|  |  |
| --- | --- |
| Program/Area: | Personal Health & Wellness working group |
| Meeting Purpose: | To share ideas, report on activities, and make decisions for projects concerning the improvement of personal & wellness in the towns of Covert, Lodi, Ovid, & Romulus |
| Meeting Location: | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Deb Bush, Doris Depew, Hannah Farley, Theresa Lahr, Casey McManus,  Judy Mellgard, by Zoom: Karen Burcroff, Sarah Flack, Natalia Nelson, Andrew Rude,  AJ VanCuren |

Welcome & Intros Phyllis Motill Workgroup Leader. PM shared candy and gift given by Theresa after her back procedure*. “ chocolate is always your Valentine”* -wisdom

Planning Discussion Risers 2/12 – *seek community participation for future plans of STEPS*

Healthy Cleaning 2/17 Deb and Sarah Bush *Geared for adults, will make*

*Products,share info on others-highlights are PowerWash and all purpose spray*

TACFL/ UWay events for Landlords 2/12 and 2/28 in Ovid *do outreach*

Review of Activities Healthier Treats Feb 3– high turnout, pleasant and happy event with Girl Scouts, families accompanying children, PHW discussed questions re availability of ingredients, cost – lauded Meg for education component and fun atmosphere

Water Tower Park: TL – 2/7 meeting Janice Conrad hiatus/ partnership with Cornell for bridges /Christy Wilcox working on sign Condensing project / fundraiser planned for May 18

IDA/ Willard new leadership with County/Request of Interest to developers out and due soon

Upcoming/ ONGOING PHW - STEPS Activities

Food Distribution Event – Walk and Talk at SSCS *fliers distributed*

Sustainability of STEPS project on all agendas

Proposals in works – K. Zajac -Zentangles or collages combined mindful local eating

Risers dates noted for sustainability conversations – outreach to more residents

Open Forum Conversations about cost of groceries, ALICE/ *( United Way – share info),* program options for dementia – drumming/ Suicide Support Group available

Hannah Farley went to Lodi Pantry- 48 clients. Did fundraiser for Dundee Sisters Day Screening

Deb Bush Lions Vision and Hearing resources Will investigate suggestion of interaction with school

Nurses and screenings. Lions to be more involved with diabetes issue. Fundraiser 3/16

Karen Burcroff TACFL programming, upcoming events for Racial awareness, diversity training,

**Next PH&W Meeting at STEPS Office**, April 8 -10:30am 7180 Main St, Ovid, or by Zoom.