



Dexter Wellness Coalition

Meeting September 8, 2015

Attendees: Becky Murillo, Gloria Leininger, Ashley Tomasi, Matt Pegouskie, Stephanie Jacques, Kim Pilon, Brett Pedersen, Meagan Connell, Eric Connell, Jane Fink, Larry Cobler, Amy Heydlauff, Paul Cousins, Paul McCann, Kari Newman, Tom Mann, Kevin Dombkowski, Anne Kittendorf

Agenda

1. Introductions
2. Brett Pedersen gave a presentation on Year 3 of Yoga in the Park:
 - **Yoga in the Park**
 - i. Goals:
 - To provide a free opportunity for community members to exercise and connect with their community. To promote the practice of yoga within the community. To promote a culture and appreciation for health and wellness in the community.
 - ii. Budget:
 - \$4,280
 - iii. Some Achievements include:
 - Averaged around 35 attendees per event
 - High retention rate for those that attended Yoga in the Park
 - 80% of participants visited Dexter businesses after Yoga sessions on Saturdays
 - Encouraged people of all fitness levels to “Move More”
 - iv. Future Goals:
 - Dexter Summer Fitness Festival- Establish Dexter as a place for health and fitness. Would be similar to Ann Arbor’s summer festival. Would have activities such as yoga in the park, wellness walks, slow rolls, etc.
3. Amy Heydlauff explored the relationship between the Foundation, Dexter Wellness Center, and Coalition. Items that were addressed:
 - Why CWF built and bought the Dexter Wellness Center
 - i. This point was not discussed directly
 - DWC summary*
 - i. A. Heydlauff explained the budgeted (anticipated operational losses) at the Dexter Wellness Center (\$920,000 in 2013-14).
 - Board members clarified that these ‘losses’ are considered as charitable investment in the community of Dexter. They are funds the foundation deliberately invests in the Dexter community with an expectation our return on investment will be a culture of wellness and improved health. It is mission spending.
 - CWF summary*
 - i. No questions were posed
 - Dexter summary*



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- i. Some coalition members explained their concern with this printed material as well as the DWC Community programming card Matt & Ashley brought to hand out during the Dexter Daze parade.
 - o Some members do not believe the Coalition & Wellness Center (WC) should be promoted together, while other members believe they have always had an established relationship and should work together
 - o Some members expressed concern over marketing WC materials as There is a belief that everything the Coalition does is free, while some of the community programs offered by the Wellness Center charge a fee
 - o Some members feel there was not enough time for the pieces to be reviewed by the Coalition before they were to be distributed
 - ii. There was additional conversation between coalition members and CWF representatives about different perceptions on the above points including
 - o Autonomy-level desired by the Coalition
 - o Expectations and clarification for joint programming & promotion of WC & Coalition efforts (historic and current)
 - o Review of the materials (who & when)
 - o Relationships in general
 - iii. Venn Diagram**
 - o A. Heydlauff presented a Venn diagram demonstrating the 'sweet spot' for health and wellness. This was the area on the diagram where the Wellness Center, Coalition & CWF overlap.
- Next Steps: Several attendees suggested the coalition will need to decide what type of relationship it would like to have with the WC moving forward, including promotion of wellness coalition activities and events.

* Materials sent out with agenda on Wiggio

** Materials available at the meeting

4. Review of the 2015 Coalition Survey- Tabled for the October meeting

5. Updates for Y3 and Y4 Interventions:* We might need to think more about “connect with others” for the current list – Tabled for the October meeting

Intervention Name	Element	Continuing	Request \$	Evaluation
SRSLY	AUS	YES	\$24,775?	October
Community Read	CWO	NO	-----	December
Stress Management	CWO	NO	-----	January?



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Farm to School/Garden	EB	YES	\$35,000?	August
Farmer's Market	EB	NO	-----	December?
Healthy Grocery Store	EB	Waiting to hear from intervention leader	-----	February?
Yoga in the Park	MM	YES	\$3,125?	October?
PEAC	MM	YES	\$4,000?	November?
Wellness Walks	MM	YES	\$2,000?	March?
Dexter Winter Market	EB	YES	\$6,500	
Sidewalks	MM	NEW	?	
Student Proposal	MM	NEW	?	
Huron Waterloo Pathway Initiative	MM	NEW	?	
Senior Activities	?	NEW	?	
Safe Routes to School	MM	NEW	\$7,000?	

6. Update on 5H marketing plan-Brainstorm marketing ideas for the September CAC meeting. The Community Advisory Committee, which is made up of coalition members from all the 5H Towns, will be meeting September 14th. During the meeting the committee will discuss marketing for all the 5H communities. **Please email Ashley (ashley@5healthytowns.org) with marketing needs and ideas for the Dexter Wellness Coalition.**
7. Other items/Announcements
 - The 5H Community Read Kick off will be held on September 12th at the Grass Lake Heritage Days. The book chosen this year, which center around “avoiding unhealthy substances” is *Hole in My Life* by Jack Gantos. Visit the library’s booth to pick up a copy!

Reminders:

- **Next Meeting is October 13th at 5:30pm DWC Conference Room**
- **Next grant submission deadline is October 2nd. Please contact Sheila Gilman if you have any questions on the grant submission process (sheila@5healthytowns.org)**

October 13, 2015	Lori attends to gather information like testimonials, pictures, changes in the process, success stories, etc. Review Y3 Interventions: SRSLY	Prepare review: PEAC
November 10, 2015	Review draft plan developed by Lori Kintz. Review Y3 Interventions: PEAC	Prepare review: Community Read and Farmers Market
December 8, 2015	Plan Submitted. Celebration meeting? Review Y3 Interventions: Community Read and Farmers Market? Cancel Meeting?	