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| Program/Area: | Personal Health & Wellness working group |
| Meeting PurpoSse: | 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 Info | November 6, 2023 Minutes by JMellgard |
| Meeting Location: | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Sarah Bush, Doris DePew, Linda Pacelli Dixon, Hannah Farley Deb Bush ( Zoom) Karen Burcroff ( Zoom) Sarah Flack ( Zoom) Karel Titus (Zoom) Andrew VanCuren ( Zoom) |

Welcome & Intros Phyllis Motill Workgroup Leader

Planning Discussion

* Risers November 15th – JoeMcGrath from Seneca planning to do 45 minute presentation on Housing report, Group Leaders to cover topics
* Sewing Project/ *Ryan’s Case for Smiles*:  Deb Bush November 18 All set with publicity, location, machines, fabric, ( several sources for fabric, Deb has a plethora of options), sewers at the ready
* Interlaken WaterTower Park T Lahr- continues to explore planning options, seasonally slowing down, discussions with several like Bonafiglia and Mueller.
* Willard /IDA Final presentation scheduled, High level of community involvement and interest noted, brainforms all through process included community members and interests like tribal councils.
* WinterFest planning continues Deb Bush reporting that tourism grant request was sent with assistance of T Lahr, Business and Decorating Contests arranged, seeking lighted tractor parade at idea of Ellen Eastman Smith,
* RHPP- Communiversities – Planning for STEPS future

Review of Activities

* Day of Service very successful Oct 14th – more sites and people participating/ weather was a bit harsh limiting some sites outdoor activities- JQ following up about more 1:1 work done on sites. 41 people for lunch at Ovid Firehall, 11 active sites. Smoothie Bike very popular with Scout troop who participated at their Garden patch at OFC.
* Kitchen Table *Your Colon and You: Screenings for Everyone* with Hannah Farley of Cancer Services had many invested STEPS volunteers attending, but it was discussed about reaching out to public via social media about opportunities to get screenings for those not insured. Hannah lauded for her participation and leading complex conversation about medical system, screenings and the realities of cancer itself.
* Trunk and Treat – T Lahr participated at Library – gave out healthy treats to about 325 kids, positive kids behavior and many thank you’s noted. Barr Halloween trail attended by Theresa Lahr and Janice Conrad of the WaterTower Park Committee.

Upcoming PHW - STEPS Activities

RISERS November 15th – Alys Mann, Housing Consultant to present about STEPS continuing evaluation of local municipalities.

Ongoing Steps Activities

Pumpkin Stand is doing recycled pumpkins for community – another vendor will also take.

Walk and Talk Tuesdays slowed down due to sports activities/ weather

Ongoing support mentioned by Phyllis Motill of Alzheimer’s groups and educational sessions.

Sustainability of STEPS project on all agendas

**Open Forum:**

Three Bears: Board of Supervisors will ring the bell at Three Bears during the elevator dedication ceremony – first time in 100 years on November 14th

Karen Burcroff of United Way mentioned Large Health fair to be held in Seneca Falls, Triple P Parenting class options, publicizing of Suicide Support Group starting back up, programs by Council on Alcoholism. UWay website is working through series of adjustments to have live clickthroughs and links for other services

Karel Titus mentioned working with Seth Kirchen. She recommends Stolen Focus, current book release about speed of information, life events and inability to prioritize and focus information

AJ VanCuren discussed Health Department’s Community Health Improvement Plan, and the object to get suicide and mental health resources more prominently seen and used in area.

Deb Bush explained focus of Finger Lakes Lions Hearing Foundation – funding 2 hearing aids for those in need, what poverty level income means with fees and administrative costs All Lions collecting used glasses and hearing aids.

Brief discussion of STEPS past involvement in local transportation issues, with continuing needs here in community

**Next PH&W Meeting December 4 at 10:30 at the STEPS Office**, 7180 Main St, Ovid, or by Zoom.