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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: | November 7, 2022 |
| Meeting Time: | 10:30 am |
| Meeting Location: | Phyllis Motill’s home, 2233 County Rd 139, Ovid, NY 14521 |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Theresa Lahr, Phyllis Motill, Linda Pacelli Dixon, Donna Andersen, Jan Quarles, Deborah Puntenney (by Zoom). |
| Minutes Issued By: | Jan Quarles |

| **Welcome & Intros (Phyllis Motill, Chair)** |
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| **Ongoing STEPS Activities**  **The Walking Group** is ongoing, Tuesdays 6 pm at the SS HS track, depending on weather and as the school’s athletic schedule permits. For SS HS athletic schedule go to <https://www.southseneca.org/page/athletics-home> .  **Kiosk at Three Bears’ Park:** The map and signage is nearing completion. If you’d like to post a community event inside the locked glass door, email it to Lynne Doyle [<lynnedoyle59@gmail.com](mailto:%3clynnedoyle59@gmail.com)>.  **Friday, Oct 7 (3-7pm)** was the last Ovid Farmers Market of the season.  **Chair Yoga (FREE)**, a STEPS RHPP, with Caryn Sheckler at Interlaken Libraryresumed on 10/18. It is held every Tuesday 10am-11am, and will run until mid-Feb. Great turnout on the first day: 18 people took the class. |

| **Recent & Upcoming PH&W & other STEPS activities** |
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| **Sat, 10/15 (8:30 am-1:30 pm): STEPS Day of Service** was a success. 7 organizations participated at 6 sites, with 42 volunteers.  .  **Evaluations of STEPS’ Activities** & **Observations** **of Main Street in our towns** happens every 2 years, and took place the last half of October:   * Alys Mann met with residents to gather feedback and trained us to do direct observations & take photos along Main Street in Ovid, Interlaken, and Lodi, * Greater Rochester Health Foundation (STEPS’ funders) met with STEPS & SOAR to review our activities and brainstorm new ones for 2023/2024. * Linda, Jan, and Theresa shared some of their observations. Doug Dixon is taking photos this week.   **Mon, 10/24 (6:30 pm**) by ZOOM. **E3 Working Group Meeting** (environment, economy, education).   * Sara Flack gave an update on CHSC. She’s trying to get funding for Interlaken, Mini-grants are for things like bike racks, planters, crosswalks, benches. CHSC will be adding food pantry shelves in the libraries. * Willard will remain heated over the winter (NYS allocated $4 million). * CCE is hiring a Natural Resources Environmental Educator. * STEPS’ Micro-Enterprise program only offers micro loans now, not grants.   **Sat, 10/29 (2-4 pm) Tree Identification Walk** with Josh Teeter at Lodi Point State Park. Great event, attended by 28 adults and 12 kids. Nora Snyder opened it by reading a children’s book on trees to the gathering circle. Per Laurie Rubin’s initiative, STEPS funded “Peterson’s First Guide to Trees” (pocket book) which were distributed to kids at the event (and enthusiastically used).  **UPCOMING events & activities**  **Weds, 11/16** (6:30 pm) by ZOOM: **Community discussion** of the award-winning documentary **“The Seeds of Vandana Shiva”** about the global grassroots movement to push back against Monsanto’s control of seed-saving and its industrial pollution that increases global warming. Get the link to watch it in advance by emailing [<stepscommunity@s2aynetwork.org](mailto:%3cstepscommunity@s2aynetwork.org)>. This link is timed for a 3-day viewing period: Nov 13-15 only.  **Sat, Dec 3 (8a-5p):** **Ovid’s annual WINTER FEST** – See the Three Bears’ poster (below) for full schedule which includes Ovid Fire Dept breakfast; Ovid Federated Church luncheon; STEPS Tabling (set-up 12:30 pm); Parade at 3:00 pm. Tree Lighting at 4:00 pm. Much more!  **Other Community Partners’ Updates**  Penny Gugino of the Alzheimers Association of Rochester wants to **reschedule** the 11/3 Community Forum at Ovid Library for TH, Jan 12 (11-1) **due to lack of registration. Andrea, Jan, Theresa and Phyllis discussed it, and emailed Penny to see if this could happen in February instead.** January gets the lowest turnout, per Andrea, and we won’t have enough time to promote it right after the holidays.  **Community Cooking Sessions** with Meg Jastran, a STEPS RHPP: Plans are in the works to hold one of these per month, January through April 2023, in each of the 4 towns. See STEPS E-Newsletter and announcements in our E-list for details.  **Open Forum**  **Next PH&W Meetings: Mon, Dec 5th (10:30-11:30 am)** at Phyllis’ house or by Zoom.  Mark your calendars for the PH&W meeting after that. It will be Mon, Jan 9th (10:30am). |

