

Healthy Ulster Council Meeting Minutes

January 11, 2018

Attendance: Melinda Herzog (CCEUC), Tara Kleinhans (CCEUC), Maria Elena Ferrer (Health Alliance), Shannon Mahoney (Family of Woodstock), Stacy Kraft (Health Dept.), Vincent Martello (UC Dept. of Health), Diana Lopez (Planned Parenthood), Greg Howard (UC Community Action), Suzanne Callahan (Institute for Family Health), Laurie Deutsch-Mozian (HAHV), Anique D'Angelo (Planned Parenthood), Danielle Whiteley (Central Hudson), Brenna Gokey-Dudley (Catskill Regional Medical Center), Nadia Mumper (Institute for Family Health), Christine Noble (UCOFA), Ilona Ross (Community member), Katie Sheehan-Lopez (CCEUC), Manuel Blao Sanchez (City of Kingston), Kathryn Lucia (Mental Health Assoc. of UC), Kathleen Nolan (Catskill Mountain Keeper), Katie Potestio (CDPHP), Sendy O'Brien (MISN), Emily Flynn (City of Kingston), Amy Wen (ACS), Cheryl Depaolo (UPC), Megan Conroy (UPC), Danielle Schuka (AHA), Alexandra Jolson (PPMHV)

Introductions

The American Heart Association – Danielle Schuka: Corporate Development Director of the AHA

- Mission: Build healthier lives free of cardiovascular disease and stroke
- Cardiovascular disease is the leading cause of death for both men and women
 - Symptoms: Chest discomfort and other discomfort partnered with shortness of breath, cold sweat, nausea or lightheadedness
 - Stroke: FAST – Face drooping, Arm weakness, Speech difficulty, Time to call 911
- Prevention: 80% preventable
 - Guide: 7 ways to measure “My Life Check”
 - Manage blood pressure – 1/3 people have high blood pressure
 - Get active – April 4th National Start Walking Day
 - Control cholesterol
 - Eat better
 - Lose weight – BMI of less than 25 is optimal
 - Don't smoke
 - Reduce blood sugar
- “Wear Red Day” – First Friday of February (heart month)
- Dutchess | Ulster Heart Walk at Marist College on March 24
- Go Red for Women - November 8
- Hands-only CPR demonstration – over 200,000 high school seniors have been trained

Exercise Break: 5 Minute Health Boosting Walk From 3 Mile

Calorie Blast <https://www.youtube.com/watch?v=bLRZaqrneAI>

“Substance Use Prevention Strategy and UlsterHelps.org” – Vincent Martello UCDH

- Opioid overdose fatalities is now the leading cause of death in the U.S. for people under 50 (over 65,000 people last year)
- Reduce supply and demand, increase treatment and recovery
- Intense supply incarnation focus did not change the dynamic because the demand still exists

- Three Pillars of Substance Use Prevention: high intensity drug task force (giving us federal presence), improve prescribing practices and unused medication takeback program, public and litigation pressure on drug industry to stop aggressive marketing of highly addictive products
 - Prevention: youth development survey for substance use trends every 2 years (we now have 10 years' worth of data), awareness and education, community engagement, counter-messaging in media, develop and support pro-social engagement opportunities
 - Treatment and recovery: connecting people to treatment options and insurance coverage – Family Advocate, better communication and coordination of care to reduce relapses (peer-to-peer coach models), physician assisted medication, NARCAN training and availability, treatment and recovery encouragement, UlsterHelps and other resource guides, diversion from arrest to treatment
- Ulster County is the 6th highest opioid prescribing county out of the 62 counties in NYS.
- UlsterHelps.org – substance use disorder resource guide
 - Helps lines, unused medication collection resources, and many more.
- Ulster Prevention Council

Council Discussion

- UCDOH – 2017 Community Health Improvement update has been completed. 2019 will begin the new UCHD assessment. Follow us on FB and Twitter
- Health Alliance - working together on preventative services
- Institute for Family Health – two new staff members who will be trained for group classes including dance and yoga. Partnership with farm to distribute free vegetables for patients who come to the clinic including practices and cooking demos. Vacancy for Certified Diabetes Educator.
- Planned Parenthood – 2/16 youth event related to health issues, looking for panelists for nutrition, sexual reproductive health and more. Health trip from Ellenville to Kingston Health Center to get tested for STDs and HPV on 1/25.
- ESNY – SNAP eligible food demos in Ulster County, come to Kingston School Wellness Committee meeting 1/16 at 3 pm.
- Family of Woodstock – Chocolate Lovers Social 2/11 at Diamond Mill, all ticket sales go towards programs and looking for donors for auction items
- Breast and Prostate Education Center – looking for group presentation and event opportunities for people mostly 50 and over who also may be unemployed, on Medicaid, etc. to talk to them about cancer screenings
- HealthyUlster Radio show – sign up!
- Ulster Prevention Council – “Hidden in plain sight” program to train on substance abuse and can go anywhere in the county
- CDPHP – free wellness class schedules for CDPHP members, looking to offer more classes in Ulster by tagging on to existing classes, please reach out
- Consumer Outreach at Central Hudson – wants to work more with lower-income consumers, reach out to connect
- Mental Health Association and UC Eating Disorders Assoc. – first coalition meeting initiative’s feedback to do more in schools about eating disorders for students and teachers, new and

updated resource guide of providers for people with eating disorders, looking for people to join the coalition

- Community Action – weatherization programs for low-income people in partnership with Central Hudson, Head and Early Head Start programs, partnered with farms to prepare for Family of Woodstock food hubs, would like to get low-income kids involved in cooking for their families, have now branched into Sullivan County, hoping to get Medicaid Medical Volunteer Transportation program up and running in March
- UC Office for Aging – Thai Chi class and other classes are full, they've been successful. Seniors realize they are healthier and socially engaged. City of Kingston Age Well Kingston have been working to increase internet connectivity.
- Health Alliance – Eat Well Kingston, if you're interested in the food system in Kingston we meet the first Wednesdays of the month from 10 am to noon.
- UC Office for Aging – Live, Laugh, Learn program held in August, a day of workshops for seniors. Please reach out if you would like to do a workshop. Mall Walk for seniors every Tuesday – looking for more seniors at the HV Mall. Senior of the year award, please fill out nominations, meal deliveries, 5 frozen or one hot daily meal
- Ilona Ross (community member) – blog: health for seniors, post genes and diet to focus on teaching people to take care of their own health for their own system.
- City of Kingston – 2/1 opportunities of the neighborhood at 6pm
- AHA - Lifestyle change award, looking for nomination and sponsored by MHVFCU
- Catskill Mountain Keeper – working on outdoor recreation and health impacts. Working on Greenline Kingston project and Ashokan and Highland trail projects. Concerned Health Professionals of NY to support fracking ban in NYS. Research to be released for ban in the Delaware region. Reach out if you want to support.