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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: | December 5, 2022 |
| Meeting Time: | 10:30 am |
| Meeting Location: | Phyllis Motill’s home, 2233 County Rd 139, Ovid, NY 14521 |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Theresa Lahr, Judy Mellgard, Phyllis Motill, Linda Pacelli Dixon, Deborah Puntenney (by Zoom), Jan Quarles. |
| Minutes Issued By: | Jan Quarles |

| **Welcome & Intros (Phyllis Motill, Chair)** |
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| Welcome to Judy Mellgard, new PT Community Action Coordinator for STEPS. |
| **Ongoing STEPS Activities**  **The Walking Group** meets Tuesdays, 6 pm, SS HS track, pending school’s athletic schedule & weather. Judy will ask if indoor track available. HS athletic schedule go to: <https://www.southseneca.org/page/athletics-home.>  **Kiosk at Three Bears’ Park:** Email posters to Lynne Doyle [<lynnedoyle59@gmail.com](mailto:<lynnedoyle59@gmail.com)>. History Tour panel, & repainting, this Spring.  **Chair Yoga** with Caryn Sheckler at Interlaken Library10/18/22-1/31/23. Tuesdays 10am-11am. Free, sponsored by STEPS. |

| **Recent & Upcoming PH&W & other STEPS activities** |
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| **REVIEWS**  **Mon, 11/28 (6:30 pm**) by ZOOM. **E3 Working Group Meeting** (environment, economy, education). Theresa gave an update. See STEPS’ web site for meeting minutes.  **Sat, Dec 3 (8a-5p): OVID** **WINTER FEST:** Well attended despite windy, rainy weather. 35 kids rode the ponies provided by Katie Keery, Full Moon Farms in Lodi. STEPS couldn’t table. Looking ahead, tablers need a Rain Plan with indoor spaces.  **UPCOMING STEPS EVENTS**  **Sat, Jan 14 (9a-11a)** **Community Cooking Session** with Meg Jastran.  Romulus School, Home Ec room at end of hall. Park & enter on **NORTH** side of school. For ages 6+ (ages 6-12 must be accompanied by teen or adult). No registration.  Tentatively hold these Sats**: Feb 25, Mar 25, Apr 29** for our next 3 Cooking Sessions in Ovid, Interlaken and Lodi (all locations TBD).  **Tues, Feb 21 (6:30-7:30 pm)** **Kitchen Table** (via Zoom) open community discussion about environmental issues.  **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.  **OPEN FORUM**  Theresa updated us on Willard. The Task Force includes some Haudenosaunee. Deb P spoke about Economic Development folks who are involved including Greg O’Connell, Louise Wadsworth (Downtown Coordinator with Livingston County Economic Development). Deb is providing contact info on them to Ave Bauder.  **Next PH&W Meeting: Mon, Feb 6 (10:30-11:30 am)** at Phyllis’ house or by Zoom. |