



Grass Lake Community Wellness Initiative

Meeting July 20th, 2015

1. Introductions
2. Guest Speaker- Jim Porter from StressStop will call in to talk about stress management (possible Year 4 Intervention)
3. Intervention Reviews for Year 3:

Senior Activities- Joyce Sager:

- The Senior Activity intervention is proposed to fill a need in the ability to provide Grass Lake area residents ages 50 and older opportunities to interact with each other during activities both on and off site.
 - Senior Survey and presentation of the results of survey to the senior center- Sept 2014- Oct. 2014
 - Develop Senior Service team- Fall 2014
 - Kick-off Activities- March 2015
 - Regular activities commence- April 2015
 - The part-time person will be responsible for tracking participation and membership. They will also distribute and tally the user surveys.
 - Results will be shared monthly with Joyce, Trinh, the Grass Lake Community Wellness Initiative and the Senior Activity team.
- Goal: This number will be 5% of eligible population for year one, 10% year two
- Budget: \$5,000

School Fitness Coordinator- Ben Hamilton:

- Coordinator will be responsible for making sure that four grade levels of Students at the elementary school participate in structured, aerobic activities two times per week for 30 minutes per session during times that are independent of recess and physical education times.
 - Will measure using participation rates, # of minutes of exercise daily, heart rate (resting and active), timing of "pacers" (measured running), and flexibility
- Middle School after-school program will be added that focuses on calisthenics, aerobics, walking, jogging and other sustained activities to increase the students' heart rates and offer them praise toward self-confidence, while building an attraction toward physical activity.
 - Will measure by using pedometers, walking progress charts, nurse reports on heart rate and flexibility.
- Wellness Warrior of the Week
 - Each Friday, the elementary fitness coordinator, PE teacher, and health teacher get together and discuss students who have excelled in our classes and choose three "Wellness Warriors of the Week".
- Presidential Youth Fitness Testing



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- This year they will use Pacer, Mile Run, Mile Walk, Curl Up, Trunk Lift, Push Up, Pull Up, Arm Hang, Sit and Reach, and Shoulder Stretch to assess if students are in their target fitness zone
- Goal: 100% participation in grades 2-5, while attracting as many as possible to the Middle School afterschool program
- Budget: \$12,000

Project Safe Graduation-

- Project Safe Graduation’s mission is to provide a safe, drug and alcohol-free graduation celebration for graduating seniors incorporating education, entertainment and excitement while creating a lifelong memory of classmates and of a caring community.
 - Meetings are held once a month from September through March and every other week until the event.
 - Graduating seniors are encouraged to attend the steering committee meetings. Class representatives and National Honors Society members are also encouraged to attend. We incorporate input from the classes into the execution of the event because each year’s class seems to like different ideas.
 - Post surveys are conducted of some students and chaperones after completion of the event with the goal of improving future ones. Last year we received feedback from 5-10 key individuals.
- Goals:
 - Provide a safe, drug and alcohol-free graduation celebration for graduating seniors incorporating education, entertainment and excitement while creating a lifelong memory of classmates and of a caring community. If we can save just one life, show that fun can be had without drugs and alcohol and show how to keep lifelong friends from school, it will continue to be a successful venture.
 - Reduce the number of students who make unhealthy choices specifically the Friday before graduation
- Budget: \$1,000

4. Update on Outdoor Yoga in the Park- Matt Pegouskie

5. Review List of Year 4 Interventions:

| Intervention Name | Continuing/New | Request \$ | Review | Captain |
|--------------------------|-----------------------------|------------|--------|--|
| Outdoor Yoga in the Park | NEW | | | ? |
| Adaptive Movement | Decided to wait till year 5 | | | ----- |
| Community Garden | NEW | | | The coalition was unsure who the champion would be. Joyce? |



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|-------------------------|---------------------|-------------------|------------------------|--------|
| My Choice My Health | NEW | \$5,500? | | Elaine |
| Stress Management | NEW | \$4,000? | | ? |
| Food For Friends | NEW | \$1,200? | | Matt |
| Library Fit Bit | NEW | \$2,500? | | Sue |
| Let Me Run | NEW | \$1,000? | | Doug |
| Safe Routes to School | NEW | \$3,000? | | Matt |
| Healthy Cooking Classes | CONTINUE | \$4,000 | April Y2 (reviewed) | Sue |
| Farmer's Market | CONTINUE | \$19,000? | September | Diane |
| Sports/Trails/Parks | CONTINUE | | June | Jim |
| Fitness Coordinator | CONTINUE | \$12,000-\$20,000 | July | Doug |
| Senior Activities | CONTINUE | \$5,000 | July | Joyce |
| Project Safe Graduation | CONTINUE | \$1,000 | July | Mike |
| | Total So Far | \$66,200 | | |

6. Other Agenda Items

7. Announcements

8. Reminders:

- **Note – all draft intervention tables with budgets need to be ready by Sept. 1st.** Contact Matt (matt@5healthytowns.org) if you'd like help preparing the intervention table.
- **Next grant submission deadline August 7th**

Upcoming meetings

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|-----------------------|---|
| August 17 | Lori comes to the meeting to collect information for Y4 Plan |
| September 21 | -Intervention tables due Sept. 1 -Lori comes and coalition provided feedback on draft plan |
| October 19 | Celebrate Y3 accomplishments |
| November 16 | Review Farmers Market Intervention |
| December – no meeting | |
| January | Review Community Read |