

Linn, Benton, Lincoln Partners for Health (Partners for Health)
Virtual through Microsoft Teams
1:00 p.m. – 2:45 p.m.
April 12, 2022
Meeting Summary

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

Guest: Stephanie Polizzi, MPH, RDN, DipACLM, OSU Extension Family and Community Health

Welcome:

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

Meeting Minutes:

The March 8, 2022, meeting minutes of the Linn, Benton, Lincoln Partners for Health were presented. **Sommer McLeish made a motion and Shelagh Baird seconded the motion to approve the March 8, 2022, meeting minutes as presented. The motion was voted upon and unanimously approved.**

Presentation - Bounce Back:

Dr. Jeannie Davis noted that she had talked with Stephanie Polizzi about doing a presentation at the annual Summit in August. Stephanie Polizzi shared information on “Bounce Back.”

- **Stephanie Polizzi** - She did a presentation to the Council on Aging on “Bouncing Back” talking about nutrition and building resilience and how there are nutrients in our food that help fight illness.
 - a. She highlights the importance of consuming more plant foods high in nutrient density and low in calories. Plant-based diets are recommended to reduce risk factors associated with cardiovascular disease, type 2 diabetes, cancer, autoimmune disease, obesity, and several forms of dementia.
- Her presentation is not designed for any specific population. It doesn’t necessarily focus on children and youth.
- **Sommer McLeish** – Do you talk about foods that are part of other cultures?
 - a. **Stephanie Polizzi** – In discussion with the Tribal community to add in.
 - b. There are generic fruits, vegetables, nuts, intact grains that are important along with vitamins and minerals. Vitamin D and B12 are recommended with supplementation of iron, zinc, copper, and magnesium. If individuals understand the importance of these things, it can be applied to different cultures.

2022 Summit:

Discussion focused on the 2022 Summit.

- Discussed including Stephanie Polizzi as part of the Summit. It would be important for her to include foods that are in Oregon and incorporating into other cultures.
- We have Dr. Carolyn Aldwin confirmed as a keynote speaker.
- **JoAnn Miller** – What about having Dr. Haner Hernández as another speaker or as a closing speaker? He spoke at our substance use disorder (SUD) Summit in March.

We received great feedback. He could possibly speak on stigma and resiliency.

- a. **Jolynn Meza Wynkoop** – We would need to talk with Dr. Haner Hernández. When we originally talked to him about the SUD Summit, he liked what we were doing in Oregon. If we were to look at him, we would need a strong message to him and a detailed description on what we wanted him to cover.
 - b. **JoAnn Miller** – Yes, we would line out everything and confirm exactly what we are doing.
- The Summit date is August 19, 2022.
 - **Dr. Jeannie Davis** – Both her and JoAnn Miller toured the Linn-Benton Community College (LBCC) Benton Center in Corvallis – The new building that was built – Chinook Hall. This building is amazing. All conference rooms are Zoom friendly rooms. There are no classes on Friday and it would only cost \$200 to rent the facility for the day of the Summit. We would be the first community group to use the space. The LBCC President was excited to learn of our interest and wants to keep a community connection.
 - a. **JoAnn Miller** – The building was amazing. It is a fabulous facility with great parking. We wouldn't have to worry about technology because the rooms are wired for Zoom. We would be able to do a hybrid model with both in person and virtual. Since we aren't using federal money for this Summit we could host it in Corvallis.
 - b. The conference rooms are large and the largest room can sit 88 theater style.
 - c. An IT person could also be available the day of the event.
 - d. ***All attendees present, were in favor of having the Summit at the new Benton Center – Chinook Hall building.***
 - **Dr. Jeanne Davis** – Put in a request on-line through Samaritan Health Services for a \$2,500 sponsorship to be used toward the Summit.
 - **JoAnn Miller** – We have \$4,500 for the budget for the Summit plus the \$2,500 from sponsorship. ***Will put together a draft budget.***
 - a. Discussed food – Coffee, tea, water – People usually always want some type of protein for breakfast. We will have grab and go lunches, and possibly afternoon snacks. Will also need to count printing costs.
 - **Workshops:**
 - a. **Speaker - Christopher Eilers** – Lane Linn Benton Older Adult Behavioral Health Initiative – Will cover topics around resilience, isolation, loneliness, and elder care.
 - b. **Speaker - Holly Terlson** – Lumina Hospice and Palliative Care – Will cover topics around resilience and elder care.
 - c. We want to look at resilience with all populations.
 - d. Breakout sessions/workshops – Have 3 breakout sessions. Could have panels 45-minutes to one-hour in length. Attendees would be able to attend all breakout sessions.
 - e. Would like to host a session in Spanish with simultaneous English interpretation.
 - f. **Stephanie Polazzi** – Had a conference and offered a breakout session specific for Spanish-Speaking. It worked well. They also offered short breakout rooms at the start of the conference for people to get to know each other and respond to one question. There was a special room for other languages.
 - g. **Sommer McLeish** – Could look at how do we support the Latino and Spanish population through COVID and post-COVID.
 - h. **Luis Acosta** – A small Spanish workshop would be beneficial.
 - i. **Luis Acosta** – The Spanish population doesn't all know how to navigate the system. They don't always know where to go. If we could explain how the system works and how to navigate for those receiving services after COVID, that would be helpful.

- j. **Sommer McLeish** – Counties set up “Safe + strong,” but if you don’t know how to access it wouldn’t be helpful. Things are still hit and miss. Some buildings are open now and some are not.
- k. **Luis Acosta** - Even explaining the process of how to schedule an appointment on-line and how to get vaccines would also be helpful. Have experts with experience show how to access services step by step.
- l. **JoAnn Miller** – We could have a panel of people to help navigate with mental health/behavioral health after post-COVID, include vaccinations, how to schedule on-line appointments, etc. Maybe even a room with a laptop that can walk people through, like a resource fair. You go into a room and a navigator takes you through the process. Would be helpful to even access MyChart to be able to show how to order medications, etc.
- m. **Sommer McLeish** – Has ten I-pads that could be available for use.
- n. **Dr. Jeannie Davis** – It would be a great resource to have a hands-on workshop. There is a computer lab at the new Benton Center, but if Sommer McLeish could supply I-pads that might be an option and individuals could participate during breaks or we could make it part of a workshop.
- o. What if we had a session in Sign Language? There was a movie, “Coda” that won an Oscar award with a deaf actor who won a supporting actor award.
- p. **JoAnn Miller** – We have had used OSU in the past for signing for events and there’s usually 2-3 people. *She can check with Earlean Wilson Huey and OSU.*
- q. **Sommer McLeish** – There were two ASL interpreters hired recently through President Biden’s Administration.
- r. **JoAnn Miller** – We may also want to include our Confederated Tribes of Siletz Indians. Maybe look at the Tribe hosting a workshop.
- s. Suggestions - Workshops – Have one workshop for mental health/behavioral Health with Christopher Eilers and Holly Terlson; have another workshop with Dr. Carolyn Aldwin with nutrition; have a workshop on accessing services in Spanish with simultaneous English; and could possibly look at another workshop topic.
- **JoAnn Miller** - Discussed a possible tentative schedule with the Summit starting at 9:00 a.m. and ending at 2:00 p.m. or 2:30 p.m.
 - a. 9:00 a.m. – 9:05 a.m. – Welcome
 - b. 9:05 a.m. – 10:00 a.m. – Keynote speaker
 - c. 10:00 a.m. – 10:15 a.m. – Break
 - d. 10:15 a.m. – 11:00 a.m. – Workshop Session 1
 - e. 11:00 a.m. – 11:15 a.m. – Break
 - f. 11:15 am – 12:00 p.m. – Workshop Session 2
 - g. 12:00 p.m. – 12:30 p.m. – Lunch
 - h. 12:30 p.m. – 1:15 p.m. – Workshop Session 3
 - i. 1:15 p.m. – 1:30 p.m. – Break
 - j. 1:30 p.m. – 2:15 p.m. – Closing Speaker or Panel
 - k. 2:15 p.m. – 2:30 p.m. – Closing
- **Sommer McLeish** – Maybe we could look at scheduling lunch a little longer and do networking and hands on training at that time.
- **JoAnn Miller** – Resilience through the pandemic for workers – We are seeing how the pandemic has taken a toll on public health workers, those in our community, state employees, and others. A lot of organizations are having a challenge hiring and retaining employees and there is the expectation for services - The state and others need to continue doing what they did no matter what their workforce is.

Samaritan Health Services (SHS) has quite a few positions open as well and has not met all their workforce needs.

- **Sommer McLeish** – Hearing continuously about “self-care.” Many people may know how to do, but don’t always change things around them. Maybe having some resources for “self-care.”
- **JoAnn Miller** – We could look at a session with diversity, equity, and inclusion and look at what trauma has done, especially looking at modern day and everything going on.
- **JoAnn Miller** – *Will type up some different tentative agendas and send to Dr. Jeannie Davis for review. We will make sure we have a Spanish workshop.*
- **Jolynn Meza Wynkoop** – Maybe with the keynote speaker at the beginning of their presentation they can note that resilience is portrayed many ways and share about resiliency rebuilding in the community among COVID.
- The keynote speaker could also link nutrition, mental health/behavioral health, accessing services for Spanish people and tie in all the workshop topics.
- **Sommer McLeish** – Would be helpful as people have dealt with COVID, participated in meetings/appointments, etc. via Zoom and integrating back into the community post COVID, talking about ways to help with the transition?
 - a. **Dr. Jeannie Davis** – Yes, getting more comfortable with being isolated and moving toward a more social world.
- **Jolynn Meza Wynkoop** – We could maybe look at having different panel discussions such as a panel for behavioral/mental health. We are seeing suicide a lot with youth that is becoming more prevalent. A lot of individuals and youth during COVID have had to experience isolation, social distancing, being on Zoom rather than in-person social interaction all of which have contributed to different behavioral/mental health issues.
- **Sommer McLeish** – There were a lot of people experiencing mental health with long-term COVID and no support systems in place and not connecting with mental health. Oregon did see a decrease in suicide rates in 2020 yet remains above the national average.
- **Jolynn Meza Wynkoop** – Are there any other summits on resiliency that are happening prior to August that we can get some ideas from?
 - a. **Dr. Jeannie Davis** – *Will research if there are other resilient type summits out there.*
- The Safe + Strong program was developed in connection with Oregon Health Authority to keep families and communities safe and healthy during COVID-19 offering information, support, and updates.
- Jolynn Meza Wynkoop and Shelagh Baird are working on a regional media campaign with the Health Resources and Services Administration (HRSA) Bridges to Recovery Grant for Lincoln County and the HRSA Rural Communities Supporting Women and Youth (RC-SWAY) Grant for Linn County and the Measure 110 Access to Care Grant. The campaign is focused on reducing stigma for individuals with substance use disorder (SUD) and opioid use disorder (OUD). We are working with Brink Communications and combining the state’s Safe + Strong campaign.
- **Jolynn Meza Wynkoop** – Has COVID enabled people suffering from SUD/OUD to reach out for help with mental health services, vaccine information, COVID safety, etc.?
 - a. **JoAnn Miller** – Not everyone believes in vaccines and we are shutting those people down. Some public events that are hosted won’t let people attend if they aren’t vaccinated.

When you look at discrimination based on race, color, creed, etc. and non-vaccinated people are openly discriminated against, even those that have been approved for an “exception”, we are eliminating these individual and can be causing added mental health, stress, etc. It doesn’t look like anyone is looking at long term effects of COVID.

- Likes the idea of workshops with the topic of nutrition, access to services including Safe + Strong campaign, mental health/behavioral health, and transitioning back to a social environment.
- **JoAnn Miller** – Would like to promote parent education and standardization.
- **Shelagh Baird** – With COVID-19, parents have had to deal with children at home and kids are struggling with isolation.
- **Sommer McLeish** – With the CHIP (Community Health Improvement Program) group, she has attended a mental health get together to support family and community members for building support one on one with families and the community. They are offering a free program, but they haven’t had a lot of people s access the program yet.
- Pam Pearce and Sharon Dursi Martin will be speaking to the Samaritan Health Services Community Health Promotion Department on April 25, 2022, about the Recovery High School (Harmony Academy) in Lake Oswego. Sharon Dursi Martin is the principal.
 - a. “Song for Charlie” – <https://www.songforcharlie.org/> - Is a family-run nonprofit charity dedicated to raising awareness about fake pills made of fentanyl. It encourages young people to choose healthy coping strategies over self-medication. There is an approximate 2-minute “Song for Charlie” video.
 - b. “Generation Found” is a film that introduces the recovery high school concept, and it can be found on Amazon Prime.
 - c. Pam Pearce and/or Sharon Dursi Martin could be possible speakers to cover the mental health aspect of the Summit.
- Maybe for a future Summit we could find impactful videos/films to show the audience and dive into the topics and look at how we can create change.
 - a. **JoAnn Miller** – We did have “Screen Time and the Impact on Social, Emotional, and Physical Health” with the viewing of Screenagers, which received a good response from attendees in 2018.

Next Meeting:

The next meeting of Linn, Benton, Lincoln Partners for Health is scheduled for May 10, 2022, at 1:00 p.m. *Following the meeting the Linn, Benton, Lincoln Partners for Health meeting was rescheduled to May 26, 2022, at 1:00 p.m.*

Adjourn:

With no further business to discuss, the meeting was adjourned at 2:45 p.m.

Respectfully Submitted
Shelley Hazelton
Community Health Promotion