

**TOWN OF DEEP RIVER, CONNECTICUT**  
*Community Health Committee*



**Minutes – August 16, 2011 Meeting**  
**Location: Deep River Town Hall**

**Meeting Minutes:**

Attendance: CHC Members – N. Howard, D. Recchia, C. Walker, M. Carver, C. Cosme, R. Marth. Absent: K. Bender, C. Olson. Guests: None

**1] Call to Order**

Chairman Marth called the meeting to order at 7:35 pm. The members welcomed new member, Cindy Cosme.

**2] Approval of Minutes from March Meeting**

Minutes from the June meeting were reviewed. Motion made by M. Carver and seconded by N. Howard to approve them. No changes were discussed, no omissions. Motion to approve minutes passed 5-0

**Old Business**

**3] F.I.S.H.**

The presentation previously given to the CHC by Henry May of F.I.S.H. was discussed. It was noted that part of the mission of the CHC is to ensure the health of Deep River's residents and businesses. It was the consensus opinion of the members that good health is dependent upon being able to travel to a doctor appointment. Deep River residents use a large proportion of the service provided by F.I.S.H., and evidence by personal experience was added by D. Recchia who, as a visiting nurse, knows that many people from town use this service.

The committee felt strongly that a donation should be given and specifically from the Deep River Community Fund. Motion was made by D. Recchia that a \$500.00 donation should be sent to the local F.I.S.H. organization from the aforementioned fund as a one-time donation for 2011; and that further donation(s) may be made in future, as deemed appropriate by the CHC. C. Walker seconded the motion. No further discussion was noted, vote of the membership was unanimous in favor of making the donation.

R. Marth to make arrangements with F.I.S.H. It was thought that a short press release on this subject might be of use to both F.I.S.H. and the CHC. C. Cosme offered to write the press release, for use around the time of the donation. R. Marth to direct a check to be sent around 9/1.

#### **4] Family Day**

For Family Day (*no changes in plans, merely reiterated*) on September 17, the CHC would have a table outside the Town Hall. D. Recchia and K. Bender volunteered to do blood pressure checks and one nurse from the VNLV will also be available. (NOTE: Advertisement in DR Newsletter will state BP checks from 10 to 2pm, but we may decide to do more. It was decided that the CHC table would be ready by 9am. All members are invited to participate; the table must be manned all day.

The Family Day activities would include a way to explain the function of the CHC, introduce the VNLV and collect donations for the Deep River Community Fund, as well as non-perishable items for the Town's food pantry. R. Marth has made contact with the Deep River Newsletter crew, asking for space and for additional advertising in various ads.

D. Recchia is working on a reusable tote bag, to feature the CHC and/or the Deep River Community Fund logo. Some discussion ensued as to what the bag should carry as a logo. At length, it was agreed that both CHC and DR Community Fund should appear on the bag, if possible, but that the DRCF "logo" is the more important item to feature.

It was also put forward to make a poster or two to be displayed at the local elementary school. Posters will have to be ready for school upon its opening as Family Day soon follows, which will give a couple weeks for the posters to be noticed by the students.

[Note: There was a review of the Muster Day activities. Collected was a total of \$58.06, which has been turned over to the Town's Accounting person. The effort, while probably not to be repeated, was a good "warm-up" for the Family day activities.]

#### **5] Holiday Baskets**

The holiday basket program was also discussed. It was noted that the local church has a program, and that they would dovetail as much as possible with the CHC program. In addition, the Deep River/Chester Lions Club also does a program, but it is limited to gift certificates at the local grocery store.

Several groups will want to take part in this community-spirited activity (Brownie/Girl Scouts, Tri-Town Youth, and a high school group that is looking for a community effort in which to participate. Repeated, was the fact that all are welcome and no one will be left out if they wish to volunteer.

It was decided to do "vouchers" for turkeys, rather than handle fresh or frozen birds. We do not have the resources for these items to be kept

safely. (Subsequent conversation with Gina revealed this to be the best course of action.)

R. Marth is developing a list of foods and/or items that are needed for the food pantry (might include things like toothpaste, pasta or like items that would not normally be considered by most people). This list could be given to people who are shopping (like for the “Stuff-A-Cruiser” effort), might list what needed items are on sale, besides those that are needed.

We have notified some local groups of our ability to make up these holiday baskets. More communication is encouraged as we go forward.

#### **6] Officer Elections**

No action was taken on this item. The Chairman discussed the need of having a Secretary and/or Vice Chair. No nominations were made.

#### **7] VNLV Questions / Discussions**

Kate Bender, it was noted, has been approved by the Board of Selectmen to be one of the representatives on the VNLV Board of Directors. That Board must also approve the nomination. R. Marth to coordinate that action with the VNLV. The makeup of the CHC was discussed with an eye toward available spots (1 remaining) and who might fill that. M. Carver and R. Marth said that several people had asked them about taking a seat on the committee. (It was also brought up that no political party can be too dominant within any committee, this is a rule that all town committees and boards must follow.) All individuals interested in serving on the CHC (or any commission) should speak to First Selectman Smith and/or send a short resume of their relevant experience, etc. At this time, no one has been chosen as a new member.

#### **8] Financial Review and Donation Mailing**

There were no official financial statements of the two funds overseen by the CHC. Except for the donations collected at the Muster (previously mentioned) there were no new donations known. We will have financial statements at the September meeting.

#### **9] Large Event, Ideas and Planning**

The Chairman discussed with the group the need for ongoing replenishment of the DR Community fund coffers. With an eye toward that, the committee members were asked (at the June meeting) to think of what event might be planned that would help the financial picture of the fund.

Several ideas were discussed and dismissed, with the concept of a wine-tasting event garnering the most positive response from the group. The process was discussed, including the where, when and how to generate ticket sales. A few members were assigned tasks: M. Carver to contact

wine merchants for interest... D. Recchia to try to locate a place (Carriage House, Ambulance Barn, Fire Department, Town Hall Auditorium, etc. A tentative date was set for "sometime in February" which would avoid other similar events. All members should report their findings back to the group during the September meeting.

#### **10] Other Items**

C. Cosme wondered about the health needs of the town and what special health "clinics" or other actions could be taken. Various groups of residents or businesses were discussed as to what they might need (natal care, BP, cholesterol screenings, diabetes screening, special needs of schoolchildren) with regard to health information or clinics, etc.

A variety of ideas were put forth. These included articles in publications on health issues, sponsored by the CHC. Another idea was to look at health trends, possibly with information that might be garnered from the VNLV, and tailoring programs that respond to those trends. Another idea, simple as it seemed, was to talk about the importance of thorough hand-washing at local schools. This simple but important task is important in preventing the spread of colds and flu and has been previously done by a member of the group.

No conclusion or action was taken, but the subject should be revisited next meeting, with a decision on how to move forward. D. Recchia to bring whatever info she has on the hand-washing presentation.

#### **11] Adjournment**

No other business was brought forward. C. Walker made motion to adjourn, seconded by M. Carver. Passed 5-0. Meeting adjourned at 8:41 pm.

*Respectfully submitted,*  
Russell Marth, Chairman  
(August 22, 2011)