



## **Agenda**

### **1) Welcome and Introductions**

Present: Ricki Torsch, MCHD; Nicole Frantz Ellis, Beaumont; Rachel Mulawa, Sterling Heights Parks and Recreation; Whitney Litzner, MCHD; Kathy Peet, MCHD; Ashley Brewer, Macomb Community Action Office of Senior Services; Gerard Santoro, Macomb County Planning and Economic Development; Mike Dexter, MyCare Health Center; Mirissa Bosch, MCHD; Erika Lojko, MCHD; Jill Yore, Henry Ford; Bill Ridella, MCHD; Maria Swiatkowski, MCHD; Emily Norton, MCHD.

### **2) Review April Meeting Minutes and Homework**

Meeting minutes were approved. No changes were made.

### **3) Adaptive Recreation in Sterling Heights**

Rachel Mulawa, CTRS  
Recreation Supervisor  
Sterling Heights Recreation Center

Visit [myshpr.net](http://myshpr.net). When you visit Sterling Heights Parks and Recreation online, there is an "Adaptive Recreation" button on their website: <https://www.sterling-heights.net/1231/Adaptive-Recreation>. Rachel shared information about all of the wonderful recreation opportunities available through Sterling Heights.

Adaptive recreation provides an equal opportunity. There is a need to address stigma with this population but not everyone will want to participate or be integrated into a program and that's okay. The adaptive recreation program holds dances once a month, a party in December, and a prom in May. There are outings in May and September. There are multiple sports programs: bowling (held September through April in half or full sessions), basketball (very popular with 3 teams), and softball. Dance exercise classes are also offered including adult classes (inclusive, senior, also non-adaptive dance classes, eccentric). There are cooking classes every other Tuesday where basic cooking skills (boiling water, cooking meats, trying new vegetables) are taught.

Sterling Heights offers a Nature Center with family activities, 27 new play structures, and newly remodeled paths. There is a new initiative to revitalize the river and there will be a universally designed kayak at Dodge Park. The new recreation center at Dodge Park will be completed in December 2019 across from City Hall in Utica. The new center will have gyms, a walking track, and activity rooms. There will be additional classes and VA programming in the future. Macomb County will have a VA center with 800 units being built as well.

The adaptive recreation programs are primarily for 13 and older or 16 and older. The reason for this is that younger individuals are usually in programs after school



so the target population is those that are non-school age and those that can drive themselves. There is a nonresident fee for programs but pre-registering for programs will help you save. Programs are promoted through the website, email, and mailing list.

4) Group Discussion

a. Preliminary Survey Results: Physical Activity in Older Adults

This summer, the Chronic Disease and Healthy Lifestyles (CDHL) workgroup began the implementation of a physical activity survey for older adults in Macomb County. The purpose of this survey is to better understand where and how older adults are being active, what barriers they are experiencing, and what activities they would like to do or learn more about. The survey was distributed at the Senior Fun Festival, the Senior Luncheon at St. Thomas Community Presbyterian Church, and through the Good Shepherd Coalition. There have been over 100 respondents. Although we plan to continue collecting surveys and hope to receive additional responses, preliminary results of the survey were shared.

When asked if anything has prevented or stopped them from being active, the following answers were the top five reported:



When asked if they would like to learn more about topics related to physical activity and healthy eating, the below topics were the top three reported:



i. Where else could we disseminate the survey?

Senior Centers, Meals on Wheels, congregate meal sites, and/or partner with a doctor's office.



**b. A Guide to School Based Health Programs Review**

The workgroup is developing a guide to introduce schools to three programs: Healthy School Action Tools, Fuel Up to Play 60, and Smarter Lunchrooms Movement. These three programs allow schools to identify target areas for improvement and incorporate simple strategies that improve the health of students and staff. Healthy School Action Tools is an assessment tool that allows schools to identify target areas for improvement. Fuel Up to Play 60 is an in-school health and wellness program that promotes healthy eating and physical activity through student involvement. The Smarter Lunchrooms Movement provides schools with the knowledge, motivation, and resources needed to build a lunchroom environment that makes healthy food choices the easy choice.

The purpose of this guide is to inform schools about what these programs are, why they work, and how to get started. When talking to schools, many of them were already implementing these strategies but didn't realize that what they were doing was part of a program or that they could easily apply for funding or resources. This guide will increase awareness of these programs and link schools to local, state, and national resources. Our hope is that this guide will allow us to better support Macomb County schools in helping students and staff stay healthy through eating healthy foods and being physically active.

**c. Move More Macomb Update**

Move More Macomb is an initiative of the Macomb County Health Department to increase physical activity. Move More Macomb was created to help community members find physical activity opportunities for all fitness levels, ages and costs. Our mission is simple- we want everyone who lives, works and plays in Macomb County to move more!

Move More Macomb will be launching at the Get Out and Play Day event at Lake St. Clair Metropark on Saturday, September 29, 2018. Get Out and Play Day is from 11 am- 3 pm at the Nature Center and is free with park admission. The website will be live on September 29<sup>th</sup> at [movemoremacomb.org](http://movemoremacomb.org).

Following Get Out and Play Day, Move More Macomb will be promoted throughout the County at community events. If you have any suggestions for where Move More Macomb should be promoted, or suggestions for content for the website, please let Emily know.

**5) Partner Updates**

- a. Henry Ford has received full recognition from the CDC as a Diabetes Prevention Program. Congratulations to Henry Ford!



- b. Macomb County Planning and Economic Development is in the process of a Master Plan update. They are working to shift the mentality of parks and natural resources in Macomb County and are launching a survey to find out what residents want more of. The survey will be launched online this week and should take about 5-7 minutes to complete. You can find the survey online at Make Macomb Your Home's page on [macombgov.org](http://macombgov.org) or [facebook.com/makemacombyourhome](https://facebook.com/makemacombyourhome).
  - i. Direct link to survey:  
<https://www.surveymonkey.com/r/MacombCountyParksandRec>
  - ii. Please share with your organization as you see fit.
- c. Macomb Community Action's Senior Services is looking for volunteer drivers! They are preparing their September Emergency Boxes and are always looking for volunteers but are especially in need of drivers for box delivery: <https://mca.macombgov.org/MCA-Events>
- d. Macomb Community Action will also be hosting a Grand Re-Opening of Golden Berry, Macomb County's Adult Day Caring Center. Visit <https://mca.macombgov.org/MCA-Events> for more information.

**6) Next meeting - November 2018**

If you have any ideas, questions, or concerns, please reach out to Emily at [Emily.norton@macombgov.org](mailto:Emily.norton@macombgov.org) or (586)463-3021.

