President: Lynne Hardy

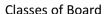
Vice President: Elizabeth Baker Secretary: Heather Fronckowiak

Financial Secretary: Sharon Kosowsky

Business Manager: Sue Pritt Treasurer: Ted Wright

Community Life Support, Inc.

February 15, 2023



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:Lynne, Liz, Nick, Tanya, Judy, Sue, Ted, Dave, Dee, Christine, Heather
- b) Absent/Excused: Deb Barton
- 2. Review of Minutes from December 2022- Motion Liz approved, Nick 2nd all in favor. approved all reports at the same time.
- 3. Review of the Financial Reports.
- 4. Food Pantry Report
 - Volunteer hours total 2086 for the year, average of 88 people per month
 - February 25th clean out of pantry with new shelves
 - March 25, 2023- Food Pantry Basket Raffle 10 am- 1pm- Joe's Dough to Go, kids craft, 50/50,
 Little Book Shelf, Heather B is in charge of online ticket sales for auction baskets. 83 donations so far. Lottery Basket sponsored by CLS. Baskets due by March 1st to Liz
 - Friday delivery 1st Friday of the month to unpack the truck
 - Pantry Dinner Anniversary. Volunteer of year: Sally, Sharon, Al, MVP- Sue Holbritter
 - Idea for the future- get a plaque where you add names onto each year



- During the event- Spectrum grant \$2,500 to be used for Health and Wellness CLS
- 5. Report on Good Neighbors: Books and Buddies- 2/26 (Dr. Seuss) and 3/26 (astronomy) Sundays at 1pm at VF library, CPR (hands only) was held, 6 adults/few children attended.
- 6. Session Actions-New Business: Sign being rebuilt, Switch on furnace, AED is in the hallway, parking Lot Light, access to building from parking lot being explored. Order 4 Ceiling lights for dining room
- 7. Community Meals Report- Judy & Sue Pritt- CLS-

Hoosic Valley Community Church March

Hoosic Valley Fire Department April

Honor Society- May

Liz Baker's daycare - June

- 8. Report on Scholarship Applications- two requests for applications
- 9. Workshops coming up
 - a. Tanya Financial workshops- advertise in April, plan for May
 - b. Form for Ted to describe the flow of money for taxes
 - b. See attached calendar
- 10. Cooking Class Cornell Cooperative Extension. Community has requested a diabetic focused nutrition class. FAB class- Finding a Balance (7 sessions-90 mins each)
- 11. Al Dorn Celebration of Life Service- April 1st
- 12. April 22, 2023; 11-3pm Wellness Fair- Health and Wellness CLS
 - 10 experiential activities
 - 30 exhibitors
 - Exhibitor agreement is live on google forms
 - Schedule a debrief for post wellness fair
- 13. Lipinski Grant from Farm Credit- application submitted for 50K.
 - add a job
 - build capacity in the area
- 14. Senior Group: Young at Heart- planning meeting Feb 16
- 15. Chef Led Cooking group- first meeting March 2023
- 16. Community/ County Resource List- Christine
- 17. How to use Equipment in Kitchen white binder
- 16. Other Business / Public Comment

- 17. Comments, Affirmations
- 18. Motion to Adjourn Heather made, Liz second. All in favor.

Next Meeting April 12, 2023