

## Health Committee Notes February 14, 2023

The regular meeting of the Health Committee was held on February 14, 2023 on Zoom Meeting Platform and called to order by Leo Suazo Negrón at 3:02 PM.

**Present:** Sherry and Tad Bartles, Donna Koser, Donna Osuch, Leo Suazo Negrón

### Welcome and introductions

#### New Priorities/Ideas:

- Behavioral Health
  - Leo and Tina have been discussing ideas to address stigma of requesting and receiving behavioral health services with more to share at next meeting
  - Leo drafted a flyer in English and Spanish about benefits of structured play. Donna will share with committee for **feedback due to Leo by February 22, 2023** (attached to notes)

#### Updates about ongoing ideas:

- **Wellness Wednesday** – This project to promote health information on social media and the website continues, and Donna Koser is requesting content from all partners. Send to [dkoser@uwestcentralct.org](mailto:dkoser@uwestcentralct.org)
  - Discussed gardening videos created by the Bartles' – Donna K will post them on MakingBristolBetter Facebook page
  - Ask Lindsey Rivers to be guest with Leo on FB video
  - Promote farms and farmers markets
- **Tasty Tuesdays** – While this initiative is on hold for now, Leo creating a handout with recipes to distribute at Family Fun Day and to Donna K for FB
- **Community Baby Shower** – no update, but will hold Community Baby Shower with the Library and partners.
- **Seed Project** – Sherry and Tad, Donna K and Donna O requested seeds from Ocean State Job Lot through their application process with UConn
  - Donna O shared Bristol Public Works and Library project to start a Seed Library – ribbon cutting and event February 23, 2023 at 6:00
- **Senior Knitters** – No update, but the knitters at the Bristol Senior Center will continue to provide hats, mittens and scarves to keep kids warm when they play outside during the winter.

#### Little Read:

- Topics could include destigmatizing behavioral health services or seeds/growing a garden

#### Next steps:

- Review Structured Play flyers and send suggestions to Leo by February 22, 2023
- Continue to send content to Donna K for Wellness Wednesdays
- Donna O will ask library for Little Read book ideas, and Sherry will send book ideas related to seeds/gardening

**Meeting schedule:** The committee will continue to meet the second Tuesday of the month on Zoom at 3:00 PM. The schedule for the year is:  
Tuesday, October 11 at 3:00

Tuesday, November 8 at 3:00  
Tuesday, December 13 at 3:00  
Tuesday, January 10 at 3:00  
Tuesday, February 14 at 3:00  
Tuesday, March 14 at 3:00  
Tuesday, April 11 at 3:00  
Tuesday, May 9 at 3:00  
Tuesday, June 13 at 3:00

Respectfully Submitted,

Donna Osuch