

Live Well Kingston December Meeting Minutes

Wednesday, December 18, 2019, 4 – 5:15pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

Council Members (Voting)

Guests

a.

Anna Brett	X	Emily Flynn, Dir. Health & Wellness
Caitlin Zinsley	Absent	Sendy O'Brien, MiSN
Dylan Johanson	Absent	Lori Ferguson
Gerry Harrington	Excused	Tom McCarry, Institute for Family Health
Kathleen Rogan	X	
Melinda Herzog	X	
Stacy Kraft	X	
Tevis Trower	Excused	
Walter Woodley	Absent	
Yanna Wilson	Excused	
Open		

II. Narcan Training

a. Tom led us through a very informative Narcan training.

Overdosed deaths have increased for seven consecutive years in NYC, which is very similar to Ulster County. Ulster County had the highest rate of overdoses in NYS in 2016. Fentanyl is a dangerous synthetic, short-acting opioid, that has a higher potency 50-100 times than morphine. Naloxone gets in the way of the opioid in the receptors in the brain. There are no known negative effects for Narcan, and is very safe to use. Signs of opioid overdose include: unconscious or unresponsive, slow or stopped breathing, blue/gray/white lips and/or nails, snoring or gurgling sounds, and muscle stiffness or rigidity. A sternal rub should be used to check if the person is unconscious. Call 911 then administer the Narcan. Once the package is opened, the spray is ready to use--there's no cap to open. Put it in the nose and spray. After 2 minutes, administer the second dose if still needed. Put the person in the recovery position on their side. You can administer CPR. Replace the kit if it is after the expiration date, but it will still work after the date for a long time, so if that is all you have, still use it. You can refill the kit by returning it to IFH and any pharmacy. Family of Woodstock locations provide walk-in Narcan training.

Thank you to Tom & Stacy for all the information!

III. Approval Of Minutes

- a. We did not have a quorum and were not able to pass any of the meeting notes.

IV. Administrative Matters

- b. We welcomed two potential board members. Sendy O'Brien is a community health worker for Maternal Infant Services Network (MiSN), would like to support a connection to the spanish speaking community. Lori Ferguson is an active community member who teaches a nutrition class at the Center for Creative Education, has personal experience with spinal surgeries, diet change and weight loss and She is a registered nurse. We encouraged them to join us at our future commission meetings. We were not able to vote on accepting them as commissioners because of the lack of quorum.
- c. We reviewed the officers responsibilities. The Chair would preside over the meeting if the coordinator (Emily) wasn't available. Occasionally the chair signs a letter of support or works with the coordinator to set the agenda. The Vice-chair takes on the duties of the chair if they are not available. The Secretary is the position we need most. They take meeting notes and send them to the coordinator, who distributes them. The Treasurer is tasked with creating a budget and reporting, as needed, but we have been using the Health & Wellness budget, so have not needed this work. In January, if we have a quorum, we will nominate and elect officers.
- d. In January we will set the dates for the 2020 meetings.

II. Announcements and Communications

- a. The Ulster County Board of Health is looking for members. They meet once a month on the 2nd Monday, at 6:30 pm, at 239 Golden Hill Lane, Kingston. See BoardofHealth.docx for specific info.

III. Adjournment: 5:15pm

IV. LWK Focus Teams and Other Events

Please see <http://livewellkingston.org/event-directory/> for updates and details.

03 Jan Heal Well Focus Team Meeting
08 Jan KCSD School Wellness Committee, HS Library
09 Jan Live Well Kingston Presentation at Human Services Coalition
13 Jan Resilience Film and Panel Discussion at Miller Middle School
16 Jan Resilience Film and Panel Discussion at Bailey Middle School
21 Jan Age Well Focus Team Meeting, Senior Hub
24 Jan Play Well Focus Team Meeting, City Hall
31 Jan Black History Month Kingston Community Dinner, YMCA
05 Feb Eat Well Focus Team Meeting, Cornell Cooperative Ext.