

**Linn, Benton, Lincoln Partners for Health (PFH)**  
**Meeting Summary**  
**Held Virtually - Microsoft Teams**  
**October 13, 2020**  
**1:00 p.m. – 2:20 p.m.**

**Participants:** Shelagh Baird, Krystal Boyechko, Sheryl Casteen, Jeannie Davis, Ed.D., Julie Jacobs, Sommer McLeish, Jolynn Meza Wynkoop, JoAnn Miller, Stephanie Russell, Jana Kay Slater, Ph.D., Earlean Wilson Huey, and Shelley Hazelton

**Welcome:**

Dr. Davis welcomed everyone to the meeting.

**Meeting Minutes:**

The August 11, 2020 meeting minutes of the Linn, Benton, Lincoln Partners for Health were presented. It was noted that there was no September meeting. The virtual summit was held in September. **Earlean Wilson Huey made a motion and Krystal Boyechko seconded the motion to approve the August 11, 2020 meeting minutes as presented. The motion was voted upon and unanimously approved.**

**Feedback on 2020 Virtual Summit:**

Members discussed the September 11, 2020 virtual summit.

- There was a lot of positive feedback on the summit.
- People wished it had been recorded.
- Dr. Davis noted her counterparts from Pomona, CA logged in and would like to have Dr. Beegle talk to the medical students in the future.
- There was good feedback on both Dr. Beegle and Dr. Junkins.
- Over 200 people registered for the conference. There were 140 attendees at the highest during the virtual conference with 100 toward the end of the day.
- Ms. Boyechko noted this summit was timely. She has been attending the Public Health conference this week and one of the keynote speakers was talking about cross-sectional Coalitions and the need to adjust root causes and poverty, COVID-19, and job losses.
- Dr. Davis noted that population and community health curriculum is being taught to 280 medical students. They also review the Community Health Needs Assessments and look at the homeless and poverty.

**Ideas for the 2021 Summit:**

Ideas were discussed regarding the 2021 Summit.

- Medical students have expressed interest in diversity and inclusion. It was noted that the President has banned diversity trainings at this time for federal agencies.
- Gardening – Getting the public involved. There are other things we can do to bring in diverse groups and get medical students involved in different cultures and gardening.
- Are there things listed in the Community Health Needs Assessments that we haven't focused on?

- JoAnn Miller noted that she spoke to someone with Live Longer Lebanon this morning and they talked about solutions to issues. We know homelessness is an issue. Can we come up with solutions around housing and other issues? There is the Corvallis micro-shelter program. Lincoln County is looking at an adult shelter program. In Albany, Signs of Victory, Helping Hands, and C.H.A.N.C.E are working on solutions for the homeless and those in need. Is there a regional approach, especially crossing our 3 counties (Benton, Lincoln, and Linn)?
- Dr. Davis noted that her second year medical student do a community service-learning project around the homeless. They work with Shelagh Baird and C.H.A.N.C.E.
- Ms. Miller noted we are doing a good job around substance use disorders with our grants and partnerships. Another area we could look at is childcare and affordable childcare. Now with most schools in our county doing some type of virtual learning, it would be interesting to see how many young kids complete their education.
- Teen pregnancy rates and sexually transmitted infections have also gone up.
- Food insecurity goes along with gardening and providing fruits/vegetables and using food banks.
- Ms. Casteen noted that Linn, Benton, Lincoln Partners for Health could help change what food banks gives to clients that's why she pushes gardens and putting in more community gardens. There is lots of canned foods given out at food banks that has too much sugar. A solution could be to help food banks move to healthier foods.
- The C.H.E.F. program is also another solution. Having a solutions summit would be great.
- The C.H.E.F. program has been successful in person and now with the virtual cooking classes. Tonight's cooking class and the November class are both full. There is also four families registered for the December class. There were 17 people on a waiting list, and staff has reached out to them. How do we reach people when the C.H.E.F. grant ends?
- Ms. Jacobs noted maybe we could look at nutrition education and WIC and utilize some of their materials or use as a starting point. She has some dietic interns that can help. They have been unable in the past to record the C.H.E.F. program cooking classes due to media releases. With the virtual class coming up, no one has objected to recording so she could possibly look at recording future classes – Would need to verify with the families. Stephanie Russell has done a Spanish virtual cooking class that was well attended. With the strength of all the partnerships, we can find ways to streamline and deliver services to the community. It was suggested that Julie Jacobs record a cooking session with herself (not live) and have available – Then she could have a question and answer session through Zoom.
- Solutions summit could cover areas of housing, homelessness, food insecurity, nutrition, and looking at social determinants of health. Could give demographics and facts and have people come together and discuss. We could look at health resources. There are a lot of suicide awareness resources. We could also break into subgroups and have three topics of focus.
- Jolynn Meza Wynkoop noted when she was at OSU she worked with a pre-college program and they would have students do a science related topic or could include a topic on nutrition. Maybe someone could reach out to this group and see if they are still doing the program and we could possibly work with them. ***Ms. Meza Wynkoop will provide contact information.***

- With a solutions-based summit – Examine what we have and come up with solutions. An example is Live Longer Lebanon and Be Undivided (church community volunteer program that adopts a grade school). The alternative school looks at mentors to match up with alternative kids.
- Date for the 2021 summit – Spring or Fall – The consensus was the Fall would work best such as end of August or mid-September. We would want to avoid the first week of school in September. We could look at a hybrid approach to do some in person and live streamed such as having small groups at the Center for Health Education in Newport. The consensus of the group was that late August would work best.
- There had been discussions before about replicating the Live Longer Lebanon group in other communities such as the coast. The only way to do this is to pull everyone together and the Linn, Benton, Lincoln Partners for Health could help with this. Live Longer Lebanon could be one solution at the summit. The Compass Center with the Lincoln County School District was also a huge partner with Lebanon.
- There is the concern with child abuse and neglect, especially now with COVID-19. When COVID-19 was first announced, police weren't allowed in homes. Ms. Miller noted she talked with Renee Smith at Family Tree Relief Nursery and they haven't been able to go in homes with the whole "stay at home" order. There is the concern with babies and children. Teen issues is also a big concern such as teen pregnancies. It has shifted more now toward kids having babies.
- Ms. McLeish noted that the State of Oregon has put out an updated mandatory abuse video, which includes implicit bias information – Mandatory Reporting of Child Abuse: An Oregon Training Video. She also shared the link – What You Can do About Child Abuse - [https://www.oregon.gov/dhs/ABUSE/pages/mandatory\\_report.aspx](https://www.oregon.gov/dhs/ABUSE/pages/mandatory_report.aspx) and <https://sharedsystems.dhsoha.state.or.us/DHSforms/served/de9061.pdf>

**Pick of the Month Subcommittee Meeting Update:**

The Pick of the Month Subcommittee met and discussed the Pick of the Month.

- It was agreed to do an annual Pick of the Month selection.
- They tried to align with Food Hero when possible.
- A goal of the Pick of the Month is to try to pick a fruit or vegetable that kids haven't tried such as arugula or kohlrabi and add some things they are familiar with and what is available in the growing season.
- It was suggested to distribute Pick of the Month flyers to grocery stores. We could make sure Ian Rollins get these out to the grocers. Fred Myers used to put out prior to COVID-19 free fruit for kids to try instead of cookies, while families were shopping. Water was also placed up front to encourage people to pick up rather than soda.
- June is always strawberries.
- The subcommittee agreed on the following for Pick of the Month for 2021.

2021

January	Celery
February	Cucumbers

## 2021

March	Cilantro
April	Green Beans
May	Arugula
June	Strawberries
July	Grapes
August	Peaches/Nectarines
September	Tomatoes
October	Kohlrabi
November	Peas
December	Sweet Potatoes

### **Culinary Health Education & Fitness (C.H.E.F.) Update:**

Krystal Boyechko gave a C.H.E.F. update.

- Opportunities for virtual CATCH training have been shared with all CATCH Champions.
- There were 4 CATCH Champions (3 from Lincoln County and 1 from Linn County) that attended the CATCH “Physical Education During COVID-19 – In-School or Hybrid” training in September.
- Tasting Tables are not currently being implemented in the schools due to COVID-19 related health and safety concerns and limited school resources. It is the hope to resume in the future. Pick of the Month flyers are being shared with the different partners monthly. Likes the idea of sharing the Pick of the Month flyers with the grocers.
- The virtual cooking classes conducted in East Linn County and rural Benton County through the OSU Moore Family Center have been a big success. Cooking classes in Monroe and Alsea have been a challenge. One barrier could be grocery store access.
- Virtual cooking classes opened to Sweet Home and Lebanon families have filled and there is a waiting list. There is a class starting tonight that will be on Tuesdays and Thursdays. A class will be started in early November and December.
- Lincoln County – Working with OSU Extension Service on a cooking class in Waldport. Also, doing outreach to WIC, food pantries, Seashore Family Literacy Center. Pati D’Eliseo is back with Food Share of Lincoln County. There are discussions with her about offering a one-night nutrition education/cooking demo.
- Ms. Boyechko noted she is presenting a C.H.E.F. program poster at the OPHA conference that was held yesterday and today.

- The final program report and final evaluation report is due to HRSA by March 31, 2021 (90 days after the No-Cost Extension and grant ends on December 31, 2020).

### **Announcements:**

Members provided additional updates and shared announcements with the group.

- Dr. Davis noted that her Lifestyle Medicine medical students are working with Linn County Public Health on smoking programs.
  - a. She is also looking for a nutritionist to talk to her medical students. Dr. Kristina Corso, Family Medicine Physician in Albany, OR, might be a good speaker. She offered some cooking classes in the past. *JoAnn Miller will send contact information to Dr. Davis.*
  - b. A C.H.E.F. presentation and Julie Jacob's program might be helpful, too.
  - c. Meeting people where they are in steps to change – Motivational interviewing to make things more approachable such as plant-based foods is good. The medical students have had some motivational interviewing in the past.
  - d. There's a boxing clinic for people with Parkinson's disease. The medical students will be touring this clinic. The medical students will be looking at how fitness helps with chronic illness.
  - e. Dr. Slater noted that Dr. David Blatt has developed some exercise classes for people with Parkinson's Disease. SamFit in Albany has also provided some classes. *Dr. Slater will introduce Dr. Blatt to Dr. Davis.*
- Jolynn Meza Wynkoop noted that some church groups on this Wednesday and a few additional Wednesdays will give out free food boxes with vegetables/fruit, dairy, and meat to whoever stops by. The location is 48<sup>th</sup> Place.
- Sommer McLeish shared the Samaritan North Lincoln Hospital Facebook link – Resource for free food boxes coming to Lincoln City and additional information/resources – <https://www.facebook.com/northlincoln>

### **Action Items:**

The group reviewed action items.

- Look at topics for a solutions summit for 2021 - Will bring any further ideas to the November meeting. Will look at the end of August 2021 for the summit and look at a virtual or hybrid model.

### **Next Meeting:**

The next meeting of the Linn, Benton, Lincoln Partners for Health is scheduled for November 10, 2020.

### **Adjourn:**

The meeting was adjourned at 2:20 p.m.

Respectfully Submitted  
 Shelley Hazelton  
 Community Health Promotion  
 Department Assistant