

Healthy Ulster Council Meeting Notes

239 Golden Hill Office Building, Kingston, NY 12401

July 13, 2017

Present: Sharon Avgush, Institute for Family Health; Deborah Briggs, Ellenville Regional Hospital; Christina Carranceja, Institute for Family Health; Anique D'Angelo, Planned Parenthood Mid-Hudson Valley; Marge Gagnon, Rose Women's Care Service; Melinda Herzog, CCEUC; Mark Josefski, Institute for Family Health; Stacy Kraft, UCDOH; Vin Martello, UCDOH; Katherine Santiago, Hamaspik Choice; Ellen Scheerer, UCOFA; Dr. Carol Smith, Director of Health and Mental Health Services, Caroline Stuppel, 511 Rideshare; Fern Suess, CCEUC

Melinda Herzog began the meeting by asking everyone to introduce themselves and share their favorite rainy day activity. Reading, watching a movie, baking, cookie were some responses.

Christina Carranceja, Regional Diabetes Project Coordinator at the Institute for Family Health (IFH), gave her presentation, beginning with the statistic that there are 29 million people with Diabetes in the United States. Between 2009-2012, 37% of adults 20 years or older were diagnosed with pre-diabetes. Diabetes affects the kidneys, can cause blindness, amputation, heart disease and stroke. The U.S. spent \$245 billion dollars on diabetes related diseases in 2012. The IFH received initial funding in 2006 and established the "Sweet Team." Following that IFH received a grant in 2010 from the Robin Hood Foundation and established the program for certification of Diabetes Education: CDE. The program now includes health and wellness coaches. The program has many facets designed to support and educate those with diabetes as they receive treatment, and to help them in improving their health; like advocating for them with their physician.

Exercise Break: Stacy Kraft, Public Health Educator at UCDOH, led the attendees in some "hooping" maneuvers. Using a hula hoop, Stacy demonstrated to the group how certain stretches can be done with the hula hoop.

Tick Talk: Stacy Kraft distributed a Tick Removal Kit to all present and talked about personal prevention measures including repellents, and strategies to reduce ticks around your home. Her overall advice in dealing with the present increase of ticks was: "Be vigilant and come at it from all angles".

Certificate: Melinda displayed the certificate received from the office of Mike Hein in recognition of the Healthy Ulster Council's participatory walk during Healthy Ulster County week in May 2017.

Vin Martello, Director of Community Health Relations of UCDOH, presented on the potential impact of the Ulster County CHIP on RWJF identified disparities in Ulster County. He reviewed the handout which detailed the County Health Rankings for Health Outcomes and Length of Life, detailed into categories: Premature Death; Quality of Life; Clinical Care; Social and Economic Factors; Physical Environment.

Vin opened the discussion of the County Rankings to attendees. Marge Gagnon said she has been shocked to find that so many seniors take multiple prescriptions, including opioids, and tranquilizers. Some take as many as twenty different drugs. "We are a culture that glorifies drugs" said Vin. Where are places that education (tabling) can be set up to distribute information and answer questions for people? Some suggestions: attend large gatherings, festivals, i.e. the Chronogram Block party; Peoples Place; Clinton Avenue Soup Kitchen.

Council Discussion: The discussion was tabled for the next meeting due to time constraints.

The meeting adjourned at 4:05pm