

minutes

LACHC		
9.1.2016	12:00-1:30 pm	Rm 330, Municipal Building
Meeting called to order at 12:04 p.m.		Cynthia Goldblatt, President
Approval of Agenda and Minutes		
Member Ellen Ben-Naim moved to approve the agenda; Member Carie Fanning seconded. Agenda was approved unanimously.		
Minutes for the meeting of August 4, 2016, were approved with a minor edit; Member Larry Martinez moved, Member Donna McHenry seconded.		
Round Table of Member Activities		
		Only announcements noted here
<p>LAPS Foundation: Morrie Pongratz announced a donor appreciation event to be held entitled, "A Million Thanks," which marks the milestone for the Los Alamos Public Schools Foundation having donated over \$1M to teachers, schools, and students. This event is free to donors and will be held on November 5th from 7-9 pm at Fuller Lodge. For more information, please call Joanna Gillespie at 490-0667 or visit http://www.lapsfoundation.com</p>		
<p>DWI Planning Council: Morrie Pongratz announced the next regular meeting will be on September 9th at 8:30 a.m. in Room 110 of the County's Municipal Building, and a DWI PC Strategic Planning meeting to be held on Thursday, September 29th to determine allocation for \$70K to be used for prevention programs. For more information, please contact Coordinator, Kirsten Bell, at 662-8241 or Kirsten.bell@lacnm.us</p>		
<p>United Way Youth Team: Morrie Pongratz shared that Dinner Over Diamond event will be on Sunday, September 11th from 4-7 p.m., and Taste the Sky event will be Saturday, September 24th at Los Alamos County Airport. For more information, please visit https://unitedwaynm.org/youthteam/</p>		
<p>Los Alamos Fire Department (LAFD): Donna McHenry announced LAFD has provided twice the outreach into the community as has done in past with ongoing and shared efforts of the Falls Coalition Team. Fire Chief, Ramon Garcia, recently donated 100 smoke detectors. The next Falls Coalition meeting will be held on September 9th at 2 p.m. at the Betty Ehart Senior Center, and a Falls Prevention presentation will be conducted on September 13th at Aspen Ridge Lodge at 1 p.m. For more information, please contact prevent.falls@lacnm.us or donna.mchenry@lacnm.us 662-8307.</p>		
<p>Family Strengths Network (FSN): Carie Fanning announced the Lucky Ducky Day Carnival will be held on Saturday, September 24th from 10 a.m. – 2 p.m. All are welcome to participate in duck races, volunteers are encouraged. Ongoing Becoming a Love & Logic Parent classes are offered through FSN; Love & Logic is an evidenced based parenting class – details are on the website. The Financial Peace University, (also known as the get out of debt course) will be offered for 10 weeks beginning September 8- November 10 at the La Vista Church in White Rock. For more information, please visit www.lafsn.org or call 662-4515.</p>		
<p>Presbyterian Medical Services: Larry Martinez shared the cap on the number of cases that suboxone providers may administer from 100 for practitioners with more than one year of experience to 275. There is also a proposal to extend authorization to prescribe to nurse practitioners and physicians assistants. This will have a favorable impact on capacity for the population in need of these services. For more information, please contact Larry.Martinez@pmsnm.org or call (505) 955-1212.</p>		
<p>LA Cares: June Gladney announced LA Cares will be at the Farmer's Market on September 8th to accept donations of fresh produce, breads, and canned goods. The food distribution is on the second Friday of every month. For more information, please call 661-8015.</p>		
<p>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. She stressed the importance of placing calls in the morning for appointment scheduling Monday through Thursday, 505-983-8561.</p>		

minutes

NM Nurse's Association: Suzanne Canfield shared a flier Addressing the Opioid Crisis: The Nursing Education Series on Opioids and the various webinars being offered. To register go to www.Aacn.nche.edu/opiods/webinar-series or contact Suzanne at 505-471-3324 or 505-690-6975.

YMCA Teen Center: George Marsden spoke about upcoming safe Homecoming activities on Saturday, September 17th from 8-midnight and the midnight movies being offered at the Reel Deal Theater. He also mentioned Mesa Vista counselors previously available on both Wednesdays and Fridays will now only be there once per week due to a shortfall in funding. For more information, please visit <https://www.facebook.com/LATeenCenter/> or call 505-695-7415.

Home Instead Senior Programs: Ken Hendricks announced a need for caregivers in Los Alamos and White Rock. Applications can be found at www.applywithhomeinstead.com or call 661-8040.

Kristine Coblentz shared that UNM-LA will offer a 9 week class through Community Education entitled Introduction to Mindfulness and Stress Reduction, beginning September 15th. For more information, please contact Lisa Caldwell at 662-5919.

LA Visiting Nurses: Collette Fordham announced a Bereavement Support group beginning Wednesday, September 7th from 12-1 p.m. the conference room at the Betty Ehart Senior Center. Pre-registration is required for this 6-week session, for more information please call 662-2525.

LAPS Prevention Office: Bernadette Lauritzen announced she will be collecting donations of gum, hard candy, snacks or drinks at the October meeting for the Listening Post at Los Alamos High School. The Listening Post is activated during high stress times for students to provide a boost. For more information, please contact 663-3252.

Older Adult Services Network: Pauline Schneider announced that for World Alzheimer's Day, September 21st, the Reel Deal Theater will be offering a FREE showing of the Glenn Campbell movie I'll Be Me at 7 p.m. For more information, please call 662-8920.

JJAB: Ellen Ben-Naim shared that JJAB offers 31 programs for youth grades K-12. JJAB looks forward to a new support group for parents of challenging teens, local behavioral health provider Elizabeth Grant will facilitate. JJAB is currently hiring for a wrap-around case management position for elementary aged families. For more information, please visit <http://losalamosjjab.com/> or call Ellen at 670-8153.

Los Alamos Heart Council: Phil Gursky reminded members about this year's annual Health Fair coming up on Saturday, September 24th from 8:00 a.m. to Noon in Griffith Gym at Los Alamos High School. Please contact Phil for more information by calling 267-816-0299 or LAHCHealthfair@gmail.com

Self Help, Inc.: Ellen Morris Bond shared the roll-out date for the Mental Health Access Project (MHAP) website on September 2, 2016. It is to be viewed as a living document website as an attempt to bring all mental health resources together, including provider information, in one site, including information related to LANL initiatives. It can be found at www.losalamosmentalhealth.org or selfhelpla@gmail.com For more information, please contact Ellen at 662-4666.

Lemonade Therapy Co-Op of Los Alamos: Melissa Arias said a new group is underway for startup in Los Alamos to address the needs for individuals and families living with developmental disabilities. The group wishes to provide services in the community when a child "ages out" of the current programming available in the public school system for meeting behavioral health and mental health needs. The group will make a survey available about the need for continuing services for special needs adults at the Health Fair on September 24th. For more information, please contact lemaonadetherapy.coop@gmail.com or 505-500-5281.

LAC Social Services: Kim Gabaldon announced, as Social Services Manager, she will make a presentation to County Council on Tuesday, September 27th at 6 p.m. to propose changes to the Health Care Assistance Policy (HCAP) to allow for some coverage of primary care and dental care visits. Then on Wednesday, September 28th from 1-3 p.m. the Los Alamos Community Health Council will host the Youth Risk and Resiliency Survey (YRRS) 2015 Roadshow in Council Chambers. In 2015, all middle and high school kids were given the opportunity to participate in the survey. For more information, please contact Kim kim.gabaldon@lacnm.us, or call Eloisa or Deni at 662-8068.

minutes

Los Alamos Retirement Community (LARC): Cynthia Goldblatt, Community Liaison, announced a Falls Prevention presentation will be on September 13th at 1 p.m. at Aspen Ridge Lodge; refreshments will be served, no need to RSVP. LARC is putting together a Homecoming Parade float, please watch for them on Central Avenue on Friday, September 16th. September 11th -17th is National Assisted Living Week and National Appreciation Week for Maintenance, Laundry and Housekeeping staff. In addition to hosting a booth at the Los Alamos Health Fair on Saturday, September 24th, Sombrillo Nursing Community and Aspen Ridge Lodge will host a booth at the Espanola Presbyterian Hospital Health Fair on Saturday, October 1st from 8-12. For more information, please contact Cynthia at 662-4300 or 695-8981.

Update: Community Resiliency

Bernadette Lauritzen

Bernadette Lauritzen shared the Community Resiliency Subcommittee meets on the 1st Monday of each month 10:00-11:00 a.m. at the Teen Center, the next meeting will be on October 1st. Please watch for the monthly newsletter with tagline "Well Being Through Awareness." She encouraged members to watch for the release of the 2015 YRRS data. She will be presenting the Power of Parenting, a Mother's Against Drunk Driving (MADD) production, at the next LACHC meeting on Thursday, October 6th. Please contact b.lauritzen@laschools.net or 663-3252 for more information.

Update: Public Health Office

Andrea Cunningham

Andrea Cunningham spoke to the following:

- The cost of medical treatment related to falls and fall related deaths is now equal to that of cancer treatment in the U.S.
- There will be 317 flu shots only available to those without insurance this season.

As a Los Alamos Public School Board Member, she spoke to the following:

- The Freshman Academy is going well, no status on the Mental Health Coordinator position just yet.
- NM State has re-worked funding on the bond issues, LAPS will no longer receive \$8M for capital improvement projects – there will be two public information meetings, September 8th in White Rock and September 13th in Los Alamos.
- There has been much feedback related to the announcement made by Police Chief Sgambellone for keeping gun safes at both the middle and high schools. Andrea clarified that it would be strictly utilized in the case of an active shooter situation. Public meetings will continue and discussions are still underway.
- Following a visit to Colorado State University, Andrea will present information to the Board on how to deal with the stigma of mental health issues and how to ask adults for help

For more information, or to schedule an appointment, please call 662-4038.

Presentation: Santa Fe Mountain Center

Tiffany Wynn

Tiffany Wynn, Executive Director, provided a very brief overview of the variety of programs offered at the Santa Fe Mountain Center (SFMC). She stated SFMC has over 35 years' experience empowering individuals to become more resilient and lead healthier and more successful lives. SFMC provides unique opportunities for people to transform their lives through remarkable experiences and adventures. Their *Experiential Adventure Resiliency Model incorporates adventure, education and challenge to help participants break through self-limiting beliefs, discover their potential, and build positive self-identity and resiliency.* She provided just four handouts to members to get a feel for the diversity of programs offered: About SFMC, The Bullying Problem, Native American Emergence Program, and NM Gay Straight Alliance Network. SFMC has offices in Tesuque, Santa Fe, and Espanola. For more information, please contact <http://www.santafemc.org/> or to contact Tiffany directly tiffany@santafemc.org or call 505-983-6158.

minutes

President's Report	
	Cynthia Goldblatt
Cynthia Goldblatt tabled this report as well as a Turn & Talk Activity until next meeting due to time limitations.	
Next Meetings/Other	
	Cynthia Goldblatt
Next meeting: October 6, 2016 Presentations: Older Adult Services Network Update & Power of Parenting (MADD) Future Presentations: LAC Emergency Management/Code Red, Aging & Disability Resource Center (ADRC), Los Alamos Community Foundation, Andres Mercado (Santa Fe Fire Dept.), and others	
Meeting adjourned at 1:34 p.m.	

Respectfully Submitted,

Deni Fell, Coordinator
Los Alamos Community Health Council