

Linn, Benton, Lincoln Partners for Health (Partners for Health)
Virtual through Microsoft Teams
1:00 p.m. – 2:15 p.m.
June 13, 2023
Meeting Summary

Participants: Jeannie Davis, Ed.D., Luis Acosta, Maisa Athamneh, Shelagh Baird, Tia Daversa, Deb Fell-Carlson, Molly Gelinias, Glenda Lonstron, Sommer McLeish, Jolynn Meza Wynkoop, Shannon Rose, and Shelley Hazelton

Guests: River Aaland, Charles Ross, D.O.

Welcome:

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

Meeting Minutes:

The May 9, 2023, Linn, Benton, Lincoln Partners for Health meeting minutes were presented. **Shelagh Baird made a motion and Jolynn Meza Wynkoop seconded the motion to approve the May 9, 2023, meeting minutes as presented. The motion was voted upon and unanimously approved.**

Youth Services Workshop - Ophelia's Place:

River Aaland shared information about Ophelia's Place.

- Ophelia's Place is a prevention-based nonprofit dedicated to helping girls ages 10 to 18 make healthy life choices through empowerment, education, and support. Ophelia's Place has been around since 2005. They also offer resources for parents.
- They have four programs with three of those programs being direct services for girls.
 - a. For girls that are in school there is a girl empowerment group, which is 8-10 weeks, once a week, in a school setting. They focus on healthy improvement for girls with standard curriculum. There is also one designed for girls of color taught by women of color. They have classroom presentations and targets 6th-8th grade girls and includes some elementary age and high school age as well. They look at body image, digital media, media literacy, healthy relationships, etc.
 - b. They also work with teachers and administrators to do training as well around the same type of topics
 - c. They have an afterschool program in three distinct locations – Monday through Thursday and there are activities based on a girl's own interest. This is a mixed age group of girls and there are workshops and classes offered.
 - d. They offer summer programming and day camps.
 - e. They offer a therapy programs and groups. They can bill insurance. They offer a sliding scale payment option.
 - f. They have unique events to nurture relationships.
- Ophelia's Place is new to the Albany area.
- River Aaland noted she has a training program for professionals with development opportunities for those that work with youth and families. They look at different areas around poverty, weigh bias, disability, etc.

They hold an annual retreat. They just had one in May and offer respite and nursing for those that help.

- Ophelia’s Place has locations in Eugene, Junction City, and Albany.
- **Dr. Jeannie Davis** – How do you get connected to services.
 - a. **River Aaland** – Young people can self-refer or parents can sign their kids up. There is an intake process and orientation. They also receive referrals from Pediatricians, schools, therapists, and word of mouth.
- **Dr. Jeannie Davis** – You indicated you were new in Albany, is that correct?
 - a. **River Aaland** – “Yes,” they are new to Albany last year. They are open for girls from Linn, Benton, and all surrounding areas.
- They have done work in schools in Albany and in Benton County. They have the physical location and is a point for access services and therapy services.
- Loves when we use the title for the summit, “Whole Person Approach to Health.” They use the phrase “whole girl health.”
- River Aaland noted that she does plan to attend the summit and is open to what we identify as a slot and is flexible and happy to participate.

Nutrition/Physical Health Education Workshop:

Dr. Charles Ross shared information around nutrition and physical health and would be happy to participate in our summit as a workshop presenter and he noted the workshop can be interactive.

- He is part of Western University of Health Sciences.
- Lifestyle Medicine embodies taking care of the whole person.
- There are four root causes that cause us to have disease.
 - a. What we eat;
 - b. How we move;
 - c. Chemicals; and
 - d. How we deal with stress.
- The most common cause of disability is the food we choose.
- We get messages that says, “Do not eat carbohydrates” and “Fruits and vegetables are healthy.” What are fruits and vegetables? They are carbohydrates. Tried to help people understand the science of nutrition with simple and complex carbohydrates.
- We eat too much protein and fat. We need to change this.
- He shared a story of why he chose to do what he does.
- There was a study done 11 years ago at the Cleveland Clinic where they took heart patients and put them on a plant-based diet and it showed how this diet helped these patients with unclogged coronary arteries.
- The number one killer is heart disease.
- It is beneficial for more people to eat more plants and less animal products. Tried to teach patients and people in classes to select healthy choices and food grown in nature. Shares simple diets, the science around foods, shares videos that are interactive, shares resources, and lets people choose for themselves.
- Not only what we eat can affect our individual health and chronic disease, but also eating healthy can improve and cut down inflammation and improve our world.

- They have weekly classes through zoom – Link for classes that are free - <https://www.livelifestylemedicine.com/>
- **Jolynn Meza Wynkoop** – The workshops at the summit are 30-45 minutes. You mention the workshop can be interactive, how do you see this happening?
 - a. **Dr. Charles Ross** – Ask questions, engage the audience. You want to peak people’s interest and share inspiring stories.
- Dr. Charles Ross noted that making food changes changed his life. His cholesterol dropped 100 points in one month. The main reason for making changes was due to his wife and family health issues. For 11 years now, his wife has no evidence and history of health issues. He also takes no pills and is almost 75 years old.
- Jolynn Meza Wynkoop – What is your favorite vegetable?
 - a. Dr. Charles Ross – Has learned to like broccoli, Brussel sprouts, artichokes – Does not have a particular favorite. Does have 4-6 fruits a day and 5 vegetables a day and 3 servings of oats. Likes groats.

Faith-Based Nursing:

Deb Fell-Carlson shared about faith-based nursing.

- Has been a member of this group for a long time now. Also, formed the non-profit, Faith Community Health Network and managed a grant and network. Is also part of the Faith-Based Nursing Program.
- Has seen the flyer for the summit. Great job - Jolynn Meza Wynkoop!
- Anytime there is Faith-Based Nursing, talk about whole person health. Nurses talk to patients and deliver spiritual care where they are.
- Provides outreach, which generated referrals. The need is great.
- Went for another grant and was part of the healthcare system before healthcare reform.
- Faith-Based Nursing is a specialty. There is training available and with a grant from Samaritan Health Services helped make the program more affordable for students.
- Nurses are now in churches and it has been remarkable. In her faith community, they have a jail ministry. In East Linn County they do a wide variety of stuff such as address food insecurity, well baby stuff, and provide additional services.
- Is available to present at the summit or could be part of the panel discussion if needed.
- The question was asked if we could put a resource fair outside with resource tables?
 - a. **Sommer McLeish** – They did this last weekend and it was windy and hard to hold things down. That is the drawback with the coastal weather.
- There is nothing on the agenda for spiritual well-being. Spiritual health is important.
- It is possible to fit in on the panel depending upon who has been confirmed to date. The panel discussion has a suicide focus.
- **Dr. Jeannie Davis** – Spiritual health is mental health, awareness, and a connection to others.
- Workshops are around parent support, mental well-being, youth services, nutrition/physical health education.
- **Shelagh Baird** – We would need to be mindful to be very inclusive and not Christian centric.
 - a. **Deb Fell-Carlson** – “Yes,” it is spiritual care on that person’s faith conviction or lack of. It does not matter the faith. They are there to serve everyone.

- **Dr. Jeannie Davis** – Do the nurses travel to different organizations or outside the community?
 - a. **Deb Fell-Carlson** – Their priority is the faith community that they are in. They do go to other places. New Hope has a new mom’s group.

2023 Summit:

Discussion focused on the 2023 Summit. A spreadsheet for the summit was noted.

- **Date for the event** – August 25, 2023. This will be an in-person event only.
- **Theme** – “Whole Person Approach to Health.”
- **Location** – Center for Healthcare Education in Newport.
- **Welcome, Opening, Entertainment** – Has been confirmed.
- **Current Workshops:**
 - a. Parent Education – Luis Acosta – Workshop in Spanish
 - b. Mental Wellbeing – Kari Hart, MSW, LCSW
 - c. Nutrition/Physical Health Education
 - d. Youth Services
- **Shelagh Baird** – JoAnn Miller feels it is important that we wrap up the summit by 3:30 p.m.
- **Cooking Demo** – Need to check if Beatriz Botello is confirmed. This demo will be in Spanish with Simultaneous English interpretation.
- **Jolynn Meza Wynkoop** – Can Dr. Charles Ross do a keynote presentation and incorporate other topics?
 - a. **Dr. Jeannie Davis** – His whole focus is to reverse disease so he would stick with the nutrition/physical health focus.
- **Dr. Jeannie Davis** – Will also reach out to Mac Gillespie to see if he has followed up with anyone for a keynote speaker.
- Would we want to cut workshops to 30 minutes or get rid of the cooking session and make it part of another summit in the future? We could also look at cutting the amount of time for lunch.
- We would not need to do a 30-minute closing. We could also look at removing the panel discussion as well.
- **Shelagh Baird** – People do get burned out for a longer conference/summit. There will be people driving from the valley to the coast so we may lose some attendees if the summit is too long.
 - a. The cooking demo could be a workshop and at the same time as the nutrition workshop. Beatriz Botello does do a lot of cooking demos in the community.
 - b. If we are looking to cut a workshop it might make more sense to cut out the nutrition/physical education workshop.
- **Sommer McLeish** – We do need to remember that the upstairs rooms are smaller and one upstairs classroom will only seat 12.
- Would love to have River Aaland do the youth services workshop.
- Are we having a closing speaker?
 - a. It was noted that Dr. Lesley Ogden would be providing the closing.
 - b. Marty Cahill will provide the welcome.

- **Jolynn Meza Wynkoop** – Can the keynote speaker just do 20-30 minutes and do more of an introduction to the workshops?
 - a. Will work on the Eventbrite registration page. Will need to confirm the schedule and speakers.

Next Meeting:

Our next meeting is July 11th. Do we need another meeting between now and then? We can follow up with JoAnn Miller to check. It was noted that Jolynn Meza Wynkoop, JoAnn Miller, and Shelagh Baird will all be gone to a conference at the next meeting on July 11th. We could look at changing our next meeting to **July 5, 2023, 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