



Grass Lake Community Wellness Initiative

Meeting Summary: July 21, 2014

Attendees: Doug Moeckel, Ben Hamilton, Diane DeBoe, Joe DeBoe, Debi Eneix, Jim Stormont, Ben Dandrow, Joyce Sager, Matt Pegouskie, Ruth VanBogelen

1. Introductions

2. Update on Senior Center (Joyce)

- Current idea is for a Sr. Center to be open 2 days a week with activities (games, etc.), exercise and maybe a meal.
- Trinh Pifer, Director at Chelsea Sr. Center, has offered that the GL Sr Center could be under the “umbrella” of the Chelsea Sr. Center. They would help with programming, etc. This would have to go to their BOD for final approval
- Locations, Chamber has offered the Depot. Other location discussed was at the Hardware where the Welcome Center is (also managed by the Chamber of Commerce).
- The Copper Nail BOD meet earlier Monday and agreed to financially support the Senior Center
- Coalition approved supporting the development of the Sr. Center

3. School Fitness Coordinator Program review – Ben Hamilton

- Program is for 2nd – 5th grade students (362 students), each student has 1 hour of fitness per week. Students also get from normal school programming, 50 minutes of PE , 50 minutes of Health and 100 minutes or recess per week.
- Focus is on Aerobic Capacity/Muscle Endurance, Muscle Strength, Flexibility and Agility/Coordination working on Full Body, Upper Body, Lower Body, Core, Cardio and Agility.
- Students were scored on their ability to do Trunk Lift, Sit and ERach, Flexed Arm Hang, Push Ups and Curl Ups in the fall and spring. All students increase their scores and by grade the average increase in score was 44% - 82%.
- The Pacer Test was also used. In January and February, the students reached 9438 laps. A goal was set to reach 10000 laps for the final test in May/June. The student did 11,113 laps. 95% of the students increased the number of laps they completed in the spring.
- Students from the H.S. come to the elementary school to help serving as role models and setting up buddy systems with students who need more assistance.
- Next year Ben will work with EMU Nursing Students to do more testing and to hold healthy fit day assemblies.
- The School has received some funds from other sources for this intervention
- Coalition approved the continuation of this intervention for the Year 3 Plan



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4. Farmers Market – new day, time and location

- Five markets have been held (one rain day). The number of vendors has ranged from 7-13. Revenue per week has been \$613, \$890, \$433, \$1025 and \$1024.
- Funds were used for banners (\$2928) and tents (\$959.85) and each week \$50 worth of items is purchased from vendors for the baskets that are raffled off. Tickets are given to customers who purchase items from vendors and the names are chosen during the Music in the Park (must be present to win) – to encourage people to buy from vendors and stay for the music. Organization and management of the market is done by volunteers.
- Challenges include:
 - Vendors who pay in advance, but are a no show. Some don't have produce to sell the entire season (this year vendors are just starting to have lots of produce), we'd like to attract more vendors.
 - Traffic on Michigan Avenue – there is a lot of evening traffic
 - Parking – need more parking for customers
 - Vendors want more market days – have suggested every week but this requires more volunteer hours
 - Weather – it has been rainy every Wednesday
- New plans – Diane is getting quotes for putting up a structure for the market in Park with the Veteran's Memorial. The preliminary ideas are from the Small Town Design Initiative. Likely this project would start in fall of 2015 for use by the market in spring 2016.
- Coalition approved continuing support of the Farmers Market

5. Other updates:

- Jim Stormont – township is working on selling an acquiring land around the park to make it contiguous to the Village.
- Doug Moeckel – the community planning group activities are merging well with the coalition plans. Doug is on several committees for that group as well.
- Debi Eneix is interested in participating in the Stress Management Training

ACTION FOR ALL INTERVENTION LEADS – set up a time to meet with Matt to complete intervention tables and budgets for the next meeting Aug 18.