



## Grass Lake Community Wellness Initiative

Meeting October 19<sup>th</sup>, 2015

**Attendees:** Jim Stormont, Ben Dandrow, Ashley Tomasi, Diane DeBoe, Joe DeBoe, Doug Moeckel, Steve Moyer, Matt Pegouskie, Michelle Rankin, Dawn Cuddie, David Atiyeh, Elaine O'Neill

### 1. Introductions

### 2. Finalize Year 4 Plan- List of Year 4 Interventions below

Intervention Name	Continuing/New	Requested \$
Outdoor Yoga in the Park	NEW	\$1,000
My Choice My Health	NEW	\$5,500
Stress Management	NEW	\$4,000
Food For Friends	NEW	\$1,200
Safe Routes to School	NEW	\$3,000
5H Marketing	NEW	\$5,000
Healthy Cooking Classes	CONTINUE	\$4,200
Farmer's Market	CONTINUE	\$22,600
Sports/Trails/Parks	CONTINUE	\$26,500
Fitness Coordinator	CONTINUE	\$21,000
Senior Activities	CONTINUE	\$5,000
Project Safe Graduation	CONTINUE	\$1,000
	<b>Total</b>	<b>\$100,000</b>

- The Coalition reviewed Amy Heydlauff's notes from the Grass Lake Plan, and approved the suggestions. Matt will go through the plan and make the final edits. The plan will be reviewed by the CSI committee on November 4<sup>th</sup> and if approved, will then be reviewed by the Board of Directors in either November or December.

### 3. Planning session for the November meeting: Celebration of Coalition's yearly accomplishments

- The Coalition will celebrate its yearly accomplishments at the November meeting. We will contact the person who does cooking demos for the Healthy Cooking Classes at the library to see if they can do a cooking class with the Coalition. More details to come!

**4. Safe Routes to School Meeting-decide on a meeting date for kick off**

- We received permission from the state on the 18<sup>th</sup> that we could begin work on Safe Routes to School (SR2S)
- We are looking to set up a meeting during the first part of November to provide more information and discuss how SR2S works.
- Potential date: November 10<sup>th</sup> at 4:30 p.m. at the Elementary School Library. Meeting will last an hour. Doug will send an email out about the potential date. If few people respond that they are able to make it, Ashley will create and email out a Doodle poll with other possible meeting times.

**5. CAC/5H Update**

- The Community Advisory Committee (CAC) will continue discussing marketing ideas at their next meeting on November 2<sup>nd</sup>. For those interested, the meeting will take place at 6 p.m. location TBD.
- One idea brought up by the Coalition would be to put the 5H logo on the backboards at the new basketball courts.

**6. Other items/Announcements**

- David Atiyeh will be teaching a class on the Daniel Plan, which is a biblical eating plan program. Location and time TBD.

**7. Reminders:**

- ***Next grant submission deadline December 4<sup>th</sup>***

**Upcoming meetings**

November 16	Celebrate Y3 accomplishments Review Most Teens Don't and Farmer's Market?
December – no meeting	
January	Review Community Read, Farmer's Market, and Most Teens Don't?