



Healthy Pontiac, We Can!

Meeting Minutes

June 10, 2025

Members Present:

Pamela Alexander	Essential Hot Yoga / Starfish Enterprise
Anita Barksdale	Trinity Health Oakland
Lisa Braddix	Southeast Michigan Health Association
Kelsey Monks Carry	Farm at Trinity Health
Judith Cox	Mindfulness Institute
Justen Daniels	Alliance of Coalitions for Healthy Communities
Elena Diaz	Blue Cross Complete
Deborah Findley	City of Pontiac
Barbara Garcia	National Kidney Foundation
Adrienne Gasperoni	Community Housing Network
Cecilia Jaime Gutierrez	MSU Extension
Denise Harris	Prevention Pontiac
Dyann Hayes	All Saints Church / Bowen Sr. Center
Victoria Horn	OUSB
Deidre Hurse	OUSB
Nicholas Kellogg	PACE SEMI
Emily Lesky	Gleaners
Angela McIntosh	Community Housing Network
Renee Metcalf	Gleaners
Tarrance Price	City of Pontiac Parks & Recreation
Magdelene Ponurska	Michigan Mindfulness Institute
Jaskaran Randhawa	Dental Center of Pontiac
Carolina Sisiruca	Central Multicultural La Familia
Cherish Winter	OCHD
Joann Wrobel	OCHD
Virginia Uhley	OUSB School of Medicine

Staff Present:

Signa Metivier	Oakland County Health Division
Kelsey Merz	Oakland County Health Division

1. Tour of the Farm at Trinity Health

Kelsey Monks Carry welcomed HPWC members to the Farm at Trinity Health at 1:00 PM. She provided a tour of the outdoor gardens, greenhouses, and food hub inside the hospital. The farm has vegetable, flower, and herb gardens and a pavilion that is open to the public. K. Monks Carry also provided information to the Farm Stand and Food Pantry located inside the hospital. For more information on the farm and food share programs visit <https://www.trinityhealthmichigan.org/location/the-farm-at-trinity-health-oakland>.

2. Welcome

K. Merz welcomed members at 1:45 p.m. to the Healthy Pontiac, We Can! meeting at Trinity Hospital Oakland.

3. One Page Document Discussion

K. Merz shared copies of the updated HPWC one-page document for members to review and comment on. The document provides HPWC's history, mission, vision, meeting times, primary focus strategies, and initiatives.

Members offered positive feedback on the colors, graphics, mission and vision statement, and said the back page is colorful and easy to read,

Suggestions to add a QR code to link to the HPWC website, separate initiatives into past and current, and add "community moves you forward" to "What Members are Saying".

4. Charter Survey results and discussion

L. Braddix reviewed the charter survey results informing members an overwhelming majority responded yes to having a charter. The top answers on what should be included in the charter are concrete goals and membership information. On the question of whether you would like to be part of a workgroup for the charter a few members replied yes.

K. Merz provided members with a sample of a charter from another coalition to review. Suggestions were made to add how to become a member, member benefits, what behaviors are prohibited (legal), member attendance, what does active membership look like, membership needs to be inclusive of Pontiac residents, what are the outreach vehicles for residents, and how does the coalition make decisions, voting, consensus?

5. Partner Updates

J. Wrobel told members OCHD is partnering with Honor Family Medicine Center to open a Baby Cafe in August. A baby café is an inclusive area for moms who are nursing their child or have a young child to gather together in a shared space.

B. Garcia welcomed everyone to check out <https://nkfm.org/> for information on the National Kidney Foundation's programs.

C. Sisiruca told members Centro Multicultural LaFamilia partners with OCHD to host a vaccine clinic on the second Thursday of each month in the afternoon at their center and on the fourth Thursday from 9 a.m. to noon at OCHD. They will be starting kangaroo classes on Tuesday in the morning, and all programs are on their social media. On Friday August 8th at 6 p.m. Centro Multicultural La Familia will host an open house at 91 N. Saginaw St. Pontiac.

C. Jaime Gutierrez continues to partner with Centro Multicultural La Familia to do Hispanic outreach providing nutrition classes for MSUE and provides information and material for their lactation room.

D. Hayes invited members to the City of Pontiac's Juneteenth celebration on Saturday, June 14th. The library will also host an activity breakfast that morning. She said All Saints Episcopal Church provides a Community Breakfast and Resale Shop on Saturdays and a community lunch on Tuesday and Thursdays. The resale shop is open during the Community Breakfast 10 a.m. to 2 p.m. and she invited Pontiac seniors to visit the Bowen center.

J. Daniels told members the Oakland Community Health Network is hosting a Minority Mental Health Forum on July 10th, from 10 a.m. – 1 p.m. and the theme is "Hope is My Superpower". The Alliance of Coalitions is hosting a Community Wellness Expo on September 10th from 4 p.m. to 8 p.m. at the Royal Oak Farmers Market, 316 E. Eleven Mile Rd., Royal Oak. There will be food trucks, interactive health and wellness activities, wellness resources, and they are still looking for vendors. J. Daniels provided flyers and postcards for anyone interested.

D. Harris told members “Healing Hearts” partnered with Gleaners to do a six week cooking class beginning on Tuesday, July 1st and running through August 5th. Classes will be held at Centro Multicultural La Familia from 6 p.m. to 8 p.m. She said about 250 people were trained in Stop the Bleed at schools, businesses, community centers during the month of May.

A. Barksdale provided flyers for the Matter of Balance classes which start July 3rd on Tuesdays and Thursdays from 10 a.m. to noon at Trinity Health Oakland in the Gagliardi Room. To register call 248.758.7065. She also shared that they were awarded a grant through GM to purchase car seats for clients who need them.

D. Findlay told members on June 11th the Senior Centers will begin planting in their two raised beds at 10 a.m. and anyone interested in planting is welcome. She said they also partnered with Oak Street to do Mind Body & Sound classes for seniors at 12:30 p.m. Senior Center month is in September, and they plan to showcase both Pontiac Senior Centers. They will do a Seniors Got Talent Show and Seniors Got Skills. The talent show will feature singers, dancers, etc. and for the skills, seniors are working on quilts, sewing, crocheting, and baking projects.

OUWB holds its last focus group tomorrow for women of childbearing age trying to understand the drivers of violence and abuse, what is needed, and how to educate.

J. Cox said the Mindfulness Institute has a breakfast in appreciation for non-profits coming up. It is sponsored by the MI State Federal Credit Union.

J. Randhawa told members the Dental Center of Pontiac is bringing back their oral health education series for elementary students. He said their team will go to schools, camps, community centers to teach good oral health and they provide a toothbrush, toothpaste, and floss to the students to help maintain good oral hygiene.

R. Metcalf said Gleaners is continuing to take applications throughout Michigan for cooking matters classes and are specifically looking for youth based programs.

P. Alexander said Starfresh Enterprise/Essential Hot Yoga had it’s soft opening on Sunday and are now a standalone non-medical health based model center in the City of Pontiac. She said they have a Hoop for Help class located outside the building for all ages running on Sunday afternoons. They also have yoga and mindfulness classes coming up.

N. Kellogg said PACE health centers are a program of all-inclusive health care for the elderly or anyone over the age of 55. They are both an insurance company and care provider. He said his role is to educate seniors on the comprehensive care program and assist with enrollment.

A. Gasperoni said Community Housing Network provides and builds affordable housing. They work in homelessness prevention, assist clients to stay in their housing, and provide help for disability, substance abuse, and mental health issues. They are building a new Unity Park 6 affordable housing in Pontiac. They received a DTE grant to build a survey and assessment to find out what community members want from the community engagement. They have completed the report and would like to share the results with other community groups.

K. Merz provided flyers for the Healthy Oakland Partnership's Family and Senior Market Days at the Oak Park and Oakland County markets. Eligible recipients received a \$5 coupon to spend on fresh produce.

K. Merz told member they have a Save the Date with the City Institute to develop a walking tour of the city on September 9th for those who are interested. The tour includes 1.5 to 2 hours of walking. They will invite residents to the walking tour to meet HPWC members.

6. Adjournment:

K. Merz adjourned the meeting at 2:50 p.m. The next HPWC! meeting is Tuesday, August 12, 2025, from 1:00 pm – 3:00 pm via Microsoft Teams.

Minutes submitted by: Signa Metivier

Approved by: Kelsey Merz