



## ***Omega Chapter***

**May 8, 2018**

**Torrey Park Grill, Geneva, New York**

**Attendance:** 41 members and 3 guests

**Meeting called to order at 5:50 p.m.**

**Attachments:** 1. Opioid Crisis 2. April Treasurer's report.

**Guest musician:** Marcus Whitman 10th grader, Lydia Sachelli, played the guitar and ukulele singing her own songs as well as some familiar tunes. She is going to graduate early and attend college to become a special education teacher.

**Opioid epidemic:** Omega member, Della Ludwig, made a presentation on the opioid epidemic, noting that Ontario County has a higher rate of opioid deaths than Monroe County. She noted that it can impact all ages but focuses mainly on 15-29 year olds. She encouraged chapter members to be aware of the symptoms and counsel those in need to seek help. As educators, Della urged all to become knowledgeable about administering NARCAN to overdose victims. Della created a pamphlet with lots of information and websites to use to learn more about this deadly epidemic. She also urged Omegans to sign petitions to declare this a major health issue. A copy of Della's information pamphlet is attached.

**Directory and committees:** Those attending the meeting were asked to check the information in the Omega directory and make corrections, if needed and, if applicable, indicate a phone number used for texting.

Members were also asked to sign up for committees in order to facilitate the process for the next biennium.

**April minutes:** A motion was made by Lois Ludwig to approve the April, 2018, minutes. Seconded by Maggie Wiegand. Approved unanimously.

**Hostess Committee:** Co-president Mary Cherniss thanked the hostess committee (Co-chairs Gail Burr, Gail Rumsey, Mary Lou Lawrence and committee members- Jean Guastaferrero, Marilyn Nicholson, Jan Wright and Kristen Carr) for the spring flower centerpieces and the packets of seeds for members.

**Scholarship committee:** Co-Chair Holly Rich noted that this year's decision was difficult and there were many fine applicants who wrote excellent essays. There will be six winners who will be honored at the June meeting.

**Omega standing rules:** Lois Ludwig said the proposed Omega standing rules have been approved by Pi-state with a few changes regarding dates for voting on new members as well as some technical changes regarding grants and projects which will be listed under different categories. The amended rules are now on the Omega website and available to all members. [www.dkg.org](http://www.dkg.org)

- **Constitution rules:** Jerry Fletcher has been reviewing the international rules changes and said there were many differences between Omega rules and state rules needed to be considered. Jerry will be going to Dallas after she and her volunteers review

them. The committee is: Jerry, Linda Coons, Denny Clark and Della Ludwig. Jerry said there were some major changes proposed including:

- Changing the name of the organization to include the words “women educators.
- Changing membership from invitation to application
- Altering membership eligibility to include even college students with “potential” to be an excellent educator.

Jerry said to e-mail the committee members to voice your opinions.

**Founder’s Day celebration:** Renee Durso, Mary Shelley, JackieJohnson and Karen Busby paid tribute to the 12 Founders of DKG which began on May 11, 1929. Candle lighting was a highlight of the ceremony.

**Remembrance ceremony:** Omega honored former member, Elaine Kennedy, who passed away this year. Mary Cherniss, Phyllis Frantel, Gail Burr and Jan Astles led the ceremony.

**Motion to adjourn:** Deni Clark mad the motion to adjourn; Beverly Lanoue seconded. All approved.

**Meeting ended at 8 p.m.**

**Respectfully submitted by:**

Beverly Lanoue

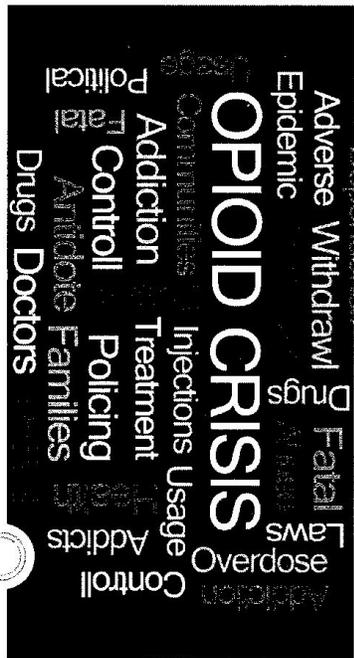
Secretary

# Attachment 1: Opioid Epidemic by Della Ludwig

## An Action Plan in the Face of the Opioid Epidemic

Take Action to Make a Difference in Your Community Today:

1. **End the Stigma**  
Addiction is a chronic disease. Let's treat it that way. The sense of isolation that families feel when struggling with addiction is unconscionable and we must change that by speaking out and ending the stigma of addiction. Reach out to others.
2. **Demand Resources to Help Families**  
With the recent President's Commission on Combating Drug Addiction and the Opioid Crisis and the National Declaration of a Public Health Emergency, we have a clear path forward to address the crisis. Still we need to make our voices heard to ensure this issue remains a priority. Sign petitions demanding insurance coverage, write congress to demand funding
3. **Take Action in Your Own Home**  
There are simple actions to take at home. 2/3 of teens report getting prescription drugs from family or friends. Talk with your kids about substance abuse, the dangers of opioids, and the importance of staying safe. Model healthy behavior. Secure, monitor, and safely dispose of medication. Call for help 1-855-DRUGFREE (Partnership for Drug-Free Kids) to get help. Do not judge.
4. **Save Lives**  
Get trained on how to use Narcan. Empower families struggling with substance abuse. Educate the community. Coach kids to help first.



### Ontario County One of the Highest

Like Many areas, in the state and country, the nine-county Finger Lakes region is not immune from the opioid epidemic. Opioid deaths soared 46% from 2015-2016. Heroin overdoses more than doubled over that same period, with 613 overdoses across the region.

According to Ontario County Sheriff Deputy Kevin Henderson, an opioid overdose was rare to see a few years ago but that now it is the leading cause of death for people under age 50—killing more Americans than guns or car accidents. In Ontario County, there were 17 opioid deaths, almost all involving fentanyl!

From 2005 to 2016, hospital visits related to opioid abuse increased 432%. 54% of people who overdose on opioids in this region had a prescription for opioids within the prior two years. For non-heroin overdoses, the relationship is even stronger with 68% having been prescribed painkillers.

Opioid addiction crosses all ages. Pain medication overdoses was highest among those over, while heroin overdoses was most prevalent among 15-29 year olds.

5/8/18

Della

## So, What Can Be Done?

To stem the epidemic, doctors are beginning to curb the amount of narcotics they prescribe.

New medication drop boxes are being added throughout the region, so residents can properly dispose of unused prescriptions.

Medication called Narcan, which reverses opioid overdoses, is available without prescription from pharmacies. Local training for using Narcan can be found at

[https://www.health.ny.gov/diseases/aids/general/opioid\\_overdose\\_prevention/training\\_calendar.htm](https://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/training_calendar.htm)

Overdose and abuse statistics are based on data from Statewide Planning and Research Cooperative System and NYS Vital Stats and were published in the Daily Messenger January 20, 2018.

## 2016

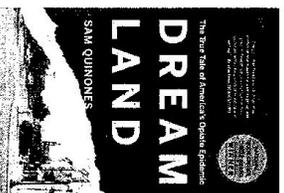
### Opioid-Related Emergency Rate for Finger Lakes

196	Chemung
193	Yates
148	Wayne
141	Ontario
141	Steuben
134	Monroe
133	Seneca
114	Livingston
102	Schuyler

Addiction is both rural and urban. The rate of opioid-driven emergency room visits has grown in every county in the region.

## Recommended Reading

**Dreamland: The True Tale of America's Opiate Epidemic** by Sam Quinones  
weaves together the tale of capitalism run amok with miracle pain killer and Mexico's drug cartel. When they collide, they create a phenomena that is laying waste to communities across America.



## 16 Habit Essential for Success

Strengthening these characteristics reduce the threat of dependency.

- 1 persisting
- 2 thinking and communicating with clarity
- 3 managing impulsivity
- 4 gathering data through all senses
- 5 listening with understanding and empathy
- 6 creating, imagining, innovating
- 7 thinking flexibly
- 8 responding with wonder
- 9 thinking about thinking
- 10 taking responsible risks
- 11 striving for accuracy
- 12 finding humor
- 13 questioning and posing problems
- 14 thinking interdependent
- 15 applying past knowledge
- 16 remaining open to con-

## What Teachers Should Know about Opioids?

- ◆ Students are often introduced to opioids legitimately.
- ◆ It is very easy to overdose on opioids.
- ◆ Knowing what to look for will help you identify students who need intervention.
- ◆ Drug testing does not always work.
- ◆ Talking about the issue—to parents, and the community—can reduce the stigma and let teens get help.
- ◆ Students who are connected are less likely to be at risk.
- ◆ Students need to hear the dangers of use.
- ◆ Students need to know how to keep safe.

## Recommended Reading

**Educational Leadership Magazine** Mental Health in Schools December 2017/January 2018 Volume 75 No. 4 has many articles that support our understanding of how to meet kids where they are including "The Opioid Epidemic: 7 Things Educators Need to Know." This should be available through your library or administrators.

