



Grass Lake Community Wellness Initiative

Meeting July 20th, 2015

Attendees: Jim Stormont, Ben Dandrow, Ashley Tomasi, Sue Weible, Michael Willis, Steve Moyer, Kent Schiffer, Gina Lammers, Michelle Whitley, Shana Tinsey, Debi Eneix, Ruth VanBogelen, Jennifer Smith, Trihn Piper, Ariel Alexander, Joe DeBoe, Joyce Sager

1. Introductions
2. Guest Speaker- Jim Porter from StressStop called- in to the coalition to talk about the importance of stress management and its relationship to health and wellness. Ruth VanBogelen also attended the coalition meeting to talk about her experience with similar stress management interventions that have been implemented in some of the other coalitions. The coalition will further discuss the possibility of integrating a stress management intervention into the year 4 plan at the next meeting.
3. Intervention Reviews for Year 3:

Senior Activities- Joyce Sager, Trihn Pifer, Jennifer Smith:

- 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.
 - Activities include: ping-pong, crochet, mahjong, etc.
 - Grand opening had 103 guests
- Goal: This number will be 5% of eligible population for year one, 10% year two
 - Initial goal was to have 50 members in the first year. The center had 45 members within 90 days!
- Budget: \$5,000 for year 3, same for year 4

School Fitness Coordinator- Ben Hamilton:

- Ben was not able to make the meeting. The review will be rescheduled for some time in the coming months.

Project Safe Graduation-Mike Willis, Gina Lammers, Michelle Whitley

- 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.
 - This year PSG was held at the YMCA. Activities included a rock wall, a Family Feud game that featured drug and alcohol awareness questions, swimming, food, arts and crafts, etc.
 - Every student received a prize. Prizes ranged from mini-refrigerators to gift certificates.
 - 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.
 - Goal was met
 - Promote healthy exercise with social interaction.
 - This was accomplished by exposing the students to the local YMCA and providing experiences that combined socialization, competition and exercise.
 - High class participation at the event
 - The event had 80% participation from the senior class, the highest rate to date.

- One issue the project faces is it's ability to retain parent volunteers from year to year. Many parents feel their children are uncomfortable having them there at the event. This is something they hope to resolve in the coming years of the intervention.

- Budget: \$1,000, same for year 4

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

- Matt was unable to attend the meeting. He is looking into potential instructors for the intervention. He will provide an update at the next meeting. This is a possible intervention for year 4.

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?
My Choice My Health	NEW	\$5,500?		Elaine
Stress Management	NEW	\$4,000?		?
Food For Friends	NEW	\$1,200		Matt
Library Fit Bit	NEW	\$3,600		Sue
Let Me Run	NEW	\$1,000?		Doug
Safe Routes to School	NEW	\$3,000?		Matt
Healthy Cooking Classes	CONTINUE	\$4,200	April Y2 (reviewed)	Sue
Farmer's Market	CONTINUE	\$19,000?	September	Diane
Sports/Trails/Parks	CONTINUE	\$30,000?	June (reviewed)	Jim
Fitness Coordinator	CONTINUE	\$12,000-\$20,000	August?	Doug
Senior Activities	CONTINUE	\$5,000	July (reviewed)	Joyce
Project Safe Graduation	CONTINUE	\$1,000	July (reviewed)	Mike
	Total So Far	\$97,500		

6. Other Agenda Items

- Food for Friends is still looking for speakers- will talk to the Ad Counsel and possibly the Senior Center.

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

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 Most Teens Don't
December – no meeting	
January	Review Community Read