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Los Alamos Community Health Council		
3.2.2017	12:00-1:30 pm	Room 330, Municipal Building
Meeting called to order at 12:04 p.m.	Cynthia Goldblatt, President	
Approval of Agenda and Minutes		
A motion to approve the agenda, as presented, was moved by member Cheryl Pongratz, and seconded by Member June Gladney; motion was unanimously approved.		
A motion to approve the February 2, 2017 meeting minutes, as corrected, was moved by Member Mary Beth Maassen, seconded by Member Philip Gursky.		
Round Table of Member Activities		
	Only announcements noted here	
<p>JJAB: Andrea Cunningham announced Barbara Coloroso will be returning to present a Parenting University Workshop on bullying at UNM-LA on Saturday, March 18th from 9 a.m. to 12:30 p.m. A light breakfast will be served from 8:30-9 a.m. Free childcare will be available, to register please visit https://losalamos.unm.edu/community-education/kids-are-worth-it.html or contact Gabriel Baca, gbaca@unm.edu A Youth Mental Health First Aid class will be offered May 5 & 6, please contact andreacjabb@gmail.com for more information.</p> <p>Cindy Koehler, Family Resource Advocate (FRA), shared JJAB is fully staffed and welcomed new colleagues Katy Fellows, FRA, and Caron Inglis, Youth Resource Advocate (YRA).</p>		
<p>LAPS: Kristine Coblentz, Healthy Schools Initiative Director, announced a community book read will begin March 18th inviting at least 50 community members to read and discuss the book <u>How to Raise an Adult: Break free of the Overparenting Trap and Prepare Your Kid for Success</u> by Julie Lythcott-Haims. Funding support comes from 100 Women Who Care and LAPS Foundation. Participants will receive a free book and an invitation to group discussion sessions. For more information, please contact k.boblentz@laschools.net or call 663-2263.</p>		
<p>Los Alamos Heart Council: Phil Gursky announced the Heart Month Seminar will be held on March 7th at 5:30 p.m. at the First Baptist Church in Los Alamos. Free dinner will be provided and Dr. Rai, Lovelace Heart Hospital, will speak to Heart Disease in Women: Prevention and Management. Pre-registration is required no later than March 3rd. For more information, please contact Philip Gursky at 267-816-0299 or 662-2656 or email president@isoalamosheartcouncil.org</p>		
<p>Home Instead Senior Care: Ken Hendricks announced an upcoming Dementia Friendly Training scheduled for April 27th from 10-11 a.m. in the County Municipal Building. He went on to recommend CNA classes offered at UNM-LA, and encouraged caregivers to apply for positions at Home Instead. For more information, please contact ken.hendricks@homeinstead.com or call 661-8040.</p>		
<p>Alzheimer's Association: David Davis introduced himself to members as the Northeast Regional Manager located in the Santa Fe Regional Office. He is eager to help out with educational programs, outreach and personal consultation as a caregiver in the Los Alamos Community. For more information, please contact dldavis@alz.org or 505-473-1297.</p>		
<p>LARSO: Pauline Schneider announced Phil Gursky and the LA Heart Council provided heart monitors and blood pressure equipment along with fitness wrist bands as housewarming gifts for the new White Rock Senior Center. A Senior Driving Forum will be held at Saturday, March 18th with the help of David Davis from the Alzheimer's Association. Slots are available for at-risk seniors in the Adult Day Program, and encouraged members to be aware of neighbors or community members who could benefit from referrals to Adult Protective Services. The Senior Centers can help make APS calls, but cannot make referrals into their own programs. For more information, please contact director@losalamosseniorcenter.com or call 662-8920.</p>		

minutes

LAPS Prevention Office: Bernadette Lauritzen shared that the 8th grade Web Crew made over 300 Valentines for the 7th graders this month; March 15th is Kick Butts Day (tobacco awareness) and a new program will soon be purchased entitled Signs of Suicide aimed at middle schoolers. April 2-8 is Crime Victims Awareness Week, please show your support. For more information, please contact b.lauritzen@laschools.net or call 663-3252.

Lemonade Living (fka Lemonade Therapy Co-Op of Los Alamos): Melissa Arias shared the target start date for the activities co-op is June 2017, as the board continues to work toward a long term residential campus. Friends of Lemonade meetings will change to the 1st and 3rd Tuesday of each month at the Smith's Marketplace upstairs meeting room. For more information, please contact Melissa at lemonadelivingla@gmail.com or call 505-500-5281.

The Family YMCA: Linda Daly announced registrations for summer camp and next year's after school program are now open. A call for YMCA Bandelier Corps is underway for youth summer employment at Bandelier National Monument. Look for applications under Careers or Youth at www.laymca.org For more information, please contact dmartinez@laymca.org or lf Daly@laymca.org or call 662-3100.

Los Alamos Teen Center/The Family YMCA: George Marsden, Assistant Director, announced Director Sylvan Argo gave birth to a healthy baby boy, Quinn, who arrived on February 8th. Girls Circles & Boys Councils begin March 6th. Middle School groups meet at Mesa Public Library: Boys on Mondays 3:30-5 and Girls on Tuesdays 3:30-5; High School groups meet at the Teen Center: Boys 4-5:30 and Girls 3:30-5; registration paperwork is available at the Teen Center. A hugely successful EPIC Retro Music Party was held on February 24th. For more information, please visit <https://www.facebook.com/LATeenCenter/> or call 695-7415.

LAMC: Mary Beth Maassen thanked colleagues at the Senior Center and Social Services Division for working together to help raise awareness of a myriad of senior issues that often accompany neglectful living situations. She announced the Teddy Bear Clinic will be held on Monday, May 1st for 250 Kindergarteners in LAPS; Tele-neuro program should be up and running by the end of March with a presentation at the Betty Ehart Senior Center on March 17th at Noon; new hospital director, Dr. Marc Masotti, will begin March 3rd; and the Tuesday Clinical Lunch series is looking for keynote speakers. For more information please contact Mary Beth Maassen marybeth.maassen@lpnt.net or call 505-661-9184.

NM Nurse's Association: Suzanne Canfield shared a summary of two bills heard at 2017 Legislative Session about "vaping." One was related to the Clear Air Act, and the other related to raising the age limit from 18 to 21. For more information, please call 690-6975.

LA Cares: June Gladney praised Carie Fanning and a project that Leadership Los Alamos took on to help organize and sort food and supplies. Business as usual with a food distribution happening next week. Food distribution takes place on the second Friday of every month, and the Thursday evening before. For more information, please call 661-8015.

LAC Social Services: Deni Fell, Case Coordination Specialist, shared a free one-hour Dementia Friendly Training will be offered on Thursday, April 27th from 10-11 a.m. She confirmed the Los Alamos Public Health Office hours are Wednesdays and Fridays from 8-12 and 1-4, and condoms are available in the front lobby area. The Social Services Division just completed a new informational brochure available for distribution soon. For more information, please contact deni.fell@lacnm.us or call 663-1875.

NM DOH: Naomi Brodkey announced the NE Regional Spring Health Council Gathering will be held on Tuesday, May 2nd from 9:30-3:30, location still to be determined. This event is open to all health council members. Also, a FREE 6 part class entitled MyCD (my chronic disease) will be offered at the White Rock Senior Center on Wednesday afternoons facilitated by Paula Roybal Sanchez. For more information, please contact Naomi.Brodkey@state.nm.us or call 505-753-7957.

NM Alliance for Health Councils: Terrie Rodriguez, Executive Director, shared the Alliance has received a technical assistance grant and is seeking information on what health councils desire for future trainings and information to make available. For more information, please contact terrie@nmhealthcouncils.org or 505-231-1177.

minutes

LAC Social Services: Kim Gabaldon, Social Services Manager, thanked Ellen Morris Bond and Self Help, Inc. for providing work training related to care coordination; she announced the Division recently rolled up data related to calls and walk-in clients over the past 6 months demonstrating up to 200 monthly referrals were made, mostly related to housing. For more information, please contact kim.gabaldon@lacnm.us or call 662-8068.

Family Strengths Network (FSN): Carie Fanning announced staff attended the recent Mental Health First Aid training; the very popular Love and Logic parenting classes with Michelangelo Lobato are underway; the public is invited to the Open House event on March 21st from 4-6 p.m. celebrating a year and a half at the Orange Street location; and two Parent's Reaching Out programs will be offered the week of March 6th aimed at IEP Success and Record Keeping for Special Needs. For more information, please visit www.lafsn.org or call 662-4515.

Los Alamos Retirement Community (LARC): Cynthia Goldblatt, Community Liaison, announced that LARC will host Health Hearts Talk with Helen Idzorek, Los Alamos Cooperative Extension, on Thursday, March 9th 2-3 p.m. A Sleep Matters talk will take place on Monday, April 3rd at 2 p.m., as Aspen Ridge welcomes Dr. Wiggins, Sleep Medicine Physician from the Southwest Ear, Nose and Throat Sleep Center. The Savvy Caregiver (Dementia program) continues on Tuesdays from 1-3 p.m. through April 4th, please contact Tina De La Luz tdellaluz@alz.org 505-266-4473. For more general LARC information, please call Cynthia at 695-8981.

DWI Planning Council: Morrie Pongratz announced a Buzz Bus, providing safe rides in Los Alamos County, will be available for Super Bowl Sunday from 2-5 p.m. For more information, please contact Kirsten Bell, DWI PC Coordinator at 662-8241.

Update: Community Resiliency

Bernadette Lauritzen

Bernadette Lauritzen facilitated a Turn & Talk activity with members to get some feedback about the role of Community Resiliency Committee (CRC); as background, the committee in past had been formed primarily to address suicide prevention. She asked members to consider if there are gaps in community information or programming CRC could find resources for; how do members envision the work of the CRC extending the work of health council; is the newsletter useful, and what messages or information could be included instead? A short discussion followed. The CRC meets on the second Monday of each month from 10-11 a.m. at the Y Teen Center. For more information, please contact b.lauritzen@laschools.net or call 663-3252.

Presentation: Los Alamos Community Foundation

David Izraelevitz, Pat Soran, and Ken Milder

David Izraelevitz began by sharing the Los Alamos Community Foundation (LACF) is a non-profit corporation whose mission is centered on the needs of Los Alamos County. A community foundation is more or less a community savings account to enhance local philanthropy highlighting the needs in our community, and to support the work of local nonprofits. Behind the scenes work has been underway since 2013 to establish LACF with over fifty families and organizations committed to its success, pledging over \$200K. Collaborative partnerships have been developed with United Way of Northern New Mexico, Los Alamos National Bank, UNM-Los Alamos, LANL Foundation, and ProjectY. If you'd like to get involved or find out more please visit www.losalamoscf.org

President's Report

Cynthia Goldblatt

Cynthia Goldblatt reported Los Alamos County Managers and Department of Health representatives have met to discuss the Los Alamos Public Health Office.

minutes

Next Meetings/Other	
	Cynthia Goldblatt
Next meeting: April 6, 2017 Presentations: CASA and Older Adult Services Network Update Future Presentations: Aging & Disability Resource Center (ADRC), Las Cumbres Grandparents Raising Grandchildren, The Food Depot, NMShare, WEB Crew, and others	
Meeting adjourned at 1:23 p.m.	

Respectfully Submitted,

Deni Fell, Coordinator
Los Alamos Community Health Council