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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: | September 12, 2022 |
| Meeting Time: | 10:00 am |
| Meeting Location: | Phyllis Motill’s home, 2233 County Rd 139, Ovid, NY 14521 |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Theresa Lahr, Phyllis Motill, Linda Pacelli Dixon, Jan Quarles, Donna Andersen, Tonya DiCaprio, Donna Jo Elling. (By Zoom): Hilary Lambert, Karen Burcroff (United Way). Guest: Penny Gugino (plgugino@alz.org). |
| Minutes Issued By: | Jan Quarles |

| **Welcome & Intros (Phyllis Motill, Chair)** |
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| **Guest Speaker:** Penny Gugino, Program Manager of Alzheimer’s Association in Rochester, gave us a presentation about the disease, resource info on it, and how we can increase public awareness about it. Their 24/7 Helpline is (800) 272-3900.  Penny has distributed info packets to all the libraries in Seneca County. This fall, she will be focusing her outreach on the southern half of our County. She’d like to convene a public info meeting in November at the Ovid Library. STEPS will help promote it. |
| **Ongoing STEPS Activities** |

| **Recent & Upcoming PH&W & other STEPS activities** |
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| Fri, 9/9 (1:00pm) Doug Dixon presented “Intro to Beekeeping as a Hobby” to 19 students in Patty Parsons’ High School class at the South Seneca cafeteria. This is part of STEPS’ “Communiversity” program in which residents share their talents and skills with other residents for free.  Tu, 9/13 (1:30-2:30pm) “Kitchen Table” community discussion on COMPOSTING at Lodi Library, with Marti Macinski, manager of the Lodi Community Garden,.  Fri, 9/16 (5:30 pm) Community Discussion on HOUSING at the Three Bears gazebo. Rain plan: held in Ovid Library.  Mon, 9/26 (6:30 pm) E3 Working Group by Zoom (environment, education, economy).  Weds, 9/28 (5:00 pm) Micro-Enterprise Panel at Ovid Library. Space is limited. Register at <stepscommunity@s2aynetwork.org>  Effective Sat, Oct 1: New location for Lodi Food Pantry: 9382 Lodi Center Rd, Lodi. Open: Saturdays 12:30-2:00 pm. Box pickups 11:30a-12n.  Sat, 10/15 (8:30 am-1:30 pm): STEPS Day of Service – in southern Seneca County.  Sign-up deadline extended to 9/29. We sent the invitation & forms to 28 organizations. So far, we have commitments from The Three Bears, community gardens in Ovid & Lodi, the Lions Club, and Backbone Ridge Historical Society in Lodi (Bill Sebring).  Mon, 10/17 (6:30-7:30 pm) by ZOOM. Alys Mann, who is doing a STEPS evaluation, will train STEPS staff & community members to do observations of STEPS’ improvements.  Mon, 10/24 (6:30 pm) by ZOOM. E3 Working Group Meeting (environment, economy, education).  **Other Community Partners’ Updates**  Karen Burcroff (United Way of Seneca County) sends monthly “211” reports to Goodwill of the Finger Lakes in order to assess the need for critical health and human services in our county. <goodwillfingerlakes.org> (585) 232-1111.  **Open Forum**  Tonya DiCaprio would like there to be a pushbutton at the lights at Main intersection in Ovid (CR 139 & Main) for pedestrians to cross safely.  Theresa reported that the residents of Verona Village, the senior housing facility in Ovid, will be temporarily relocated during renovations. Ithaca Neighborhood Housing Services (INHS) is overseeing this.  **Next PH&W Meeting**  Mon, Oct 3 (10-11 am) at Phyllis’ house or by Zoom. |