

**DRAFT**  
REGULAR MEETING OF THE BOARD OF DIRECTORS  
Thursday, May 9, 2024

The Regular meeting of the Ledge Light Health District Board of Directors was held on Thursday, May 9, 2024 – 5:30 p.m., at 74 Garfield Avenue, New London.

**Present:** Chairperson Danielle Steward-Gelinas, Vice Chair John Kiker, Secretary Sue Vincent, Steven Buttermore, Brian Clinton, Paul Goldstein, Thomas Gotowka, Susan Graham, Stephenie Guess, Ryan McCammon, Michele Petrucelli, Eugene Pfeifer, Nicole Porter, Kent Sistare, Director of Health Jen Muggeo, and Communications Coordinator Estelle Harrison.

**Absent Excused:** Treasurer Ken Nogacek, Candace Devendittis, and Tracee Reiser.

**Absent Not Excused:** Kendra Clark and Steven Carlow

- I. CALL TO ORDER- Chairperson D. Steward-Gelinas called the meeting to order at 5:30 p.m.
  - a. Adoption of the Meeting Minutes of March 14, 2024 – K. Nogacek moved to approve the minutes as presented. Motion seconded by S. Vincent and approved with one abstention – B. Clinton.
- II. PUBLIC PARTICIPATION- none
- III. REPORT FROM THE CHAIRPERSON- none
- IV. COMMUNICATION FROM BOARD MEMBERS- none
- V. REPORTS FROM SUBCOMMITTEES
  - a. Personnel- none. b. Finance- none; c. Bylaws- none. d. Health Equity- none
- VI. REPORT FROM THE DIRECTOR OF HEALTH- J. Muggeo provided details on the written report.
- VII. FINANCIAL REPORTS- J. Muggeo reviewed the financial reports.
- VIII. OLD BUSINESS
- IX. NEW BUSINESS
  - a. Appointment of Acting Director of Health - D. Steward-Gelinas moved to appoint Katelynn Baldwin as Acting Director of Health. The motion was seconded by S. Vincent and approved unanimously.
  - b. Appointment of Auditor - D. Gelinas moved to appoint Hoyt, Filippetti & Malaghan, LLC, as District Auditor for Fiscal Year 2024. The motion was seconded by K. Sistare and approved unanimously.
  - c. Appointment of Medical Director - D. Gelinas to appoint Victor Villagra, MD, acting through his company HT Vector as the District Medical Advisor for Fiscal Year 2025. The motion was seconded by K. Sistare and approved unanimously.
  - d. Allocation of Fund Balance Assignments - D. Gelinas moved to approve the allocation of fund balances as presented. The motion was seconded by B. Clinton and approved unanimously.
  - e. Election of Nominating Committee - D. Gelinas moved to appoint the Nominating Committee to include N. Porter and T. Reiser. The motion was seconded by J. Kiker and approved unanimously.
- X. OTHER – none
- XI. ADJOURNMENT – K. Sistare moved to adjourn the meeting. The motion was seconded by M. Petrucelli and approved unanimously. The meeting was adjourned at 6:07 p.m.

# Local News

Sunday, April 14, 2024

## Creating a one-stop shop for community health needs in New London



Volunteer Carlos Santos pulls a wagon through the the former bar of the American Legion Hall on Wednesday, March 20, 2024. Ledge Light Health and other partners are turning the former American Legion Hall on Garfield Avenue in New London into "The Place," a community well-being space. (Sarah Gordon/The Day)

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March 21, 2024 4:15 pm • Last Updated: March 21, 2024 7:03 pm

By **John Penney**  
Day Staff Writer

[✉ j.penney@theday.com](mailto:j.penney@theday.com)

New London — No one can accuse Jennifer Muggeo of thinking small.

**The Ledge Light Health District** director of health on Wednesday walked through sections of the former American Legion Hall at 74 Garfield Ave. pointing out the possibilities of the space.

“We’re looking to add a pair of offices here, maybe with tele-health options,” Muggeo said from inside a main community room where dozens of FRESH New London volunteers prepped for group’s weekly food distribution event. “We envision renovating the old kitchen and transforming the back bar area into a true food pantry.”



### Ready to Represent

voice4Change empowered Connecticut high school st  
away in how \$1.5 million in federal relief funds wou

The Legion hall this month was formally rebranded as The Place for CommUNITY Wellbeing — “The Place” for short — and will be overseen by members of the **Health Improvement Collaborative of Southeastern Connecticut**, or HIC, a partnership involving more than 40 agencies – including Ledge Light and FRESH — all working toward the same goal.

“Making southeastern Connecticut a place where all individuals can achieve their individual health goals,” Muggeo said.

And The Place will play a central role in that mission, Muggeo said, by providing residents with a one-stop shop for everything from medical screenings and overdose prevention training to nutrition programming and vaccination offerings.

“We wanted to bring everyone together in one location,” Muggeo said. “Maybe you’re somebody that already knows what kinds of help you need, but only have part of the day to connect with all the right people or services. By putting everything in one place, it makes it easier and faster for us to meet those needs.”

She said the center, which will eventually have set operating hours, is currently only hosting occasional programming.

Ledge Light rents the hall on behalf of the HIC from the **Southeastern Connecticut Community Land Trust** — an HIC partner focusing on expanding affordable housing in the region — which bought the building in January.

Trust Executive Director Mirna Martinez on Thursday called The Place a “great innovative idea” that she expects will enable HIC partners in reaching larger segments of the community.

“It makes sense and it’s necessary,” Martinez said, adding she expects her group will avail itself of the new facilities at some point.

Muggeo said HIC plans to use existing grant money and explore other funding sources to first tackle the food pantry project, tentatively planned for a summer opening.

But, beyond the practical program offerings, Muggeo said she wants The Place to also serve as a social hub, a space where residents come to talk, laugh and support each other.

In that spirit, queries written on large pieces of paper and affixed to walls ask visitors their opinions on everything from the types of classes they’d like to see introduced (yoga, cooking, knitting) to what color of paint — blue and green were top choices — should coat the building’s exterior.

“We saw how important social connectivity is to mitigating loneliness and chronic stress during the pandemic. And it’s still important,” she said. “Maybe you’re got two hours open and planned to chop some carrots. Why not get a group together and come here to do that. We always like to be together.”

j.penney@theday.com

STORIES THAT MAY INTEREST YOU



### Review: Who’s the Boss? Bruce Springsteen rules the night at Mohegan Sun

Well, I guess it’s true: Third time really is the charm. Bruce Springsteen finally brought the E Street Band to Mohegan Sun Arena for a concert on Friday, after two previous and (for fans, at least) h...



### Local businesses, TikTok creators weigh in on potential ban

Donald Brown, who goes by the artist name “Memory,” uses TikTok to advertise his business at Waterford Crystal Mall. Brown said because it’s much easier to make video



### Ready to Represent

...with large improvements in medical and technology... a way to how \$1.5 billion in federal relief funds would

	Year to Date Jul-April	Budgeted
<b><u>Income</u></b>	<b>1,889,351</b>	<b>2,068,829</b>
Member Per Capita	1,163,653	1,163,653
State Per Capita	398,616	398,616
Environmental Fees	142,766	391,300
Training/Consulting/Other	4,191	10,000
Interest	26,734	5,000
G&A	153,390	100,260
<b><u>Expenses</u></b>	<b>1,913,895</b>	<b>2,068,400</b>
Salaries	1,063,078	1,272,630
Fringe Benefits/Payroll Taxes	403,970	496,470
Facilities, Utilities and Vehicles	115,188	102,100
Supplies and Equipment	89,066	74,000
Professional Services	93,023	62,500
Other Administrative Costs	149,571	60,700
<b>Projected Transfer to Designated Funds</b>		<b>429</b>

<u>Assigned Fund Balance</u>	FY23	FY24 <i>projected</i>
<u>Total Fund Balance</u>	\$1,190,000	\$1,190,000
<i>Contingencies</i>		
Emergency Operating Expenses:	\$100,000	\$100,000
Emergency Response/PPE/Equipment:	\$75,000	\$75,000
<i>Operations</i>		
Operating Deficits:	\$200,000	\$200,000
Accreditation/Strategic Planning:	\$25,000	\$25,000
<i>Capital Improvements</i>		
216 Broad Street:	\$125,000	\$130,000
<i>Staffing</i>		
Future Unemployment Benefits:	\$50,000	\$50,000
Other Employee Paid Time Off:	\$50,000	\$50,000
Workforce Development:	\$85,000	\$100,000
Program Development:	\$100,000	\$100,000
Pension Liability	\$300,000	\$280,000
<i>Vehicles</i>		
Vehicle replacements:	\$80,000	\$80,000
Unassigned	\$0	\$0

**Current Policy is 25-35%**

FY24 Budget:	\$4,090,292		
35%	\$1,431,602		
Projected fund balance	\$1,190,000	or	29.09%

**Current Policy is 20% of fund balance invested**

Projected fund balance	\$1,190,000		
20%	\$238,000		
Currently invested	\$121,000	or	10.17%
<i>difference</i>	\$117,000		

# LLHD HIGHLIGHTS

Keeping Up with Your Health Department

May 2024 — Issue 5

## Director's Corner

Hooray for May!

What a busy time of the year! From sports games to graduations to the start of beach season, things are certainly picking up at home and work! I like that May is Mental Health Awareness Month—it's the perfect time to be reminded of the importance of taking care of our whole selves. May is also Stroke Awareness Month, Arthritis Awareness Month, Brain Tumor Awareness Month, Better Hearing and Speech Month, Cystic Fibrosis Month, Healthy Vision Month, Hepatitis Awareness Month, Lupus Awareness Month, Skin Cancer Detection and Prevention Month, Asthma and Allergy Awareness Month (another good timing thing!), Celiac Disease Awareness Month, and Physical Fitness and Sports Month. Whew! Some of these might be very familiar to you and your family, while others might be a good prompt for you to check in and learn more. Let us know if we can help with that!

In addition to thinking about all these health topics and more, here at LLHD we are thinking about our current infrastructure and operations and things we will do over the next few years to strengthen and improve our organization and service to the community. To that end I am very honored and excited to share our new 2024-29 Strategic Plan and the corresponding Implementation Plan on our website! These were developed over more than a year of conversations, engagement with stakeholders and data collection and represent our current best thinking about how to prioritize our resources and efforts. They are meant to be a grounding for our team as to what we have agreed is most important while also being living documents that allow us to adapt and respond to emerging conditions and public health concerns. Please take a few minutes to check them out and let us know what you think! Increasing our partnership with community and always moving towards more shared decision making is a center piece of our plan, which makes your feedback and insights important components. I look forward to hearing from you!



On behalf of the team,

A handwritten signature in orange ink that reads "Jen".

Jennifer Muggeo, [jmuggeo@llhd.org](mailto:jmuggeo@llhd.org)

## INSIDE THIS ISSUE

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- Social Determinants of Health Awareness
- Staff Anniversaries

Did you miss an issue of LLHD Highlights?  
Visit our website at [llhd.org/about-us/newsroom/](http://llhd.org/about-us/newsroom/)

### Safe Storage Matters!

Thanks to our friends at Uncas Health District, LLHD has a limited supply of free gun locks to share! Please contact Jen at 860.910.0386 or [jmuggeo@llhd.org](mailto:jmuggeo@llhd.org) for more information.



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## Social Determinants of Health Awareness

Have you heard of the social determinants of health? These are the things outside of your genetics and health behaviors that contribute to your overall health outcomes. The social determinants of health include things like education, housing, transportation and employment and actually have a much bigger impact on health outcomes than the things we normally think of as driving health. Because there are inequities in those other systems, advancing HEALTH equity requires us to raise awareness of the social determinants and how they make it harder for some community members to achieve the health and wellbeing goals.

Recently we had the opportunity to participate in two awareness raising events focused on crucial drivers of health—housing and food security. On May 8, Senior Health Program Coordinator Margaret Lancaster participated in a panel discussion on housing at The Garde Arts Center as part of CT Public's Serving the Whole Child Series. We have been hearing from many community members about how hard it is to find housing these days—if you are looking for assistance please reach out to our Community Health Worker team at [chw@llhd.org](mailto:chw@llhd.org). Healthy housing is an important focus for our environmental health team too—if you have concerns about the conditions in your rented home please contact your landlord first but then reach out to us for support.



We also were invited to join Representative Anthony Nolan and other elected officials at the Capitol for Connecticut's 2nd Annual Food Insecurity Awareness Day. Although we are rich in resources here in Connecticut food insecurity is a public health challenge for community members in all 169 towns, including the ones we serve. We are honored to work alongside our partners on the Food Justice Action Team to address food insecurity in a way that centers the desires and dignity of our neighbors. Want to learn more? Contact Veronica Mallqui at [vmallqui@llhd.org](mailto:vmallqui@llhd.org)

## Beach Water Program Begins This Month

Summer is in the air, and people will soon be taking a refreshing dip in our beautiful coastal waters. Warmer days means Ledge Light is preparing for the upcoming 2024 bathing water season! Sampling begins the week before Memorial Day in May and continues at least weekly until the end of August. There are a total of 45 beaches across seven towns and cities that LLHD monitors weekly for bacterial counts. These sites consist of both public and private beaches, and are either marine or freshwater, which have different bacterial thresholds. Of the 45, only three locations are fresh water, which tend to experience lower turnover rates than marine water. It takes a total of five staff members to collect all the samples district-wide each



Monday morning, and samples have to be drawn first thing so they are back in time for lab processing. Ledge Light is fortunate to receive courier services from the State Laboratory in Rocky Hill each summer, which removes the burden of having to deliver the specimens to the lab directly. Elevated bacteria results that exceed the threshold set by the State of CT will trigger LLHD to post a swimming advisory at the affected beach. So, if you frequent an LLHD-monitored beach, look for signs that may be posted at the beach before going in the water, and check our website to confirm an active swimming advisory. Safe swimming is happy swimming! **Danielle Holmes**, [dholmes@llhd.org](mailto:dholmes@llhd.org)

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# National Women's Health Week 2024 Empowering Women Through Vaccination

National Women's Health Week is an annual celebration that takes place from May 12th to 18th. It is a time to celebrate the achievements and contributions of women, as well as to raise awareness about issues that affect women's health and well-being. As we observe this important week, it is crucial to recognize the role that COVID-19 vaccination plays in preserving the health and empowerment of women around the world.

As we celebrate National Women's Week, let us reaffirm our commitment to promoting COVID-19 vaccination as a means of empowering women, promoting gender equality, and building healthier and more resilient communities. By prioritizing women's access to vaccines, overcoming barriers to vaccination, and engaging women as partners in vaccination efforts, we can ensure that women are not only protected from COVID-19 but also empowered to lead healthier lives and contribute to a brighter future for all.

Remember staying up to date on COVID-19 vaccines helps to protect against severe illness and death. Please contact Ledge Light Health District if you need assistance, test kits, or more information related to COVID-19 vaccines. *Maria Munar Gonzalez, mmunargonzalez@llhd.org*

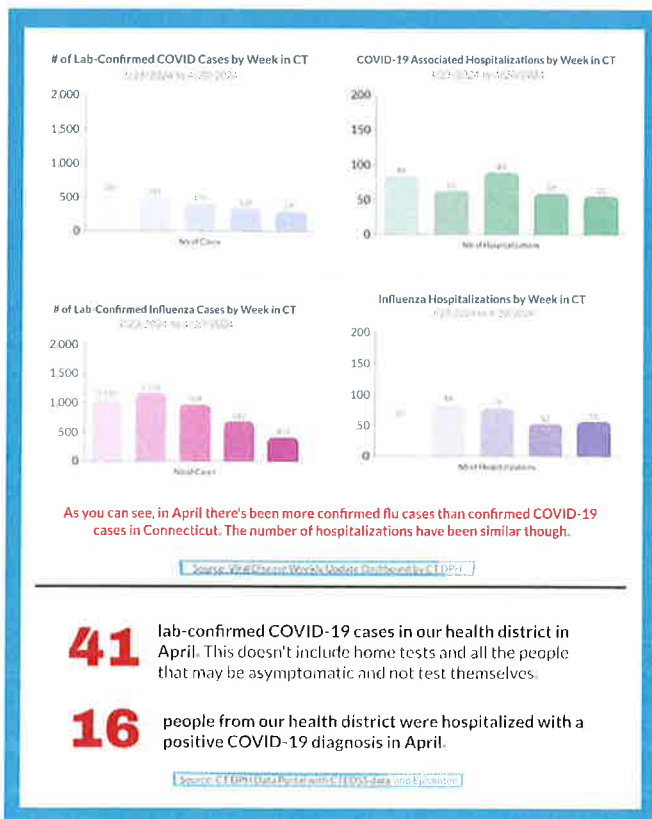
**NATIONAL WOMENS HEALTH WEEK**  
May 12-18, 2024

**Learn steps you can take for better health**

01. Schedule your Annual well-woman exam
02. Get vaccinated and stay up-to-date with the vaccines
03. Get active
04. Eat a healthy and balanced diet
05. Prioritize your mental health and learn how to cope with stress

**LLHD**  
Ledge Light Health District

## Respiratory Virus Trends in Connecticut and Ledge Light Health District: April 2024



## Answer the Call!

Every three years, LLHD and partners on the Health Improvement Collaborative collect and analyze data related to conditions and concerns in our community in order to develop our Community Health Improvement Plan. It's time for us to get started again and we need your help! Over the next few months thousands of randomly-selected community members from all over Connecticut will be called to participate. We want to know—how happy are you? Do you feel safe walking in your neighborhood at night? How do you rate your overall health? Your answers will be put together with others from our community so we can develop a comprehensive picture—and action plans in response to the actual needs. So please—if you get a call from the Sienna College Research Institute inviting you to participate, share your answers to improve our community.

**ANSWER THE CALL TO IMPROVE YOUR COMMUNITY.**

2024 DataHaven Community Wellbeing Survey with Sienna College Research Institute

**DataHaven**  
The Thirtieth Year

[ctdatahaven.org](http://ctdatahaven.org) • [info@ctdatahaven.org](mailto:info@ctdatahaven.org)



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## LLHD Celebrates Staff and Volunteers for Nurses Week

As we celebrate National Volunteer Week, Ledge Light Health District is thankful for our 152 Medical Reserve Corps volunteers. Our unit is made up of medical and non-medical volunteers who help at the weekly Food to the People Pantry, hold blood pressure clinics around the area, teach Stop the Bleed and train on responding to emergencies. During COVID-19 they provided over 11,000 hours vaccinating, contact tracing, testing, and assisting at food pantries and meal centers. We are proud to recognize four volunteers who have received the President's Volunteer Service Bronze Award for volunteering over 100 hours in the past year, Dr. Stanley Bloustine of East Lyme, Nancy MacDonald RN of Mystic, Dr. Carrie Burger of Ledyard, and Lori Calobrisi RN of Mystic.

Happy Nurses Week to LLHD's public health nurses Kris Magnussen, Melissa Edmonson, Avani McHugh, and Mary Day, and contact tracer Dawn DeStefano. Public health nurses assist with communicable disease and foodborne illness outbreaks, tuberculosis case management, rabies exposure incidents, lead outreach, immunizations, blood pressure screening, contact tracing, emergency preparedness, and provide health promotion and education on various public health topics. Below we highlight the careers and contributions of our LLHD nurses. Thank you for all that you do!

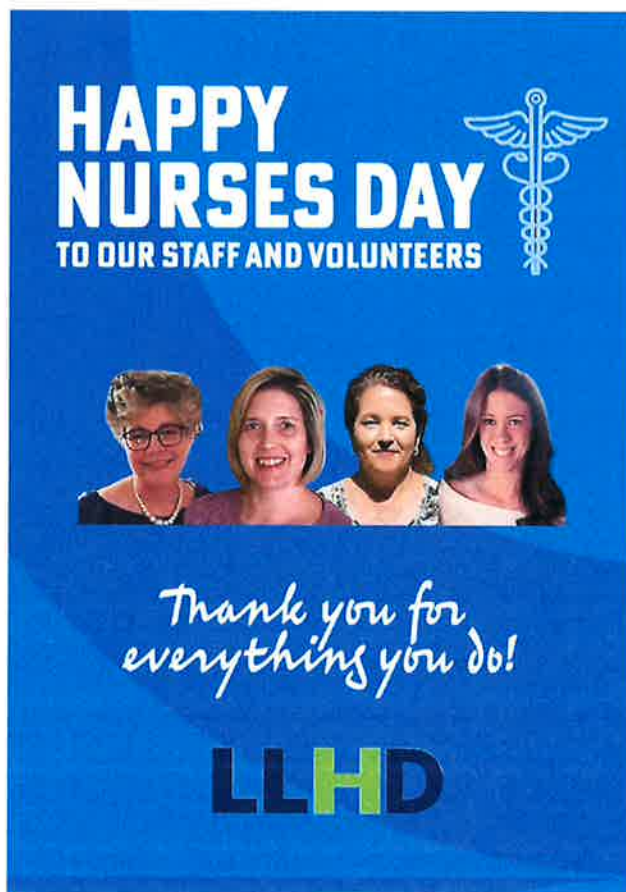
**Kris** has been a nurse for 52 years, working in the U.S., Saudi Arabia, and Norway. Her specialties include critical care/trauma, medical surgical, occupational, home care, long term care, public health, and teaching. Kris has enjoyed working in many different settings and in several different countries. Kris says, "I am going part-time in July as the thought of not working as a RN is difficult for me, especially as I enjoy what I do."

**Melissa** has been a nurse for 21 years. Her specialties include telemetry and neuro in the hospital setting, and public health. Melissa says, "The part I love is that you can be the person to change someone's whole experience leading to improved health or a more comfortable end of life. Patients in hospitals aren't usually having their best day. They are scared and sick and that can be expressed in many ways. It's hard to gain trust of someone in this situation, but nurses have the opportunity to get to know their patients in a very real and raw way that allows them to provide individualized comfort for each patient needs. I loved getting the "difficult" patient and working to put them at ease."

**Avani** has been a nurse for 5 years. Her background is in women's health/OB and labor and delivery. She is new to public health nursing. She also continues to work in an OBGYN clinic. Avani says, "My favorite things about being a nurse are: providing care to diverse populations, working with an amazing team and learning something new every day."

**Mary** has been a nurse for 11 years. Her experience includes working on a medical surgical unit and emergency room in a hospital setting, working in outpatient endocrinology as a nurse practitioner, research (drug trials), public health, and teaching. Mary enjoys the patient education aspect to nursing. "I am passionate about promoting health and encouraging lifestyle modifications, and I love empowering others to invest in their health and wellness. By offering screenings, sharing knowledge, and planning interventions, nurses can provide people with the tools to help prevent or manage chronic conditions, improve health outcomes, and reduce health disparities."

**Dawn** has been a nurse for 19 years. Prior to working in public health, Dawn worked at a HIV/Hepatitis C treatment program, and in endocrinology. Dawn says, "I love helping people and meeting them where they are at. When I worked with HIV/Hepatitis C patients, I learned a lot from the patients. First they needed to know they could trust me, which they did in time. Everyday was a struggle for them. I took care of the "whole" patient, not just the medical but every aspect which included housing, food, mental health, dental, etc. When working at Endocrinology, the majority of my nursing was medical. Although I tried to incorporate the same focus, meeting the patient where they were at, listening, teaching, and showing compassion."  
*Mary Day, mday@llhd.org*



# Ledyard Prevention Coalition

The Ledyard Prevention Coalition has been busy this spring. First off, on behalf of the coalition, I would like to send a sincere thank you to the Ledyard Lion's Club. The Lion's Club has been a continuous supporter and active member of the coalition for several years. On their annual Night of Giving, the Club presented the Coalition with a \$500 check to help support our prevention efforts. Youth Coordinator, Karl Jennings was present at the ceremony to gratefully accept the check. Thank you, Lions!

As part of our efforts to prevent and educate about opioid overdoses we have partnered with NLC Cares's Overdose Action Team to provide Emergency Response Opioid training in the Ledyard Community. So far, we have provided two trainings, and more are being planned throughout the summer. Additionally, we collaborated with Ledyard Parks and Recreation to install emergency overdose kits at two locations in Ledyard. The kits contain naloxone (Narcan), fentanyl test strips, and resource information to receive help.



Another successful prescription drug Take Back Day occurred on April 27<sup>th</sup> at the Ledyard Police Department. We collected an estimated 60 pounds of unused prescription drugs. Thank you to our community members that came out to support the event!

Lastly, we will be releasing a vaping awareness PSA to kick off Nation Prevention Week (May 12<sup>th</sup> -18<sup>th</sup>). The PSA is a project that Ledyard Middle School students wrote and directed with guidance from RealE Media. The PSA will be on social media platforms so be on the lookout!

If you would like more information or have any questions, please email me Kerensa Mansfield, [kmansfield@llhd.org](mailto:kmansfield@llhd.org).

## UConn Students Promote Health

GASP Youth Peer Advocate Zoe Jensen and ADOPHD Intern Myah Martinez, both UConn students, hosted the 'Know Your Limit' table at UConn Avery Point's Fresh Check Day. The GASP table featured information on prevention and harm reduction for the college community. GASP has built a great relationship with UConn Avery point Staff and students through outreach and awareness days. Building capacity on campus has been a GASP priority to reach the 18-20 age group with prevention and harm reduction information. Carolyn Wilson, [cwilson@llhd.org](mailto:cwilson@llhd.org)



FREE CME/CE CREDIT OPPORTUNITY FOR EASTERN CT\* PRESCRIBERS AND PHARMACISTS!!

### TOPICS INCLUDE:

- CPMRS and naloxone
- Medications for Opioid Use Disorder
- Pain Management
- Having Difficult Conversations

### QUICK & EASY

- Quick 1:1 Virtual **LIVE** CE
- Easy to schedule
- Sessions are 30 minutes
- Resources are provided

\*Not in Eastern CT but interested? We will link you to the participating Health District closest to your employer!

### CONTACT US

For more information or to [sign up](#) for your [first session](#) contact:  
Carolyn Wilson  
(860)446-3062 or [cwilson@llhd.org](mailto:cwilson@llhd.org)



 This program is funded by CT DMHAS and created in partnership by CT DMHAS CT DCP, CT DPH, UCONN School of Pharmacy, and several Health Departments and Districts.

## Happy “Knight-iversary”

We celebrate and acknowledge the hard work and dedication of the LLHD team members! Each one of the “Ledge Light Knights” is an integral part of our team working with each other and community partners to promote healthy communities.

### April

Corona Zhang, 2 years  
Joe Blanchard, 5 years  
Chery Haase, 5 years  
Danielle Holmes, 7 years

### May

Maria Munar Gonzalez, 1 year  
Stephanye Clarke, 1 year  
Margaret Lancaster, 4 years  
Charlene Swink, 8 years  
Tyler Do-Taylor, 7 years

## Wendy Brown-Arnold Retires



We are saying a fond farewell this month to Wendy Brown–Arnold as she retires after a long and varied career promoting healthy communities and environments. Wendy joined LLHD in 2014 and for the last six years has served as Supervisor, Land Use. Wendy has been an amazing mentor to our team and we are beyond grateful for her leadership (some of the team is pictured above at her recent retirement celebration, Wendy is third from the left in the back row). We look forward to hearing about her adventures hiking, skiing, and doing home renovations!

You can decrease your risk of **CATCHING** a respiratory virus or **SPREADING** a virus to others by **wearing a mask, getting vaccinated against COVID-19 and Flu, avoiding crowds, and remembering hand hygiene!**



**RENEW YOUR IMMUNITY! FIND A COVID-19 VACCINE CLINIC NEAR YOU  
VISIT OUR WEBSITE LLHD.ORG**

**What do you want to know about? Got an idea for a topic our next newsletter should cover? Email Estelle Harrison at [eharrison@llhd.org](mailto:eharrison@llhd.org)!**

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