

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

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: 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 Holbriter
- 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