

Health Committee Notes April 18, 2023

The regular meeting of the Health Committee was held on April 18, 2023 on Zoom Meeting Platform and called to order by Erin Hamilton, Leo Suazo and Tina Tanguay at 3:05 PM.

Present: Sherry and Tad Bartles, Erin Hamilton, Donna Koser, Donna Osuch, Leo Suazo, Tina Tanguay

Welcome and introductions

New Priorities/Ideas:

- Behavioral Health
 - Leo shared draft resource guide and looking for edits and suggestions
 - Leo and Tina discussed hosting a Child Mental Health Fair
 - Beginning of school year
 - Resources for child mental health - tables
 - Speakers, testimonials, a series, Mental Health First Aid...
 - Maternal Mental Health event being planned by Infant and Toddler Committee this May
- Teddy Bear Clinic at Family Fun Day - put a Band-Aid on stuffed animals (Pet Smart to donate?)

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
 - Eye health, asthma and ticks have been highlighted
- **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 picked up seeds from Ocean State Job Lot and UConn
 - FRC was planning to do activity with seeds at school and community preschools, but found out they also received seeds, so going to after school programs
- **Little Read** - Transition to Kindergarten committee picked *It's Okay to Not Be Okay* by Emily Hayes for the Little Read
- **Senior Knitters** – Will thank seniors in the fall (recently received large donation from the Bristol Senior Center and distributed to WIC and the Rec & Read shelves)
- **Tasty Tuesdays** – This initiative is on hold for now
- **Other** - Lions are going into the schools to screen children and can pay for glasses if family qualifies

Next steps:

- Continue to send content to Donna K for Wellness Wednesdays
- Next meeting is May 9

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