

Town of West Hartford MINUTES
Advisory Commission for Persons with Disabilities
Monday, March 11, 2024, 7:00 PM
Elmwood Community Center Auditorium

- 1) Meeting was called to order at 7:03 PM
- 2) Introductions
 - a) Members present: Jason Mirksy, Christy Miller, Tara McNeil, Erin Conneely, Kimberly Jacobsen, Brittany Koziara, and Suzanne Oslander, Staff Liaison and Town ADA Coordinator – Department of Social Services

Former members and Co-Chairs: Joe Kolczynski and Mary Silverberg
 - b) Members absent: Jennifer Searls, Elisa Neira, Amy Messinger
- 3) Minutes from January 8, 2024 were approved
- 4) Staff Report - update from Suzanne Oslander, Town ADA Coordinator, Department of Social Services
 - a) Discussion was held regarding the recent Boards and Commission training on requirements for conducting a public meeting
- 5) CERT Team Report - Christy Miller
 - a) Volunteers needed for role players for Police department training.
 - b) AED Location APP – Go to the app store and download Pulsepoint AED Registry app – which will show you where the closed AED is based on your location. <https://www.pulsepoint.org/download>
 - c) See attached West Hartford/Bloomfield Health District Monthly Newsletter
- 6) Vision Zero Task Force - update from Erin Conneely
 - a) Status quo
- 7) Old Business – Door knobs at Town Hall continue to be replaced with accessible versions
- 8) New Business

- a) What is the Annual Report Deadline for WHACPD – find out from Tiana
- 9) Guest Speaker – Caitlin Daikus, Director, Health & Wellness, Special Olympics Connecticut, Inc. and Lauren Maston, Local Program Coordinator for Special Olympics of West Hartford (SOWH). Caitlin offered a presentation on Special Olympics Health & Wellness programs statewide. Lauren discussed programming happening in West Hartford and the need for volunteers.

- a) Caitlin tried to share videos with us during her presentation, but they did not work. Here are the links:

Video links:

Changing the World Through Sport ([youtube.com](https://www.youtube.com/watch?v=...))

Game Changer: Dr. Steve Perlman ([youtube.com](https://www.youtube.com/watch?v=...))

- b) Caitlin's presentation is attached
- c) Lauren Matson's contact information for anyone who is interested in volunteering in West Hartford.

Lauren Maston

Local Program Coordinator | Special Olympics of West Hartford(SOWH)

(860) 956-5159 | sowhartford@gmail.com

P.O. Box 271317, West Hartford, CT 06127

- 10) Adjournment at 8:05 - next meeting date: Monday, May 13, 2024, at the Elmwood Community Center Auditorium at 7:00 PM. Speaker will be: Jennifer Jenkins, lead advocate from Disability Rights Connecticut

Anyone requiring auxiliary aid or service for effective communication or modification of policies or procedures to participate in a meeting, service, program or activity of the Town of West Hartford, should contact Suzanne Oslander, ADA Coordinator, at suzanneo@westhartfordct.gov or (860) 561-7580, as soon as possible, preferably seven days beforehand.



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT MONTHLY NEWSLETTER

March 2024

Hello Spring - March 19th 

FREE Older Adult Strength Program



Join licensed physical therapist, Dr. Christine Ross, for a **FREE** exercise class to improve your strength and balance! **5 EXERCISES TO HELP YOU GET STRONGER:** Sit to stand, standing leg curl, standing side hip raise, standing heel raise and seated knee extension.

Bloomfield: March 8, 2024, 10 - 11 am

Bloomfield Senior Center 330 Park Avenue Bloomfield, CT 06002

West Hartford: March 22, 2024, 11 am - 12 pm

Elmwood Community Center - 1106 New Britain Avenue West Hartford, CT 06110

To register, call: 860-561-7914. Walk-ins are welcome!

Severe Weather Preparedness



Get your **FREE** CT Ready: Personal Preparedness Guide

It's time to start getting prepared for severe weather: floods, heavy rains, tornado season, thunderstorms, lightning, and other weather emergencies. The Health District has the guide available for **FREE** in English, Vietnamese, Russian, Spanish, and Chinese. You can also download it in other languages for free at <https://shorturl.at/cEK59>.

Don't forget to sign up for emergency alerts! www.ready.gov/alerts

Attention! Food Allergy Awareness

The Connecticut Department of Public Health has developed an informational poster that lists food allergies and is **REQUIRED** to be displayed in food establishments (Public Health Act 23-115). Check out the poster on our Facebook page! Questions? Call the Health District.



Going out to eat? Let the staff know if you have any allergies.



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT MONTHLY NEWSLETTER

March 2024

Hello Spring - March 19th 

World Tuberculosis (TB) Day 2024



March 24th is World TB Day, a day to educate the public about the impact of TB around the world. TB is a disease caused by germs that are spread from person to person through the air. It usually affects the lungs, but can affect other parts of the body as well. (CDC)

Contact the Health District nurse if you have any questions about TB. **The Health District works closely with the State to protect our communities from TB.**

How can you protect yourself?

Get assessed by your healthcare provider. If you don't have insurance, contact a FQHC (Federally Qualified Health Center) - you can pay on a sliding scale!

Groundwater Awareness



The NGWA is a great opportunity to learn more about groundwater, water testing, well maintenance and much more! If you use private wells, do an annual water test for bacteria and other contaminants!

Spring is a good time for a water well checkup before peak water use season begins.

Learn some tips to protect and conserve groundwater at:

www.ngwa.org/get-involved/gwaw

For technical assistance on well construction, maintenance, water quality or water treatment please contact the CT Department of Public Health (DPH), Private Well Program at 860-509-8401, DPH. PrivateWellProgram@ct.gov, or contact the [Health District](#).

Source: Department of Public Health and NGWA.



Tick and Mosquito Awareness

Let's get ahead of the game! Get prepared for outdoor fun!

If you have kids, be sure to talk to them about the importance of repellent, wearing proper clothes when they're outside and how to prevent tick bites. If you find a tick on your body, bring it in for free testing! Ticks found on pets cannot be tested.

For more info on ticks: www.epa.gov/insect-repellents/tips-prevent-tick-bites

To learn more about mosquito control and prevention: www.epa.gov/mosquitocontrol

Tick or mosquito, find the repellent that's right for you: www.epa.gov/insect-repellents

Resources

This month, we would like to highlight some resources that could be useful for everyone! Get in touch to learn more:



National Nutrition Month

Planning meals and snacks ahead of time is one of the best ways to save money and build healthy eating habits. Learn how to start your plan:

<https://shorturl.at/iBIOU>

Do you need Supplemental Nutrition Assistance?

Get in touch with the CT Department of Social Services and apply for SNAP at 55 Farmington Avenue, Hartford, CT or call 860-424-4992



Connecticut Colorectal Cancer Control Program (CCRCP)

The Connecticut Colorectal Cancer Control Program increases colorectal cancer screening rates among people aged **45-75 years** old.

The DPH uses 20% of grant funds to provide no-cost follow-up diagnostic colonoscopies for those with a positive screening test.

Colorectal cancer screening saves lives.

For more info: <https://shorturl.at/rvxEV>



Problem Gambling Awareness Month

Calls/Chat are available for FREE, 24 hours a day, 7 days a week!

Call: 1-888-789-7777 to connect with a trained helpline specialist or access the LiveChat: <https://ccpg.org/chat/>

This is confidential and can be anonymous. They provide support, resources & referrals to treatment, and self-help groups for those struggling with gambling-related problems and others impacted or concerned with another person's gambling behavior.

Women's History Month

One way to celebrate WOMEN'S HISTORY is by learning and connecting with organizations that advocate for women's rights.



She Leads Justice is a statewide nonprofit organization that advocates for and empowers women in Connecticut, especially those who are under-resourced or marginalized.

Using intersectional strategies to address gender inequality and advance the rights, opportunities, and status of women through legal information and access, public policy and advocacy advancement, and leadership initiatives.

Learn more: <https://sheleadsjustice.org>



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT

WHBHD: 580 Cottage Grove Rd, Suite 100, Bloomfield, CT (860) 561-7900



Special Olympics Connecticut Health & Wellness



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION





OUR MISSION

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and the community.



OUR VALUES

Sportsmanship with Joy
Athlete Leadership
Unity
Bravery
Perseverance



MEETING OUR MISSION



REAL Sports	SUSTAINING Athlete Health	TRANSFORMATIVE Education	BUILDING Community
Deliver year round, high quality training and competition in an inclusive culture that stresses <u>athletic excellence</u> , rewards <u>determination</u> , emphasizes <u>health</u> and celebrates <u>personal achievement</u>	Promote <u>overall well-being</u> of people with ID via programs that ensure On-going access to quality, community-based healthcare services, highlighted by <u>free health screenings</u> at Special Olympics competitions, games and other venues.	Equip young people and adult influencers, including educators, with effective tools and training to create sports, classroom and community actions that <u>produce friendships and acceptance, driving positive attitudes and behavioral change</u>	Provide services and act as a convening power of disparate but vested stakeholders to <u>drive positive attitudinal and behavioral change</u> toward people with ID in communities worldwide, strengthening the very fabric of society along the way.



WHAT WE DO



- Founded in 1968, Special Olympic strives to create a better world by fostering the acceptance and inclusion of all people.
- We are the world's largest sports organization for children and adults with intellectual disabilities.
- We are the largest public health resource for individuals with intellectual disabilities.
- Through programming in sports, health, education and community building, Special Olympics is tackling the inactivity, stigma, isolation, and injustice that people with intellectual disabilities (ID) face



WHERE WE ARE

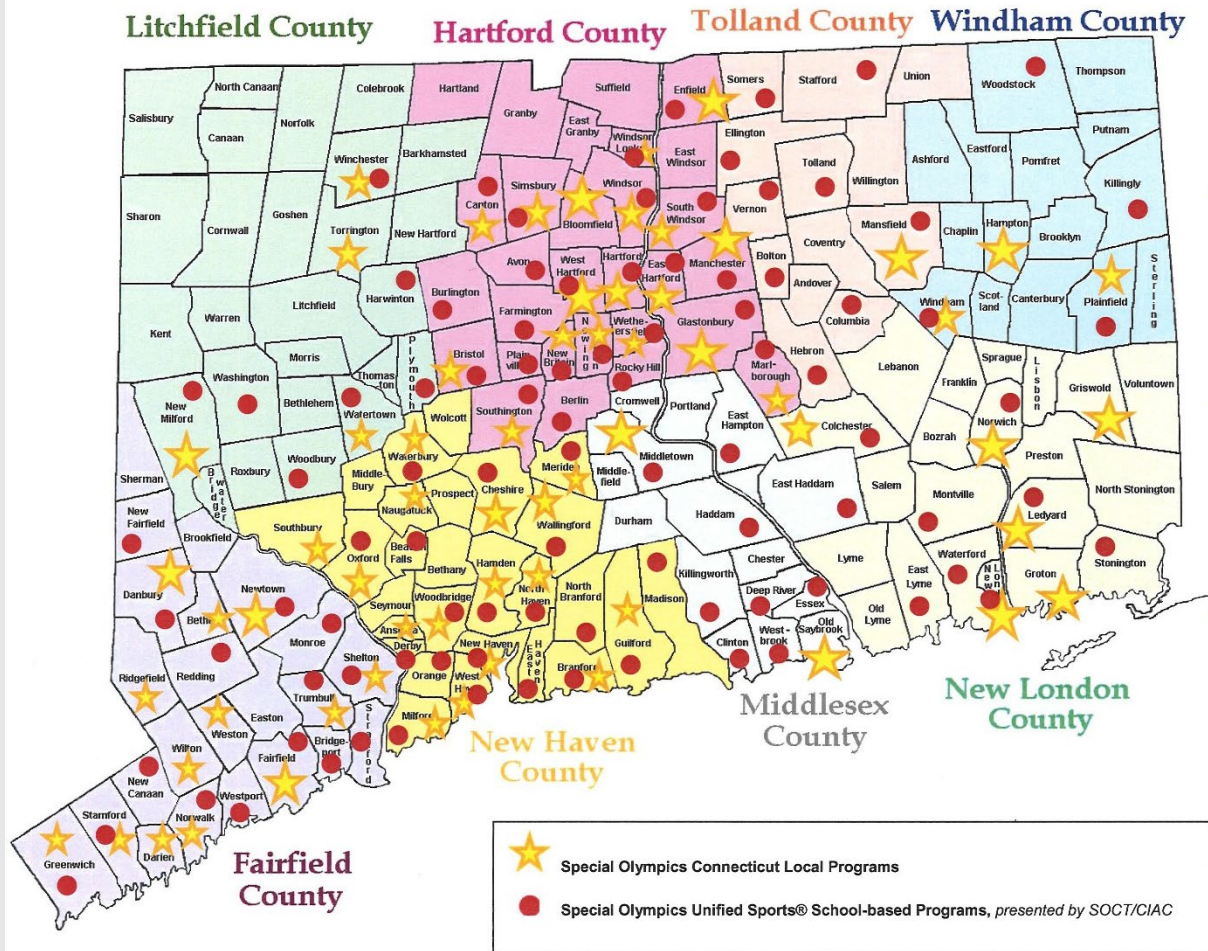
- We are an international organization operating in 180 countries
- We work with over 1 million volunteers worldwide
- We serve more than 4.9 million athletes
- Athletes competing in 28 different sports world-wide
- We offer World Games and USA games competitions in alternating years bringing athletes from all over the world together



LET'S TAKE A LOOK



CONNECTICUT REACH



- 68 Local Programs
- 6,850 Athletes
- 5,769 Unified Partners
- 285+ Schools offer Unified Sports®
- 9,000+ Volunteers
- 1,303 Coaches
- 26 Olympic-like sports
- 50+ Annual Sporting Competitions
- 75+ Annual Special Events



HEALTHY ATHLETES®



- Free health screenings
- Educational resources
- Teaches preventative care

Special Olympics
Fit Feet



Special Olympics
FUNfitness



Special Olympics
Healthy Hearing



Special Olympics
Health Promotion



Special Olympics
Special Smiles®



Special Olympics
Lions Clubs International
Opening Eyes®



Special Olympics
Strong Minds



Special Olympics
MedFest®





HEALTHY ATHLETES[®] DATA



47% have gait abnormalities
41% have skin and nail problems
35% are wearing the wrong size shoe



21% have an eye disease
57% need new prescription glasses



85% have flexibility problems
59% have balance problems
61% have strength problems



11% have periodontal conditions
14% have untreated tooth decay
7% are in need of urgent care
12% have dental pain



42% have blocked or partially blocked ears
28% failed Puretone hearing screenings



72% of athletes participated in Strong Minds for the first time
38% of athletes stated a family member is their greatest support



50% of adult athletes are obese
24% of SO youth athletes are obese

SOCT 2019 Healthy Athletes data



HEALTHY ATHLETES® REACH



Through the Healthy Athletes® program

- 1.7 million free exams
- 140,000+ healthcare professionals trained
- SOI has the world's largest data set

Largest global
public health
organization
serving people
with ID



HEALTHY ATHLETES® GAME CHANGER

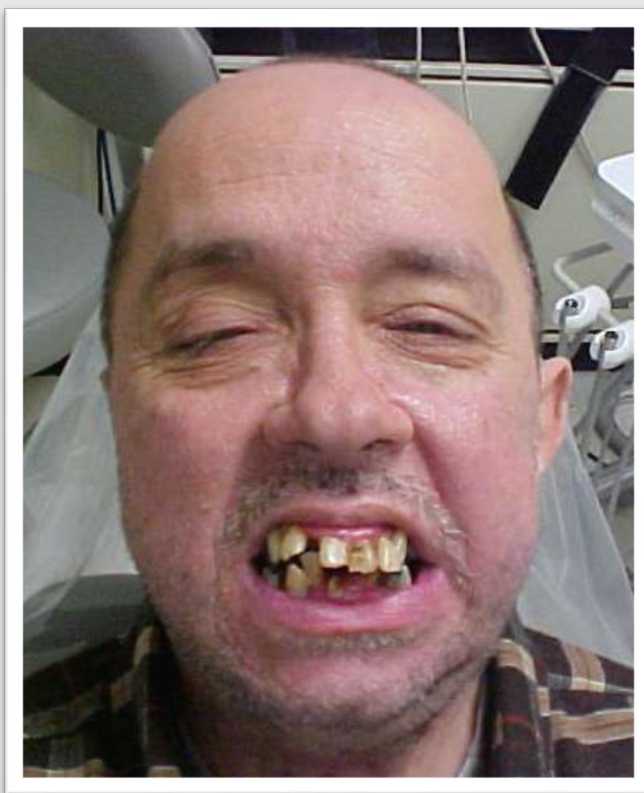




HEALTHY COMMUNITIES INITIATIVE



Increase access to quality healthcare and improve health status of people with ID





Establishing Partnerships for Quality Care and Year-Round Access



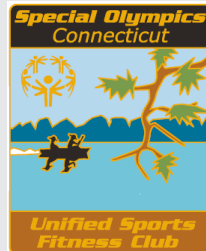
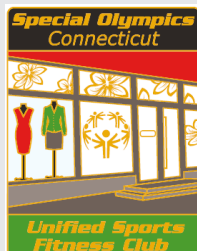
- Partner with providers across the health spectrum
- Provide information and training
- Partner with university and college healthcare programs
- Participate in health policy development

UNIFIED SPORTS[®] FITNESS CLUBS



- Weekly or bi-weekly training sessions with club
- Ongoing health, wellness and fitness resources
- Focus on group motivation
- Partners and athletes working together
- Mile accomplishments and rewards

Special Olympics
Connecticut
Unified Sports[®] Fitness Club



**CELEBRATE 1 MILLION
MILES IN 2019!**



FIT 5



- Health & Wellness curriculum coaches implement at practice
- Focus on nutrition, hydration, and physical activity & how it impacts overall athletic performance





**SPECIAL OLYMPICS
WEST HARTFORD**

CALL TO ACTION



- Volunteer at the local level with SO West Hartford
 - Become a Unified Partner, Coach, or Volunteer
- Volunteer at the state level with Special Olympics Connecticut
 - 2024 Summer Games – June 1-2
 - Fairfield University, Fairfield (cycle, swimming)
 - Southern Connecticut State University, New Haven (track & field)
 - Yale West Campus, Orange (cycling)
 - Healthy Athletes



THANK YOU!

Caitlin Daikus, MPH, CHES
Director, Health & Wellness
caitlind@soct.org
203-230-1201 ext. 238
www.soct.org

Lauren Maston
Local Program Coordinator
Special Olympics West Hartford (SOWH)
sowhartford@gmail.com



Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION

