



**Mackinac County Wellness Coalition**  
**Minutes**  
**January 2<sup>nd</sup>, 2020 @ 10:00 a.m.**  
**St. Ignace Public Library**

Agenda Item	Action Required
<b>Welcome and Introductions</b>	<b>Alycia McKowen</b> – St. Ignace Public Library. <b>Mike Grisdale</b> - Mackinac Straits Health System. <b>Betsy Dayrell-Hart</b> – Garden Club, Food Pack, Yellow Bikes. <b>Morgan Mills &amp; Megan Lamb</b> – St. Ignace Rec. Dept. <b>Meghann Wolvert</b> – Mackinac County CTC. <b>Sam Radecki</b> – Sault Tribe Community Health.
<b>Minutes</b>	December Minutes Approved.
<b>Agenda Additions</b>	N/A
<b>MCWC Admin.</b>	Treasury – No Changes  2019 Tax Filing – Sam & Alycia will connect to fill out & submit paperwork.  Bylaws – Betsy D-H moved to approved bylaws as corrected. Alycia McKowen seconded. All approved.  Fundraising – Sam, Betsy D-H and Alycia met in December. Needed direction from MCWC Action Planning meeting to develop a fundraising plan.  Logo – No Update.
<b>2020 Action Plan</b>	The MCWC is the umbrella organization above the Garden Club, Straits Bicycle Coalition, and Mackinac County Communities that Care. Each “committee” will create their own 2020 action plan and incorporate MCWC priorities as applicable.  <p style="text-align: center;"><u>MCWC</u></p> <p style="text-align: center;"><b>Garden Club</b>                      <b>SBC</b>                      <b>CTC</b>                      <b>Priority Areas &amp; Projects</b></p>
<b>Why Statements</b>	The MCWC set 2020 priority areas, goals and created a timeline for 2020 projects.  We started by creating Why statements (i.e. answering: “ <b>Why am I here?</b> ” “ <b>Why am I a part of this coalition?</b> ”). We shared statements then identified these themes: <ul style="list-style-type: none"> <li>• Prevention</li> <li>• Social Issues &amp; Mental Health</li> <li>• Get Outside – Embrace Natural Resources</li> <li>• Connection &amp; Community Engagement</li> <li>• Creating Abundance – A “We Deserve This” Mentality</li> <li>• Grass Roots Community Building</li> <li>• Sustainability</li> </ul>
<b>2020 Priority</b>	Then, we answered: “ <b>What problems do we want to solve or improve in 2020?</b> ” to identify priority areas and discuss problems and solutions. These include: <ul style="list-style-type: none"> <li>• <b>Priority Area 1: <u>School Engagement</u></b></li> </ul>

## Areas

- Educate Children & Adults
- Culture of Education: The most important thing you can do for all
- Educating Workforce to create a Common Purpose within Community
- “We will all succeed because you succeed”
- Increase Community Commitment to School
- Skewed perceived risk of harm among students
- Skewed social norms
- Norms of unhealthy choices (i.e. drinking)
- **Priority Area 2: Improving Mental Health**
  - Overcome perceived barriers
  - Social pressures
  - Teaching coping mechanisms
  - Teen suicide
- **Priority Area 3: Community Engagement & Relationship Building**
  - Shared Why
  - Community Connection
  - Community organized collaboration: Ex. someone says “kids just don’t have anything” – so, connect with existing groups and orgs dedicated to solving certain problems, instead of reinventing the wheel.
- **Priority Area 4: Awareness & Effective Communication**
  - Library Community Calendar – “central communication”
  - Lack of awareness – vaping, drinking, mental health
  - Miscommunication: lack of one source
- **Priority Area 5: Get Outdoors – Activity & Embracing Natural Resources**
  - Prioritize energy & time to keep environment beautiful and clean
  - Take pride in community
  - Earth Day Environment Fair
  - Clean up the Streets
- **Priority Area 6: Create Abundance Mentality – “We Deserve This”**
  - Acknowledge and shift lack mindset to abundance: knowledge, financial resources, prioritized time, housing, food, nutrition
  - We deserve: Safe Routes to school – clear walking paths

Items also considered:

- 2019 Priority Areas: Non-Motorized Transportation, Healthy School Engagement, Healthy Food Access and Tobacco-Free Living
- Superior Health Foundation Grants
- Sault Tribe Community Health Grants for project promoting outdoor physical activity
- CHANGE Tool Areas of Need: Accessible breastfeeding spaces and community education about breastfeeding; Promoting local food (produce, meat, dairy, etc.) options in local restaurants; Creating safe crosswalks in downtown St. Ignace that are ADA compliant; Bike Safety Promotion (newspaper ad).

## Time Line

2020 Timeline (More to come):

- **January, February & March**
- Mackinac Straits Senior Health Fair – MCWC supports
- Go to Food Trucks to promote healthy nutrition and cooking (Talk with Kathy Schacht)
- MSU-E Cooking Matters Class – Chantel Reurink is lead

<p><b>Summary</b></p>	<ul style="list-style-type: none"> <li>• <b>April &amp; May</b></li> <li>• Biking promotion &amp; bike safety (led by SBC)</li> <li>• Earth Day event – School fair or library event – April 22<sup>nd</sup></li> <li>• April 25<sup>th</sup> – National Drug Takeback Day (CTC collaboration for event)</li> <li>• Community Clean Up Event</li>   <li>• <b>October</b></li> <li>• Teen Health Fair at Mackinac Island or Engadine Schools</li> </ul> <p>2020 MCWC projects and collaborations will be guided by these 6 priority areas. The Garden Club, Straits Bicycle Coalition and the CTC will implement strategies within these priority areas as applicable.</p>
<p><b>Member Updates</b></p>	<p><b>St. Ignace Recreation Department</b></p> <ul style="list-style-type: none"> <li>• Learn to Skate Program – Started in Jan.</li> <li>• Morgan will investigate hosting painting classes</li> </ul> <p><b>Mackinac Straits Health System</b></p> <ul style="list-style-type: none"> <li>• Mike will create promotion check-list for MCWC</li> <li>• MSHS is involved in the Father Marquette Park Project – rep. will come to future MCWC meeting</li> <li>• Transportation Grant: I-75 corridor; 3 days per week Dial-A-Ride service in St. Ignace</li> <li>• Hoping for a Cure – Feb. 13<sup>th</sup></li> <li>• St. Ignace Rock n’ Run – May 16<sup>th</sup> (MCWC may host booth)</li> <li>• 2020 Initiative: Medicare Wellness Visits</li> </ul> <p><b>St. Ignace Public Library</b></p> <ul style="list-style-type: none"> <li>• Received grant for creating oral history legacy videos</li> <li>• Music &amp; Movement – Free Yoga &amp; Live Music Session on Jan. 31<sup>st</sup> at 7 p.m. Hosted by Sam Radecki &amp; Will Springsteen</li> </ul> <p><b>Mackinac County CTC</b></p> <ul style="list-style-type: none"> <li>• Luncheon Jan. 23<sup>rd</sup> at 12 p.m. at the Big Boy</li> <li>• Had community talks on Dec. 20<sup>th</sup> and handed out 58 bags</li> <li>• Has 11 high school students involved.</li> </ul> <p><b>Sault Tribe Health Education</b></p> <ul style="list-style-type: none"> <li>• Grant money available for trail signage promoting outdoor physical activity.</li> </ul>
<p><b>Next Meeting:</b></p>	<p><b><u>Tuesday, Feb. 4<sup>th</sup> at 10:30 a.m. at the St. Ignace Public Library</u></b></p>