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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: | August 1, 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, Deb Bush, Deb Puntenney, Tom Bouchard. |
| Minutes Issued By: | Jan Quarles |

| **Reports & Reviews of PH&W recent activities** |
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| Phyllis:   * The KIOSK in front of Three Bears has reached completion, with a map that says “All Roads Lead to Ovid.” Phyllis is working on the history tour. To post, get key from Lynn Doyle (Three Bears). * Walk & Talk, every TU, 6 pm, at SS HS track is ongoing. * Ovid Farmers’ Market (Fridays, 4-7 pm) with live music at Three Bears’ Park is ongoing.   Theresa:  STEPS RISERS quarterly gathering on 7/18 at the Ovid Village pavilion with Deb Bush’ taco bar was a big success. (Phyllis): Harold Bush presented Theresa with a prestigious community service award. Jan submitted a press release on it to the local papers.  Theresa:  The Composting Workshop on 7/23 at SS Middle/High School had about 20 attendees and was very good. Presenters were Adam Snell (Food Svc Dir & head of composting at South Seneca Schools); Barb Reese (Seneca Falls science teacher), Brian & Amy Quan (CCE Master Composters); Heather Gilbert of FLX Compost (composts at Del Lago); and Marti Macinski of the Lodi Community Garden and “South Seneca Compost Task Force.”    Phyllis stressed the need for more public education about Alzheimer’s Disease, especially how to identify early signs and what to do about it. Theresa has since contacted Penny Gugino, Program Manager of FLX Alzheimer’s Association, and invited her to talk to us at our next PHW Meeting on September 12, to see how we can increase public awareness in our area.  Theresa reported that Hilary Lambert, who is retiring as the Steward of the Cayuga Lake Watershed Network, contacted STEPS and is interested in taking the pulse of our community to see how climate change is affecting the most vulnerable. That would include, for example, those who are financially marginal and don’t have A/C, or those who may need help after storm damage, and so forth. Linda suggested tabling in front of the Big M to ask brief questions to passersby. Theresa referred Hilary to the Climate Task Force in Lodi (Maura Toole and Jacki Eisman).  Phyllis suggested someone write a press release on the composting programs happening in our area. Jan offered to do that.  Jan reported that the Lodi Food Pantry has new hours starting Aug 6th: Sats 12:30-2:00 pm. Box pickups 11:30a-12noon. They’ll be relocating soon but the date of the move and new location have not yet been finalized. We will await news from Karel Titus on that.  TU, 8/9 at 1:30 pm at the Three Bears park tables: STEPS’ “Kitchen Table” community discussion will focus on WATER, facilitated by Maura Toole of Seneca Lake Pure Waters, who will provide info on how we can protect our lakes from threats like HABS (Harmful Algal Blooms). We’ve asked folks to bring a camp chair if they have one, and we’ll meet inside Papa Bear in case we’re lucky enough to get some rain. 😊 |

| **Upcoming PH&W activities & other community events** |
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| **New PH&W Events in the Works**  Fri, 9/9 (1-2pm): Linda Pacelli Dixon's spouse, Doug Dixon, will conduct an “Intro to Beekeeping as a Hobby.” Patty Parsons, SS HS ELA Teacher, will bring her 20 students, but Doug would like to present to a max of 20 at a time. This would be too crowded for our 10x10 popup tent, so Jan will ask Patty if Doug could present inside the school in case of too much rain or sun. Linda said Doug would be open to holding another session for the public on a separate date. Jan will follow up.  Tu, 9/13 (1:30-2:30pm) “Kitchen Table” community discussion. Topic is COMPOSTING. Location: Lodi Library tent. More details TBA.  Sat, 10/15 (all day): STEPS Annual Day of Community Service  Theresa, Jan, and Ave Bauder met last week to set up a planning committee that Jan and Ave will co-chair. So far, Linda Pacelli Dixon, Karen Burcoff, Phyllis Motill and Donna Andersen have kindly volunteered to join the committee. Jan will email the planning committee to arrange a meeting soon. Ave is away until Aug 10. Discussion ensued. Cleanup: the Ovid dump charges $4/garbage bag. Jan suggested folks from Ovid Village compete to see who can bring the most bags to the Village pavilion – for FREE disposal -- and then get a prize for first place, but only if we can arrange to have a dumpster there. Phyllis supported the idea of having a competition by taking Before and After photos and giving $100 as First Prize. So far, we know the community gardens will participate. Lodi Lions will replace some raised beds in the Ovid Community Garden. Jan will reach out to Marti (Lodi garden) and Donna (Interlaken garden) to see what they’re planning. At the next Romulus Town Board meeting, Tom will ask what they may want to do. We’ll ask Ave to contact Leslie Adams, Pastor of Christ Episcopal Church in Romulus since he is a member.  **Other Community Partners’ Upcoming Events**  Romulus Historical Society and Museum, 1368 County Rd 132, Willard, is open on Fridays and Saturdays from 10am-2pm. (607) 869-9826.    Every Thurs (4-7pm), The Pumpkin Stand, 7844 Route 414, Ovid. Two food trucks: 1) SILO (fried chicken, mac ‘n cheese; and 2) Puttin’ on the Mitts, one of STEPS’ Micro-Enterprises, offering healthy sweet treats and small pizzas with GF/Vegan options.’’  **Next PH&W Meeting**  Mon, Sept 12 at 10 am at Phyllis’ house or by Zoom. |