

**Falmouth Community Wellness Committee  
Meeting Minutes  
Tuesday, February 9, 2021**

Present:

Andrea Ferrante, <i>Chair</i>	✓	Doug Michaud	✓	Hope Cahan, <i>Council Liaison</i>	✓
Carol Kauffman, <i>Vice Chair</i>	✓	Diane Moore	✓	Nathan Poore, <i>Staff</i>	
Elizabeth Hamilton-Guarino	✓	Gina Smith	✓	Marguerite Fleming, <i>Staff</i>	✓
Julie Joy	✓	Doug Zlatin	✓		
Nancy Lightbody	✓	Joel Glass	✓		

Andrea began the meeting began at 4:02 pm.

**1. Opportunity for members of the public to address the Committee on any item not on the agenda.**

There was no public comment.

**2. Approve Previous Meeting Minutes.**

Carol motioned to approve the January 12, 2021 minutes; Nancy seconded.  
The motion carried unanimously.

Consideration of the January 5, 2021 Definition of Wellness Sub-Committee minutes was tabled until the next meeting.

**3. Human Service Sub-Committee Update.**

The Sub-Committee members provided a recap of the January 25 meeting.

Nancy reviewed the Sub-Committee’s recommendations regarding the FY21 application process.

Doug M. reviewed the proposed FY22 application timeline.

Andrea said that the full Committee should provide feedback on the Sub-Committee’s plans regarding advertising the application.

**4. Begin developing work plan of activities/initiatives the Committee would like to engage in for 2021.**

Andrea reviewed the Committee’s charge.

The Committee brainstormed ideas for activities/initiatives that are recorded at the end of these minutes.

In advance of the March meeting, Committee members will review the list and note which ideas pop out to them as well as which ideas they would like to happen in 2021.

**5. Set Date and Agenda for Next Meeting.**

Andrea reminded the Committee about the Vision and Values Project and encouraged members to sign up to serve as Community Connectors.

The next meeting will be held on March 9.

**6. Adjourn**

The meeting adjourned at 5:32 pm.

## Community Wellness Committee Activity/Initiative Ideas

- Wellness resource guide
- Make it so that people who aren't from Falmouth/new to Falmouth aware of all of the great amenities/resources in Falmouth-from the oceans to the gardens to the trees-here is what's here
- Promote the positive-things in the community that people take for granted (ex. clean air)
- Have reset and reenergize opportunities
- Wellness fair
- Wellness page on Town website
- Link to wellness page in the Falmouth Focus
- Monthly Article in Falmouth Focus
- Planting yellow tulip hope gardens during mental health awareness week in October which bloom for mental health awareness month in May (with The Yellow Tulip Project)
- Mental health awareness month activities including music, speeches, and poetry event and hope day event with wellness stations (with The Yellow Tulip Project)
- Community wellness drive/campaign (ex. Lighten up or sober up Falmouth)
- Create a space for kids/young families in the programming/marketing
- Certify wellness committee has life coaches
- Educational component around individual and community organizational wellness
  - Series of articles or presentations
  - Videos
  - Collaborate with PTOs, teachers and guidance councilors and Community Programs to bring education into schools
  - Presentations/educational materials for seniors (could be done through Community Programs)
    - Making healthy meals
  - Collaborate with the library-use function room, gets people into the library
  - Wellness Wednesdays
    - Speakers, practices, etc.
- Falmouth wellness online summit
- Falmouth selfcare book-strategies for selfcare
- It's cool to be clean
- Meditation
- Equipment-bike racks and outdoor recreational equipment
  - Outdoor equipment rental borrowing program (start own or partner with organization that is already doing this)
- Collaborate with open space to promote trails
- Bicycle-pedestrian improvements promotion
  - Paved trails/bike paths at parks
- Take a tour of community programs facilities
- Food pantry
  - Include as a resource in the guide
  - Outreach community members in need-food pantry has money that they use to assist clients with needs beyond food

- Promote creating a community center or gathering space on existing town property
- Music and art events
  - Wellness themed art show
    - Invite residents to submit works of art that capture wellness-could be a way to get students involved
- Engage wellness practitioners
- Collaborate with the land trust
- Community garden
  - Partner with Cultivating Community, Cooperative Extension, and elementary school
- Explore opportunities to partner with elementary school gardener (Justin)
  - Pizza oven
- Stop using from away
- Community playground
- Partnering with legion field to improve legion field
- Weekly or month broadcast show on wellness on channel 2 or podcast
- Liaise with high school guidance councilors
- Putting slides on cable tv station
- Message center in town
- Route 1 banners and signage
- Couch to 5K event
- Collaboration with 55+ communities

Meeting minutes prepared by Marguerite Fleming on March 5, 2021.