



Dexter Wellness Coalition

Tuesday, February 9, 2021 on Zoom 5:30 pm

Meeting Minutes

Coalition Participants: Paul McCann, Doreen Muransky, Brad Judge, Shirley Bitters, Madison Prinzing, Jeanette Brooks, Ruth Habrecht, Joe Evans, Paul Cousins, Mary Crisenbery, Heather Wiese, Stephanie, Jane Thompson, Mark Olexa, Matt Pegouskie, Lori Kintz

5:30 – 5:40 Introduction and Icebreaker – Did you take the Bicycle safety quiz? Did you learn anything new or do you have questions about bicycle/motorist rules on the road?

Comments shared:

- Failed miserably at the 4 way stops w/ bike lanes
- Learned that 2 bikers can ride abreast
- Usual traffic rules apply when a bike and car come to the intersection at the same time
- Bike lanes could be dangerous and I wouldn't be confident as a rider; should be wider
- No space on Dexter-Chelsea Road; difficult to pass the cyclists – be patient and give them lots of room
- Don't bike on Huron River Drive – bad actors are both drivers and bikers (Mass x Velocity wins)
- Rule confusion on both sides
- Dexter-Pinckney Road is the scariest; please slow down when you pass
- Learned a few things even though I am an avid year round rider; I have been hit in crosswalks and am a big proponent of lights, bright clothing, and hand signals
- Lights on the bike make you more visible - you need a headlight and a reflector on the back and flashing lights on the wheels
- Thank you to Paul C for his advocacy on the B2B Trail for bikers
- 3 feet passing rule seems insufficient; B2B Trail is our go-to place to bike
- One distracted driver can take you out!

5:40 – 5:50 Evaluation Reports – complete the schedule for Year 8 – see assigned times

STRIVE	December 2020
ALTERNATIVE ED	n/a
YOGA IN THE PARK	n/a
PEAC	October 2020
ADAPTIVE MOVEMENT	March 2021
MINDFUL DEXTER	December 2020
SRSLY	May 2021
FARM TO SCHOOL	Will know in March.



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WINTER MARKETPLACE

April 2021

5:50 - 6:10 Year 9 Plan Overview - Lori shared the Year 9 plan outline and the draft Matrix Plan table. Coalition members discussed the following ideas for a theme:

- Theme: COVID's far reaching impact on us all – spotlight on racial disparities and how we came together as a community; Mindful Dexter – what kind of community do we want to be?
- Deadline for intervention tables: **draft in by next meeting March 9 and finalize by March 22** (intervention template attached) 5HF staff is available for support.

6:10 – 6:15 Update on Regional Planning Timeline – Matt Pegouskie –

2 webinars were conducted in January; we can place on April agenda; new CSI group met in January with 2 Dexter representatives (Lauren Kramer and Brad Judge); first RFP will launch this summer

6:15 - 6:20 Nominations for Role of Co-Motivator – seeking 2 new volunteers effective May 2021

Nominations: open to all coalition members to consider – point person for the coalition and connecting with Matt and Lori monthly; please email Lori and Matt with your interest. We Need You! Room for different ideas to share.

6:20 Round Table Sharing and Announcements – all

- o Mindful Dexter 2nd Saturday on zoom at 9:30am Facebook Link: evening meditation with Parks/Rec and Mindful Eating coming up
- o Welcome Madeline Pegouskie – congratulations Matt and Brittany
- o Note from Anne Young: Dexter Winter MarketPlace: Please let the coalition know that the market is going great. We have several new vendors this year including pastured beef, sausage, and pirogi, new this week.
- o February 13 Last day of Dexter Ice Fest Monument Park
- o February 20 Dexter Forum 830-9:30 via Zoom and Dexter Winter MarketPlace 9:00-1:00 pm
- o March 06 Dexter Forum 830-9:30 via Zoom and Dexter Winter MarketPlace 9:00-1:00 pm
- o February 19th and 26th, March 5th - Knights of Columbus Annual Fish Fry, Profits go to local Charities. Dexter Famers Market

Reminders:

- Next meeting: March 9 at 5:30 pm – zoom
- Next grant submission deadline is April 2. Please contact Sheila Gilman if you have any questions on the grant submission process (sheila@5healthytowns.org)