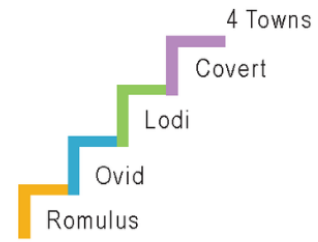




# STEPS

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Seneca Towns Engaging People for Solutions

## Personal Health & Wellness Working Group

**Monday August 4th, 10:30 am-11:30 am**

**Ovid Library and by Zoom**

### ➤ **Welcome & Introductions**

- Deb Bush, Phyllis Motill, Tom Bouchard, Doris Depew, Tina Jansen, Sarah Strichartz, Emily Hoffman, Theresa Lahr, Brian Quan, Megan Okeefe, Isabelle Ceddia, Deborah Putney, Hannah Farley, Delia Olufsen

### ➤ **Lions Club**

- Tina Jansen from the Ovid Lions Club presented Theresa Lahr a check for \$500 for STEPS.

### ➤ **Reports from Ovid Community Health -Emily**

- Milagros Melton emailed Emily that for the past two years (July 16, 2023-July 15, 2025) Ovid shows a total of 1,065 unduplicated patients, and 3,014 visits.

### ➤ **Report Out on Events**

- Youth Activities with David Corning – Emily



- Romulus Summer Rec – Emily
  - Emily went to the Romulus summer recreation program to talk about functional exercise vs. organized physical exercise. She discussed how you can be active by doing chores etc. without playing an organized sport. The second time she went, she discussed mindfulness and balance. There were about 49 kids in attendance between the two days.

#### ➤ Upcoming Community and PH&W Events

- Emily – Reaching out to after school activities to collaborate.
- Theresa shared that STEPS is helping fund playground replacement parts for the village of Ovid Park. Deb mentioned that the Lions club may help fund this project as well. Phyllis stated that combining resources for projects is important and a successful way to complete them.

#### ➤ OPEN FORUM

- Deb shared that the Lions are taking on the topic of mental health as one of their focus areas. The Ovid Lions club will be partnering with the United Way for their health event (see flyer below):

# Please Join Us for

## PAINTING THE PICTURE TO WELLNESS THROUGH AWARENESS

### OAK ISLAND, WATERLOO MON. AUG. 25<sup>TH</sup> 6-8 PM

- SNOW CONES
- FACE PAINTING
- 7PM KID COLOR RUN
- SPIN ART
- AND MORE!

**FREE**



United Way  
of Seneca County

Rotary



Public Health  
Prevent. Promote. Protect.  
Seneca County, NY



**CAW**  
COUNCIL  
ON ALCOHOLISM & ADDICTIONS  
OF THE FINGER LAKES

- Theresa shared that Pivotal is planning on partnering with the STEPS community for a NEAR training (**NEAR Science** stands for Neurobiology, Epigenetics, Adverse Childhood Experiences (ACEs) and Resilience research. NEAR Science represents a paradigm shift in human understanding of individual and societal health and wellbeing.)
  - Deb shared that the food pantries are low on food because of all the federal funding cuts. She asked everyone to donate food if they could (top items include peanut butter, tuna, and pasta).
- **Next Meeting: September 8th from 10:30am-11:30am at the Ovid Library or by zoom.**