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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 | May 1, 2023 10:30 Minutes by JMellgard |
| Meeting Location:  | STEPS OFFICE and by Zoom  |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Jan Quarles, Donna Anderson, Peg Brown, Karen Burcroff (United Way by Zoom) Doris DePew, Linda Pacelli Dixon, Ed Murphy, Sue Murphy |

Welcome & Intros Phyllis Motill Workgroup Leader

Planning Discussion

**Kitchen Table Topics** *Linda Pacelli Dixon has agreed to lead* ***August 14th*** *at 1:30 Kitchen Table discussion about developing topic of Clutter – Physical/ Mental/ a blend of her expertise in estate management and interest in wellness. Second summer topic in works: Screenings and Health (possibly Hannah Farley-Cancer Services)*

**Sewing Project *Ryan’s Cases for Smiles*** *Deb Bush**is continuing to develop plans*

Review of Activities

**Risers Meeting with Alys Mann 4/17** *Well attended presentation on town downtown spaces-report to be shared and ongoing involvement with STEPS workgroups and TLahr. Deb Bush provided wonderful refreshments*

**Zoom Trip to the Brainery 4/18** *Virtual visit to an event and craft class business, soon to be moving to sites around Rochester. Owner and Founder Danielle Rayno gave us a tour and explanation of “comfortable and reliable community space ..” to learn from each other and make lasting connections”*

**Earth Day Youth Exercise Event** 4/22-Mary Joslyn: *Targeted youth – few in attendance. TLahr discussed space availability, Mary’s interest in providing exercise space- possible community classes and physical exercise availability going forward.*

**Irish Step Dance Program** *Teacher Nancy Kane with OCFS Grant funds at Romulus and Interlaken Elementary to conclude 5/24*

**Community Café Resilience for Youth and Families Karen Burcroff** 4/26 – Seneca Cares at Seneca Community Church *discussion tables with prompts with 17 attendees. TLahr reported good conversation-food and snacks provided by CCarmona, Seneca Coffeehouse. Topic “ resilience with youth and families”*

**Sat April 25 Community Cooking** *at Lodi Fire Hall, 17 attendees. Wonderful tasty healthy food as the series has always provided under leadership of Meg Jastran. Matt Jones won the cookbook drawing. Three generations of several families attended. Meg considering Healthy Dessert Class in early November 2023*

Upcoming PHW - STEPS Activities

May 13 Awareness Walk Ovid Library

May 24 STEPS/ SOAR trip to Rochester Makerspace RSVP ASAP

Community Festival Weekends Lodi 6/3 Tabling

 Interlaken 6/10 Grainery Basketball

 Ovid 6/17 Wellness Corner

July 17 Risers Meeting 6:30

August 14 1:30 Kitchen Table Conversation

**ONGOING STEPS ACTIVITIES**

**The Walking Group** – JMellgard to check with JLynch

**Day of Service Saturday October 14h – 9-1 pm Jan Quarles to begin plans with coordinating leaders –** **jquarles@pivitalphp.org**

**OPEN FORUM**

**Next PH&W Meeting: June 5 (10:30-11:30 am)** at **STEPS’ office**, 7180 Main St, Ovid, or by Zoom.

Note **July** Meeting is **July 10th** so you can celebrate the Holiday.

 