

Linn, Benton, Lincoln Partners for Health (PFH)
Meeting Summary
Held Virtually - Microsoft Teams
November 10, 2020
1:00 p.m. – 1:55 p.m.

Participants: Shelagh Baird, Krystal Boyechko, Carly Castaneda, Sheryl Casteen, Jeannie Davis, Ed.D., Samantha Escalante, Deb Fell-Carlson, Julie Jacobs, Sommer McLeish, Jana Kay Slater, Ph.D., Earlean Wilson Huey, and Shelley Hazelton

Welcome:

Dr. Davis welcomed everyone to the meeting.

Meeting Minutes:

The October 13, 2020 meeting minutes of the Linn, Benton, Lincoln Partners for Health were presented. **Krystal Boyechko made a motion and Deb Fell-Carlson seconded the motion to approve the October 13, 2020 meeting minutes as presented. The motion was voted upon and unanimously approved.**

2021 Summit:

Ideas were discussed regarding the 2021 Summit.

- At the previous meeting, we had discussed having a solutions summit for 2021.
- Dr. Jeannie Davis agreed to reach out to ABC House and Dala's Blue Angels regarding solutions/resources for child abuse.
- The article from the National Network of Public Health Institutes – “Public Health Institutes Find Creative Solutions to Combat Food Insecurity” was noted.
 - a. We may want to look at creative ways to combat food insecurity and we can share and focus on solutions.
- Dr. Jeannie Davis noted it would be nice to have a drop box for items or suggestions for the summit.
- Carly Castaneda reported on the healthy retail idea with food and tobacco and having more healthy retail options and not encouraging the use of tobacco.
- As the cost of tobacco increases, this can cause food insecurity.
- Public Health did a food retailer assessment for Lincoln County. Collin Durling, OSU intern for Linn, Benton OSU Extension Service also did an environmental nutrition assessment for Linn and Benton Counties. Results from the assessments were shared at the 2019 summit.
- Aimee Snyder and Dusti Linnell are working with teens in Lincoln County to be proactive and look at changing the environment around selling tobacco and vaping. There is a new tax on vaping and cigarettes/tobacco products.
- The question was asked whether the Blue Zones had solutions. Deb Fell-Carlson noted she can see what they say on healthy retailers and will also look for solutions and resources.
- As we move through issues/resources we can put things in a shared drive. We could look at focusing on the top 4 topics for the summit.

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

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

- We are in the last two months of the C.H.E.F. program.
- Cooking classes are being held virtually.
- We have had 5 virtual cooking classes with a total of 97 participants. Virtual cooking classes are being conducted in East Linn County and rural Benton County through OSU Moore Family Center, and virtual cooking classes are being conducted in Lincoln County through OSU Extension Service. Additional single session cooking lessons are being developed with Food Share of Lincoln County, which will be a one night, build your own recipe cooking demonstration to be held on December 1, 2020 and December 8, 2020.
- We have had 4 CATCH champions attend the CATCH “Physician Education During COVID-19 – In-School or Hybrid” training in September.
- Resources are being shared with CATCH Champions.
- Due to limited school resources and COVID-19 related health and safety concerns, Tasting Tables are not currently being implemented in the schools. The hope is that this will pick back up in 2021. The Pick of the Month is being shared out with the schools. OSU Extension Service is do Tasting Tables in Lincoln County.
- The final program report and final evaluation report are due on March 31, 2021.
- A question was asked about the cooking classes in-person vs. virtual.
 - a. With the face to face classes they average about 4 kids per class.
 - b. The OSU Moore Family Center for virtual classes have been having 4 classes in one session usually on Tuesday and Thursday, and then Tuesday and Thursday the following week. OSU Extension Service in Lincoln County has been having virtual classes for 3 nights. Food Share of Lincoln County will have a single session – 2 one-night classes.
 - c. Attrition – Virtual - Linn County have long waiting lists. Everyone has been showing up for the first class. The first class that they had there was 8 enrolled in the class and had 5-6 that consistently showed up. A few dropped off, but there was not a dramatic change. The initial interest was strong. For Lincoln County with OSU Extension Service – Spanish speaking class – Had 6 families and all these families attended all 3 nights.
- The Boys and Girls Club in Lebanon/Sweet Home has been doing CATCH and cooking classes. They are doing an Iron Chef 2 program.
- Dr. Jeannie Davis did a shout out to Krystal Boyechko and her team for bringing the programs out to the communities.
- Sustainability:
 - a. Krystal Boyechko noted that she has spoken to Julie Jacobs and there is two portable kitchen kits – One is with COMP-NW and the other is at the Boys and Girls Club of Lebanon.
 - b. Julie Jacobs is available to be a resource for classes.
 - c. Benton County Library system is supportive of the program.
 - d. Lincoln County – Food Share of Lincoln County and OSU Extension Service in Lincoln County will continue to do classes in the community.
 - e. COMP-NW is using the portable kitchen for nutrition education class.

Announcements:

Members provided additional updates and shared announcements with the group.

- There are 16 students that signed up for the Faith Community Nursing program. Deb Fell-Carlson noted of these 16 students there are about 6-8 of these students that are local with 12 being licensed nurses. Only one of these is retired status. Several participants are retired, but they have kept up an active license. The Faith Community Health Network is meeting on the same days as Live Longer Lebanon and meet at 4:00 p.m.
- Julie Jacobs and Krystal Boyechko will be presenting to the Lifestyle Medicine students at COMP-NW. It is the hope to work with the physician in Roseburg to bring classes here free.
- Looking at 5210 and Live Longer Lebanon. Deb Fell-Carlson is working at getting meetings set. The 5210 website - Wyatt King will be helping with the website.
- We are hearing there are more remote learning and mental health issues. The question was asked on how we get back to exercise and 5210 and getting connected to resources. Students are missing the conversation with individuals in classes.
- Samantha Escalante reported that there are some parent groups set up in Zoom in Lincoln County and this has been very positive, and she has been helping set up group classes.
- The medical students are doing tutoring classes.
- Sheryl Casteen noted she will be having 12 hours of basic gardening classes starting after the first part of the year.
- Dr. Jeannie Davis noted she is looking for community outreach service-learning projects for the medical students. Due to COVID-19, they currently are not doing any volunteer hours and projects in person except for helping with Sheryl Casteen's gardening classes while practicing social distancing. The students at the Oregon and California campus are doing contract tracing. Looking at doing in person classes starting in January.
- Dr. Jeannie Davis gave a shout out to the nursing internship group working at Willamette Manor.
- Carly Castaneda noted she has a presentation regarding tobacco trends and the environment. It is a one-hour presentation.

Next Meeting:

The next meeting of the Linn, Benton, Lincoln Partners for Health is scheduled for December 8, 2020.

Adjourn:

The meeting was adjourned at 1:55 p.m.

Respectfully Submitted
Shelley Hazelton
Community Health Promotion
Department Assistant