

Linn, Benton, Lincoln Partners for Health (Partners for Health)
Virtual through Microsoft Teams
1:00 p.m. – 2:15 p.m.
March 8, 2022
Meeting Summary

Participants: Jeannie Davis, Ed.D., Luis Acosta, Shelagh Baird, Terri Fackrell, Joanna Kubes, Sommer McLeish, Michelle Means, Jolynn Meza Wynkoop, JoAnn Miller, Earlean Wilson Huey, and Shelley Hazelton

Guests: Carolyn Aldwin, Ph.D., Lindsay Bollin, Christopher Eilers, and Holly Terlson

Welcome:

Dr. Jeannie Davis welcomed everyone to the meeting and led introductions.

Meeting Minutes:

The February 8, 2022, meeting minutes of the Linn, Benton, Lincoln Partners for Health were presented and approved by consensus.

Presentation: Dr. Carolyn Aldwin – Effect of COVID-19 and Isolation:

Dr. Carolyn Aldwin shared information on what she could present at our 2022 summit as the keynote speaker around areas of resilience and effects of COVID-19 and isolation.

- She envisions a general talk about resilience – What it is and what it isn't.
- Kids can be considered resilient, but they may have the same rates of depression and anxiety as adults.
- Resilience can be conceptualized as a trait and outcome, but she would prefer to think of it as a process and how people cope with stress. What resources can we provide for families, schools, and the community?
- Older adults have been more vulnerable with COVID-19 and can experience isolation and loneliness, which in turn can affect mortality.
- Those that are distressed by COVID is much higher in younger adults.
- **Dr. Carolyn Aldwin** - Have data from the beginning of the pandemic and an 8-week longitudinal study from last June where there was a follow up survey with qualitative responses.
 - a. There are still a lot of older adults that are stressed (didn't look at adults in nursing homes).
 - b. In her sample, older adults jumped onto Zoom easily and hooked up with friends and family during COVID and participated in regular Zoom meetings.
 - c. With COVID, we seen minorities with less financial resources.
 - d. Many kids learned very little, especially kids in public schools. Literacy was way down and mental health problems increased. How do you get kids up to speed with social engagement, learning, and academics? Kids forgot how to handle themselves in school.
- **Dr. Jeannie Davis** – Likes the connection between older adults and children and the differences. Students got hit hard with COVID. Industries/organizations shut down. Younger adults were more affected by social isolation.
- Suggested workshops might include:
 - a. Children/adolescents and young adults coming out of COVID.

- b. Discuss resources and lack of resources for minorities during COVID.
- **Christopher Eilers** – Kids who transitioned from 8th grade to high school, etc. and those that lost loved ones during COVID and all the different events and circumstances had many difficulties to overcome and it was especially hard for those kids transitioning to the different grades.
- **Dr. Carolyn Aldwin** – It can be hard for people to make connections. How do we provide opportunities for people to recover?
- **Dr. Jeannie Davis** – Yes, where are resources and communities to reach out to with school professionals and community health workers reaching out to help others and to access services?

Presentation: Christopher Eilers – Lane Linn Benton Older Adult Behavioral Health Initiative:

Christopher Eilers talked about presenting at the 2022 summit and shared information about Lane Linn Benton Older Adult Behavior Health Initiative.

- This initiative was funded by Oregon Health Authority in 2015. Counties were allocated funding based on population size. There are 25 Behavioral Health Specialists located in communities across Oregon.
- The goal of the Oregon Behavioral Health Initiative is to better meet the needs of older adults and people with disabilities by improving access to care from qualified providers who work together to provide coordinated, quality, and culturally responsive behavioral health and wellness services.
- Christopher Eilers noted that he works in Lane County and has been providing training and education with the initiative for 5 years now.
- They focus is on the Medicaid population in poverty or on the edge, often living in nursing homes.
- People seemed most concerned about those individuals that were isolated prior to the pandemic and then during the pandemic there were lots of opportunities that disappeared. Corvallis opened the Community Center, which has helped.
- Training can happen on multiple levels. Have done presentations with community members around resilience and philosophy of stress.
- Reminded of a Michael Ungar quote, “Resilience doesn’t occur in a vacuum. Lots of it comes down to community support and tying back resilience to the ability to access resources.”
- Some people don’t have access to tech or have the skills. Older adults may need additional hand holding and have the fear and anxiety of coming back out into the community.
- Older adults and those adults with disabilities and chronic conditions are told they are the most vulnerable. There is stigma around the most vulnerable. This puts a lot of burden on these folks.
- A list of the Lane Linn Benton Older Adult Behavioral Health Initiative 2022 Workforce Development Trainings was noted.

Discussion followed.

- **Holly Terlson** – Before she was with Lumina Hospice and Palliative Care, she was with the Albany Senior Center. Seen the resiliency with the senior population and seen those that couldn’t come to the Senior Center during COVID because it was closed so they would meet outside the Senior Center in garages, etc.

- **Dr. Carolyn Aldwin** – With the pandemic, adolescents and children loss relatives and were not used to this grief and the whole school situation with virtual, etc. Maybe look at having someone do a workshop around that.
- **Holly Terlson** – At Lumina Hospice and Palliative Care they have a bereavement person that talks to the schools. Last year, they had a community wide memorial service and people submitted losses they experienced because of the pandemic. They received responses even from teenagers. They lost social connections, etc. Maybe ask groups in our region to partner with us such as ABC House or others that could speak on resilience.
- **Dr. Jeannie Davis** – Yes, we could look at different groups to partner, even the CASA group would be a good group to partner with and other groups.
- **Sommer McLeish** – Seen an article that 200,000 children were orphaned in the U.S. due to COVID.
- **Dr. Carolyn Aldwin** – Heard about the culture divide during the pandemic with those that wouldn't mask up vs. those that did and the divide and riff within families and the communities and how do we help heal this? We do need to address this, especially as we look at the community level with a lot of families that were torn apart because of the pandemic.
- **Dr. Jeannie Davis** – That could be a whole other summit conversation.
- **Dr. Carolyn Aldwin** – People will want to talk on experiences. Maybe you want discussion groups for people to tell stories.
- **Dr. Jeannie Davis** – We wouldn't want this to be a blank discussion. We would need to point people in a direction. This might be harder with an open discussion.
- **Dr. Carolyn Aldwin** – Have done conferences with breakout groups. *Will send information to Dr. Jeannie Davis.*
- **Dr. Jeannie Davis** – Maybe look at for a future workshop. Each year we do an annual summit and look at community needs.

Presentation: Holly Terlson – Lumina Hospice and Palliative Care:

Holly Terlson shared information about Lumina Hospice and Palliative Care.

- She and Dr. Jeannie Davis has discussion on what their organization can offer to the summit.
- Their organization provides compassionate care and support for individuals, families, and caregivers facing serious illness or end of life.
- They try to help people understand grief and get to a level of resiliency. An individual needs to understand grief first and how to support someone going through grief.
- Their Bereavement Coordinator does presentations supporting people in grief and it also applies to those individuals going through grief themselves.
- **Dr. Jeannie Davis** – This is not just death of a person, but it could be death of other things in life.

2022 Summit:

Discussion focused on the 2022 Summit.

- **Sommer McLeish** – Likes the concept of a grief discussion.
- **Dr. Jeannie Davis** – With Christopher Eilers, Lane Linn Benton Older Adult Behavioral Health initiative, likes the suggested 2022 Workforce Development Training topic – “Health Impacts of Loneliness and Social Isolation.”
- **Jolynn Meza Wynkoop** – All the presenter today have experience in talking about resilience among older adults. It is also important to talk about other age groups, too.

Maybe look at separating by age group or category or top areas of focus. We can figure out an outline.

- **Dr. Jeannie Davis** – We are doing our summit in August, which is toward the beginning of the school year. Maybe look at where can we reach out to with youth resilience and giving teachers support.
- **JoAnn Miller** – Her personal/professional concern is with the term “minorities.” This is no longer accepted and is a training term that is no longer used. We say, “People of Color,” etc. We want to make sure to include an inclusive environment.
- Grieving is a good topic to discuss. There have been a lot of changes over the last couple of years with the pandemic
- **Sommer McLeish** – Invited Lindsay Bollin to join us. She works with youth and youth prevention. *Sommer McLeish noted that she can follow up with her.*
- **Luis Acosta** – Sommer McLeish had followed up with him. One idea he had for a workshop topic is, “Establishing healthcare and how the system works – Navigating the health system.” This would be especially helpful for Latinos. It could be offered in Spanish.
- **Sommer McLeish** – OSU Extension Service has walk groups and curriculum, “Walking with Ease” with warm up and how to warm up and cool down and build habits.
- **JoAnn Miller** – Also, likes Sommer McLeish’s idea as a workshop. Likes Luis Acosta’s idea for a workshop for the Spanish community. Can Luis Acosta do outreach to the Mam community? What happens with the refugees from Ukraine? Oregon does have a strong Ukraine community. How do we reach out to folks that are relocating here in a positive way? What can we do to be proactive in this area?
- **Dr. Jeannie Davis** – Yes, we need to look at how to be proactive.
- **JoAnn Miller** – There is a team from Samaritan Health Services headed to Ukraine to provide medical support. Uzhhorod, Ukraine is a Sister City to Corvallis.
- **Dr. Jeannie Davis** – Did submit a request for sponsorship to Samaritan Health Services for the summit.
- Locations discussed for the summit included:
 - a. Best Western Premier Boulder Falls Inn Conference Center in Lebanon
 - b. Corvallis Community Center
 - c. LBCC Benton Center in Corvallis
- **Dr. Jeannie Davis** – The new LBCC Benton Center will be open in August. She hasn’t gotten what the cost is yet for renting the facility for the day. *She will follow up with them.*
- **Jolynn Meza Wynkoop** – Once we have the location, will need to figure out logistics and breaking out rooms, etc.
- We have also had a summit at the coast at the Performing Arts Center and they had a large auditorium.
- Having hybrid options with both in person and virtual is expensive to higher a tech company such as with bringing into the Best Western Premier Boulder Falls Inn Conference Center. Jolynn Meza Wynkoop was working with a tech company when she was going to have the Substance Use Disorder (SUD) summit at the Best Western Premier Boulder Falls Inn Conference Center with a hybrid model. That conference ended up being virtual only. *Jolynn Meza Wynkoop agreed to share information related to the tech company/support with Dr. Jeannie Davis.*
- The LBCC Benton Center has a large space that would work for the main keynote presentation and there are options to move into additional rooms. The rooms also have the tech that is needed and there is tech available for support.

- We can also check the Center for Health Education, but the rooms upstairs are small and with social distancing and regular sessions you wouldn't be able to fit very many people in the upstairs rooms. They were also using one larger room downstairs for COVID testing/etc. and this room hasn't been released for use yet. *Shelley Hazelton can check on availability.*
- **Dr. Jeannie Davis** – *Will follow up with the LBCC Benton Center and check with the Performing Arts Center in Newport.*

Announcements:

Coalition members shared announcements.

- **Dr. Jeannie Davis** – COMP-NW is back to hands-on with Lifestyle Medicine classes and they are looking at more nutrition classes and additional hands-on community activities.

Next Meeting:

The next meeting of Linn, Benton, Lincoln Partners for Health is scheduled for April 12, 2022, at 1:00 p.m.

Adjourn:

With no further business to discuss, the meeting was adjourned at 2:15 p.m.

Respectfully Submitted
Shelley Hazelton
Community Health Promotion