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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:  | February 6, 2023 |
| Meeting Time:  | 10:30 am |
| Meeting Location:  | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Judy Mellgard, Doris DePew, Janice Conrad, Theresa Lahr (Project Director by Zoom) Penny Gugino (Alzheimer’s Assoc, by Zoom) Natalia Nelson ( Finger Lakes Health, by Zoom)  |
| Minutes Issued By:  | Judy Mellgard |

**Welcome & Intros (Phyllis Motill, Chair)**

**Review of Activities Steps Open House** Well Received- Kudos to all

  **Alzheimer’s Classes and Events Ongoing at Library**

 **Lions event 3/1/2023** Continue to support

 **Community Cooking with Meg Jastran** Jan 14 at Romulus 16 attended

**UPCOMING STEPS Activities**

**Tues, February 7 (4:00-6:00) Food Distribution Event**, South Seneca Central School

**Sat, Feb 25 Community Cooking Session with Meg Jastran (10-12)**

**Tues, March 7 (4:00-6:00) Food Distribution Event**, South Seneca Central School

**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.

**Sat, Mar 25 Community Cooking Session with Meg Jastran (10-12) at Interlaken Reformed Church**

**Sat, Apr 29 Community Cooking Session with Meg Jastran (10-12) at Lodi Fire Hall**

**ONGOING STEPS ACTIVITIES**

**“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.

| **REVIEWS** **The Walking Group** at SS HS is paused until Spring.**Kitchen Table** topic and date being revised.**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 will report) |
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| **OPEN FORUM**Calendar Review for Day of Service Theresa Lahr to investigate.Discussion with Deb Bush proposal for a sewing project *Ryan’s Case for Smiles*Discussion from Phyllis and materials presented about *Community Café* sponsored by United Way (Karen Burcoff in contact with Phyllis). Seneca Community Church as possible date. Theresa Lahr to finalize.RHPP’s in progress Relaxation Yoga with Roxanne Gupta  |
| **Next PH&W Meeting: March 6 (10:30-11:30 am)** at **STEPS’ new office**, 7180 Main St, Ovid, or by Zoom. |