

Chelsea Wellness Coalition – Friends and Family Wellness
Meeting Summary February 5, 2015

IMPORTANT ANNOUNCEMENT – *the Behavior Risk Factor Surveillance Survey is currently being done – please answer calls on your home or cell phone from -*

Washtenaw County Public Health, 734-544-6700.

This is a very important survey for the county, the Coalition, the hospital – so that health data and health behaviors can be monitor. Please take the time to take the survey!

Next meeting – March 5 at 6 pm in Atrium B at St. Joseph Mercy Chelsea

Attendees: Andrew Thomson, Reiley Curran, Bill Harmer, Jon Van Hoek, Lumen Strong, Cindy Triveline, Shawn Personke, Dan Kaminsky, Lynn Fox, Doug Worthington, Liz Wilson, Zora Longworth, Ruth VanBogelen

Note – all presentations are posted at:

<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=358>

1. Introductions
2. Camp Gabika 3rd year of funding, requesting \$11,000, 11 week summer camp for students 5- 12 years old. Camp offers opportunities for kids to connect with others, provides healthy snacks and teaches kids about nutrition and healthy food choices, provide opportunities for kids to get lots of physical activity.
3. SRSLY - 4th year of funding requesting \$20,000, this program started in 2008, and is focused on students (primarily middle and high school) students and focuses on avoid unhealthy substances in particular alcohol, marijuana and medicine misuse.
4. Heart & Sole race – 4th year of funding requesting \$6000, the race is May 9 this year the 26th year of the race. Race is for all ages and many families, work/organizations do the race together. Expect 650+ racers this year. Proceeds from registration will go to Behavior Health at St. Joseph Mercy Hospital
5. Healthy Selfies – 1st year of funding (but part of a multiyear school wellness initiative, Bulldog Fit was 1st year), requesting \$3500. Projects is for any student or staff at Chelsea Community Schools. Participants would take a selfie picture doing a Avoid Unhealthy Substances, Connect with Others, Eat Better or Move More activity and submit the selfie and description for a gift card. Will run the school year 2015-16.
6. Community Read – 4th year of funding, requesting \$6000 (actually received funds prior to coalition for 1 year). 5H program, all libraries select a book which this year will focus on Avoid Unhealthy Substances, many copies of one book are distributed for free in all 5 communities and each community has 4-7 programs related to the book and subject area.

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7. Run for the Rolls – 4th year of funding, requesting \$2000. This program has 2 parts, a 10 week training program and a 1 mile run associated with the Fair Parade. This year they are hoping to add a 5K race also. All ages participate in this race.

8. The Plan Team will meet during February and have a proposal for how the coalition’s funds from CWF will be used for Year 4. At the March 5th meeting, participants can provide feedback to the Plan Team about their proposal. Post that meeting the Plan Team will incorporate feedback to come up with the final plan.

The proposed interventions:

Intervention	Max	Leaders
Healthy Selfies	\$ 3,500	Lumen Strong
Ironclad	\$ 1,500	Jon Van Hoek
Community Read	\$ 6,000	Bill Harmer
Heart and Sole	\$ 6,000	Reiley Curran
Run for the Rolls	\$ 2,000	Cindy Trivilene
SRSLY	\$ 20,000	Reiley Curran
Wild about summer camp	\$ 11,000	Andrew Thomson
Farmers market	\$ 18,095	Stephanie Willette
Healthy eating at schools	\$ 15,000	Dan Kaminsky
healthy grocery store	\$ 15,884	Courtney Stinson
Healthy restaurants	\$ 3,000	Courtney Stinson
On the Move	\$ 6,000	Jane Thompson
TOTAL	\$ 107,979	