



Grass Lake Community Wellness Initiative

Meeting Summary – August 18, 2014

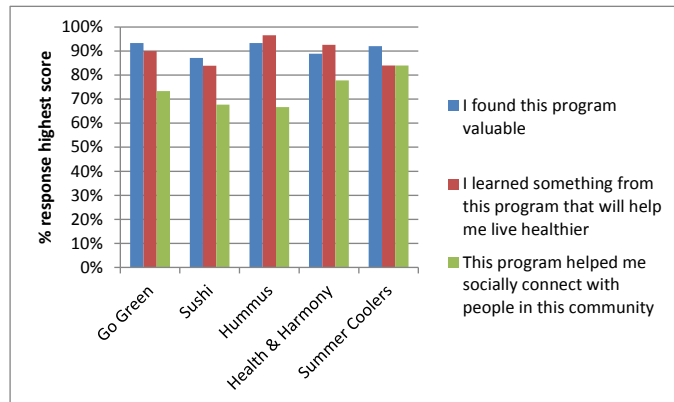
Attendees: Cassie Lance, Joe DeBoe, Kathy Camilleri, Diane DeBoe, Debi Eneix, Joyce Sager, Ben Dandrow, Sue Weible, Jim Stormont, Doug Moeckel, Matt Pegouskie, Ruth VanBogelen

1. Introductions

2. Healthy Cooking Class Intervention (Sue Weible)

- About halfway through the classes for the Year 2 plan
- The Average attendance is 33 (room can accommodate 50). There is a sign up sheet. Often the class fills up. Typically have a few no-shows even though calls and emails go out to those who sign up. One class had low attendance because of snow - no school that day. Most other classes have over 40 participants.

- Survey has 4 questions which are providing good feedback (How did you find out about the event? And then three questions with a 1-5 scale for agree to disagree: 1) I found this program valuable, I learned something from this program that will help me live healthier and 3) The program helped me socially connect with people in this community. A space for comments was provided. The results of the survey are graphed



Many positive statements were also given in the surveys. “Wonderful presentation of healthy eating”

- People are getting more open about food ideas. When this program was started a class on hummus would not have been appealing, but now the audience is more willing to try other things.
- This summer, linking the cooking classes with the Music in the Park and the Farmers Market – has been a good way to get the message across that Grass Lake is a healthy community.

2. Lori Kintz – Year 3 plan. Lori has written the first 2 plans. Y1 was focused on survey data and how to focus the interventions on health indicators; Y2 was focused on the coalition process and operation. She suggested that Y3 focus on Success Stories. She also suggested that the coalition address questions and issues raised in the Y2 plan.

- Success Stories – Project Safe Graduation, Healthy Cooking Classes, Fitness Coordinator,
- Communication was an issue raised in Y2 plan. Several comments from the group that communication has improved (agendas, meeting summaries etc. that Matt and Ruth help with), but a bigger communication item is the formation of the cross organization group. The Coalition has been participating in that group and the group has been impressed with what the coalition has done. Lori will meet with Doug to get more details for the plan.



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- Testimonials – she'd like testimonials from different age groups and some from Coalition members, others from community members who participate in interventions
 - Photos - Joe talked about an aerial view of the Music in the Park – Farmers Market that was taken by Dale Fisher. This might be a good cover photo for the plan. Diane will send pictures to Lori (lorikintz3000@gmail.com). Others send photos to Lori also.
 - 2 interventions haven't been initiated yet, but should be starting in the next few months.
3. NEAT and PAC – presented by Cassie Lance (public health intern at CWF)
- PAC – Promoting Active Communities –
 - Grass Lake received a Bronze award in 2012 and again in 2014. However Cassie pointed out that that Grass Lake made improvements.
 - What's going well – policies and education programs, low crime rate
 - How to improve the score – add bike racks, bike lanes. Employer support, complete streets plan, sidewalks on both sides of the street.
 - NEAT – Nutritional Environment Assessment Tool. Overall score was Partially support same as 2012, but improvements in scores were seen especially in the category about Schools (8.6% increase)
 - Whats going well: Medical Practices, Family Restaurants have good labeling on nutrition, offer substitutions for fries, smaller portions, School Polices were the best for all 5H towns.
 - Suggestions for improving the score – work with employers to cooperative more on the survey, work with grocery store to get labeling in the store to highlight nutritious food items, more nutrition education classes.
4. Parks Update on discussions that have taken plan about changes to the township parks and buildings – Jim Stormont
- The Township may put a question on the ballet asking resident voters: would you support a Recreation/Parks Millage in the future.
 - The Township Board is considering a new position for a Parks Manager - as parks are expanded and improved and museums, etc. are added, the work load is exceeding the volunteer efforts.
 - Signage on trails system – discussion to add signs, like a large Arial type sign at the park entrance to show the trail system and then smaller signs along the paths to show people where they are.
 - Is there a way to leverage land purchases as matching funds for other grants?
 - Working on the route for a trail from the Village to the Sports and Trails Park.
 - Working on funding options to extend the trail across the creek (installation of a culvert) in order to get to the Township ball fields.
 - Discussions about converting the current township hall into a community center and build a new township office at the Fire Station
 - There is a millage that expires in 2017, but if this millage continued (requires a vote), then the funds could be used to execute some of these ideas
 - Game Time is developing a proposal for various exercise stations and play stations at the Sports and Trails Park. These items would be purchased as funds are available.



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5. Discussions and decisions on interventions to be included in the Year 3 plan. See below, the list of 9 interventions. A motion was made to approve all 9 interventions, 2nd, there were no questions or discussion presented, vote – all yes, zero nos. The list of intervention passed as what will be in the Year 3 plan.
6. Task list from now until the next meeting, September 15
 - Lori meet with Doug to get more information about the group lead by the Chamber of Commerce and the role of the Coalition in that larger Community Group.
 - Everyone complete intervention tables by next Wednesday, Aug 27 and send to Matt (matt@5healthytowns.org)
 - Testimonials – send testimonials to Lori (lorikintz3000@gmail.com)
 - Success stories – Matt and Ruth will work on figures of the success stories
 - Updates of Y1 and Y2 interventions – Matt will work on a table for this.
7. Other
 - Dale Fisher is working on a book of pictures of Jackson County. 8 pages of the book will be Grass Lake. Coalition will work on some text to offer to Dale for the book. IT can be from other things the Coalition has prepared.

Approved Year 3 Interventions with brief descriptions:

- \$55,000 Farmers Market Funding - (\$52,000) Construction of a Farmers Market/Activities Pavilion at Grass Lake Community Events Park. Additional funds will be sought from Jackson Community Foundation, local businesses, Grass Lake Township, Grass Lake Village and the Downtown Development Authority; (\$3,000) Farmers Market Marketing and Improvements
- \$12,000 – School Fitness Coordinator Expansion – SFC program into Grass Lake Middle School as an after school program. GLCS received a grant to cover the cost of the initial George Long Elementary School position.
- \$8,000 – Most Teens Don't - Teens anti-drug and alcohol social norming program through United Way.
- \$7,500 – Playground Equipment at GL Sports and Trails Park – Installation of playground equipment north of the baseball field parking lot. Additional funding will be sought from Jackson Community Foundation and Grass Lake Charter Township.
- \$5,000 – Senior Programming – Working on a partnership between Chelsea Senior Center and Grass Lake. Met with Trinh Pifer, Executive Director of Chelsea Senior Center, CSC board members to discuss partnership opportunities.
- \$4,000 – Library Healthy Eating – Topic possibilities include Foods around the World or Foods around the Country. Additional money is to provide more learning opportunities.
- \$4,000 – Sponsorships – Sponsor events in Grass Lake to continue spreading information about the Grass Lake Community Wellness Initiative.
- \$3,500 – Community Read – Last scheduled Community Read event. Topic will be Avoiding Unhealthy Substances.
- \$1,000 – Project Safe Graduation - Funds to continue the annual PSG event for graduating Grass Lake HS seniors.