



## Grass Lake Community Wellness Initiative

### Summary for GLCWI Coalition Meeting June 16, 2014 , 6 – 8 pm

**Attendees:** Kathy Camilleri, Ben Dandrow, Diane DeBoe, Joe DeBoe, Doug Moeckel, Steve Moyer, Joyce Sager, Sue Weible, Mike Willis, Marilyn O’Leary, Trevor McGinn, Amy Heydlauff, Matt Pegouskie, Ruth VanBogelen

#### 1. Amy Heydlauff and Big Ideas.

- Doug introduced Amy and indicated that she was asked to come to the meeting to help coalition talk through two scenarios for the yearly Plan: 1) lots of low budget interventions, 2) a big budget item (\$50K or greater) + some smaller ones.
- If the community is behind a big budget intervention, then the community will get behind it and make it happen. Some big budget items included in the discussion were: 1) Grass Lake as an outdoor mecca (tourism thing), 2) Mini mart conversion to indoor tennis area, 3) Grass Lake Wellness Center, and 4) Action on ideas presented as part of the STDI program which has been completed (note – this list was not been to be comprehensive but instead these were used as examples for the discussion.
- Questions about the history of the Manchester and Stockbridge Wellness Centers were answered, and Amy provided facts that 15% of the populations in the 5 towns belong to one of the Wellness Centers. Thus, Wellness Centers have the greatest participation level of all interventions. Other Comments that walking is a big thing in Grass Lake, already a fitness center and Curves both of which have limited hours.

#### 2. *Review of interventions*

a. Project Safe Graduation (Mike Willis) . This was the 4<sup>th</sup> year of this program which is held the Friday night of Graduation weekend. Mike is going to make and share a spreadsheet to track the number of students participating per year. This year 81 students turned in the form and 69 students came to the event. Some had to leave early because of sport events on Saturday. Starts at the school with a game with prizes, then the students are bussed to the YMCA where they are locked in. Activities include swimming, volleyball, racket ball, etc. Food was provided by Olive Garden, pizza businesses and Subway + there is a slushy machine. There are lots of prizes (one every 15 minutes). At the end of the event, students are tired, calm, happy, thankful.

1) Mike said half of the money needed for next year’s program has already been raised, but indicated, he would like the coalition to continue with this program.

2) Doug – ask for a vote and all approved for this intervention to be part of the Year 3 plan (no budget decided on yet)

b. Walking Program (Kathy Camilleri) – Banner is up, walks started in April, the schedule for Group walks are available online ([www.5healthytowns.org](http://www.5healthytowns.org) calendar). One to six people participate in



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the walks. Brochure/map is almost done, just need pictures. Mike Willis, Doug and others offered to take some pictures. Diane also suggested the request for pictures was put on Volunteer Grass Lake. Kathy will start a login for walkers to track the number of walkers and how often individuals are participating. Send pictures to Kathy at [vcamilleri@peoplepc.com](mailto:vcamilleri@peoplepc.com). This intervention will continue with no funds needed in Year 3.

c. Red Barrel (Matt Pegouskie) – In May the Village Council and the Sheriff is also fully supportive. Early Fall, students will construct the barrel and the plan is that the barrel will be ready for receiving prescription medications in the Fall. Medications are put into plastic bag and then into the barrel. This intervention will continue without funding in Year 3.

d. Sponsorship intervention (Doug Moeckel). This intervention is for eight \$500 sponsorships to promote the coalition. The eight proposed are:

- 1) Chili Cook Off
  - 2) Andy's Angels
  - 3) Traffic Jammin
  - 4) Music in the Park
  - 5) Golf Outing
  - 6) Heritage Days
  - 7) Festival of Tables
  - 8) Festival of Lights
- Doug called for a vote to approve this list. All agreed on this list.

e. In July the following interventions will be reviewed. School Fitness, Most Teens Don't, Fit Families

**3. 5 year plan** – *copies were handed out. Coalition members are asked to look it over and send corrections and suggestions to Ruth at [ruth@5healthytowns.org](mailto:ruth@5healthytowns.org)*

**4. Other announcements:**

- a. *6<sup>th</sup> Annual Traffic Jammin is July 11 and 12*
- b. *Music in the Park + Farmers Market are 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays*
- c. *Ideas are being discussed by various groups about a Sr. Center. Ideas are for it to be at the Methodist Church, The Depot and the Copperrail, the Township Hall. Joyce is going to talk to Henry \_\_\_\_\_ to see if he would organize a meeting for a committee to get together to do some brainstorming and develop an action plan.*