



MEETING MINUTES
MILITARY and VETERANS LIAISON COMMITTEE
MONDAY, JULY 8, 2019 - 6:00 P.M.
125 EAST AVENUE, ROOM 218
NORWALK, CT 06851

1. **CALL TO ORDER, PLEDGE OF ALLEGIANCE:** the meeting was called to order by Chairman Jeff DeWitt at 6:03 p.m. The Pledge of Allegiance was led by Megan Dimeglio.

2. **PUBLIC FORUM:**

a. None

3. **ROLL CALL:**

a. Present (6): Jeff DeWitt, Chair; Leon Breault, Veteran At-large; Dan Caporale, Veteran At-large; Don Overton, Veteran At-large; Megan DiMeglio, subbing for Deanna D'Amore – Health Department; Matt Seebeck, Veteran At-large

b. Absent or excused (7): Bryan Rooney, Military Outreach and Deputy Chair; Larry Cafero, Legal Services Chair; Bob King, Labor and Business Relations Chair; Howard Dixon, Veteran At-large; Irene Dixon, Mayor Rilling's Staff; Fred Wilms, Financial Services Chair; Juliet Taylor, Veteran At-large.

4. **CHAIRMAN COMMENTS:**

a. (Repeat from last month) An application was submitted to the Vietnam Veteran's Memorial Fund (VVMF) to have the [Wall That Heals and Mobile Education Center](#), a ¾ scale replica of the Vietnam Veterans Memorial in Washington DC, return to Norwalk. In October 2000, the wall came to Norwalk and was displayed in Veterans Park. Many organizations came together to make the event work. The MVLC, the Norwalk Veterans Memorial Committee, American Legion Post 12, and VFW Post 603 are co-sponsoring this effort. Official announcements won't be until October / November 2019 for the 2020 calendar. We were informed that being a previous host city weighs in our favor. There are other logistical requirements. More to come in future meetings.

b. Jeff DeWitt contacted Riverside Cemetery to partner with Veterans Organizations on burying unserviceable U.S. flags. There are no options to burn flags in bulk any longer. Crematoriums and the incinerator in Bridgeport will no longer assist due to harmful chemicals. AmericanFlagDisposal.com posted this statement about burning nylon flags:

“Burning American flags made of nylon (a petroleum product) creates hazardous gases and wastes resources.” According to DuPont's 'Material Safety Data Sheet', burning nylon



produces: Hazardous gases / vapors produced in fire are formaldehydes, ammonia, carbon monoxide, cyclopentanone, oxides of nitrogen, traces of hydrogen cyanide, incompletely burned hydrocarbons. Wool and cotton flags can still be held for a Flag Day retirement service in conjunction with the Veteran Organizations, Scouts, and Norwalk Fire Department. Meeting tentatively scheduled for July 27th with American Legion and Michael Purdy from Riverside Cemetery.

c. REPEAT: Cynde Bloome Lahey from the Norwalk Library has made some solid progress to bring the Veterans History Project to Norwalk residents. The project is a joint effort between Central Connecticut State University and the Library of Congress to record (video / digital) a veteran's story about their time in the military. More to come. Leon Breault recommended the Library partner with the NCC.

d. Spoke moving towards the Connecticut VA District 4 office move from Bridgeport to Norwalk and the potential / impact for the city. This would make Norwalk the center for veteran services in Fairfield County. The two employees that would come with the move are paid for by the state, so no cost to the city except for office space and a phone line. Pursuing public-private partnership agreements to assist can be a part of this effort. Don Overton has been involved in implementing this template in Palm Bay, Florida where the city opened a "Veteran Resource Center", and Palm Bay was recognized nationally for all they did. This center could become the primary center for veteran outreach to Norwalk veterans and active, Guard, and Reserve troops. There is great potential in partnerships with these offices and Norwalk Community College, American Legion, VFW, and more.

5. REPORTS:

a. Megan Dimeglio for Deanna D'Amore – Health Chair:

- Offered printing capabilities in the office for MVLC work, as needed.
- Suicide prevention training was held June 12. Megan Dimeglio applied for and received a \$10,000 grant for opiate prevention training. The grant helped to fund the training in suicide prevention and Narcan training. Looking to conduct the training every 6 months in the future. Margaret Watts, co-director of The Hub CT, a Behavioral Health Action Organization (RBHAO) for Southwestern CT, ran the training.

b. Brian Rooney – Military Outreach: No report this month

c. Larry Cafero – Legal: No report this month

d. Fred Wilms – Financial Services: No report this month.

6. OLD BUSINESS:

a. None

7. NEW BUSINESS

a. None

8. GOOD OF THE ORDER:

a. Matt Seebeck

- Attended the NICE festival last weekend. Matt sees events like that as an opportunity to have the MVLC or the future Veterans Resource Center, host a table and speak to attendees about benefits, and more.

- Connected with Omar, and veteran and employee of the [Norwalk Community Health Center](#) on Connecticut Ave. They have a mobile clinic and get out into Norwalk three times a week. They can attend events also. They host a farmer's market on Wednesdays. Veterans can get a credit for the market. See Addendum 1. Schedule of all area farmer's markets [HERE](#).

- Met Erin McDonough from the [Open Door Shelter](#). See Addendum 2. They have many services such as resume writing, donations, after school programs, etc. They can be a good resource for veterans. They also have a food pantry. They are also participating in National Night Out. The event is an opportunity to connect with local emergency services and more. A possible event for this committee to make ourselves known. Event is held at 1 Monroe Street (Norwalk PD headquarters), 5:00 – 8:00 p.m. <https://www.eventbrite.com/e/national-night-out-tickets-36618220082>

b. Leon Breault discussed the upcoming 1st annual [Norwalk Film Festival](#) on September 28. It will be an excellent opportunity to engage the community. In coming years, there will be themes for each year. A veteran / military theme in future years could be a great opportunity to focus a positive light on veterans and help tell their story.

c. Dan Caporale shared that the [Norwalk Veteran Memorial Committee](#) is on hiatus until September. Planning for Veterans Day will begin then. A guest speaker has been lined up already. After the school year starts, Columbus School will be asked to have their choir perform again. Some discussion on the Grand Marshal(s) for next year's Memorial Day parade. Next year is the 30th anniversary of Desert Shield (8/2/1990 – 1/17/1991). Also, Korean War veterans would be a great choice.

9. MILITARY AND VETERAN RELATED EVENTS AROUND NORWALK

JULY 2019

11: Mulvoy-Tarlov-Aquino VFW Post 603 Monthly Membership Meeting, 60 County St (7:00)

16: Membership meeting for American Legion Post 12 and Auxiliary Unit 12, 60 County St (7:00)

18: Sons of the American Legion Squadron 12 Membership Meeting, 60 County St (7:00)

AUGUST 2019

4: Veteran of the Month and Flag Raising Ceremony, American Legion, 60 County Street (11:00)

8: Mulvoy-Tarlov-Aquino VFW Post 603 Monthly Membership Meeting, 60 County St (7:00)

20: Membership meeting for American Legion Post 12 and Auxiliary Unit 12, 60 County St (7:00)

22: Sons of the American Legion Squadron 12 Membership Meeting, 60 County St (7:00)

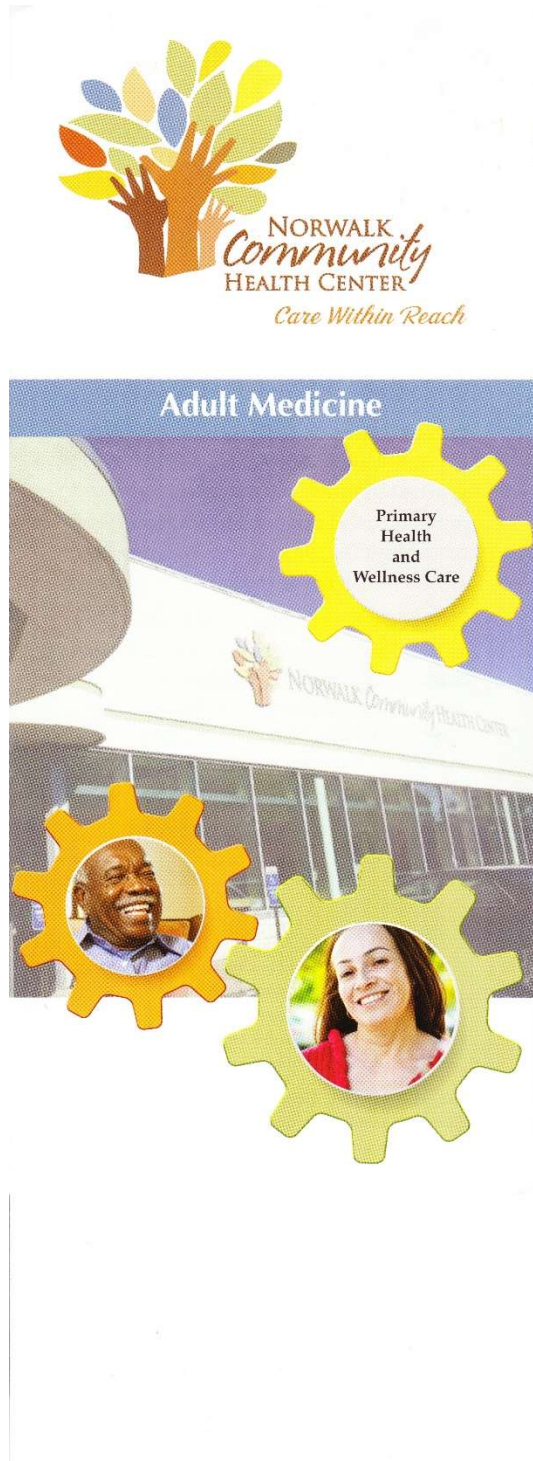
SEPTEMBER 2019

1: Veteran of the Month and Flag Raising Ceremony, American Legion, 60 County Street (11:00)

10. ADJOURNMENT: the meeting was adjourned by Jeff DeWitt at 6:57 p.m.

11. Next meeting is Tuesday, September 9, 2019, 6:00 p.m., room 231. NOTE: no meeting in August.

Addendum 1





**NCHC is a recognized
Patient-Centered Medical Home.
What does that mean for you?**

Patient-Centered Medical Home (PCMH) is a team-based, coordinated health care approach. The focus is on providing comprehensive primary medical care that is customized for you and adjusted over time, as your health needs change.

As a Norwalk Community Health Center patient, you will have an experienced health and wellness care team working with you. NCHC's adult medicine care team includes physicians, family nurse practitioners, behavioral specialists, nurses, and medical assistants. Your care team's goal is to help you achieve the best health outcomes and thrive.

We speak your language. Our team speaks many different languages, including yours.

As a Patient-Centered Medical Home, we provide continuity of care from newborn to seniors. Whatever your health needs, your NCHC doctor and care team will coordinate and help you manage a treatment plan that makes sense for you.

If getting to your Medical Home at NCHC is a problem, contact us for assistance.

**Health and
Wellness Services**

- Treatment of injury and illness
- Chronic disease management such as diabetes, hypertension, emphysema etc.
- Physical examinations and checkups
- Preventative care and cancer screenings
- Immunizations
- Endocrinology and infectious disease HIV/ AIDS specialist
- WeCare extended care and management visits
- Referral to specialists
- Care coordination with on-site dental, women's health and behavioral health teams
- 24-hour availability by phone



Free Programs and Workshops

- Smoking cessation classes
- English classes
- Zumba fitness
- Nutrition
- Farmer's Market vouchers



*We welcome you to make Norwalk Community
Health Center your family's Medical Home.*

As a Community Health Center serving Norwalk and surrounding areas, our goal is to provide quality, innovative care to all who need us for as long as they need us, regardless of ability to pay.

NEW PATIENT?

Before you see your NCHC care team, you will need to register with us. Please call us or stop by for forms to complete. We welcome all patients, regardless of ability to pay. If you do not have health insurance, we'll schedule an appointment for you with NCHC's Eligibility Team. They will work with you to determine your affordable discount payment.

NCHC is open for scheduled appointments 6 days a week. Same day sick patient visits are available as needed.

APPOINTMENT SCHEDULING: 203.851.1000

Hours:

Monday-Thursday	8:00am-8:00pm
Friday	8:00am-6:00pm
Saturday	8:00am-12:00pm

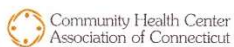
PHARMACY: 203.899.0708

Hours: Monday through Friday, 9:00am-6:00pm

LABORATORY: 203.899.1770 x2000



Norwalk Community Health Center, Inc.
120 Connecticut Avenue • Norwalk, CT 06854
203.899.1770
www.norwalkchc.org



Addendum 2



COMMUNITY SERVICES

Shelter and Supportive Housing

We provide emergency shelter and supportive housing to people dealing with homelessness in our community. Open Doors is part of the State of Connecticut Coordinated Access Network.

Pantry

Our food pantry provides non-perishable groceries, bread and baked goods, and fresh fruits and vegetables for clients to prepare three meals a day for a week. Clients work with our pantry coordinator to select items.

Pantry hours – 9:30am to 11:30am Monday through Friday

We also provide baskets for holiday meals at Thanksgiving, Christmas, and Easter each year. Clients must sign up for holiday baskets in advance.

Meals Program

Our kitchen serves hot meals every day to anyone who is in need.

Breakfast – 7:00am to 8:00am every day

Lunch – 1:00pm to 2:00pm Monday through Saturday

Dinner – 6:00pm to 7:00pm Monday through Saturday

Sunday dinner – 3:30pm to 4:30pm Sunday

Sunday sandwiches – 6:00pm to 7:00pm Sunday

Takeout meals are available 30 minutes before each meal service begins; we ask that clients bring their own containers.

Job Training and Education

Open Doors works with local organizations to provide free or low-cost job training and educational opportunities. See a list of available classes and workshops at

www.burbio.com/states/Connecticut/Norwalk/open-doors or contact us for more information.

Clothing Center

Open Doors provides free clothing and shoes for men, women, and children of all ages.

Clothing Center hours – Mondays and Wednesdays, 10:00am to noon

Holiday Program

Each December, we have a holiday gift program to provide client families who have received services during the year with an opportunity to receive specially chosen toys, books and other gifts for their children. Clients work with Open Doors staff and volunteers on "wish lists" for the holidays.

www.opendoorshelter.org

www.facebook.com/opendoorshelter • [Twitter @ODSNorwalk](https://twitter.com/ODSNorwalk) • [Instagram opendoorshelter](https://www.instagram.com/opendoorshelter)



HOW FAMILIES & STUDENTS CAN HELP

Volunteer at Open Doors in our garden or join us for a community clean-up, clothing event, painting day or other volunteer day.

Collect donations with your family, friends, neighbors, or classmates. While we always need food, clothing, toiletries, and sheets and towels, don't be afraid to get creative. Pajamas! Socks! Cleaning supplies! New pillows! Just think of things you use at home.

Adopt a family or a program for the holidays! Make the holidays brighter for a family in need. We collect wish lists from families who live here at Open Doors or are part of our pantry program, and we match them with donors who shop for and wrap gifts for them.

Make a housewarming basket for someone moving into a new home! Fill a laundry basket with kitchen items, hangers, bathroom supplies, cleaning products, paper goods, and a nice surprise.

Make a Family Fun Pack! Help a family have a fun night by putting together a pack with some snacks and your favorite DVD, story book, or board game.

Make a no-sew fleece blanket for a kid or an adult.

Grow vegetables and fruits to donate to the kitchen and pantry that help feed hungry people.

Help us decorate for your favorite holiday by making placemats or decorations for the walls, tables, and doors.

Follow us on **Facebook, Twitter, and Instagram** and help spread the word about ending homelessness and poverty.

Contact us with your own ideas about ways to help!

We are open 24 hours a day, 365 days a year.

For more information and to get involved, contact:

Erin McDonough – emcdonough@opendoorshelter.org and 203-866-1057 x129

www.opendoorshelter.org

www.facebook.com/opendoorshelter • [Twitter @ODSNorwalk](https://twitter.com/ODSNorwalk) • [Instagram opendoorshelter](https://www.instagram.com/opendoorshelter)