



**Chelsea Wellness Coalition – Friends and Family Wellness
Meeting – Thursday December 4, 2014 at 6 pm
in Atrium B St. Joseph Mercy - Chelsea**

Attendees: Jane Thompson, Jane Pacheco, Liz Wilson, Jesse Kauffman, Lumen Strong, Courtney Stinson, Stephanie Willette, Jon van Hoek, Zora Longworth, Jim Randolph, Dan Kaminsky, Shawn Personke, Bill Harmer, Ruth VanBogelen

Meeting Summary

1. Introductions

2. Food Education Series – Jane Pacheco

- Kids Cooking Class – 3rd year of this program, 26 participants in total, registrations done through Chelsea Community Education this year which helped the enrollment. It was a 2 week program in July (10 days, 20 sessions). Mornings were for younger kids and afternoon for 4-6th grade. Some students attended all sessions, others just one or more. Students who will go to 7th grade ask if there could be a program for older kids next year.
- Chelsea Farmer's Market Demonstrations – total of 8 demos were done, 2 per month for 4 months. June was Tantre Farm Samples Asparagus Guacamole and Garlic Scape Pesto, June Courtney Stinson offered seasonal summer smoothies with local fruit and vegetables, August Judy Radant made harvest Quinoa Salad and a corn & jicama salad, in October Elaine Economou shared recipe for using fall veggies in juices, smoothies and soups
- Classes at the Senior Center, Kids Cooking Camp, Chelsea Farmers Market demos (4), Faith in Action classes, healthy food in schools
- Chelsea Senior Center Classes – one per month for 4 months, July recipes from the garden, August was fruit Fresh, September was Tomatoes galore and October – healing foods.
- Faith in Action classes will be in Jan, Feb and Mar. MSU is helping with the curriculum and the book, Eat Well on \$4/day Good & Cheap by Leanne Brown will be used.
- Key evaluation data – surveys have been done and the data will be available on www.5healthytowns.org, go to Chelsea section (near bottom), select Coalition Documents and Intervention Reports, Y3_Food Education Series.

3. On the Move – Jane Thompson

- The teacher has been hired, Katrina, the visits to the Senior Center, St. Louis Center and Special Ed (Preschool and High School) have been completed, classes will be on location not at the studio, there will be 7-9 centers. The program will classes will be 16 weeks long, expect 50-60 participants but do not have numbers of participants at the senior centers yet. There will be videos done so that the training developed can be used in the future.
- Number of people impacted – 50 (27 – 170), seniors, students with disabilities, residents of St. Louis Center
- Develop up to 12 modules, 9-12 classes per week, 3-10 people per class, ~ 20 sessions for each participant. Modules developed in 3 phases: assessment, development, instruction video.
- Key data – age, ability per class and module, pedometers to measure steps taken during classes

4. Healthy Grocery Store – Courtney Stinson

- Program targets the Nutritional Gatekeepers in households, Polly's Manager is now very interested in having a Dietician available for the store's customers. He has referred Courtney to the Dexter Country Market (and the Dexter Coalition added Healthy Grocery Store to their Y3 plan). SO far this year, they have worked on Shelf Talkers (now bright green not yellow so they are more visible, have a rack with recipes and nutrition information (near the entrance of the store), recipes are on the shelf near the food items, have held Dietician's shopping guide (what to put in your cart), Ask the Nutritionist, Build a Meal Quick Dinners, Healthify a favorite recipe and Label Reading 101, Why Whole Grains, Kid's Day at the Polly's Country, Bodega Bingo. More events are being planned, some survey data is in and data will be collected in the spring including sales of key food items,



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nutrition newsletters and recipe cards taken by customers. See survey results on www.5healthytowns.org, go to Chelsea section (near bottom), select Coalition Documents and Intervention Reports, Y3_Healthy Grocery Store.

5. Community Read – Bill Harmer

- 550 copies of the book, A Fault in Our Stars, were distributed (50 locations) around town (2000+ in all 5 towns), 1474 people attended the 10 programs that were part of Chelsea Community Read (that is 2 times more than last year), received 1000 unique hits during the 3 months of the program
- The selection of the book is done by Community based program that begins in January and the selection is finalized by the end of April, programs are then developed around the topic of the book by the end of July.
- The Topic for 2015 is Avoid Unhealthy Substances.
- Presentation is available www.5healthytowns.org, go to Chelsea section (near bottom), select Coalition Documents and Intervention Reports, Y3_Community Read.

6. Bulldog Fit – Lumen Strong

- This is a training program which will start in March and is available to school staff and students. The program is 7-10 weeks and those who complete the training are eligible for a free race entry to Heart and Sole or Run for the Rolls. Participants will get a Passport to record their training. Lumen will share the passport with the coalition so if other groups would like to use the passport they can.

7. Healthy Town Square –

- This intervention will not be executed because the City of Chelsea started working on a 5 year plan for Parks and Rec. Thus, the \$6000 will not be used
- The Washtenaw County Parks and Rec and the Chelsea Trail Advocates is interested in getting a title search done on the old interurban right of way called the Boland Right of Way because this is a potential trail location for a trail from Chelsea to Dexter (may also be from Chelsea to Grass Lake. The cost of the title search is \$5000 which the Washtenaw County Parks and Rec will pay \$2500. They are looking for another group to cover the other \$2500.
- QUESTION to the group – Approve the transfer of \$2500 of the \$6000 from Healthy Town Square to this title search for a potential trail. The 10 people still in attendance at the meeting all said yes. A poll will also be done next week so that other Coalition members can weigh in.
- Bottom line – if the \$2500 is not transfer to this intervention all \$6000 will not be used.

Date	Time & Location	Meeting Topics
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



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Year 4 Intervention requests (yellow highlight – not a firm \$\$ yet)

Intervention	Min	Max	Leaders
Bulldog Fit		\$ 3,500	Lumen Strong
Chelsea Monitors	\$ 1,500	\$ 3,000	Jon Van Hoek
Community Read		\$ 6,000	Bill Harmer
Farmers market		\$ 18,238	Stephanie Willette
Fitness opportunities for wheelchair		\$ 5,000	TBD
Food Education Series			Jane Pancho
Healthy eating at schools		\$ 15,000	Dan Kaminsky
healthy grocery store		\$ 15,884	Courtney Stinson
Healthy restaurants		\$ 5,000	Courtney Stinson
Heart and Sole	\$ 5,000	\$ 6,000	Reiley Curran
On the Move	\$ 4,000	\$ 6,000	Jane Thompson
Run for the Rolls		\$ 2,000	Cindy Trivilene
SRSLY	\$ 16,000	\$ 18,000	Reiley Curran
Stress management		\$ 5,000	Jennifer Smith
VegetaBull		\$ 1,000	Alex Pollock
Wild about summer camp		\$ 10,000	Andrew Thomson
TOTAL		\$ 119,622	