

Healthy Ulster Council Meeting Notes

July 11th 2019

Attendees:

Jacquelyn Arsenuk, Pamela Baker, Wendi Bean, Adam Billingslea, Lynda Brady, Carranceja, Courtney Churchill, Maria Cecilia Deferrari, Sasha Finlay, Emily Flynn, Brittany Furrow, Melinda Herzog, Jaqueline Kellachan, Stacy Kraft, Colleen Jones, Susan Lennon, Mike Malloy, Jessie Moore, Christine Noble, Sendy O'Brien, Liz Pickett, Amanda Quintana, Gloria Valdez, Kelsey VanEtten

Introduction:

Melinda introduced herself and shared the purpose of Council which is to meet for professional development, networking and collective action. There will be a collective action-brainstorm via email and at next meeting.

Presentation 1: Breast and Prostate Cancer Presented by Gloria Valdez Program Coordinator at Hitch (Hudson Information Technology for Community Health)

- Serves Ulster and Dutchess, focuses on education access to medical care for the medically underserved.
- Uses peer educators
- Helps with referrals, finding transportation, help with insurance

Breast Cancer Overview: Breast Cancer is the number 2 cancer in women after lung cancer. Black women are more likely to die from breast cancer than White women, this may be due to lack of access to medical care. Social-economics play a big role. Screening places may not be open after work hours or be too far to get to.

Overview of cancer and breast cancer-

- Risks- age, race, family history,
- Prevention- regular checkups, diet, exercise, no alcohol or drugs
- Symptoms- starts in the breast, can spread to other parts of the body, lumps in breast, swelling of the breast, change in shape or appearance, pain, redness, discharge not related to pregnancy
- Common Screening Tests- Clinical Breast exam and Mammogram both are important
- Mammograms can find cancer in the early stages when it is earlier to treat
- All women 50 and over should be screened
- Phone Number for Breast and Prostate Cancer Peer Education Program 845-681-1087
- Some offices and programs will recommend women start getting screened at age 40.

Question: Is breast cancer new or has it been around? It has been around but now with more screenings and awareness we know the causes of death that have been previously unknown.

Prostate Cancer Overview:

- 2nd most common cancer in men after skin cancer
- 2nd most cancer deaths in men after lung cancer
- Risks-age, race, family history
- Prevention- regular checkups, no alcohol, drugs, exercise, diet
- Symptoms
- Problems with urinations, painful ejaculation, blood in urine or semen, difficulty having an erection, pain in pelvis, hips, or lower back that won't go away.
- Screenings-age 55-69: PSA Test- Blood work, Prostate Screen, Biopsy
- Phone Number for Breast and Prostate Cancer Peer Education Program 845-681-1087
- Prostate Cancer is not currently included in the types that are considered genetic. May be harder to get insurance to cover those screenings or may require more paperwork to be done by the doctor making the referral for screenings.

Movement Break- Gentle Stretch led by Stacy Kraft Public Health Education Coordinator at UCDOH&MH

Presentation 2: Comprehensive Sex Education (CSE) presented by Jessie Moore Director of Education Planned Parenthood Mid-Hudson Valley

- Covers 4 counties Orange, Ulster, Greene, and Sullivan
- Will be merging with NYC

Legislation (CSE NY EDUC 804) was introduced in March 2019 for a mandate for Comprehensive Sex Education in schools starting in Kindergarten.

- Currently not a mandate, current mandate is to only cover briefly HIV and AIDS and coverage may vary depending on school district across the state.
- It would define what is CSE and be medically correct, culturally responsive,
- K-12 in public and charter schools
- State learning standards
- Provide an opt-out provision for parents and caregivers of only certain topics such as condom use
- Planned Parenthood will meet with parents first with their own programs, not sure if that will happen with the new state legislature.
- All classes are gender mixed except for 4/5 grade for puberty. Helps with awareness of gender identity, helps with gender awareness.
- A lot of focus on healthy relationships and what that looks like, early on.

CSE Overview

- Grades K-2: Teaching age appropriate terminology, cover family structures, friendships, how to express feelings, learning to say NO, how all things reproduce, explain bullying and teasing and how to respond.
- Grades 3-5: Puberty, self-management, healthy relationships, communication, harassment, teasing, reproductive systems and processes, sexual orientation, dignity and respects, define HIV including discussions of transmission and prevention
- Grades 6-8: Consent, power wheel, body image, gender identity, expression, and sexual orientation, benefits and risks of various contraceptive, signs of pregnancy and pre-natal practices, STDs, sexual assault and how it's not their fault
- Grades 9-12: Contraceptives available and how to properly use a condom, analyze impact of brain development and cognitive, social and emotional changes; Develop a plan to reduce STD risk, medical access, laws regarding date rape, pregnancy, abortion, adoptions, health care, bullying, and dating violence, credible information and resources.

Local Ulster County Statistics

- Teen Pregnancy, while down in Ulster is double in Kingston.
- STI's on the rise in Kingston i.e. chlamydia - 5,483 15-24 year old females in Ulster if left untreated it can develop into Pelvic Inflammatory Disease which can lead to infertility.

Contact Info: www.ppmhv.org

Council Discussion:

Announcements

BYOB ACT goes into effect July 15, cost of a paper bag will be 5 cents, flyer for Act, and bag safety flyer. Bags really should be washable in a washer or wiped out to prevent germs and illness such as from raw meat. Restaurants are exempt from the new law.

Stacy Kraft - UCDOH: attended a press conference from Pat Ryan-developing Opioid Crisis Initiatives. Continuing work with stakeholders on Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)

Kelsey Vanetten-Habitat for Humanity: September 9th Silent Auction at Diamond Mills, needs applicants for housing, building 3 houses in Glasco, only has one house filled.

Sasha Finlay-Community Member: developing a post-narcissistic relationship art healing program

Susan Lennon- American Lung Association: attended a public forum against teen vaping, hoping to be recreated in other areas

Jessie Moore- Planned Parenthood MHV: job vacancy for a peer educator in Kingston and Poughkeepsie

Christina Carrenceja – IFH: working on providing more services in August addressing more socio-economical determinates.

Adam Billingslea – HAHV: New Focus on youth needs. August 15th offering a first-aid mental health course, lots of other trainings coming up

Brittany Furrow – IFH: Ellenville Healthy programs- yoga at library, fruits and veggies farm market at hospital

Amanda Quintana - Mid-Hudson Problem Gambling Resource Center: Intro and brochure

Cindy Noble-Office of Aging: review of programs August 15th Live, Laugh, Learn event
Navigator Services-review of program, Lindsley Ave office in Kingston

Emily Flynn- Live Well Kingston: Grant for public chess tables for Kingston

Maria Cecilia Deferrari -CCE-Ulster County RAPP: overview of program

Liz Pickett-WMC Advanced ObGyn Associates: overview of Ob care at WMC Advanced ObGyn Associates Office Number 845-305-3132

Closing Remarks: Reminder to do Evaluations and to pick up Flyers at front of room from presenters and BYOB Act.