

Veterans Committee Minutes  
September 11, 2019 – 3:00 p.m.

Present: Chairman Richardson; Committee Members Preston Allen, Dan Pemrick, Sandra Winney, Supervisors Tara Gaston, Tom Wood; Chad Cooke, County Administrator; Frank McClement, Veterans; Michael Prezioso, Mental Health & Addiction, Rick Castle, Ray Rodriguez, Jim Whitney, Sheriff; Ridge Harris, Gramercy Communications.

Chairman Richardson called the meeting to order and welcomed all in attendance.

**On a motion made by Mr. Pemrick, seconded by Mrs. Winney, the minutes of the July 8, 2019 meeting were approved unanimously.**

Mr. McClement distributed the July/August Veterans Committee Report and gave a brief overview. The Veterans trust fund balance on hand as of the end of last month was \$68,986.25. Mr. McClement said that the 5K run is scheduled for November 2. This year the 5K has become part of the USA Track and Field Adirondack Grand Prix Race Series. The series begins with the Freihofer's Run for Women and the Veteran's run will be their final race. Registration begins at 8am and race kick off is at 10am. Mr. McClement encouraged all Supervisors to attend.

Mr. Richardson said that the upcoming Honor Deceased Veterans Ceremonies are as follows:

September – Town of Edinburg – Robert Morgan

October – Town of Northumberland – John Martin

November – Town of Milton – Floyd Maab

Mr. Richardson said that a ceremony was held recently where an individual found Mr. Maab's purple heart at a local garage sale.

Mr. Prezioso gave a brief overview on the Peer to Peer 100 day challenge. Mr. Prezioso thanked the committee and the full board for making it possible for them to move forward with this initiative. The program involved physical training components and also items related to stress management. Mr. Prezioso said that there were 15 participants in weekly sessions over the course of 100 days. One of the benefits noted was those that were not active in the peer to peer program became more involved in the program. The average weight loss was 25-30lbs with fat loss of 5-7%. Participants were able to integrate mental health with physical health. Mr. Prezioso said that he was recently contacted by his counterpart in Rensselaer County about the program.

Mr. Prezioso introduced Mr. Rodriguez and Mr. Whitney from the Sheriff's Department, both were participants in the program. Mr. Rodriguez thanked the committee for their support and providing this program. Mr. Rodriguez said that it helped to build the bond and comradery with other veterans. The environment was similar to basic and boot camp and he was able to pass on a lot of knowledge regarding life stressors, tactical breathing and nutritional information to his co-workers. Mr. Whitney thanked the committee for the opportunity. Mr. Whitney lost 37lbs during the 100 days and continues to participate in the gym. Mr. Whitney said that the training program has been life changing for him, both professionally and in his personal life.

Mr. Richardson said that he is thrilled with the results and congratulated those involved. He asked Mr. McClement and Mr. Prezioso to move forward and come back to the committee with the next plan of action.

**A motion was made by Mr. Pemrick, seconded by Mr. Allen, to proceed with the purchase of challenge coins for Veterans. Unanimous.**

Mr. Richardson said that there is another senior event coming up in October in the Town of Milton. Mr. Richardson said that they would like to order the coins so that each Supervisor will be able to hand out the coins to their senior veterans at the event.

**On a motion made by Mr. Allen, seconded by Mr. Pemrick, the meeting was adjourned unanimously.**

Respectfully submitted,  
Therese Connolly  
Deputy Clerk of the Board