



Grass Lake Community Wellness Initiative

Attendees: Doug Moeckel, Mike Hurst, David Atiyeh, Elisabeth Cross, Ben Dandrow, Wendy Murdock, Reiley Curran, Diane DeBoe, Joe DeBoe, Kathy Camilleri, Bob Zick, Veronica Zick, Matt Pegouskie, Ruth VanBogelen

This was our annual celebration of accomplishments from our Year 2 plan. We all enjoyed the healthy sandwiches, veggies, dark chocolate, cider, water, pumpkin cookies.

ACTION for ALL INTERVENTION LEADERS – Dec 5th is the next deadline for submitting interventions into CWF's eGrant system so that payment can be made. Matt will come to Grass Lake Township office on Dec 2 to help people with the eGrant system. All interventions in the proposed Year 3 plan are eligible to submit their interventions. Go to <http://www.5healthytowns.org/?module=Page&SID=grants> to start the process. It should take about 15 minutes to complete.

NOTE TO ALL COALITION MEMBERS – there will be **NO** meeting in November or December. Enjoy the holidays and we'll see you January 15, 2015

1. Introductions -

- **Special guest speakers:** Elisabeth Cross from Allegiance Health and Reiley Curran from St. Joseph Mercy – Chelsea
- New member: David Atiyeh
- Addition guest: Veronica and Bob Zick. Veronica is a volunteer for the Farmers Market – thanks for all you do for this intervention!

2. Elisabeth Cross – Allegiance Step by Step Program

- Step by Step is an initiative of the Health Improvement Organization, HIO (Allegiance Health) and was started in early 2000. There are 30+ stakeholder organizations. The third health assessment was just completed and results will be posted at myhio.org soon. This program hosts programs (like Groundhog Roundup Run, Family Wellness Day), do neighborhood outreach (like a Halloween safety program)
- The HIO campaign promotes physical activity, healthy eating, living smoke free and emotional wellness. Smoking rates are high in Jackson and 30% of pregnant women smoke.
- New website is under construction and this new site will provide tools for individuals or groups to start and track a Challenge.

3. Reiley Curran – St. Joseph Mercy Chelsea. Community Needs Assessment

- SJM-Chelsea just finished a community survey which is part of the Community Needs



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Assessment. Included in the assessment is data from a variety of sources including BRFSS, MiPHY, CHNA.org. From this assessment, a list of needs for the community will be generated. (her slides will be posted on www.5healthytowns.org in Grass Lake Coalition Documents. Much of this data the coalition has reviewed also.

- Reiley shared a draft list of needs, program ideas, etc. to get feedback from the coalition.
- From this assessment in 2012, 3 areas were chosen for concentration: Obesity, Mental Health and Substance Abuse and Access to Care. A list for 2014 will be released later.

4. Year 4 Plan – review feedback from CWF. Questions from the 1st round of questions have been addressed by intervention leaders. The CW committee will review the plan in early November and will likely have additional questions that need to be responded to. Final step is CWF BOD approval which is expected to happen

5. Other announcements

- Stress Management program is underway. Kathy Camilleri, Wendy Murdock and Debi Eneix are the Grass Lake participants. If you are interested in viewing the Kickoff Seminar with Jim Porter – contact Ruth@5healthytowns.org
- Oct 6 CAC meeting was about establishing non motorized trails between the 5H towns and connecting towns. A summary of the meeting is available – contact Matt@5healthytowns.org if you are interested in the summary and/or participating in future “Trails” meetings.

Contact information for Elisabeth Cross

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