



**Durham Middlefield**  
— LOCAL WELLNESS COALITION —

DMLWC November 15th Coalition Meeting 2:30 pm

Location: Durham Town Hall Third Floor Meeting Room or Zoom Link Below

<https://us02web.zoom.us/j/87912135068?pwd=ZHBibi9qbFFiK3pwL0RyaUdKQjBDQT09>

Meeting ID: 879 1213 5068 Passcode: 285881

**Meeting Start: 2:33**

**Who Attended:** Michael Kalinowski, Katie Trainer, Sarah Field, Leslie Paoletti, Nicole Mason, Nina Chanana, Becca Sinusas, Brian MacDuff, Heather Ram, Jessica Simone, Kiersten Deitz, Laura Francis, Lori Fusco, Betsy Dean, Dena Miccinello and Lynna Vo

Welcome: **Welcome everyone to the November DMLWC meeting and thank you so much for coming. There were some new faces in the meeting, so everyone introduced themselves quickly. Please look at the Fall Update that was emailed to everyone, this document summarizes most activities. In effort to stay on time for this meeting we went over the below topics quickly and then Sarah Field presented to the group.**

**World Kindness Day and Social Media Kindness Day: This year we celebrated World Kindness Day in many ways. At the middle school EDGE students covered all the school's lockers with kind sticky notes that students were surprised with on Friday November 12<sup>th</sup> in the morning. EDGE students developed daily kindness morning announcements for the week leading up to world kindness day on Saturday November 13<sup>th</sup>. To close out the week students participated in a guessing jar game, they were able to guess how many STK Pins were in a STK water bottle. High School EDGE students sponsored a table at lunch waves on Thursday November 11<sup>th</sup> where they and their peers shared how they will stick to kindness on a large poster and participated in the same guessing game activity as the middle schoolers. Social media posts were shared as well. On Saturday November 13<sup>th</sup> we celebrated World Kindness Day by hosting a table at the Durham Winer Farmers Market called Hands of Kindness. Community members were encouraged to visit our table and share how they chose to be kind on a traced paper cut out of their hand. These hands will be displayed in the Middlefield Community Center.**

**Social Media Kindness Day was also celebrated on November 9<sup>th</sup> on social media. DMLWC, DMYFS, The Town of Durham, The Town of Middlefield and RSD#13 partnered on this event by sharing kindness posts on social media that reminded community members to be kind, check in on others that may be bullied online, think before posting and more. If you have any feed back from this event or comments on what we can do next, please feel free to reach out to Dena Miccinello or Laura Francis.**

**Drug Take Back Day: This years October Drug Take Back Day was a great success we collected 175 pounds of medications! This total is in line with past years collection amounts. We have collected over**



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**1,000 pounds of medications over the past 10 years. All participants were able to get free Drug Disposal bags and some small free give away's.**

**CAPP Sector Allstar Award: Dr. Michael Kalinowski received the Connecticut Association of Prevention Professionals in the Health Care sector at the CAPP annual meeting. Thank you so much Dr. Mike for your hard work and dedication to our community and your time working with us on the CARA grant. During this meeting Dena was also voted onto the CAPP executive board.**

**#MentionPrevention Marijuana and Vaping Campaign: The Let's #MentionPrevention campaign is expanding to cover Marijuana and Vaping. Participating in this campaign is made possible by our Local Prevention Council grant and working with a group of 10 other LPC's to gather our resources. This campaign will include three videos, social media graphics, lawn sign graphics and billboard graphics. Topics will include safe storage, what is today's marijuana and what youth need to know. Information from this campaign will be coming out soon, stay tuned!**

**Youth Mental Health Video <https://www.youtube.com/watch?v=W28aLDOYYe0&t=44s> This video shares three important resources that teens can use when feeling any kind of mental health issue. In person and virtual counseling resources, activities that they can do themselves and a texting hot line. This video is shared on our YouTube and social media pages. This video will be shared in all High School advisory classes.**

**Coalition Member Survey <https://www.surveymonkey.com/r/DMLWCMember2021> Please follow this link to take the Coalition Member Survey. This survey will help our efforts in sustainability, finding out what is working, what our members like best, participation rates and more. The last coalition member survey was conducted in 2018. Survey results will help us determine what we do next and your opinion counts.**

**Community Round Up "Drop Off" – December 4<sup>th</sup>, 2021, from 9 am to 12 pm at the High School**

**Internet Safety with Scott Driscoll - December 9<sup>th</sup>, 2021, at 6 pm in the High School Auditorium**

**Relaxation Room: After receiving a grant from Eversource CT we will be providing supplies for schools in district to help students relax in school. Supplies will range from fidgets, beanbag chairs, rocking chairs, fidget toys and more.**

**Presentation: LGBTQ+ 101 - Led by Sarah Field, GLSEN Trainer, GSA Facilitator, Parent and Region 4 Teacher Thank you so much Sarah Field for presenting to our coalition on this very important topic. Sarah shared her power point slides with the group but asks that we be respectful when sharing as her child is pictured in the power point. If you have any questions or comments about the presentation, please feel free to send them to Dena at [dmiccinello@dmyfs.org](mailto:dmiccinello@dmyfs.org) and she will share them with Sarah.**



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Next Meeting: January 10<sup>th</sup>, 2022, at 2:30 pm **Our next meeting topic is not confirmed but will hopefully be on the CT 211 services.**

**Meeting End: 3:45**