

Health Committee Notes May 9, 2023

The regular meeting of the Health Committee was held on May 9, 2023 on Zoom Meeting Platform and called to order by Erin Hamilton at 3:05 PM.

Present: Erin Hamilton, Donna Koser, Donna Osuch, Kristen Peck

Welcome and introductions

New Priorities/Ideas:

- Behavioral Health
 - Agreed to submit suggested edits to the draft resource guide to Leo by May 19th
 - Postponed discussion about Child Mental Health Fair until next month due to small group
 - Teddy Bear Clinic postponed to next year's Family Fun Day

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
 - Erin will share updated Kindergarten health form directions when done
- **Community Baby Shower** – Library holding Community Baby Shower May 31, and Bristol-Burlington Health District holding Community Baby Shower August 12
 - UConn prenatal nurse attending and will be BECA's June guest speaker
- **Seed Project** – FRC doing activity with seeds at after school programs - no update
- **Little Read** - Donna having trouble ordering books, so Donna K asking if United Way can order and be reimbursed
- **Senior Knitters** – Will thank seniors in the fall
- **Tasty Tuesdays** – Reaching out to Heather from UConn Extension to see how we could bring this program back

Next steps:

- Continue to send content to Donna K for Wellness Wednesdays
- Next meeting is June 13 at 11:30 - please note this is a different time due to last day of school

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

Tuesday, June 13 at 11:30

Tuesday, September 12 at 3:00

Tuesday, October 10 at 3:00

Tuesday, November 14 at 3:00

Tuesday, December 12 at 3:00

Respectfully Submitted,

Donna Osuch