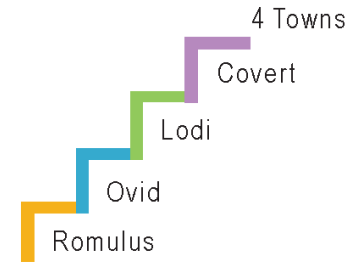


# STEPS

7180 Main Street  
 P.O. Box 621  
 Ovid, NY 14521  
[stepscommunity@pivitalphp.org](mailto:stepscommunity@pivitalphp.org)



## Personal Health & Wellness July 1, 2024, Minutes

<b>Program/Area:</b>	Personal Health & Wellness working group
<b>Meeting Purpose:</b>	To share ideas, report on activities, and make decisions for projects concerning the improvement of personal & wellness in the towns of Covert, Lodi, Ovid, & Romulus
<b>Meeting Location:</b>	STEPS OFFICE & by Zoom
<b>Workgroup Leader:</b>	Phyllis Motill excused absence, Theresa Lahr facilitated
<b>Attendees:</b>	Katie Bauer, Deb Bush, Doris Depew, Hannah Farley, Karen Burcroff, Linda Pacelli Dixon, Deborah Puntenney, Theresa Lahr

### Welcome & Intros.

**Planning Discussion** The SAFE bill was signed by the governor (Stop Addictive Feeds Exploitation) prohibiting addictive feeds (used by social media platforms) to minors to protect mental health of children. Phyllis (absent) to share thoughts and advocacy for cell phone ban during school hours at July Risers.

### STEPS' Ongoing Activities

Walk 'n Talk, Tuesdays (6 pm): In warm months, meet at the SS HS track in Ovid. If the school is using it, meet across Main St. in church parking lot. Contact: Janet Lynch [lynchjl@me.com](mailto:lynchjl@me.com)

Outdoor Pickleball: SS HS tennis courts, after 6 pm when schools in session; any time when it is not.

### STEPS' RECENT Activities

Youth Tae Kwon Do: at EBF Library, for 7 Wednesdays, ended 6/12.

NYS Office Parks and Rec application submitted 6/21 to offer learn to swim lessons at Sampson. Emily Hoffman will conduct through a subcontract grant from Seneca County Workforce Development NYS Office of Children & Family Services. Emergency Action Plan & liability is being fleshed out.

### Debriefed

"Play with Purpose:" Sat, May 18 at Cedarwood in Trumansburg. A fundraiser for Water Tower Park in Interlaken. Received an Emil Muller Foundation invitation to apply for grant to support the project to be submitted by the end of summer early fall for November board review.

June 8: Olde Home Days

June 15: Ovid Strawberry Festival. STEPS' Wellness Corner

June 17 and July 1 colorectal home kits offered by CSP of the Finger lakes at STEPS office.

### Planning Discussion

STEPS' sustainability beyond July 2025: Infrastructure, capacity and staffing funding needed post 7/31/2025 when GRHF funding ends. Robert Wood Johnson Foundation Culture of Health Prize (unrestricted funds) submitted. American Fund Grant for the Golden Pear Award is in progress for brick and mortar (unrestricted), to maintaining office space.

### Upcoming STEPS Activities

RHPP – June 27, Sip n Stroll at Ovid Community Garden

Focus Group: U or R (Genetic Tele Health) July 17 at STEPS office

Youth Yoga at Interlaken Library in August

STEPS' E3 Working Group: Mon, July 22 (6:30-7:30 pm) by Zoom.

Cancer Service June 17 and July 1 colorectal home kits given out at STEPS office.

RISERS Gathering: Mon, July 8 (6:30-8 pm) at STEPS' office. IDA Chair Bruce Murray will be our quest speaker.

- Youth Yoga at Interlaken Library in August.
- Gavyn (teen), Deb Bush's grandson may hold a cooking class in late fall or early 2025.
- Sat July 13, Lodi Festival 10-4 –tabling and a youth game supervision resident volunteers arranged.

### Open Forum

Katie Bauer from U of R Medical Center for Community Health & Prevention spoke about "Promote Health" She is reaching out to Seneca County Senior Center to gauge interest in holding a class on the north end. Unfortunately, we did not meet the minimum class participation requirement to conduct the class in Ovid.

Karen Burcoff talked about National Night out: 8/6 at Lott Farm. Inviting STEPS to participate.

**Next PH&W Meeting at STEPS Office**, August 5, 10:30am. 7180 Main St, Ovid, or by Zoom.