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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: | October 3, 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, Donna Andersen, Jan Quarles. |
| Minutes Issued By: | Jan Quarles |

| **Welcome & Intros (Phyllis Motill, Chair)** |
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| **Ongoing STEPS Activities**  **The Walking Group** is ongoing, Tuesdays 6 pm at the SS HS track, depending on weather and as the school’s athletic schedule permits. For SS HS athletic schedule go to <https://www.southseneca.org/page/athletics-home> .  **Kiosk at Three Bears’ Park:** Vanessa (artist) is working on this, and Phyllis is working on the map. If you’d like to post a community event inside the locked glass door, email it to Lynne Doyle [<lynnedoyle59@gmail.com](mailto:%3clynnedoyle59@gmail.com)>.  **Friday, Oct 7 (3-7pm)** was the last Ovid Farmers Market of the season. Pumpkins were distributed. |

| **Recent & Upcoming PH&W & other STEPS activities** |
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| **Sat, 10/15 (8:30 am-1:30 pm): STEPS Day of Service** –**rain or shine.**  Volunteer work will take place 9am-12noon, followed by luncheon 12:30-1:30 pm at Ovid Village Pavilion (off Brown St) for all participants. To thank the volunteers, we’ll hand out beige baseball caps with green STEPS’ logo, and refillable water bottles at the luncheon. We expect 40-50 attendees.  We’ve gotten confirmed commitments from the Friends of the Three Bears, the Edith B. Ford Library in Ovid, the community gardens in Ovid & Lodi, the Ovid-Willard Lions Club, and First Sheldrake Cemetery. (Many thanks to Doug Dixon and Jim Andersen who will tackle the Sheldrake site.)  Jan has a tentative commitment from Mark Brown/Jim Covert for Lodi Museum yard trimming. She’s doing outreach for someone with a pick-up truck to haul the weeds to Keady St, Lodi (where Karel got approval from the Town of Lodi).  We only need a few more volunteers for planting garlic at the Lodi Community Garden (all ages are welcome).  Jan reached out to Tina Bauder at the Middle School, and Breana Copp (Honor Society advisor). Tina found 2 volunteers among her students who plan to decorate the library in Ovid. Jan will distribute photo release forms and sign-up forms to project leaders on or before 9 am Oct 15.  **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’ visible improvements. There are 6 teams of 2 people in each.  **Mon, 10/24 (6:30 pm**) by ZOOM. E3 Working Group Meeting (environment, economy, education).  **Sat, 10/29** (Rain date Sun, 10/30) Time TBA. Tree Identification Walk with Laurie Rubin. She requested funding from STEPS for Tree Identification guide books to be distributed to participants. D  **Weds, 11/16** (6:30 pm) by ZOOM: Community discussion of the award-winning documentary “The Seeds of Vandana Shiva.” Get the link to watch it in advance by emailing [<stepscommunity@s2aynetwork.org](mailto:%3cstepscommunity@s2aynetwork.org)>. This link is timed for a 3-day viewing period: Nov 13-15 only.  **Sat, Dec 3:** Ovid’s annual WINTER FEST – Real reindeer and all! Ovid Fire Dept breakfast. Ovid Federated Church luncheon. Tabling at 1:00 pm. Parade at 3:00 pm. Santa will go on the Fire Truck. Lighting of the Tree at 4:00 pm.  **Other Community Partners’ Updates**  Penny Gugino, Program Manager of the Alzheimers Association of Rochester & FLX Region, is planning an informational public meeting at the Ovid library on **TH, Nov 3** **from 10:00 am to 1:00 pm with lunch included.** Phyllis will meet with Penny in advance to plan the event. Jan will cross-promote it in STEPS’ E-News and FB page.  **Open Forum**  Theresa updated us on Interlaken’s Downtown Revitalization/ NY Forward: Jay Grasso submitted the grant request for funding to improve downtown Interlaken including a public park. They should know by early November if it is awarded.  Jan will contact Morgan Hapeman, Raptor specialist about a possible **Communiversity** presentation. Meg Jastran met with Jan and would like to schedule cooking sessions one month apart for January, Feb, Mar and April 2023 in each of the 4 towns.  **Next PH&W Meeting:** *(Please note change in meeting time)*  Mon, Nov 7 **(10:30-**11:30 am) at Phyllis’ house or by Zoom. |