

Health March 28, 2023

The regular meeting of the Health Committee was held on March 28, 2023 on Zoom Meeting Platform and called to order by Leo Suazo Negron at 3:05 PM.

Present: Sherry and Tad Bartles, Erin Hamilton, Donna Koser, Donna Osuch, Kristen Peck, Leo Suazo Negron

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 is working on a resource guide and will share when ready
 - Donna K described recent Build Your Village Parent Group. Parent Ambassador Jennifer St. John, Donna K and Donna O held 4 sessions at the library on Sunday afternoons in February and March with 5-10 families attending
- Teddy Bear Clinic at Family Fun Day - Erin will ask Tina about this idea

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
 - Discussed gardening videos created by the Bartles' – Donna K will post them on MakingBristolBetter Facebook page
 - Erin sent Donna information about ticks
 - Erin will send information about school physical forms
- **Community Baby Shower** – Library holding Community Baby Shower May 31, and Bristol-Burlington Health District holding Community Baby Shower August 12
- **Seed Project** – Sherry and Tad, Donna K and Donna O requested and picking up seeds from Ocean State Job Lot and UConn
 - FRC planning to do activity with seeds at school and community preschools, so Donna O will drop off collected seeds to Leo
- **Little Read** - Transition to Kindergarten committee picked *It's Okay to Not Be Okay* by Emily Hayes for the Little Read
- **Senior Knitters** – Large donation from the Bristol Senior Center was recently dropped off and distributed to WIC and the Rec & Read shelves. Donna K kept approx. 30 hats and mittens for next year to keep kids warm when they play outside during the winter.
- **Tasty Tuesdays** – While this initiative is on hold for now, Leo shared a handout with recipes to distribute at Family Fun Day and to Donna K for FB

Next steps:

- 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
- **Next meeting is changed to April 18** due to school vacation

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