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| 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 health & wellness in the towns of Covert, Lodi, Ovid, & Romulus. |
| Meeting Date:  | January 9, 2023 |
| Meeting Time:  | 10:30 am |
| Meeting Location:  | Phyllis Motill’s home, 2233 County Rd 139, Ovid, NY 14521 |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Doris DePew, Karen Burcroff (SC United Way, by Zoom), Penny Gugino (Alzheimer’s Assoc, by Zoom, Jan Quarles.  |
| Minutes Issued By:  | Jan Quarles  |

| **Welcome & Intros (Phyllis Motill, Chair)** |
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| Welcome to Judy Mellgard, new PT Community Action Coordinator for STEPS. |
| **Ongoing STEPS Activities****The Walking Group at SS HS is paused until Spring.** **“Daily Burn:”** STEPS is sponsoring an online 3-month virtual workout accessed at the Ovid Library by asking for a free subscription to it. Funding source is NYS’ Office of Children & Families Services grant (OCFS); its goal is to get kids moving. **“Cool Down”** Also from the OCFS grant (see above), STEPS is sponsoring a workout for youth on Fridays after school at Lodi Library. **STEPS** is settling into our **new office on Main Street** next to the Italian Kitchen. Theresa and Phyllis will look for a sofa, comfy chair(s), coffee table, lamp table and lamp – to go under the windows for visitors.   |

| **Recent & Upcoming PH&W & other STEPS activities**  |
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| **REVIEWS** **Chair Yoga ends 1/31/23.** It was well-attended since mid-Oct by 19 residents. Teacher: Caryn Sheckler at Interlaken Library. **OVID** **WINTER FESTIVAL:** A new group of planners would like to expand it, apply for a tourism grant, have more light displays, and more businesses involved. Tina Jansen will announce time and place for next meeting. (Phyllis)**UPCOMING STEPS EVENTS****Sat, Jan 14 (9a-11a)** **Community Cooking Session** with Meg Jastran.Romulus School, Home Ec room at end of hall. Park & enter on **NORTH** side of school. For ages 6+ (ages 6-12 must be accompanied by teen or adult). No registration. **Sat, Feb 25 (10am-12n), at Ovid Fire Hall.****Sat, Mar 25 (time TBA) at Interlaken Reformed Church (across from school).****Sat, Apr 29 (time TBA) at Lodi Fire Hall.** **Tues, Feb 21 (6:30-7:30 pm)** **Kitchen Table** (via Zoom) open community discussion probably focused on agriculture’s impact on environment (conventional vs organic), as this originated during Vendana Shiva film discussion. Up to Shelley Pletcher. Theresa will follow up. **Weds, Mar 8 (5:00-6:00 pm)** **Micro-E Panel,** by Zoom or in person Lodi Library**.** **Thurs, Mar 23 (11am-1:00 pm) Alzheimer’s Community Forum** w/ Penny Gugino, at Ovid Library. Lunch is included. Free. Registration required. Penny will bring posters on January 23. We will finalize more details at our next PHW Meeting Feb 6. **Annual Day of Service: Earth Day (Sat, 4/22)** was suggested. The last one was mid-October but the schools are too busy to be involved at that time. **OPEN FORUM**The Red Cross is holding a Blood Drive on 2/21 (2-7 pm) at the Ovid Fire Hall. Register on-line to make an appt. **Next PH&W Meeting: Mon, Feb 6 (10:30-11:30 am)** at **STEPS’ new office**, 7180 Main St, Ovid, or by Zoom.  |