



Minutes:A Healthy Lynnfield Meeting

Monday, November 9, 2020

Virtual Meeting, 9 to 10 am

Participants: Julie Greene, Peg Sallade, Phil Crawford, Carmela Dalton, Chief Glenn Davis, Lisa Costa, Scott Formica, Stacy Dahlstedt, Dr. Natasha Shah, Dave Thompson, Kevin Cyr, Lauren Fox, Chris Caprio, Leo Barrett, Reverend Glenn Mortimer, Reverend Nancy Rottoman, Linda Nacarra, Ashley Hall, Kristen McRae, Joyce Speicher, Dr. Natasha Shah, Rob Dolan, Ron Block, Michelle Synder, Chief Breen

I: Introductions & Brief Community Updates

- Reminder of Town Hall Meeting November 21st for the Elementary Schools Expansion Project
- Think of Michael Foundation- Ava Marie Parish Confirmation Class participated in a 5k to promote overall health and wellness, family unity and quality time for community service project, scholarships were also established for the LHS 2023 class, TOM is also working on Holiday donations to the Ruth Kelly House and supplementing their annual Trivia Night with something virtual
- Michelle Synder was introduced as Lahey's newest contact for Community Relations as Community Regional Manager
- Joyce Spiecher was introduced to as a Lynnfield Mom and a family personally invested in this topic and helping AHL promote their mission
- School Committee- School Building Expansion Project, Governor has spoken saying schools who can should return fully working with the Emergency Management Team and how that would look/work but overall feeling Hybrid is working currently
 - 6 ft distance requirement is physically difficult, even pushing the 3 ft distance is finding physical design restraints
- Emergency Management- New metrics for the state based on population density, new metrics has moved us to a yellow community
- Board of Health- Tobacco Retailers have all acknowledged Tobacco changes in stores
- Northeast Tobacco Free Partnership- Educational Presentations still happening, Facebook is up and running, \$50 incentive for smokers helpline participants who complete for Methanol Tobacco
- LPS- Day and a half of presentations of Professional Development for Building Healthy Relationships with students from SEEM Collaborative for educators,

continued work with Rob Evans there are discussions on opportunities for future collaborations with Rob, Support of ELL, Community Schools in working with Massachusetts Youth Partnership for parent programming coming after the new year

- Rotary- Lock Box program for secure place for key for emergency services to safely access your home in case of emergency happening, Turkey Trot is also coming up
- Senior Center- Front yard visits happening, visiting seniors and veterans more frequently who are starting to feel the isolation from the pandemic
- Library- Hosting a youth event for anxiety with fellow coalition colleagues recommendation for psychotherapist Kevin Kozin

II: Coalition Business

- a. Approve October Minutes
- b. Committee Updates
 - i. Youth Engagement
 1. Meetings with Youth Council Leaders have began, meeting with groups by cohorts about 20 students total
 2. Began working on what is prevention, why is it important and asset mapping their community, where are the strengths, weaknesses, what brings stress, where do they see substances in their community
 3. First project will be around mental wellness especially with covid, the holidays and the winter months
 - ii. Diversity Work Group Updates
 1. 3 Speakers are lined up for a 3 part series on Diversity topics
 2. Have worked with community members and from the different Diversity groups in the community to work on this together
- b. Program Updates
 - i. Mindfulness
 1. Scott Gordon 44 People have signed up and 20+ have been attending each week and participating
 - ii. Library Speaker for MS Youth and Parents
 1. Following up with their Community Wide Book Read GUTS, Kevin Kozin, Psychotherapist on Managing Childhood Anxiety will be hosting a 1 hour info session and q&a for middle school aged youth
 - iii. Community Conversations
 1. Marijuana, Ryan Rivard and Parent Strategies, Lisa Costa
 2. Marijuana: Breaking Down the Buzz with Ryan Rivard is out on our social media pages as well on website with need to know information about Marijuana and prevention tips for parents, educators and caregivers
 3. Lisa Costa's Community Conversation Episode on a Parents Role on Prevention, Treatment and Recovery will be up this week
 - iv. Diversity Training/Series-Town Boards/Commissions
 - v. Youth Focus Groups with SSRE

vi. Regional MassCall Grant/State Grant and Regional Collaboration

II: Discussion-Business Pledge/Responsible Alcohol Sales

1. The Pledge for business will reinforce the current laws on alcohol sales in Massachusetts
 - a. Pledges have been written and will be sent out
 - b. Chief Breen offered to in person outreach

Action Items: Coalition Development Conversations

Next Meeting: Virtually Monday December 14, 2020, 9-10 am

January 11, 2021

February 8, 2021

March 8, 2021