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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 Info | January 8, 2024 Minutes by JMellgard |
| Meeting Location: | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill absent, Meeting facilitated by M. Theresa Lahr |
| Attendees: | Doris DePew, Hannah Farley , Karen Burcroff ( Zoom) Sarah Flack ( Zoom),Natalia Nelson (Zoom), Andrew Rude ( Zoom) ,Theresa Lahr, Judy Mellgard, |

Welcome & Intros Theresa Lahr

Planning Discussion

Healthier Desserts – February 3 Meg Jastran at OFC 11:00

Healthy Cleaning ( Eco?) with Sarah Bush set for Saturday February 17th – space to be chosen

TACFL – United Way working with Lindsay Rehmer at the Tobacco Action Coalition of the Finger Lakes (**Lindsay**.**Robbins**@**Lung**.org) to address smoking as serious health issue in homes.

*Ongoing:*

Interlaken WaterTower -Park T. Lahr- attended Bonafiglia Foundation webinar with two committee members

Willard /IDA- January 18th Task Force meeting

RHPP- Communiversities – SeedBombs and other activities by April Hunt

Planning for STEPS sustainability – Meetings being held with AMann re evaluation – Risers Feb 12

Upcoming PHW - STEPS Activities

Painting with Peg at Ovid Library with Seneca Senior Center

Healthier Desserts Feb 3 11-1 Ovid Federated

Food Distribution first Tuesday of each month

Walk and Talk on Hiatus until School roof is fixed

**Open Forum**

Sarah Flack CHSS/ Seneca County: Very busy – great update to share that in- home day care provider was approved in Interlaken, and Kitchen Cupboard Pantry also approved and supported. CrossTeam participated in Walkability study with James Reynolds in Ovid looking at prioritized tasks of parking with neighborhood and residential activities like painting crosswalks, DOT signage. Romulus School is reviewing wellness policies. There are new liaisons in all the school districts.

Andrew Rude from Health Department shared that Healthy Neighborhoods grant numbers are being calculated, looks like 3rd quarter had more South Seneca participants – program year ends in March, year 3 of a 5 year grant. Covid Test supplies (mainly distributed at their office and through libraries in South Seneca for this part of county) are running low. 17 Staff were trained in Narcan usage at South Seneca Schools.

Hannah Farley from Cancer Services shared upcoming Wine Trail Variety Store, Seneca Falls hosting the mammography van. (An excellent planning guide [available here](UR%20Mammo%20Van%20Site%20Coordinator%20Guide.pdf)). A new medical practice office is serving the Amish population – using cash and local retired provider, seeks Nurse Practitioners

Karen Burcroff let us know that the United Way is cosponsoring a seminar aimed at landlord and rental -owners and dwellers with [TACFL (flier here)](TACFL%20+%20United%20Way%20Flyer%20(1).png) about smoking – STEPS to co-sponsor and particularly promote event held in South Seneca. *Kairos: Witness to Injustice Blanket Activity”* is free and open to the public with lunch on the 20th of January. The program is sponsored by the Native American Community Services in Buffalo, the Neighbors of the Onondaga Nation, the United Way of Seneca County, and the Seneca County Substance Abuse Coalition

Alzheimer’s Support group and presentations continued to be well attended at local library.

NAMI six month schedule of support group meetings for families not doing as well.

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