

Healthy Ulster Council Meeting
Meeting Minutes
12 July 2018

Attendance: Jacquelyn Arsenuk of UCDSS Safe Harbour Program; Susanne Callahan of Institute for Family Health; Christina Carranceja of Institute for Family Health; Megan Conroy of the Ulster Prevention Council; Maria Cecilia Deferrari of Cornell Extension Relative Caregiver Program; Kathryn Doyle-Bunker of AFFCNY; Mari Elena Ferrer-Harrington of the HealthAlliance of the Hudson Valley; Emily Flynn of the City of Kingston; Marge Gagnon Rose Women's Care Service; Kameko Green of Institute for Family Health; Melinda Herzog of Cornell Extension; Stacy Kraft of UCDOH; Tara Kleinahns of Cornell Extension; Susan Lennon of the American Lung Association; Vincent Martello of UCDOH; Thomas McCarry of Institute for Family Health; Gabe McKenna of UCDOH; Kate Reese-Hurd a concerned citizen; Jaqueline Rubino of the Hudson Valley Asthma Coalition; Jesse Sarubbi of Ellenville Regional Hospital; Diahn Scott of Cornerstone Family Healthcare; Barbara Stemke of Stop Smart Meters Woodstock & NY; Sindy O'Brien of MISN; Robin Pendergrast of Stop Smart Meters; Sharon Avgush of IFH; Laurie Mozian of HAHV; Jenna Guadagna of ShopRite; Kathy Nolan of Catskill Mountain Keeper and UC Legislator

Introductions (*Melinda*)

"A Brief Look at Asthma: Key Facts" (*Jaqueline Rubino, MHP*)

- Hudson Valley Asthma Coalition – fully funded by the NYS Dept. of Health
 - Dutchess, Orange, Sullivan, Ulster, Westchester
- Home Health Referral Systems: office or hospital education to in the home
- Statistics
 - Most common childhood disease; 12.8 million missed school days; 8.3% children (up 6 mil); 8.3% adults (up 20 mil); more boys have asthma than girls up to the teen years and then more women have asthma; In order of race/ethnicity: (1) African Americans are 6x more likely than Caucasians to need emergency care for asthma (2) Hispanics are 3x more likely than Caucasians to need emergency care for asthma; Puerto Ricans are the most likely out of all Hispanics to have asthma (3) Caucasians; of all Americans that have asthma, only half have it under control.
 - The "burden" of asthma is calculated by the number of hospital visits in a specific area
- Symptoms
 - (chronic inflammatory disorder of the airways) coughing, wheezing, tightness in the chest, shortness of breath; check for early warning signs
- Medications
 - Asthma cannot be cured but can be treated. There are many types of respiratory inhalers available. There are controller (daily) and rescue (only during attack) options.
- Environmental Triggers
 - smoke, air pollution, infections such as viral or bacterial, allergens such as dust mites, mold, pollen, cockroaches, or animal dander, strong smells, strong emotions with laughing or crying, weather, exercise,
- Asthma Action Plan

- Identify medication, symptoms and early warning signs, doctor information, prevention steps, triggers, etc.

“2017 – 2018 UC Youth Development Survey Results” (Megan Conroy: mconroy@fpcny.org 845-458-7458)

- Survey available on the Ulster Prevention Council/Family Services website: ulsterpreventioncouncil.com
- Over 3,000 students in grade 7 – 12 in 5 districts answered the survey; survey participation decreased with age
- Alcohol, marijuana, and cigarette usage was more likely with age; the perception of it being “wrong” to drink or smoke marijuana decreases with age

Council Discussion

- NYDOH: Opioid Taskforce Meeting July 19 – use and prevention, reducing supply; Drug Takeback act was signed by Cuomo which requires pharmacies to take back unused medication; Tobacco age is raised to 21 as of January 1, 2019; Continuing to work on inventory of chronic disease
- Christina Carrenceja: Diabetes of the Mid-Hudson: Yoga August 30 in Ellenville Library, just finished two classes, free fruit and veg in Kingston and Ellenville site Wednesday mornings
- Alyson Cahill: Premiere medical group; working on phase three clinical trial for Chrono’s disease
- Jesse Sarubbi: Ellenville Rural Health Network - funded to plan with partners in Ellenville area an intervention to reduce obesity; Ellenville library: open and free walking group every Thursday at 10 am; cooking and nutrition class at library; Healthy Aging program beginning in August at the Ellenville Hospital
- Marge Gagnon: Thai Chi programs are in Phoenicia and Walker Valley now; documentary screening in Ellenville
- Thomas McCarry: Institute for Family Health offers free Narcan kits; serves over 200 patients/month; developed substance use safety plans
- Kathryn Bunker – offer support to children with parents facing substance abuse, taking place in Kingston, New Paltz, Dutchess and Orange counties; Family Fun Day at Dutchess stadium
- Kathy Nolan – legislature is voting on law to ban use of single use plastic bags at grocery stores, etc. The “bring your own bag bill”; putting together capital project to release state and city money to build 11 mile long rail trail at Ashokan Reservoir and can begin next month. Hope to have it finished next year.
- Jackie Arsenuk: DSS: “Soap up Kingston” raises human trafficking awareness in hotels, motels, July 31 from 9:30 to 3 assisting labeling soap packaging; calls doubled during the week they were distributed, RSVP danztam@gmail.com
- Robin Pendergrast: Smart Meters: educate on dangers electromagnetic radiation. Effort is to regulate and recommends fiber optics
- Barbara Stemke: UCCC offers a set of courses in fiber optics
- Kate and Susan Lennon: Center for Tobacco: July 30 prohibits smoking in all HUD funded buildings
- Kate Hurd: concerned citizen about the biological triggers cause by Wi-Fi
- Jenna Guadagna: Registered Dietician at ShopRite: July 25 in store lead prevention class and store tour; Sept. 8 back to school health fair tabling event; free nutrition services

- Emily Flynn, Director of UC Health and Wellness: come participate in the Live Well commission committees
- Maria Cecilia Deferarri CCEUC RAPP – supporting friend and relative caregivers with monthly meetings, trips and respite opportunities. Starting a group in Ellenville meeting at the Library. Offering the Sober Parenting Journey, a 14-week parenting education series for parents who are 30 days sober. The Kingston group has completed the series and now the Ellenville group is taking place. Impaired driving instruction at SUNY Ulster available.