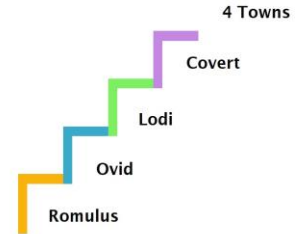


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Personal Health & Wellness Workgroup Meeting Minutes April 4, 2022

Program/Area:	Physical Health & Wellness Workgroup
Meeting Purpose:	To share ideas, report on activities, and make decisions for projects concerning physical health & wellness in the towns of Covert, Lodi, Ovid, & Romulus.
Meeting Date:	April 4, 2022
Meeting Time:	10:00 am
Meeting Location:	At the home of Phyllis Motill, 2233 County Rd 139, Ovid, NY
Attendees:	Phyllis Motill (Chair), Peg Brown, Deb Bush, Theresa Lahr (STEPS), Linda Dixon Pacelli & Hannah Porter (by FaceTime), Kristen Parry (CCE), Sarah Jones, Jan Quarles (STEPS).
Minutes Issued By:	Jan Quarles

Upcoming Personal Health & Wellness Events	Owner	Dates
<u>Home Safety Training</u> at STEPS Office with Deputy Sheriff Dan Jacobsen. Open to the public. 15 is max capacity. We have 8 signed up so far.	STEPS Theresa Lahr	April 25, 2-3 pm
<u>Cooking Classes (Meatless Dinners), a STEPS RHPP:</u> April 26 at Good Life Farm / FLX Cider House (6p-8p) May 7 at Lodi Fire Hall (10a-12n) May 21 Romulus Central School (time TBA) May 28 Ovid Library (time TBA)	Meg Jastran, Project Leader; Deb Bush, Jan Q. to assist.	Apr 26 May 7 May 21 May 28

Welcome & Introductions

Phyllis Motill (Chair) welcomed & introduced everyone. STEPS is now in its 8th year.

Discussion on public re-engagement post-pandemic:

How can we make PH&W's work more visible? (Phyllis)

We need to get out more in person (Theresa)

How to change eating habits and get healthy food to our residents? (Phyllis)

Transportation challenges (Deb)

Many vouchers aren't cashed in; Kristin will check status w/Becky Crawford (CCE)

There are more activities for Seniors happening in our area now (Theresa)

People have gotten out of the habit of gathering & don't yet feel safe (Deb, Peg)

We need to try to help when we see mental illness or too much isolation (Phyllis)

PH&W Plan Activities & Review of Focus Areas

- Emergency Preparedness Workshop Update (Lions/Interlaken Fire) (Theresa)
The Lions procured a mannequin. If CPR + First Aid, it would take all day. So we will first just do First Aid; Phyllis prefers an evening, 6-9 pm. Theresa will ask Chris Nelson's availability and try to find a location.
- Communiversity: "Food, Fun & Family" (Meg & Deb's project)
Four Cooking classes ("Meatless Dinners") – a STEPS RHPP
4/26 TU, 6-8 pm Good Life Farm / FLX Cider House, Rte 89, Interlaken
5/7 SAT, 10a-12n, Lodi Fire Hall (Meg, Deb. Jan w/assist)
5/21 SAT, time TBA, Romulus Central School
5/28 SAT, time TBA, Ovid Library
- Walking Group: every Tuesday at 6 pm at the track. Phyllis will contact Janet Lynch (OFC) to get the names of participants.
- Bird Walk: Cornell Lab of O & Montezuma are booked 6-12 mos ahead. Let's find a resident who knows birds. Phyllis to check w/Leon Kelly. Sampson State Park has a level trail, bathrooms, and a big parking lot. **(UPDATE:** On 4/05, Jan got a reply from a bird expert "Mark" from Lab of O who can guide us on Sat, Jun 4 at 10 or 11 am. He prefers Sampson State Park due to level trail, and because it's wheelchair & baby-stroller accessible. If that date doesn't work, he's only available the next day or the following Sunday in the AM. Jan will call Phyllis.)
- Home Safety Training 4/25 (2pm) at STEPS Office with Deputy Sheriff Dan Jacobsen. There have been a number of break-ins in Ovid Village, one involving a mental illness episode. Dan will address how to respond to these challenges.

Upcoming STEPS Events

4/18 (6:30 pm) STEPS RISERS, *in-person only* at 1435 Prospect St, Willard, NY (aka Romulus Town Hall). Representatives of each STEPs working group will report. All are welcome, even if you're not currently part of a working group.

4/25 (2-3 pm) Home Safety Training at STEPS Office. Space is limited, Registration required. Email jan.quarles@s2aynetwork.org or call STEPs at 607-403-0069.

4/26 (6p-8p) STEPS Cooking Class at the Good Life Farm

5/07 (10a-12n) STEPS Cooking Class at the Lodi Fire Hall

5/21 (time TBA) STEPS Cooking Class at Romulus Central School

5/28 (time TBA) STEPS Cooking Class at Ovid Library

5/07 (11a-1pm) "Bee Kind to Bees" kick-off at Lodi Library (STEPS RHPP)

Tentative save-the-date: 10/15/22 Day of Community Service

Open Forum

Does anyone know how to lead cooking classes for diabetics? Looking ahead to Sat 11/5/22 - Diabetes Forum, Pure 41 in Geneva (Deb)

We could add some links to recipes for diabetics in STEPs E-News (Jan)

Sarah Jones, Community Health Navigator. Sarah helps residents find their way through the maze of agencies, forms, bills, appointments, phone calls in our healthcare system, and provides resource info to meet basic needs (housing, clothing, food). Her new phone # is 607-368-2678. Sarah plans to table at some of our upcoming events like Olde Home Days and Ovid Strawberry Festival.

Hannah Porter, Promotion Specialist for SC "Creating Healthy Schools & Communities" ("CHSC grant"). This is a new position. Press release has been submitted about the grant in Seneca County.

Next PH&W meeting: Monday, May 2 at 10 am, *in-person*

At the home of Phyllis Motill, 2233 County Rd 139, Ovid, NY. All are welcome.

Other Community Events – Save-the-dates:

5/07 (9a-12n) Three Bears Annual Plant Sale

5/14 South Seneca Schools' Composting Day

5/21 Swap Day (9a-3p) at Lodi Fire Hall

6/11 Olde Home Days - Lions

6/18 Ovid Strawberry Fest - Three Bears

