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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 | December 4,2023 Minutes by JMellgard |
| Meeting Location:  | STEPS OFFICE and by Zoom  |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Karen Burcoff, Deb Bush, Doris DePew, Linda Pacelli Dixon, Hannah Farley (Zoom), AJ Van Curen ( Zoom) Guests Lindsay Robbins Kremers, Shana Carter from TACFL |

Welcome & Intros Phyllis Motill Workgroup Leader

Presentation from TACFL: 19.6% of Seneca County smokes, and the health implications are enormous. TACFL supports changing community norms through education and advocacy in Ontario, Seneca, Wayne and Yates county with support from NYS and the American Lung Association. There is no such thing as risk free exposure with usage of cigarettes, vaping and marijuana. TACFL has specific outreach plans to landlords and housing units- costs, risks of fire within leases and rental agreements. Discussed outreach/education re apartment facilities in South Seneca and renters. United Way involved with outreach to children, particularly 3rd hand smoke in vehicles, and concept of 4th hand smoke media exposure. Karen Burcroff to reach out re planning event for outreach on both ends of county. Discussed how smoking rates are calculated, and “Quit Dates” for individual supports. Contact: LRobbins@lung.org

Planning Discussion

**Interlaken WaterTower Park** – TLahr- Bids out, seeking grants and more involvement and planning for area for public use

**Willard /IDA**  TLahr - Publishing next phase of request to developers, County Executive to head. Graphic shared with public of IDA accomplishments- 12 task force meetings, 270 attendees at 3 public meetings. STEPS very involved in sharing information and plans of Willard Task Force.

**RHPP- Communiversities** – Planning for STEPS future T Lahr – meetings with locals, planning with Deb Puntenney and Greater Rochester Health Foundation as SOAR in Clyde-Savannah begins transition

Review of Activities

**Risers November 15th**  *Seneca County Housing Joe McGrath* [( presentation here)](McGrath-Housing%20Between%20the%20Lakes.PDF)Kudos for his distilling of the County report – workgroups presented current projects and plans for future. Food by Deb Bush appreciated by all

**Sewing Project/ *Ryan’s Case for Smiles*:**  Deb Bush November 18 51 cases completed, morning of community sewing and crafty accomplishments with great cheer for hospitalized children.

**Health Fair** at Seneca Falls Recreation Center Weather,United Way Karen Burcroff Location/ timing and weather created less attendance, but more vendor interaction than expected with 62 agencies participating. 2024 Event to be held in South Seneca

**Ovid WinterFest** wrap up meeting not yet held, Fireman’s Breakfast served 300, Church Bazaar very successful,Three Bears Tree Auction very lively and festive. Appreciation to Sarah Bush for STEPS office decorating.

Upcoming PHW - STEPS Activities /Ongoing STEPS activities

Sarah Bush planning Healthy Cleaning Supply event for early in 2024-details being formulated.

Food Distribution Event expected to be large for December.

Walking Event small and slower with cold weather- JLynch attempting to facilite indoor “track”

Open Forum

Events shared by Seneca County Senior Center at Verona and Conifer Village – Bethany Calkins, South Seneca resident working with Aging. Painting Event with Peg Brown at Ovid Library in January

12/9 Event at Three Bears with Author Jeff Hoffman

Pickleball status and numbers shared from Jan Quarles

Food Truck and Pantry utilization numbers to be collected.

Hannah Farley reported on upcoming Screening day with Mobile Mammography van at Wine Trail Variety. She shared a guide to Mobile Mammography Guidelines when hosting a screening visit – available to all.

Karen Burcroff from United Way shared participation in 7 Trunk or Treats, $22,000 raised in Out of the Darkness Walk, 300 Family Time boxes continued to be provided, 1200 meals to community served at Thanksgiving in connection with other sponsors

**Next PH&W Meeting January 8 at STEPS** Office at 10:30 am, 7180 Main St, Ovid, or by Zoom.