

**PUBLIC NOTICE
CITY OF NEW CASTLE
BOARD OF HEALTH MEETING**

Community Room New Castle City Police Station
1 Municipal Blvd., New Castle, DE 19720
Tuesday, February 2, 2026 6:00 p.m.

Agenda

Roll Call

Approval of Minutes

Report from Code Enforcement Officer

Old Business:

1. Article on substance abuse/addiction still pending
2. Dog park program

New Business:

1. Board of Health Chairperson position
2. Disease update
3. Discussion of next Community Health & Wellness Fair
 - a. Need to choose a date
 - b. Development of brief survey of participants and vendors. Volunteer?
4. PFAS grant opportunity
5. Annual report to City Council - review and approval

General Discussion

Public Comments

Next meeting date: Tuesday, April 28, 2026 at 6 p.m.

The Public is invited to attend. If you are unable to attend questions and comments will be taken via email up to 3:00 p.m. on Tuesday, February 2, 2026 at info@newcastlecity.delaware.gov

Join Zoom Meeting

<https://us02web.zoom.us/j/85292666725?pwd=bW3NReSBqhFirRNSFLbALbm8cfiRri.1>

Meeting ID: 852 9266 6725

Passcode: 321549

Note: This agenda, as listed, may not be considered in sequence.

Posted: 1-27-2026.

New Castle City Board of Health Meeting
August 26, 2025, 2025 -- 6 p.m.
1 Municipal Drive, New Castle, DE

Members Present: Tish Gallagher, Chair
Jackie Metz, Vice Chair
Jamielle Majewski
Dr. David Bechtel
Susan McLaughlin

Also Present: Antonina Tantillo, City Administrator
Milt Draper, City Code Enforcement Officer
Brian Mattaway, City Councilperson

Ms. Gallagher convened the meeting at 6:00 p.m. Roll call followed and a quorum to conduct business was declared.

Minutes

A motion was made by Ms. Majewski to approve the minutes of the July 29, 2025, Board of Health meeting as amended. The motion was seconded by Ms. McLaughlin, and was unanimously passed.

New Business

Discussion of Community Health Fair Scheduled for 9/13/25

- Ms. Tantillo reported that 17 organizations have signed up to participate in the Health Fair so far. She will follow-up with organizations that were tentative or that have not yet responded, and will contact additional organizations as discussed.
- Ms. Gallagher reported that three teams from Paws for People have signed up to participate with trained pet-therapy animals. They will be located near the blood donation van.
- Mr. Mattaway listed organizations that he contacted that will participate.
- Materials and resources received from organizations that are unable to participate in person will be located at the Board of Health table.
- The Health Fair is scheduled for September 13th starting at 10:00 a.m. Set-up will be from 8:30 a.m. until 9:45 a.m. Vendors and the Blood Bank Mobile Van will be located at Good Will Fire Company and the New Castle Senior Center will be used for parking.
- Ms. Tantillo will reach out to Mr. Stat at the Farmer's Market and other local businesses regarding a donation of bottled water and/or healthy snacks for the event.

Ms. Tantillo distributed a draft Flyer for the event. The Flyer will be shared on the City website, with The Weekly, and with local Facebook groups; and will be distributed to local businesses and organizations on Delaware Street. Ms. Tantillo will also look into lawn signs.

Ms. Gallagher suggested that Board of Health articles published in The Weekly be available at the Board of Health table. Ms. Tantillo will reach out to The Weekly to obtain copies.

Discussion of Board of Health Survey

Ms. Tantillo distributed a draft of the proposed Survey.

- Printed copies will be available at the Board of Health table.
- A QR code will be available to complete the survey online.
- Recommended edits:
 - Clarify that the “adult exercise area” is “outdoor”.
 - Ensure that all outlying City neighborhoods are either specified or generally identified.
 - Add a comment similar to “would you like to be contacted for additional information” or “contact the City office for additional information”.
 - A link to the Survey will be available on the City website.

Miscellaneous

Ms. Tantillo introduced Mr. Draper, City Code Enforcement Officer. Ms. Gallagher briefly explained what the previous Code Enforcement Officer shared during Board of Health meetings.

Next Meeting

The next Board of Health meeting is scheduled for Wednesday, October 22, 2025, at 6:00 p.m.

There being no further business to discuss, Ms. Gallagher called for a motion to adjourn.

A Motion to adjourn the meeting was made by Dr. Bechtel and seconded by Ms. Metz. The motion was carried unanimously and the meeting adjourned at 6:40 p.m.

Respectfully submitted,

Kathleen R. Weirich
City Stenographer

**New Castle City Board of Health Meeting
October 22, 2025 -- 6 p.m.
1 Municipal Drive, New Castle, DE**

Members Present: Tish Gallagher, Chair
Jamielee Majewski (*Joined at 6:25*)
Susan McLaughlin

Absent Jackie Metz, Vice Chair
Dr. David Bechtel

Also Present: Antonina Tantillo, City Administrator
Brian Mattaway, City Councilperson

Ms. Gallagher convened the meeting at 6:00 p.m. Roll call followed and a quorum to conduct business was not declared. A general discussion of Board of Health items ensued.

Review of Board of Health Survey

Ms. Gallagher reviewed the results of the Survey that was completed by attendees the September 13, 2025, Health & Wellness Fair. .

Ms. Gallagher noted that 82.6% of respondents expressed interest in having an adult-gearred exercise area, and suggested that the BOH interface with members of ONCOR and share this data with them. Mr. Mattaway noted that the Playground Subcommittee also received data from adults interested in an adult-gearred exercise area.

Ms. Gallagher also noted that Fitness & Exercise and Healthy Aging were the top two topics about which respondents indicated they were interested in receiving more information on. She opined that data on respondents' interests would be important in determining the focus of the BOH going forward. Suggested activities included Tai Chi, Yoga, and Nutrition. Mr. Mattaway suggested that the City might sponsor a team(s) for the 5-K run/walks that are held in the city.

Ms. Majewski joined the meeting at 6:25 p.m. Ms. Gallagher called the meeting to order, roll call followed, and a quorum to conduct business was declared.

Review of the minutes of the August 26, 2025, meeting was deferred to the next meeting.

Old Business

Article on substance abuse/addiction

Ms. Gallagher stated that article would be completed before the end of the year.

Dog Park

Ms. Tantillo updated the Board on the status of the Dog Park. Ms. Gallagher stated the BOH would like to offer information or a program on how to approach dealing with a dog park. She suggested holding an on-site event, possibly with a dog trainer. Ms. Majewski suggested posting

“Tips” on the City Website. Information will be provided in person and via an article in The Weekly.

New Business

Disease Update

Ms. Gallagher reported that the CDC is not collecting data at this time. Data that was collected from other sources indicates that there has been a slight uptick in COVID, and another outbreak of measles in the southwest around the Arizona/Utah border area with 100 reported cases. She added that in 2017-18 they reported 97% of children were vaccinated for measles and now they are only at 78%. Ms. Gallagher stated that because measles is so communicable communities need to be at 95% in order to have herd immunity.

Discussion/review of Community Health & Wellness Fair with Blood Drive on 9/13/2025

Mr. Mattaway reported that approximately 30 attendees donated blood. He added that Walgreens approximated that 100 individuals received flu vaccinations. The Board concurred that the event should be held annually. After discussion it was agreed to hold another event in April. Ms. Tantillo will provide some dates to the Board.

Ms. Gallagher suggested that collaboration with other community groups be expanded, including holding part of the event at the Senior Center.

Ms. Gallagher suggested doing an exit survey for vendors. Ms. Tantillo will mail thank-you letters next week.

Ms. Gallagher noted some suggestions to modify the online survey and will forward them to Ms. Tantillo for implementation.

General Discussion

Ms. McLaughlin questioned whether a Health Fair/Blood Drive could be combined with other community festivals. Ms. Tantillo suggested that the Board discuss how the two events could be merged.

Public Comment

Brian Mattaway – 620 Delaware Street

Mr. Mattaway thanked Ms. Gallagher and Metz for their dedication to making the BOH one of the most impactful Subcommittees in the City with respect to affecting people’s lives in a positive way. He stated that the Health Fair was a great success, noting in particular that individuals were able to have health-related testing done that day.

Mr. Mattaway suggested including an open-ended question in the next iteration of the Survey. He also suggested that the BOH craft articles around feedback from the Surveys.

Mr. Mattaway stated that the City is partnering with the Food Bank of Delaware to bring their Mobile Food Bank to New Castle on Saturday, December 6th starting at 10:00 a.m. with supplies to feed 150 families. The location is still TBD. He added that volunteers are needed. Several

locations for the Mobile Food Bank truck were suggested as well as communities that would best benefit from it. Mr. Mattaway noted that the location would require sufficient room for the truck and parking. The Senior Center, New Castle Middle School and Harvest Academy were all suggested as suitable locations.

Next Meeting

The next Board of Health meeting is scheduled for Tuesday, January 27, 2026, at 6:00 p.m.

There being no further business to discuss, Ms. Gallagher called for a motion to adjourn.

A Motion to adjourn the meeting was made by Ms. McLaughlin and seconded by Ms. Majewski. The motion was carried unanimously and the meeting adjourned at 6:45 p.m.

Respectfully submitted,

Kathleen R. Weirich
City Stenographer

Substance Abuse

Signs someone you love needs help and where to get it

This is the third and final article from the New Castle Board of Health since we began our focus on Mental Health Awareness in May, 2025.

No one wants to think that a loved one (or one's own self) is addicted to a substance – either alcohol or illicit drugs. However, there are some signs to watch for but be aware that generally no one has all of these signs. But even one, or a combination of these indicators, is cause for increased alertness and action.

For alcohol abuse, craving for alcohol is a big sign – drinking earlier in the day and drinking more alcohol than one used to drink are indicators that someone may be in trouble. Inability to stop drinking or drinking over long periods of time are also signs. Needing more alcohol to reach the same effect is also an indicator as is feeling a need for alcohol to settle uncomfortable symptoms like tremors, anxiety, or sleep issues (withdrawal symptoms). Neglecting/avoiding normal activities is also a cause for concern.

Some signs of alcohol abuse are like those of other substances. Here is a list of some signs of abuse of drugs (either prescription or illegal drugs):

- People experiencing addiction may try to hide it so being evasive or secretive is an indicator
- They may lie to avoid admitting a problem
- Mood fluctuations
- Changes in energy levels or sleep patterns
- Changes in appearance and/or attitudes
- Changes in weight – either gains or loss of weight depending on the substance
- Memory loss – illicit drugs especially can affect the workings of the brain and lead to loss of memory and, in severe cases, long-term damage to the brain
- Stealing – from loved ones or others
- Failing to meet personal, social, and occupational commitments
- Isolating from family and friends

Once you've determined that your concerns may be justified you need to decide how to approach the issue with your loved one. It's best to be prepared by thinking of a few

examples to share of why you are concerned and having a few approaches to suggest. Pick a place where you are both comfortable and won't be disturbed and a time when neither of you are tired or under time constraints. Think of beginning with "I" messages instead of "you" messages so the individual isn't immediately on the defensive. Starting out with a statement like "I've had some concerns lately that I want to talk about with you" or "I've noticed some things lately that have me worried and really want to share my concerns with you" might be some ways to begin. Pull out those examples you thought of earlier and share them in a non-judgmental and caring manner.

It's critically important that you listen to your loved ones responses and acknowledge that you've heard what he or she is saying. Try re-framing what you are hearing – "so, what I hear you saying is....." or "can you tell me a little more about that...?". This person who you care about needs to feel safe and understood as you navigate together through this difficult discussion.

Don't be surprised if your concerns are met with resistance or even outright hostility. The individual might think he has been successfully hiding this behavior and being "outed" can be upsetting. But shining a light on the issue will hopefully make him or her think about this with the knowledge that others have noticed it. "So, maybe this really is a problem?". Expect that you will need to have this conversation many times. It takes time for people to realize that they need help.

Once the individual realizes that he or she needs help, there are resources available statewide that can be accessed. There are self-help support groups like AA or NA that are available 7 days a week throughout the state. There are detox centers for people who need medical help to overcome their addiction. There are sober living homes, outpatient clinics, etc. The array of services is staggering – the key is finding someone to help you sort through that array of services.

One point of entry is through the New Castle County, Hero Help Services which is manned 24/7 – (302-395-2811). Another way to access entry into needed services is through the New Castle City Police Peer Support Service CORE Program (302-).

Finally, the State of Delaware, Division of Substance Abuse and Mental Health is available (for non-emergencies call, 302-255-9399). They also run Crisis Intervention Services – for New Castle County and Northern Kent Counties the phone number is 800-

652-2929. The Division provides an array of services from detoxification to residential treatment, outpatient services, sober living homes, and peer support services.

Guiding a loved one through addiction treatment is not an easy task but help **is** available. Recovery is a process so you can't expect dramatic changes in your loved one's behavior right away. However, recovery can be achieved for those who want it, have support, and are willing to work towards it.

City of New Castle Board of Health
Annual Report to City Council
January 23, 2026

In accordance with Ordinance 545, the New Castle Board of Health is providing this report of our 2025 activities.

In 2025, the Board of Health met x times. We continue to look for ways to add value to our community and our activities reflect that approach. The following list highlights our activities in 2025:

- We decided to highlight mental health awareness in 2025. We kicked that off in May with a proclamation from Mayor Leary recognizing May 2025 as Mental Health Awareness month in the City of New Castle
- We tied green ribbons on the light posts on Delaware Street in recognition of Mental Health Awareness month
- A 3-part series on Mental Health Awareness was initiated in The Weekly in May with an article about mental health. An article on accessing emergency services and what to expect came out in late summer/early fall and the final article on how to help a loved one struggling with substance abuse has just been completed and is in the queue for publishing in The Weekly.
- As part of our regular meetings we always look at what infectious diseases are trending in our area. In 2025, we decided to share that information with the New Castle public in The Weekly after each of our meetings. We've missed one or two because there wasn't anything significant to share (it was a very quiet summer) or information was sparse during the government shutdown. We are planning to continue this activity when it makes sense to do so.
- It was reported last year that we wanted to have a small health fair related to mental health issues in late summer or fall. Ms. Tantillo and Councilperson Mattaway encouraged us to think more broadly and with their significant support we participated in a very successful City Health Fair at the Goodwill Fire Hall in September of 2025. The health fair coincided with the Blood Drive.
- During the Health Fair, we collected some data using our newly developed Health Survey. The survey was completed with help from Ms. Tantillo and her interns. Data collected at the Health Fair were collected on paper forms and inputted into the computer to be collated. As a result of this first foray into data collection, the survey was adjusted slightly to make it more usable and data will be collected online in the future.

We still have not been able to attend CERT training. It is being offered the first 2 Saturdays in March in 2026 in case some of those interested are able to attend. At this time, no other dates for this training are noted on the State CERT web page.

FOIA? Which members still have not had FOIA training?

At this time, we do not feel that we need more training on how to deliberate or be more effective **although the Chair would like to see an offramp for her role as Chair at sometime in the future.**

We receive great logistical support from Ms. Tantillo and the staff in the City office and deeply appreciate their help and guidance.

The Board of Health does not interact with a professional advisor. It is important to note that, at this time, the Board has significant breadth and depth of pertinent education and experience in the health field.

We have no openings on the Board at this time.

The Board of Health has received no complaints since our last report to City Council.

Our plans/goals for the upcoming year include the following:

- **Health Fair 2026.** Planning is currently underway for a repeat Health Fair in April of 2026.
- **Health related articles in The Weekly.** Once we collect some more data from the survey, we will use the results to guide us in what topics are of interest to our population. The data (and the trends in infectious diseases) will help determine what articles we prepare and what activities we propose in the coming years.
- **Public education related to dog parks.** In 2025, one Board member expressed concerns about potential health issues related to having a dog park in our community. The concerns were mainly: people being bitten while using the park and who is going to clean up the park if owners don't pick up after their own pups. Like many concerns we have, we believe the answer is public education and we want to do some of this as the dog park opening nears. At this point, we don't know what form this public education will take. It could be done as part of the health fair, in an article in The Weekly, as a gathering of those interested in using the dog park, or some combination of these approaches. Topics should include basic dog park etiquette, recognizing dog body language, and how to safely respond to worrisome dog body language and/or behavior.

- **Infectious diseases.** Continue to share information about infectious disease trends that have the potential to impact our community.
- **PFA's ("forever chemicals").** Councilperson Mattaway is pursuing a grant to educate the New Castle public about these substances. We hope to be involved in that activity in some way if the grant is awarded.

We do not know of any grant funding requests at this time.

For FY 2027 our budget request includes \$900 for meeting room and stenographer and \$600 for supplies (posters/handouts, etc for Health Fair/dog park presentation). Antonina – anything else we are missing? Professional development maybe?

Thank you for the opportunity to share our activities and goals with you and thank you for your ongoing support!

Respectfully submitted,
The City of New Castle Board of Health
David Bechtel, MD
Tish Gallagher, PhD
Jamie Majewski
Susan McLaughlin
Jackie Metz