

# minutes

LACHC		
10.6.2016	12:00-1:30 pm	Rm 330, Municipal Building
Meeting called to order at 12:04 p.m.	Morrie Pongratz, Vice President	
<b>Approval of Agenda and Minutes</b>		
A motion to approve the agenda as presented was approved unanimously.		
Minutes for the meeting of September 1, 2016, were unanimously approved; Member Donna McHenry moved, Member Morrie Pongratz seconded.		
<b>Turn &amp; Talk Activity</b>		
	Carie Fanning	
Members participated in a 10 minute activity to generate ideas for future presentations. Groups of 2-3 turned to talk to neighbors then shared ideas amongst the group.		
<b>Round Table of Member Activities</b>		
	Only announcements noted here	
Lemonade Therapy Co-Op of Los Alamos: Melissa Arias shared that during the month of October construction of the mini-farm activities will begin. The Co-Op will be evaluating horses and goats at North Mesa Stables. Concerning the living campus, a financial resources map will be drawn for funding individual care plans where gaps in available funds and services exist. For more information, please contact <a href="mailto:lemonadetherapy.coop@gmail.com">lemonadetherapy.coop@gmail.com</a> or call Melissa at 505-500-5281.		
Los Alamos Family Council (LAFC): Cheryl Pongratz announced the Fall Ball: Boots & Badges, an annual fund raising event to be held on Saturday, November 12 <sup>th</sup> at 6pm at Buffalo Thunder Resort & Casino. The annual Cookie Walk event will be on the first Saturday in December, a great way to get your holiday cookies. The Youth Activity Centers are in need of part-time or temporary staff for up to 30 hours per week employment. For more information, please contact Cheryl or Joy at 662-4160, or visit <a href="http://lafamilycouncil.org/">http://lafamilycouncil.org/</a>		
Los Alamos County Housing Specialist: Andrew Harnden spoke to a home rehabilitation loan program, a first-time homebuyer / down-payment assistance program, strategies for conducting a vacant home study, and compiling information toward a housing demand profile. For more information, please contact the Community Development Department at 662-8120, or <a href="mailto:Andrew.harnden@lacnm.us">Andrew.harnden@lacnm.us</a>		
Via Therese Catholic Clinic (VTCC): Becky Herrera, Resource Coordinator, shared information pamphlets regarding the ongoing FREE medical and dental clinic in Santa Fe for those who are underserved while continuing to serve the mission the Sisters of Charity. Flu shots will be available! She stressed the importance of placing calls in the morning for appointment scheduling Monday through Thursday, 505-983-8561. For more information, please contact Becky at 505-550-6808 or Michele Tuohey, Director at 505-983-8561.		
United Way of NNM: Kristy Ortega announced High Tea on the Hill will be October 16 <sup>th</sup> from 1-2:30 in the lobby at LAHS. Hamburger Night will be October 24 <sup>th</sup> from 5-8 p.m. at the Los Alamos Teen Center. Please don't forget to make your pledge for the UWNM Campaign! For more information, please contact Kristy at 663-3891 or 412-9059.		
LARSO: Pauline Schneider announced the Festival of Trees will be on November 12 <sup>th</sup> at the Betty Ehart Senior Center (BESC); flu shots will be available on November 14 <sup>th</sup> from 1-3 p.m. at BESC; and AARP Senior Housing Forum will be on November 22 <sup>nd</sup> from 9:30-11:30 a.m. For more information, please contact <a href="mailto:larsobesc@hotmail.com">larsobesc@hotmail.com</a> or call 662-8920.		
First Born Program of Los Alamos: Molly McBranch shared the program offers evidence-based assessments and assistance, including home visits and post-partum care, to families from the prenatal period through age three. For more information, please visit <a href="https://firstbornla.org/">https://firstbornla.org/</a> or call 505-661-4810.		

# minutes

Los Alamos Teen Center/The Family YMCA: Kristine Coblentz announced the Council for Boys & Young Men and Girls Circle for Los Alamos Middle School has been postponed due to low enrollment. It will now begin in January 2017 and be offered on Tuesdays at Mesa Public Library. Registration is available at the main YMCA facility. For more information, please visit <https://www.facebook.com/LATeenCenter/> or call 695-7415.

JJAB: Ellen Ben-Naim shared that a support group for parents of teens will soon begin with local LPCC, Elizabeth Grant, at UNM-LA. JJAB will say goodbye to Debbie Shelton and welcome Diana Stearns as the new Family Resource Advocate for elementary-aged families. Also, Stacy Baker will be greatly reducing her hours as Coordinator as she accepted a full-time position with LANL. For more information, please visit <http://losalamosjjab.com/> or call Ellen at 670-8153.

Self Help, Inc.: Ellen Morris Bond encouraged members to visit the Mental Health Access Project (MHAP) website [www.losalamosmentalhealth.org](http://www.losalamosmentalhealth.org). Jackie Fernandes, ENMU Social Work intern, introduced herself to members and looks forward to making further connections in the community. For more information, please contact Ellen or Jackie at 662-4666, or visit [selfhelppla@gmail.com](mailto:selfhelppla@gmail.com)

LA Cares: June Gladney announced the food distribution is on the second Friday of every month. For more information, please call 661-8015.

Alzheimer's Association: Tina De La Luz, Northeastern Regional Manager from the Santa Fe Regional Office, shared that free services are available to caregivers and include care consultations, referral and general information. Support groups, Savvy Caregiver Classes (7 week courses) and Respite Reimbursement Programs are available. The Alzheimer's Association is located at 811 St. Michaels Drive in Santa Fe. For more information, please contact 505-473-1297 or [tdelaluz@alz.org](mailto:tdelaluz@alz.org)

Presbyterian Medical Services: Larry Martinez shared Valley Family Wellness Center will be opening at its new location 1200 N. Paseo de Oate in Espanola on October 10<sup>th</sup>. They offer children's behavioral health services, ages 4-18. He also announced there will be a Medicaid Advisory Committee Meeting and opportunity for public comment on Centennial Care at 1p.m. on November 14<sup>th</sup> at the Garrey Carruthers State Library in Santa Fe. For more information, please contact [Larry.Martinez@pmsnm.org](mailto:Larry.Martinez@pmsnm.org) or call (505) 955-1212.

LAPS Prevention Office: Bernadette Lauritzen offered to present more on the current YRRS data or other programs in future. She also expressed her concern for the recent resignation of the Los Alamos Public Health Nurse. For more information, please contact 663-3252.

Los Alamos Fire Department (LAFD): Donna McHenry announced a CPR-Resuscitation class, a Statewide High Performance CPR training for Emergency Responders, to be offered at UNM-LA in January 2017. For more information, please contact <http://losalamos.unm.edu> or [donna.mchenry@lacnm.us](mailto:donna.mchenry@lacnm.us) 662-8307.

LAC Social Services: Deni Fell, Case Coordination Specialist, shared that the YRRS Roadshow presentation was well attended on Wednesday, September 28<sup>th</sup>; results for grades 6-8 are still being tabulated by the State. The Social Services Division set up a booth at the Municipal Building during Customer Service Week, October 5<sup>th</sup> to share information about services available to Los Alamos County residents. For more information, please visit <http://www.losalamosnm.us/cs/socialservice/Pages/default.aspx> or call 662-8068.

Family Strengths Network (FSN): Carie Fanning shared that the 2<sup>nd</sup> annual Lucky Ducky Day was a huge success. She also announced Study Strategies for Middle School will be offered on Thursday, October 13<sup>th</sup>. Come find out about learning styles, create schedules and graphic organizers. For more information, please visit [www.lafsn.org](http://www.lafsn.org) or call 662-4515.

**Update: Older Adult Services Network**

Pauline Schneider

# minutes

Pauline Schneider spoke to the following:

- Met September 22 and October 18 to finalize funding request
- 3 areas of focus include falls, senior driving, and dementia friendly training
- 2 fall prevention workshops in past month at Aspen Ridge Lodge and the White Rock Senior Center. Home visits will soon begin for seniors who signed up at the events.
- Falls Prevention Coalition had a booth at the Los Alamos Health Fair; the group hopes to purchase night lights for events and home visits.
- A dementia friendly training for caregivers will be held in November and hosted at the Betty Ehart Senior Center
- Plans are underway for developing a Driving Issues forum in the community.

For more information, please contact [larsobesc@hotmail.com](mailto:larsobesc@hotmail.com) or call 662-8920.

## Presentation: MADD Power of Parenting

Bernadette Lauritzen

Bernadette presented MADD Power of Parenting, the nation's largest nonprofit working to protect families from drunk driving, drugged driving, and underage drinking that included:

- Quiz – What style parent are you?
- Are you making assumptions?
- Effective approaches to answer tough questions
- Conversation starters for talking with your teen (handout)
- Alternative activities to drinking

For more information, please visit <http://www.madd.org/underage-drinking/the-power-of-parents/> or contact Bernadette at 663-3252.

## President's Report

Cynthia Goldblatt

No report; Cynthia was not present.

## Next Meetings/Other

Cynthia Goldblatt

Next meeting: November 3, 2016

Presentations: Basic Needs Subcommittee & LAC Energy Assistance Program

Future Presentations: LAC Emergency Management/Code Red, Aging & Disability Resource Center (ADRC), Las Cumbres Grandparents Raising Grandchildren, Food Depot, WEB Crew, and others

Meeting adjourned at 1:30 p.m.

Respectfully Submitted,

Deni Fell, Coordinator  
Los Alamos Community Health Council