



## **AHL MEETING MINUTES**

Monday, December 13, 2021

**Al Merritt Media and Cultural Center, 600 Market street, 2nd Floor** \* Zoom link available for guest speaker and youth council member

**Time:** 9 am to 10 am Business Meeting; Networking & Community Updates 10 to 10:30 am

**Participants:** Peg Sallade, Julie Greene, Phil Crawford, Chief Glenn Davis, Linda Naccara, David Thomson, Leo Barrett, Chief Nick Secatore, Diane Courtney, Kristin McRae, Heather Day, Rev Rob Bacon, Mike Bierworth, Abby Porter, Ron Block, Vasundhra Ganju, Rob Lowell, Michael Bierwith, Evy Georges, Youth Council.

### **I: Introductions & Welcome to Guests/New Members**

**Guests:** John Smolinsky Wakefield-Lynnfield Chamber of Commerce, Daniel Macintyre, Lynnfield Housing Authority, Corey Jackson, Citizens Inn, Jim McCarthy Lynnfield School Food Services

### **II: Youth Council Updates - Julie Greene and Evyenia Georges, Youth Council**

- November Youth Council highlights
  - AHL sponsored an assembly at LHS in October on Healthy Relationships with speaker Ashley Bendiksen. She spoke about abusive relationships, her mental health struggles, and positive recovery.
  - The Youth Council did a follow up project to continue the conversation of Healthy Relationships and created the “Love is...” project. Students were asked to reflect on what love means to them or what/who they love
  - The display was then displayed in the Lynnfield High School Media Center
- Youth Power Summit:
  - As part of Evy’s work with **The 84 Statewide Youth Leadership Team**, Evy worked with her peers to host a **Youth Power Summit** to educate youth and their adult advisors across the state on Racial Equity and Justice.
- Upcoming Local Youth Council Projects:
  - The Youth Council has created subcommittees to further their work their upcoming projects are:
    - i. Strengthening Trusted Adult Relationships Project: in the high school, having students identify these adults so the youth council can interview them a create a display to connect other students to these identified individuals in the building

- ii. Wellness Bulletin Board/Electronic Display: New Year's resolution theme
- iii. Coffee Sleeves to Advertise Interface HelpLine: partnered with local coffee shops in town to promote the HelpLine number to community members

### **III: Food Insecurity Data, Needs, Gaps, and Resources**

As a community coalition, part of the role of AHL is to connect and link resources and to leverage expertise of the members at the table. We invited several guests to discuss food insecurity in Lynnfield. Food insecurity is a precursor to overall good health in a community.

#### **Corey Jackson, Ex. Dir. of Citizens Inn**

- Corey highlighted the work of Citizen's Inn, including their Inn Transitions, a sober housing program for people post detox/residential treatment. He also spoke about the connection between food insecurity and substance use by how the agency refers those they serve at their food pantry Haven for Hunger to behavioral/substance abuse treatment resources. They work with individuals on a case management basis to provide support and adequate housing while they work to get back on their feet.
  - **Food Insecurity in Lynnfield**
    - Corey informed the group in the changing trends of food insecurity in Lynnfield and the work that has already been done to improve numbers for food insecure individuals in the community. Numbers went from 18% to 91% of needs being met over the past few years.
    - State data indicates 760 individuals as food insecure in the community and estimate 11,300 meals needed to meet the gap.
    - Haven For Hunger has a dinner time food service in their dining room starting at 4 PM, individuals who can not come can send someone in their place, social workers, care givers, family members, etc. Flyer attached.
- **Group Discussion**
  - Linda Naccara, The Senior Center reported their success with the Grab and Go program for lunchtime meals with their seniors. They serve 75-80 individuals at lunch, 3 days a week. Prices of lunch have increased from \$2 to \$4 due to the inflation of food but The Friends of Council on Aging can cover the cost if seniors can not afford it. Individuals have benefited from the Grab and Go program because of being home bound during the pandemic as well as they may not have the capabilities of cooking a substantial meal for themselves.
  - Dan McIntyre, Lynnfield Housing Authority reported that they have 65 residential units and that there is a need for accessible food. The Calvary

Christian Church's Youth Group set up pantry services on Sundays once a month at the housing authority before the pandemic. When the pandemic

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hit, Good Hope filled a weekly need with their drive through food pantry services for produce, dry goods, etc. Dan now estimates about 20-25 residents still utilize pantry services on a monthly basis as we transition out of COVID.

- Jim McCarthy, LPS Food Services
  - Jim highlighted the trends he has seen through his time in Lynnfield. There is an unspoken need for food and a stigma that comes with admitting/telling your neighbors and friends. Early in the pandemic, Jim delivered food to people he knew needed it and would often hear of others in need as well. The schools saw great success in the Grab and Go lunches during the 20-21 school year. Jim also noted that before the pandemic, he worked closely with Citizen Inn and would like to continue to do so.

**Summary**-there appears to still be unmet need and partners around the table are willing to continue the conversation to explore what that might look like.

**IV: Wakefield Lynnfield Chamber of Commerce, Ex Director-John Smolinsky**  
Healthy Living Expo - John shared what the Healthy Living Expo looked like in Wakefield and how they structured it as a community event and what partners they included.

- John recommends if the group is interested to move forward with subcommittee work to help organize the event for May
- An indoor event is best incase weather is not good
- Phil mentioned that Geranium Days may be back again in May this year so we need to look at the calendar
- If you are interested in participating in this subcommittee please let Peg and John know

#### **IV: Coalition Business**

- Approval of November 2021 Minutes: A motion was made and minutes were approved.
- Subcommittee Updates / Programs in Progress:
  - **The Diversity Subcommittee** has connected on moving forward with a community wide **VIRTUAL** presentation on **February 16, 6:30 pm**. The speaker is Cynthia Weeks Bradley from the Equity Process, the same consultant working with the school department. We will be refining the

topic for presentation soon.

- **VIRTUAL: Healthy Conversations, Healthy Kids Session 3: Just Talk About It: Supporting the Mental Health of K-12 Youth** Wednesday,

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**January 12, 2022 6:30 - 8:00 PM** with speaker Jon Mattleman of Minding Your Mind and young adult speaker Wes.

- **In Person:** Internet Safety Assembly and Evening Presentation: National Speaker Katie Greer will speak on Internet Safety to all Lynnfield Middle School Students, as well provide a program for parents/community on **January 19, 6:30 pm at LMS**
- **In Person: Healthy Conversations Healthy Kids-Session 4- Taking to your kids about Managing Anxiety** with Clinician Heather Day from Riverside Community Cares, **February 2, 2021, 6:30 p.m**
- **Community Pledge to Prevent Underage Drinking:** This was launched last week in collaboration with the police department. This will be an annual initiative. Letters to participate were sent out and one was already returned from Tez Mezcal! Peg Reported that the TIPS training with businesses went very well in November.
- **Teen Resource Guide/Ad Book-** Dave Thomson will lead this initiative. We need to form a subcommittee to work on the Ad Book in the new year. He will help draft articles and will need help reaching out to businesses for ad placement. **Contact Julie or Dave** if you are interested in participating in the subcommittee or interested in an ad or writing an article
- **Press/Public Relations:** Thomson Communications shared a new press highlight of an article 01940 Magazine where Peg was featured and highlighted the work of A Healthy Lynnfield

## **Business Meeting Adjourned**

### **Community Round Table and Updates**

- **Fire Chief Glenn Davis**
  - Lynnfield successfully held two vaccine clinics in the past month vaccinating the 5-11 year old population. Chief Davis shares that some testing sites may take 3-4 days for test results. Mass Testing Sites seem to have a faster turn around. Lynnfield is experiencing an uptick in cases and he encourages individuals to get tested and vaccinated.
- **Phil Crawford - Swearing In of Chief Nick Seccatore**
  - Phil acknowledges Chief Nick Seccatore will be officially sworn in as Chief

of Police. Congratulations to Nick on this accomplishment and his continued service to this community.

- **Diane Courtney, Girl Scouts**

- Diane and Julie informed the group on an opportunity they found for Girl Scouts and Boy Scouts next year for Red Ribbon Week that will help them

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earn a badge from the DEA if they participate and work on education in the community around Red Ribbon Week. It was too late to submit this year but will be an opportunity for next year.

- **Linda Naccara, Senior Center**

- The Senior Center has seen an increase in Covid Cases as well as the Flu so they have seen a decrease in seniors coming in. They are working on adding some virtual options for seniors in the new year as they see more seniors homebound.

- **Rob Lowell, The Torigian YMCA**

- Rob says the Y is excited for the new year and programming rolling out they are excited about their LiveStrong program for individuals dealing with cancer, recommends to the group if they know anyone battling cancer to connect to a local one to get a free membership

**Next Meeting at Lynnfield Market Street is Monday, January 10th, 2021**

*A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.*

