

Well-Being Committee  
Meeting Minutes  
January 20 2022

Members Present: Liz Markiewicz, Al Murphy, Mary Pavlik, Rose Gage, Cassie LaRussa, Ann Seymour  
Others present: Wendy Abetz (admin), Rev Cindy Worthington-Berry, Griet Dehandschutter (United Way)

Meeting was held on zoom. The meeting was called to order via roll call vote: Mary Pavlik, aye; Al Murphy, aye; Liz Markiewicz, aye, Cassie LaRussa aye, Ann Seymour aye

1. Minutes from december 2021 were approved by roll call vote: Mary Pavlik, aye; Al Murphy, aye; Liz Markiewicz, aye, Cassie LaRussa, aye, Ann Seymour
2. ABUW update with Griet
  - Strategic plans for 2022 shared (see slideshow attached)
  - Discussion around shared goals around mental health
    - Overcoming stigma
    - Community collaboration and partnerships using food insecurity collaboration as a possible model
    - Community assessment
  - Upcoming 21 day resiliency challenge being created
  - Need Boxborough volunteer to link UW with Wellbeing
  - EDC Waltham potential source for how to engage community
3. Improving and encouraging community "civility" (respect? Find better synonym)
  - Use Reg Brown's quote as moderator as a focus/kick off for "civility"/respect townwide
    - "We come in as friends and neighbors....
    - Start with Boxborough Bee article, draft will be brought to next Wellbeing meeting
    - Discussion around committee/board issues, if any, that could be reminded of best practices
    - Will reach out to experts in town once specifics are defined
    - Liz and Al will create a draft

4. Community Services Coordinator update

There has been an Increase in more serious case management issues, with senior residents, who are living alone and need a higher level of care than the Town is able to provide. Rose is working with Kim Dee on some issues.

Information on Minuteman Senior Services was put up on one of the library's bulletin boards to educate the community on resources that are available for senior.

The following proposal is going to the Select Board on 1/24 regarding the dispersal of ARPA funds:

- 15K to the Acton Food Pantry
- 12.5K to BRAP to fund two additional families that are on the waiting list
- 90-100K towards housing and utility cost assistance (currently working with the AB United Way on to administer the funds)

**Note: Begin next meeting with Community Services update**

Meeting adjourned: Mary Pavlik, aye; Al Murphy, aye; Liz Markiewicz, aye, Cassie LaRussa aye, Ann Seymour aye

Next meeting: January 20@ 8am

Meeting was adjourned via roll call vote: Mary Pavlik, aye; Al Murphy, aye; Liz Markiewicz, aye, Cassie LaRussa, aye

Respectfully submitted,  
Mary Pavlik

**NEXT MEETING: February 17 at 8:00am via Zoom**