



Chair: Alexandria Svolos
Vice Chair: Jennie Smith-Peers
Secretary: Sabina Nduaguba
Treasurer: Susan Klingensmith

Health and Wellness Meeting Agenda

<https://us02web.zoom.us/j/88129120913?pwd=eGVlcHMvOHZva1dIM2NhV3RVcmhGdz09>

Meeting ID: 881 2912 0913

Passcode: H&W

May 11, 2023

7:00 PM

Mission Statement: The Health and Wellness Commission strives to advance a culture of wellbeing and vibrant quality of life in Morgantown, West Virginia.

Attendees: Alexandria Svolos, Sabina Nduaguba, Susan Klingensmith, Ixya Vega, Kimberly Kelly

Public Audience: Safalta Khadka, Leonie Adjero

1. **CALL TO ORDER:**

7:08pm

2. **APPROVE MINUTES:** Moved by Ixya

3. **REPORTS**

a. **CITY COUNCIL**

Ixya's sit as City Council representative will be going to Lois. Her term ends May 15. Lois has to accept the role for the sit to be filled. Ixya expressed her appreciation for the work Alexandria is doing.

b. **BOPARC**

Susan reported that the grant has been approved for one year and then be evaluated. The Eureka Café is doing well. She encouraged all to pay a visit as it has now an All Peoples program – It used to be Senior Programming.

4. **FOLLOW-UP ITEMS**

a. **Resource Directory**

Ixya will be providing additional resource locations to be added to the list.

Alexandria re-iterated that it is a living document and encouraged continual input from Commission Members as they identify them around the City. Kim mentioned House of Gold for stray dogs.

b. Funding, Grants, and Fundraising

There is no news on the AARP grant. For fundraising, Ixya suggested a Karaoke Bar. Sabina suggested Walk for a cause such as cancer or heart health. Kim suggested partnerships with potential funders.

c. Bylaws, priorities, Mission & Vision Statements

This will be discussed at next meeting

d. In-Person Meetings

July 13 and August 10 are best dates to meet in person. June is being reserved for a Zoom meeting as it is the heart of Summer and many may be on vacation. The choice between July and August will be decided in June.

e. Social Media Updates

No update as Ronalie is out of the country.

f. Morgantown City Litter Cleanup

The City of Morgantown clean-up event was in April

g. Summer Health Promotion Event

Sabina suggested that the Arts Walk was a better option to the Farmers Market since merchandise might be needed to table at the market. The next two Art Walk events are May 13 and June 10. June 10 was selected to give time to prepare. It was confirmed that materials were ready for the event – stickers, educational materials, coloring paper for kids. Maggie will be contacted about doing blood pressure checks.

NEW BUSINESS

a. Caregiver Support Celebration

This will be discussed at next meeting

b. Requirements/requests for new city council member

This will be discussed at next meeting

5. **PUBLIC COMMENTS**

A report was presented on the results of a survey on Food Insecurity that had been conducted in Spring 2022. Most participants were from Morgantown. 14% of respondents had used a food pantry in the past year.

ADJOURMENT

7:47pm

Action Items:

- Kim to see about Travis grant
- Sabina to check is needed to organize a walk
- Alexandria to register the Commission for the Arts Walk

Next meeting: June 8, 2023