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| Program/Area: | Physical Health & Wellness Workgroup |
| Meeting Purpose: | To share ideas, report on activities, and make decisions for projects concerning physical health & wellness in the towns of Covert, Lodi, Ovid, & Romulus. |
| Meeting Date: | May 2, 2022 |
| Meeting Time: | 10:00 am |
| Meeting Location: | At the home of Phyllis Motill, 2233 County Rd 139, Ovid, NY |
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| Attendees: | Phyllis Motill (Chair), Deb Bush, Theresa Lahr (STEPS), Jan Quarles (STEPS), Deb P. (by Zoom). |
| Minutes Issued By: | Jan Quarles |

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| **Welcome & Introductions**  Phyllis Motill (Chair) welcomed everyone. STEPS is now in its 8th year.  **Discussions & Updates on PH&W activities & focus areas**  (Phyllis) The Ovid Kiosk (on the front lawn of Three Bears, near Main St) will be completed by mid-June. There will be a map that shows historical sites in Seneca County, and says, “All roads lead to Ovid.” The kiosk will also include a community bulletin board.  (All) Mental Health: Margaret Morse from SC Mental Health will be at our next PH&W meeting. Phyllis plans to ask her how we can benefit from the big grant her department just received. We’d also like Margaret to provide advice on de-escalation when there is someone acting disruptive or threatening in a group.  (All) Many mental / emotional disorders are connected to food. If we hear about someone who needs help, follow-up is essential. One option is to call Sarah Jones, Health Navigator, for resource referrals (607) 368-2678. STEPS continues to strive to provide activities and social events that may decrease mental illness in our community. It often stems from lack of resources and loneliness.  (All) Review of Home Safety Training on 4/25 with Deputy Sheriff Dan Jacobsen at STEPS Office. Latest digital protection systems like “Ring” proved useful. We all felt we need more advice from *mental health professionals (not just law enforcement)* on how to deescalate when someone is disruptive due to mental illness or under the influence of drugs or alcohol.  Deb did some preliminary legal research on the questionable assertion by Jacobsen that bail reform has made it legal for an arrestee to return to the victim’s home the next day with legal counsel. Phyllis will call the DA to find out more. After the meeting, Theresa emailed more info on it (see bottom of page\*).  (Phyllis) The annual Ovid Strawberry Festival, scheduled for Sat, 6/18 (8a-3p) is shaping up. Phyllis is receiving more vendor requests. Mike Bellone will bring a Fire Truck; site for the truck TBD.  (Theresa) STEPS’ Wellness Corner (10a-2p) will be featured at the Strawberry Festival. A variety of health-related activities planned for all ages, including an Irish Step Dance demo (12n-12:45pm).  (Jan) Interlaken Public Library has a new interactive online community calendar on their website where local groups can post their events. If you have trouble loading your event there, call Chelsea Hastings, Library Director at (607) 532-4341, and she will load it for you. Go to <[www.interlakenpubliclibrary.org>](http://www.interlakenpubliclibrary.org) .  (Theresa) We should all click “Like” on FB page of “Ovid Next Door.” Jan will promote their events on STEPS’ FB page.  (Theresa) Empty Pill Bottle Collection: the drop-off site is Interlaken Village Office. This is a STEPS’ RHPP to keep plastic out of the environment. The bottles are cleaned and re-used overseas. Phil Stannard (head of The Grange) is the Project Leader.  (Phyllis) Weekly Walking Group in Ovid is every Tuesday at 6 pm at the South Seneca HS track. Janet Lynch (OFC) is the organizer. No one keeps track of turnout, and no pre-registration is required. Just show up!  (Deb) Cooking Sessions (“planet-friendly, plant-based"). This is a STEPS RHPP led by Meg Jastran. For our very first session, we had a good turnout (15 including helpers) at The Good Life Farm in Interlaken. We want to engage more youth (ages 6 & up), so we’ll make sure the schools know about it. STEPS placed ads for 3 weeks in The Shopper, distributed posters widely, and continues to promote these sessions on social media. Deb & Jan will meet with Meg on May 5.  (Theresa) “Be Kind to Bees,” a STEPS RHPP led by Marti Macinski, is part of a collaborative, lake-friendly event (“Be Part of Our Climate Smart Community”) scheduled for 5/07 (10a-1p) at Lodi Library (both indoors & outdoors) for all ages. “Be Kind to Bees” was initiated by a small group of residents who will plant pollinator-friendly, fruit-bearing shrubs in the Lodi Community Garden.  (Jan) Guided Bird Walk, 6/04 (10a-11a), Sampson State Park. The trail is level and accessible to wheelchairs & baby strollers. Marc Devokaitis, from Cornell’s Lab of Ornithology will guide the tour.  (Phyllis) Emergency First Aid training w/Chris Nelson, 6/20 (6-9 pm) at the Masonic Hall in Interlaken.  **Upcoming STEPS Events**  **3 more Cooking Sessions (for age 6 & up) on Sats (10a-12n):**  5/07 at Lodi Fire Hall  5/21 Romulus School  5/28 Ovid Library.  FREE. Come to one or all three. Register with STEPS. Drop-ins welcome.  5/07 (11a-1pm) “Be Part of Our Climate Smart Community” at the Lodi Library; both indoors & outdoors; for all ages. This is a kick-off for STEPS’ “Be Kind to Bees.” Pre-register at [www.flrwa.org/lake-friendly-living](http://www.flrwa.org/lake-friendly-living).  6/04 (10-11am) Guided Bird Walk at Sampson State Park with Marc Devokaitis (from Cornell Lab of O). Register with STEPS.  6/18 At the annual Ovid Strawberry Festival, STEPS’ Wellness Corner will be indoors from 10a-2p. (The Festival will go from 8a-3p).  6/20 (6-9 pm) Emergency First Aid Training w/Chris Nelson. Masonic Hall, 8396 N. Main St, Interlaken. Register with STEPS.  7/18 (6:30 pm) STEPS Quarterly RISERS Meeting, ***in-person; site TBA.*** We willcelebrate the approval of STEP’s Phase V.Representatives of each STEPs working group will report. All are welcome, even if you’re not currently part of a working group.  10/15 Day of Community Service (to be discussed at future PH&W meetings).  \*Here is Theresa’s email following up on the home safety issue discussed above  *Effective Jan. 2020 Criminal Procedure Law 245.30(2) permits a defendant to have access to a crime scene, but ONLY after defense counsel files a motion with notice to the prosecution and property owner AND the court grants the motion. The court has to balance the defendant's need to access the premises to obtain evidence versus the owners’ privacy interests. IF the court grants the motion, law enforcement has to be present when the defendant is present. It's not like the defendant can just come barging into a place without warning. It was all part of the bail/discovery reform legislation.*  Also, the attached may be of interest, our county crime rates. Check out this interactive map for crime by zip code. You can search by crime and scroll down and see a map for specific crimes, such as burglary.    <https://crimegrade.org/burglary-14521/>    Lastly, here are the crime rates per 100,000 residents. This includes gun crimes.  <https://www.criminaljustice.ny.gov/crimnet/ojsa/indexcrimes/2020-county-index-rates.xls> |