



**Grass Lake Community Wellness Initiative  
Meeting February 16, 2015  
6 pm  
Grass Lake Township Hall**

**Attendees:** Heather Davidson, Joe DeBoe, Doug Moeckel, Wendy Murdock, Jim Stormont, Sabrina Edgar, David Atiyeh, Diane DeBoe, Steve Moyer, Marilyn O'Leary, Ben Dandrow, Sue Weible, Elaine O'neill, Judy Nealy, Michelle Rankin, Matt Pegouskie, Ruth VanBogelen

**Meeting Summary**

1. Introductions
2. **We Heart Grass Lake** – tentative date is April 18<sup>th</sup>. Goal is to work on the Township and County Park and get them ready for use. Activities would be beautification, simple maintenance, installation of play structure, etc. One school bus would be used to get people from the park to park. Event would end at the Sports & Trail Park with food and possible a demonstration of old fashion baseball by the Chelsea Monitors and Merrimacks.
3. **Grass Lake Marketing Mailer** – Matt brought a handout with some potential content for a half page 2 sided postcard that the coalition would mail to all residents of the Grass Lake Community School District area. Matt will get a 2<sup>nd</sup> version to the coalition.
4. **Year 2 Community Read report from Sue Weible** – The book, A Fault in Our Stars, was the book featured for the 5H Community Read. Because of the topic – 2 teens with cancer – it was more difficult to develop programs around they topic so they offered programs more around the topic of connect with others in healthy ways. Sue will submit the full report to the Foundation soon which will include numbers of people that used the electronic/audio version of the book. The topic is avoid unhealthy substances and they are looking for book ideas. They do not want a book that is preachy
5. **Senior Center** – the soft start is March 24 with a Grand Opening April 23 at 9:30 am. Both events will be at the Grass Lake Township Hall. More information will be coming including hours and activities. St. Joseph Mercy Chelsea is providing the food for both events.
6. **Pre-diabetes program.** The National Kidney Foundation of Michigan is training Elaine O'Neil to run the Prediabetes Prevention Program. Currently there are no plans for this program to run in Grass Lake, but the program is starting in Manchester soon. Orientation meeting is Feb 25 from 5:30 – 6:30 in the Village Room at 912 City Road in Manchester. Grass Lake residents are welcome to attend. The program is weekly meetings for 16 weeks followed by quarterly meetings for a year. More information is available at [www.5healthytowns.org](http://www.5healthytowns.org) or contact [preventdiabetes@nkfm.org](mailto:preventdiabetes@nkfm.org).
7. Other Announcements



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- *February 23 –Prevention, don't wait, do it now. What can I do? By Dr. David Atiyeh at Family Worship Center, 1901 Mt Hope in Grass Lake at 7 pm. Part 1 of 3 lectures on Autism, Learning Disabilities, ADHD: What is Happening to My Child?*
- *March 16 – at 7 pm at the Chelsea District Library (221 S. Main St. Chelsea) – Music, the ARTS and Dementia. Dr. Bruno Giordani, associate director of the UM Michigan Alzheimer's Disease Center will share information about how music and the arts effect the brain and improve the quality of life of those suffering from Alzheimer's and other forms of dementia*
- *March 21 from 10 am – 2 pm is the Spring Business Expo in Grass Lake*
- *March 22 – 1:30 pm at Silver Maples of Chelsea (100 Silver Maples Dr, showing the film Alive Inside – how music can make a huge impact on the effects of Alzheimer's Disease.*
- *March 23: What to do during pregnancy. Screening workshop. Prevention. By Dr. David Atiyeh at Family Worship Center, 1901 Mt Hope in Grass Lake at 7 pm. Part 2 of 3 lectures on Autism, Learning Disabilities, ADHD: What is Happening to My Child?*
- *April 18<sup>th</sup> - Chelsea Health Expo is April 18 from 10 am to 3 pm at the Chelsea Senior Center*
- *April 27 – Milestones for the first three years of your child's life. What signs to look for! Treatment for your child. It's never too late! By Dr. David Atiyeh at Family Worship Center, 1901 Mt Hope in Grass Lake at 7 pm. Part 3 of 3 lectures on Autism, Learning Disabilities, ADHD: What is Happening to My Child?*

**Next meeting is March 16<sup>th</sup> 6 pm at the Grass Lake Township Hall**

Agenda to date includes:

1. Introductions
2. Sue Weible – report on Year 2 Healthy Chefs
3. Show You Tube of Marc Mero
4. Begin the cycle for the Year 4 Plan. Start by reviewing the 5 year plan. There will be no new health data available
- 5.
- 6.