

**NASSAU-SUFFOLK HIV HEALTH SERVICES PLANNING COUNCIL  
UNITED WAY OF LONG ISLAND, DEER PARK, NY  
March 8, 2023  
10am – 12pm**

**MINUTES**

**MEMBERS PRESENT**

Traci Shelton, Chair  
Kerry Thomas, Vice-Chair  
Susan Baldrige  
Eileen Bryant  
James Colson  
Carmen Feliciano  
Cathy Martens  
Angie Partap  
Gregson Pigott, MD  
Joseph Pirone  
Jacqueline Ponce-Rivera  
Denise Ragsdale  
Erik Rios  
Claire Simon  
Edward Soto

**MEMBERS ABSENT**

Wendy Abt  
Hector Alcala  
Tyrone Banister  
Nashon Clark  
Nancy Duncan  
Irina Gelman, MD  
Johnny Mora  
Victoria Osk, Esq.  
Colin Pearsall  
Scot Petersen  
Sofia Porres  
Denise Ragsdale  
June Tappan  
John Van

**GUESTS**

Maureen Mckeeon-Simone  
Patricia Ross  
Stephen Sebor

**UWLI STAFF**

Georgette Beal  
Myra Alston  
JoAnn Henn  
Katie Ramirez

**COUNTY STAFF**

Nina Sculco, NCDOH  
Andrew Knecht, MD, NCDOH

**I. Welcome, Moment of Silence, & Welcome**

Ms. Shelton, Chair, began the meeting at 10:10am and welcomed everyone. Introductions were made. She then requested a moment of silence for those who are suffering with whatever they are suffering with.

**II. Public Comment on Agenda Items Only**

There was no public comment.

**III. Approval of January 11, 2023 Minutes**

Ms. Martens made a motion to accept the meeting minutes as read. Ms. Baldrige seconded the motion  
13 Approved            2 Abstentions            0 Opposed

**IV. Committee Reports**

Mr. Thomas reported on the **Executive Committee** which met via Zoom on Monday, March 1, 2023. The March Planning Council agenda was approved, which includes a presentation on nutrition and food insecurity. An administrative update stated that all agency site visits have been completed, staff is in the process of closing out for FY22-23, work plans for the various committees are being created, and trainings are planned based on the results of the Member Needs Assessment.

The **Consumer Involvement Committee (CIC)** is scheduled to meet in-person on Friday, March 10, 2023 at UWLI.

Ms. Ponce-Rivera reported on the **Strategic Assessment & Planning Committee (SAP)** meetings that met since the January Council meeting. At the January 18, 2023 meeting, Mr. George Marzen from Thursday's Child accepted the position of Committee Co-Chair. A SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis report was presented on the HIV Systems Assessment, there was an EIIHA (Early Identification of Individuals with HIV/AIDS) Plan Year 1 Review/Update, and a discussion of the FY23 PSRA timeline which includes meeting dates and community forums. It was decided to have two in-person community forums in each county, in English and Spanish. In addition, a virtual forum will be scheduled for those from either county who are unable or not comfortable meeting in person.

At the March 1, 2023 SAP meeting, the Provider Survey questions were reviewed. A workplan was developed for FY23-24, and an update on the FY23 PSRA timeline and activities were provided. A Save the Date flyer for the community forums will be created once the dates and locations have been finalized.

Ms. Partap reported on the **Clinical Quality Management (CQM) committee** which met virtually on February 23, 2023. An update was provided on implementation of the CQM Work Plan during the 3<sup>rd</sup> quarter and a CQM Work Plan was developed for FY23-24. The committee discussed their next Quality Improvement (QI) project. The Administrative Mechanism Survey was finalized and will be sent next week to Planning Council members and funded providers.

**The Membership Committee** did not meet since there were no Planning Council applications to review.

#### **V. Nutrition and Food Insecurity-**

This presentation is very timely, considering that March is National Nutrition month with the theme of Fuel for the Future. In the PowerPoint presentation, ***Nutrition Update 2023***, Ms. Maureen McKeon-Simone, Registered Dietitian/Nutritionist covered the following topics:

- Food Safety How to read a label- "Best if Used By", "Sell By", "Freeze By"
- Shelf Life of Most Foods – A review
- How can we reduce food waste
- Food Insecurity- Where can you get help
- Vitamin D

**Fuel for the Future**-strategies include:

- ✓ Enjoy more plant based meals and snacks.
- ✓ Eat with the environment in mind.
- ✓ Eat a variety of foods from all food groups.
- ✓ Make tasty foods at home.
- ✓ Enjoy more plant-based meals and snacks.
- ✓ Purchase foods with minimal packaging.
- ✓ Buy local when possible.
- ✓ Start a container or backyard to grow food at home.
- ✓ Try to use nutrient dense foods and beverages to provide vitamins, minerals, with little added sugars, saturated fats and sodium

**Plant based eating**-while there is no formal definition, in the past it used to describe a vegetarian or vegan diet. Plant Based diet is a term being used to describe an eating style that includes more foods that come from plants, like fruits, vegetables, grains, nuts and seeds. Food Companies are using "Plant Based" as a marketing tool, usually for dairy alternatives and meat substitutes. Plant based diets are not necessarily

healthier; premade plant-based and beverages can vary in the nutrition they provide. There may be added sugar, gums, for thickening and other flavorings. Pre-made foods may have more carbohydrates, saturated fat and calories while providing less protein. To get started with meatless meals, choose beans, nuts, seeds, tofu and tempeh. Plant based milks-most add Vitamin D.

Understanding labels-what does the label mean on food products? “\_\_ By dates” are not safety dates. They are indicators of best/peak quality or how long a store should display the product for sale for inventory management. Infant formula is the exception to the rule. Federal regulations require a “Use-By” date on the product label. Consumption by this date ensures the formula contains not less than the quantity of each nutrient as described on the label. DO not use baby formula after its “Use-By” date. It is important to read food labels, including the ingredients, so that you know what you are eating.

Not all dairy foods are fortified with Vitamins D and A, this includes yogurt and cottage cheese. Vitamin D was added to cow’s milk around 1930 as a public health initiative to reduce rickets in children and Osteomalacia in adults. Vitamin D 3 can be animal based; Vitamin D 2 is Plant based (ergocalciferol).

Food dating- There are two types of food dating, **Open dating** is a calendar date applied to a food product by the manufacturer/retailer used to determine how long to display the product. (Eggs, meat, poultry, and dairy products); **Closed dating** is a code that consists of a series of letters and/or numbers applied by manufacturers indication the date and time of production (Shelf-stable products such as cans and boxes of food)

The shelf life of dairy and meats (in the fridge and refrigerator), condiments, rice/pasta, dried beans, flour, canned goods and other food products was given in list form as a handy reference.

Food waste- is defined as food that is fit for consumption but consciously discarded at the consumption or retail phase. It is estimated that 95% ends up in landfills, creating methane gases. Reducing food waste is imperative. Some strategies to reduce person food waste are to add leftover veggies to soup, mix with eggs, add to pasta, use for salad and to plan menu based on what is on sale so as to not overbuy.

Food insecurity-is uncertainty or inability to get food because of a lack of resources. The USDA defines food insecurity as households unable at times to acquire adequate food for one or more household members because they had insufficient money and other resources for food. Conversely, the USDA defines Food Security as access by household members to enough food for an active, healthy life. According to Long Island Cares, 41% of food insecure people are not eligible to apply for SNAP Feeding America-”Map the Gap” in 2020 reported that Suffolk County had 97,600 people who were food insecure on Long Island; 43% lived above the SNAP threshold; 57% lived below the SNAP threshold. Most data is obtained by SNAP, SSD and census data. Many people living on long island are not eligible for any social services and do not complete the census, consequently, food insecurity is believed to be much higher than reported. Money, transportation, especially on the east end, and rising cost of food are contributing factors.

Food as medicine Interventions (authorized by centers for Medicaid and Medicare)

These meals and groceries are tailored to the medical needs of the recipients by a registered dietitian/nutritionist. DOH pilot program recently allowed 8 Medicaid Managed Care plans to offer medically tailored meals as a covered benefit for adults living with severe mental illness in NYC and 13 upstate counties.

Community resources for food- Most townships have food programs, for people over 60 at local senior centers. SOFA Title 111-C nutrition services include congregated meals, home delivered meals, and nutrition screening, education and counseling. A list of food resources including phone numbers was

provided, including but not limited to Meals on Wheels, Light House Mission, which in addition to food and emergency home delivery of food, provides clothing and other services, United Way's 211 food and the National Hunger Hot line-1-866-3-HUNGRY(348-6479). There are food pantries. In addition, Feeding America, Island Harvest, and Long Island Cares, the latter have a link to access local food/community centers by zip code. Questions and comments were welcomed and encouraged. Ms. Simone ended the presentation by providing her contact information. The presentation will be made available to the Council.

Ms. Beal thanked Ms. Simone and noted that her nutrition presentation was brought about because of responses to the member needs assessment, adding that the CQM committee is looking at a Quality Improvement (QI) project on nutrition. Food issues such as increased cost and reductions of SNAP benefits are greatly impacting consumers. Specifically, how to improve access of Part A eligible consumers to the Medical Nutrition Therapy (MNT) program, possibly incorporating *Food as Medicine* into MNT programs. Congratulations were extended to Ms. Simone in recognition of Happy Registered Dietitian Day.

## **VI. Planning Council Work Plan**

At the beginning of the year, all the committees began developing their individualized work plans with goals and objectives. To help the committees stay on track. The committee work plans will become part of the Planning Council work plan.

The Planning Council/RWHAP Part A Program for the 2023 calendar year was presented to the Council and serves as a timeline and guide for the required tasks and activities. It is a fluid and flexible document, not necessarily carved in stone.

Planning Council activities include Orientation in the beginning of the year followed by plans for needs assessments, identifying CQI project, the PSRA process, committee meetings, Service Standards review, Bylaws review and update.

This year there was an RFP process and all site visits were completed by February. The majority of providers received their site visit results and any follow-up; those agencies who had site visits towards the end of February should be receiving their results this week. As stated earlier, the CQI project will focus on nutrition. Progress of the Integrated Plan (IP) will be reviewed. Ms. Simon reminded those who participated in the planning process were sent a survey to complete, which should only take a few minutes and is due today. The feedback will be shared with HRSA.

Although this timeline is for the calendar year, our fiscal year began March 1, 2023. March activities include a closeout of FY22-23, with final vouchers due 3/30/23 and the contracting process with providers. Often, as is the case this year, the year begins with a partial award. Not knowing the amount of the full award impacts the RFP process and ability to notify providers if they were selected and the amount of their full award. A timeline for the required various reports were listed.

The PSRA process includes community forums, meetings, orientation of the process, identification of any data problems or gaps, finalizing results finalized to be presented to the Council for a vote, culminating in a Part A Continuation application submitted in October.

December ends with World AIDS Day, approval of reallocations recommendation and signed estimated carryover request.

## **VII. Public Comment**

There was no public comment

## **VIII. Other Business/ Announcements**

Mr. Thomas reminded the committee that June is Pride month. On Sunday, June 4<sup>th</sup> there will be pride parades in both Patchogue and Babylon. Thursday's Child will be tabling at the Patchogue location and other sponsorship opportunities are available.

Thursday's Child and AHF will be hosting a Long-Term Survivors Ducks Baseball and BBQ event on Sunday, May 21 at 1pm at Fairfield Properties Ballpark. RSVP is required.

**IX. Adjournment**

Ms. Baldrige made a motion, which was seconded by Ms. Rivera to adjourn the March 8, 2023 Planning Council meeting. All in favor-Motion carried.

DRAFT