

Community Life Support, Inc  
April 12, 2023

President: Lynne Hardy  
Vice President: Elizabeth Baker  
Secretary: Heather Fronckowiak  
Financial Secretary: Sharon Kosowsky  
Business Manager: Sue Pritt  
Treasurer: Ted Wright

#### Classes of Board

2022: Liz Baker , Sharon Kosowsky and Dave Smith

2023: Ted Wright, Heather Fronckowiak, Christine Barton

2024: Sue Pritt, Nick Matulis, Lynne Hardy, Judy Minckler, Tanya Lipinski

#### **Mission Statement:**

Community Life Support, Inc. mission is to provide multiple approaches that encourage healthy lifestyles through education, services, and opportunities.

#### **Our Purpose:**

Community Life Support, Inc. purpose is to build community capacity through volunteer opportunities, activities, events and services. Community Life Support fulfills its mission and purpose in a unique structure as shown in our logo.

#### 1. Welcome

- a. Attendance Sheet: Sue, Dave, Sharon, Tanya, Heather, Liz, Lynne, Christine, Deanna
- b. Absent/Excused: Nick, Ted, Judy, Deb absent excused
- c. Introduction of Darlene Marshall – new board member:

Darlene Marshall is a Holistic Wellness Coach who's been working in the fitness and wellness space since 2012.

All voted in favor- Darlene Marshall to board of directors.

2. Review of Minutes from February 2023- Heather Motion accept from Dave, all in favor

3. Review of the Financial Reports: Sharon, Sue Ted – attached to agenda

- Food pantry costs are higher than the donations we have coming in.
- The group discussed sponsorships, sending letters out residential and commercial.
- Explore a mass mailing.
- Explore tax breaks for sponsorships.
- Explore Accountants, endowment?
- Research the Rensselaer County Chamber of Commerce
- Motion to accept Christine, Second Sue Pritt, all in favor.

4. Food Pantry Report- Liz

- 2871 raised at the Annual Event
- Basket Raffle went well.
- New shelves and spring cleaning took place

5. Report on Good Neighbors: see attached newsletter

Community Garden- Valley Falls Rules provided

Fruit Trees- provided by Jason Coffin and instructions.

6. Session Actions-New Business:

- a. Sign being rebuilt,

7. Community Meals Report- Judy & Sue Pritt- CLS-
  - May 13th - Honor Society
  - June 10th- Liz's daycare
  - July 8th - Church
8. Report on Scholarship Applications- Liz received two requests for applications but no completed applications. Due May 1st
9. Workshops coming up
  - a. Tanya Financial workshops
  - b. Yoga classes- Lynne & Liz
    - May 1st - each Monday 8 weeks Kelsey Richards Gentle Vinyasa 6:30-7:30pm
    - Wed morning 10-11am chair yoga, gentle Sharon Gavitt
  - C. Wreath making workshop coming up
10. Cooking Class Cornell Cooperative Extension. Judy
  - April 25th 7-week course Finding Balance
11. Dates to Anticipate: see list attached Liz and Lynne
  - a. April 22, 2023; 11-3pm Wellness Fair- Health and Wellness – CLS arrive early and stay late
    - Spectrum Award given at 11am- \$2500
  - b. June 17, 2023- Strawberry Festival- Bake Sale CLS
    - New banners were made for the event. Taking place at the Fairgrounds
  - c. Other Dates: April 29 (Diver Partners)- Diver Library and Presbyterian Church will host Pork Roast dinner
    - Need volunteers Friday evening and Saturday morning
  - d. May 6- Garage Sale- (Diver Partners)- Diver Library and Presbyterian Church
    - Volunteers needed! Bring items on Friday night
12. New Business- Liz Lynne Judy Christine
  - a. Farm Credit Grant Application
  - b. Young at Heart- 25 to 30 people at every meeting
  - c. Chef Led Cooking group- hold
  - d. Ag Stewardship association- no word from them
  - e. Community/ County Resource List- Christine will continue to add and share with Tanya
  - f. Gardening program
13. Other Business: None
14. Comments/Affirmations
15. Motion to Adjourn- Sue, 2nd Dee, approved all

Next Meeting June 14, 2023