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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/Time/ | April 3,2023 10:30 Minutes by JMellgard |
| Meeting Location: | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Peg Brown, Karen Burcroff (United Way) Deb Bush, Doris DePew, Mary Joslyn, Hannah Farley (Cancer Services) Deb Puntenney ( STEPS Technical Advisor via Zoom) |

Welcome & Intros Phyllis Motill Workgroup Leader

Planning Discussion

**Community Café Karen Burcroff** -United Way: *Program uses national model for simple discussion tables – 3 prompt questions recorded in groups on paper-County providing dinner, Steps (TLahr doing snacks via CCarmona) KB will do fliers and distribute, is including in school packets, is reaching out to schools and personnel*

**Sewing Project *Ryan’s Cases for Smiles* Deb Bush** is *continuing to develop plans for sewing project based on Ryan’s Cases for Smiles. Potential date of Mid-August, is developing leads for machines, location and outreach.*

**Earth Day Youth Exercise Event** -Mary Joslyn: *Target 8th grade to highschoolers, hope for 12 participants-MJ developed flier she will post and distribute, do registration through her email, will do youth outreach to schools*

**Risers Meeting with Alys Mann** *Main Streets in Southern Seneca County, invites being sent to local officials, town businesses, partner groups in downtown streets -community leaderss*

**Kitchen Table Topics** *Topics for Summer Table discussion events – Screenings and Health (Hannah Farley) and Clutter ( Physical or Mental Centering) -Linda Pacelli Dixon as possible leader Will continue to discuss*

Review of Activities

**Weds March 8 Micro-E Panel/Lodi Library.** *2 attendees- 1 with possible loan request*

**Thurs March 23 Alzheimer’s Community Forum/** Ovid Library Penny Gugino *9 attendees-bag of materials given and plans discussed for ongoing programs and possible support group*

**Sat March 25 Community Cooking** Interlaken Reformed Church *14 attendees*

**UPCOMING STEPS Activities**

Mon April 17 Risers with Alys Mann *Main Streets of Southern Seneca County*

Tues April 18 Steps Zoom Trip to the Brainery https://rochesterbrainery.com/

Wed April 26 Community Café *Resilience for Youth and Families* United Way at Seneca Community Church

Sat, Apr 29 Community Cooking Session with Meg Jastran Lodi Fire Hall

**ONGOING STEPS ACTIVITIES**

**The Walking Group** at SS HS is paused until Spring with Janet Lynch and School District for track use.

**Kitchen Table** topic and date being revised.

**Day of Service (TBD October) to convene planning with Jan Quarles after snowbirds return.**

**OPEN FORUM**

| **REVIEWS**  **The Walking Group** at SS HS is paused until Spring.  **Strawberry Festival**  OVID WINTER FESTIVAL: Meeting scheduled PMotill to report |
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| **OPEN FORUM**  More discussion re upcoming events – Kitchen Table Topics |
| **Next PH&W Meeting: May 1 (10:30-11:30 am)** at **STEPS’ office**, 7180 Main St, Ovid, or by Zoom. |