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| Program/Area: | Personal Health and Wellness |
| Meeting Purpose: | To share ideas, report on activities, and make decisions for projects concerning the improvement of Personal Health and Wellness in the towns of Covert, Lodi, Ovid, & Romulus. |
| Meeting Date: | November 6, 2021 |
| Meeting Time: | 10 – 11 am |
| Meeting Location: | Zoom |
| Workgroup Leader: | Phyllis Mottill |
| Attendees: | Kristin Parry, Deb P,Karol Titus, Theresa Lahr, |
| Minutes Issued By: | Kristin Parry |

| **Next Steps:** (Task, Assigned to, Checkpoint Date) | **Owner** | **Due Date** |
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| Community Collective on 1/17 | Billy and Kristin | 1/17/22 |
| Bingo Board Ready Winter | Kristin | 12/21/20 |
| Communiversity (Sewing Class with Deb Bush) | Deb and Kristin |  |
| Newsletter | Phyllis and KP | 1/10/22 |
| Board Game Night |  | 2/18/22 |
| Puzzle Afternoon |  | 3/6/22 |
| Bird watch Hike |  | 3/19/22 |

| **Decisions Made:** (What, Why, Impacts) |
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| **Discussion:** (Items/Knowledge Shared) |
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| Connecting with Hard to Reach Populations (Elderly and Corrections officers)  Resident Health Promotion Project   * Need More Ideas * Holly Jones possibly doing a CPR Class * Journaling Class * Bird Watching many aspects * Bingo to continue 1 per season   Plans for the next phase… see Plan document .  **PARKING LOT**: [Describe any items that may have been deferred for a later discussion]   1. Community Chorus 2. More Class Ideas (Possibly Green Clean and Sewing) |

| **Miscellaneous Items:** |
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