Aberdeen Bike and Outdoors. This year's race will be supporting the St. Louis Center

**The September meetings will be the 1<sup>st</sup> Thursday of the month. Date is: September 3<sup>rd</sup>, same time 6 pm. The location will be in Atrium B at St. Joseph Mercy-Chelsea.**

**REMINDER:**

**August 7<sup>th</sup> 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 2<sup>nd</sup>) you application should be submitted no later than midnight on August 7<sup>th</sup>. Please feel free to contact Sheila Gilman: [sheila@5healthytowns.org](mailto: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.



- September 3 – reports from Marketing and other teams on progress, develop list of which interventions will be reviewed/evaluated in Oct, Nov, Dec.
- 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