**STEPS Phase V Worksheet 1: Improving Personal Health and Wellness**

**Goal:** *Improve Physical & Socio -Emotional (mental?) Wellbeing*

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| **Strategy I Goals and activities** | ***Strengthen and Improve Social Connectedness***1. *Create a Community Communication Network*
	1. *STEPS will continue to communicate with STEPS neighborhood through its weekly Newsletter and pursue effective communication through other media as a way of engaging residents, including Facebook and Instagram. This activity support STEPS messaging to encourage new residents bring their ideas and energy to the table and increase participation in DOS and other STEPS organized events, initiatives and learning opportunities.*
2. *Maintain and expand Communiversity.*
	1. *Communiversity is a space created and used by residents to share their skills and knowledge with other residents. Classes will be no-cost or a minimal charge to cover the cost of materials. Residents have expressed interested in such classes as financial planning, weekly meal planning, stress reduction, auto maintenance, home organization and estate planning. Partnerships and plans with our libraries to provide sustainability of this concept.*
3. Community local grounded activities to improve social & emotional wellbeing and mental health.

 a. *Emergency preparedness to improve to sense of security other opportunities such as crafting classes, an ornithology series to include bird watching walks.* |

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| **Strategy 2 Goals and activities** | ***Promote Nutrition and Healthier Eating Habits***1. *Promote healthier food preparation.*
	1. *Partner with Seneca County CCE, provide food samples and written materials on nutritional value and recipes for the food items available seasonally and locally*
2. *STEPS Healthy Meeting and Event Guidelines*
	1. *STEPS will encourage formal and informal association and organizations to adopt our meeting guidelines to promote healthier eating*
3. *Activity provides demonstrations and hands-on learning on a variety of healthy & cooking eating topics.*

*a. Overarching topic will include use food preservation (and us of equipment available through Food 4 All pantry) STEPS will offer increase cooking and nutrition class instructors. Class schedule and location will be varied. (Note: These classes also support the Communiversity activity—residents teaching residents).* |

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| **Strategy 3 Goals and activities** | ***Encourage Physical Activity***1. *Maintain and expand exercise & walking programs.*
	1. *opportunities for exercise such as bird and trail walks, Latin or Square dancing to be offered at various locations*
	2. *Support exercise through walking, exercise classes, and with scholarships for residents who cannot afford class fees. STEPS residents will increase the number of classes across age and ability levels. Overarching environmental changes include stretch breaks, walking meetings, stretch r exercise brae during meeting classes or events in duration warranting such*
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