LIVINGSTON COUNTY DEPARTMENT OF HEALTH

**Be Well in Lima Meeting Minutes**

**Monday, March 25, 2024; 10:00 – 11:00 a.m.**

**PRESENT: Tara Coffey,** Noyes Health; **Bridgette Guild**, LCDOH; **Tori Andrusac,** Lima Bean 5K Director; **Christine Steerman,** Town Resident; **Mike Faulk,** Lima Town Supervisor; **Hannah Weltzer,** American Lung Association

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| **TOPIC** | **FINDINGS/DISCUSSION** | **ACTION/FOLLOW-UP** |
| **Welcome and Introductions** | Introductions of everyone at the meeting. |  |
| **American Lung Association Presentation** | Hannah Weltzer, through the American Lung Association, presented on their goal of adding vaping to the NY state tobacco smoking policy |  |
| **Discussion on Roles and Outreach** | * Steering Group and Helpers Group   + No updates on assigning the designated roles. Still looking for someone to take over. * Positively Lima Facebook * Google Drive   + Unsure of who is working on this. Trying to find an online storage space to link to the Be Well Lima website. * Sharing Be Well on Other Community Websites   + GVHP has access to their website again so Be Well Lima page will be added as soon as possible. | *Mayor Skiptunas to reach out to people for designated roles.*  *Bridgette to find guidance for using/setting up the BWL Facebook* |
| **Stretch Break** |  |  |
| **Discussion on Timeline for Next Steps: assessments and policy/practice change** | * Community Assessment has been extended to March 31st. PIVITAL will compile data. * Looking into having someone from workforce development complete the worksite assessment. More details to come. | *Bridgette to send data to PIVITAL when completed* |
| **Discussion on other business** | * Budget for 2024: Trying to think about year ahead with Pennysaver and Facebook ads as the budget is for all 3 Be Well communities. The Pennysaver has 3 sections within Livingston County so wherever the group thinks would be most beneficial to advertise will depend on how to post with Pennysaver. Can also do a “stuffer” (colored page) in the Pennysaver as an ad to highlight events   Thinking of what ads will be needed ahead of time:   * + - Getting the word out for the Lima Bean 5k as it’s new     - Crossroads festival     - German Festival in June     - Fireworks display on July 4th     - Living history/civil war event in July or August   Can possibly create a rack card for upcoming events to potentially use as a stuffer in the Pennysaver. The deadline for “stuffing” depends on when the ad needs to drop- typically needs to be submitted on a Monday to be printed and “stuffed” for Friday   * “Move More” Resources:   + Office for the Aging assist with Tai Chi classes     - Last fall’s Tai Chi 1 class did not draw enough participants so it was moved to Livonia. The marketing to Lima Golden Agers did not get enough people in attendance. We can maybe try restricting the class to the town and village of Lima   + Meditation walk, dance and yoga classes     - Erika got a new job so these will not be happening at this time   + Walking/Sidewalk     - Genesee Region Planning council applied for a grant this year to extend sidewalk from Gail Road to County Line which allows for walking access to a nice farm stand, the driving range, the art gallery. Grant notification will be in September   + Promote Lima Bean 5K Run/Walk     - GVHP would like to be a brown level sponsor for the Lima Bean 5k (around $100) * “Stress Less” Resources:   + Possibility of purchasing items for Public Library     - GVHP will purchase the top 5 picks from Christine’s list. If the library is willing to buy any of the books, the librarian will bring them to the library board to discuss purchasing   + Mental Health/Wellbeing Podcast     - Can be added to Be Well Lima website when it’s more up and running. Christine has been pulling out commercials that were included and contacted the vendor to ensure using it will be repurposed legally. | *Mike to reach out to Lima Golden Agers about signing up for a Tai Chi class before Bridgette reaches out to Sue Carlock*  *Christine to see which books the library already has and if they’re able to purchase any from the list.*  *Bridgette to put books library doesn’t have in a Survey monkey for group to pick top 5* |
| **Next Meeting** | April 29th, 2024 10:00AM at Lima Town Hall. |  |

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