

Be Well Lima Meeting

Held: January 29, 2024 in person and via ZOOM

PRESENT: John Skiptunas (Lima Mayor), Mike Falk (Lima Town Supervisor), Allison Cimmerer (HFLCS), Mark Petroski (Town of Lima Board member), Tara Coffey (URMC/Noyes Health), Lisa Kenney (LC Dept. of Health), Jill Burley (LCDOH), Margaret Betette (LCDOH), June Webster (LCDOH), Bridgett Guild (LCDOH), Andrea Mott (LCDOH), Christine Steerman (Clinical Psychologist), Katie Bauer (URMC), Katlyn Newberry (CPS of FL), and Hannah Farley(FLCSP)

Email Address to use to share resources and information:

TOPIC	FINDINGS/DISCUSSION	ACTION/FOLLOW-UP
Welcome & Introductions	<ul style="list-style-type: none"> ● Lisa conducted welcome and introductions. 	
Discussion of Champions & Roles	<ul style="list-style-type: none"> ● Update re: roles: <ul style="list-style-type: none"> ○ To recruit a co-facilitator for media/Facebook adm. 	<i>Continue to recruit for vacant roles</i>
Budget/Funding, Assessments and Outreach	<ul style="list-style-type: none"> ● Budget amount is the same as 2023 – can use funds for media to promote Be Well messaging and events, and evidence- based items that support Be Well ● Outreach/Media: <ul style="list-style-type: none"> ○ Be Well in Lima logo is finalized and can be used to promote events, messaging, etc. ○ The GVHP logo must also be included in outreach/media materials ○ GVHP is working on updating their website which will include Be Well in Lima items- then we can share the BWIL link with other community partners to post on their websites ○ Positively Lima FB page ○ Discussed establishing a Google drive for Be Well in Lima items so several committee members can access files/items 	<i>Mayor Skiptunas requested social media training- LCDO to follow up Mayor Skiptunas to check on this</i>

	<p>Update on assessments:</p> <ul style="list-style-type: none"> ○ Community – focus group with Veterans completed in 2023, hard copy to Golden agers completed, discussed online and hard copies of the survey to be available for HFL Parents/Guardians and Faith Based Organizations- start survey asap and end on March 31 ○ Worksite – Mr. Falk – stated to contact Bristol ID in January (they have walking trails and community garden for employees) ○ School- Abbreviated School Health Index (evidence-based assessment) completed <ul style="list-style-type: none"> ○ Nutrition was one of the lower scores to work on within the work plan. ● Lisa explained the process for Be Well -once the assessments are completed, the data will be sent to Pivotal to summarize, Pivotal will present the summary to Be Well in Lima Steering Committee so they can identify priorities and develop a workplan to guide this work 	<p><i>LCDOH to summarize data and share with committee</i></p> <p><i>Be Well in Liv to contact worksite and conduct assessment</i></p> <p><i>Be Well in Liv/LCDOH working with Lima School re: policy /practice change</i></p> <p><i>Be Well Committee to send assessments to Kim Arnold (Pivotal)</i></p>
<p>Update and Next Steps:</p>	<ul style="list-style-type: none"> ● Be Well signage is available to post in the community ● Stress Less Resources/ideas: <ul style="list-style-type: none"> ○ Christine discussed Mental Health podcasts ○ Christine asked if Mental Health items could be purchased for Lima Public Library so families can borrow them 	<p><i>Christine to send additional info to Lisa and Tara – Tara to check with GVHP</i></p>

	<ul style="list-style-type: none"> • Move More Resources/ideas: <ul style="list-style-type: none"> ○ Cassie Montemarano (Community Member) to ask if she can provide meditation walk(s) in the community ○ Tai Chi Classes- need volunteers to instruct classes ○ Dance (Friends of the Library) and Yoga Classes ○ Lima Bean 5K is open for registration! https://runsignup.com/Race/NY/Lima/LimaBean5K 	<p><i>Mayor Skiptunas to contact Cassie</i></p> <p><i>Mayor Skiptunas to contact Office for the Aging</i></p> <p><i>Mayor to check with Mallory re: contact for yoga classes</i></p> <p><i>Be Well in Lima to promote, LCDOH to check with GVHP to see if there is funding to promote this; Mayor Skiptunas to check with Tori re: media/promotion needed and t-shirts sponsorship</i></p>
Other	<ul style="list-style-type: none"> • Status update to be completed and shared with the committee every quarter • Tara shared SAIL (Staying Active and Independent for Life) evidence-based class at Interfaith Center in Geneseo • Margaret shared LCDOH Lead event on February 6 • Hannah shared Promote Health class- Mr. Falk to speak at one session 	<p><i>GVHP to post on website once it is finalized</i></p> <p><i>Be Well in Lima Committee to share with community partners, etc.</i></p>
Next Steps and Wrap-Up	<ul style="list-style-type: none"> • Mr. Falk discussed the need for sidewalks – North to GCC bldg., continue to Bristol ID onto Heath Markham Rd.; there is 10K/yr w/ Highway; also, village line east on 5 and 20 to industrial areas including Bears Playground with a foot bridge; and land east of Town Hall outdoor pavilion – Need point to point for funding 	<p><i>Continue to research grant funding for this</i></p>
Next Meeting Date	January 29, 2023 from 10-11	<i>Lima Town Hall and Zoom</i>