

**Linn, Benton, Lincoln Partners for Health (Partners for Health)**  
**Virtual through Microsoft Teams**  
**1:00 p.m. – 2:00 p.m.**  
**September 13, 2022**  
**Meeting Summary**

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

**Welcome:**

Dr. Jeannie Davis welcomed everyone to the meeting.

**Meeting Minutes:**

The August 9, 2022, meeting minutes of Linn, Benton, Lincoln Partners for Health were presented. **Sommer McLeish made a motion and Shelagh Baird seconded to approve the August 9, 2022, meeting minutes as presented. The motion was voted upon and unanimously approved.**

**5210:**

We are starting discussions around 5210 (5-serving of fruits or vegetables a day; 2 hours of unproductive screen time per day; 1 or more hours of vigorous physical activity per day; and 0 sugar or sweetened beverages). In February, we do a 5210 challenge. SamFit has asked us to start planning for the event. Deb Fell-Carlson has also reached out regarding the banner. Live Longer Lebanon is involved in the planning of 5210 along with the Lebanon Community School District. Samaritan Health Services sets up teams and competes with other teams throughout the month of February.

**2022 Summit and Topic Discussion for the 2023 Summit:**

Discussion focused on the recent August 2022 Summit.

- Jolynn Meza Wynkoop shared the evaluation results from the August 2022 summit.
  - a. **Question – I would recommend the Partners for Health Summit to a colleague or friend; The summit covered the content I was expecting; and I can apply what I learned today in my work/personal life.**
    - Total for all responses - We received mostly “Strongly Agree” and “Agree” responses – “Strongly Agree” was at 18; Agree was at 25; there was 9 responses for “Neither Agree nor Disagree”; and there were 4 responses for “Disagree.”
    - At the end of the evaluation there is a spot for feedback. There was no spot under the questions for comments. We can think of adding this for the future Summits. Would be helpful if someone notes “Disagree” to be able to make a comment as to why they “Disagree.”
  - b. **Question 2 – Please indicate your preferred format for the Summit in 2023.**
    - There were 9 responses for “I prefer an in-person event” and there were 10 responses for “I prefer a hybrid event (both online and in-person).”
  - c. **Question 3 – Please indicate your preferred month for the Summit in 2023.**

- There were 8 votes for early August; 5 votes for late August; 4 votes for early September; and 1 vote for late September.
- d. **Question 4 – Keynote Address by Carolyn Aldwin – I gained useful information; The speaker was knowledgeable; and I would recommend this presentation to a colleague.**
  - Total for all responses - There were 17 responses for “Strongly Agree;” there were 25 responses for “Agree;” there were 13 responses for “Neither Agree nor Disagree;” there were 3 responses for “Disagree;” and there was 1 response for “Strongly Disagree.”
- e. **Question 5 – Workshop A: Youth Wellness and Resilience – Tristin Young, Jackson Street Youth Services - I gained useful information; The speaker was knowledgeable; and I would recommend this presentation to a colleague.**
  - Total for all responses - This presenter received high marks. There were 31 responses for “Strongly Agree;” there were 16 responses for “Agree;” and there was 1 response for “Neither Agree nor Disagree.”
- f. **Question 6 – Workshop B: Health Impacts of Loneliness and Social Isolation – Chris Eilers, Lane, Linn, Benton Older Adult Behavioral Health Initiative - I gained useful information; The speaker was knowledgeable; and I would recommend this presentation to a colleague.**
  - Total for all responses - There were 24 responses for “Strongly Agree;” there were 21 responses for “Agree;” and there were 2 responses for “Disagree.”
- g. **Question 7 – Workshop C: Access Services – MyChart – Heather Kenagy and Public Charge with Richard Montgomery - I gained useful information; The speaker was knowledgeable; and I would recommend this presentation to a colleague.**
  - Total for all responses - There were 15 responses for “Strongly Agree;” there were 18 responses for “Agree;” and there were 3 responses for “Neither Agree nor Disagree.”
- h. **Question 8 – Closing Remarks: Dr. Helen Kao - I gained useful information; The speaker was knowledgeable; and I would recommend this presentation to a colleague.**
  - Total for all responses - There were 27 responses for “Strongly Agree;” there were 14 responses for “Agree;” and 4 responses for “Neither Agree nor Disagree.”
- i. **Question 9 – Did you attend in person or online?**
  - There were 17 responses for “In-person” and 5 responses for “Online.”
- j. **Question 10 – In-Person Questions – The rooms were comfortable; the facility was in a good location; the overall meeting location was appropriate for this type of event; the breakfast options met my expectations/dietary needs; and the lunch met my expectations/dietary needs.**
  - Total for all responses – There were 16 responses for “Strongly Agree;” there were 50 responses for “Agree;” there were 5 responses for “Neither Agree nor Disagree;” and there were 3 responses for “Disagree.”
- k. **Question 11 – Do you have any final suggestions for improvement for next year’s summit? Some of the comments included the following:**

- Better marketing to increase attendance - Attendance seemed low for a "summit". It would be great to see more people participating from all 3 regions.
  - I would recommend that the presenters should show up in person.
  - Would be helpful to use "side by side speaker" view on podium screen, that way those of us in the room can see the entire slide. In almost every session the participant thumbnails blocked a big portion of the screen. You can also use "full screen."
  - The format to see all presentations was a nice change, and I'd love to see some options if/when topics may not align with folk's work interests. Maybe 5 choices & 3 sessions.
  - Wouldn't recommend Jimmy Johns again for catering.
  - Advertise to more groups to improve attendance.
  - Longer descriptions of the workshops. Provide a hand-held microphone for the people who ask questions in the in-person workshops. Other participants couldn't hear the questions.
  - Add Kosher as a dietary option.
1. **Question 12 – What topics of interest would you like to see covered at next year's summit?** Some of the suggestions included:
- Creating a collective vision for how we (as a community) can promote mental well-being.
  - Social Media and Well-being.
  - Returning to an in-person world (after a virtual pandemic).
  - Older adults and integrating activity programs to improve health outcomes.
  - More interactive workshops.
  - Teaching techniques to relax, calm and take care of yourself.
  - Integrating parenting education, resources, and support into the health care system.
  - More youth mental health opportunities in the community.
  - Housing solutions...what are they in our region? It would be interesting to do a deep dive to see what creative solutions are in place like Homeshare Oregon and Sweet Home micro-shelters.
  - Address fertility in healthcare (off topic, but it is important for healthcare workers), health outcomes of rural/marginalized groups.
  - Alternative medicine.
- It was noted that we did market out into the community, and it was felt that we did a good job to market the summit. There were a lot of additional events going on at the same time.
  - We can look at different options for different workshops.
  - It seems like people are getting tired of hearing about COVID.
  - Trauma informed care is a good topic and how it impacts all phases of health.
  - **Dr. Jeannie Davis** – There's mental health First Aid Training as well. We will also get information from the Community Health Needs Assessments and we can look at top areas of focus and look at topics from that list.

- **JoAnn Miller** – The top priorities we are seeing from our Community Health Needs Assessments includes mental health, behavioral health (includes suicide), child abuse and neglect, domestic violence, housing, food insecurity/poverty, and substance use disorder. Also, human trafficking is rising.
- **Dr. Jeannie Davis** – Suicide awareness and resources would be a good future topic. Her students are looking at addressing this subject. They had a Suicide Awareness Fair at Lebanon High School a few years back.
- **Shelagh Baird** – We could look at a focus on mental health – Opioid use disorder (OUD) and substance use disorder (SUD) and do a broad focus on youth mental health. Include human trafficking awareness and suicide awareness and bring in OUD/SUD.
- **Jolynn Meza Wynkoop** – There are the medical students in the Harm Reduction Club who will be doing a presentation. There were 20 medical students that received their data waiver. We could also involve the medical students as well.
- **Dr. Jeannie Davis** – Medical students are working with the homeless population on diabetes screening – Looking at how the medical school is integral in community health in our counties next year.
- **Jolynn Meza Wynkoop** – Could look at a workshop with medical students and OSU students to talk about project they are working on related to mental health/behavioral health.
- **Dr. Jeannie Davis** – Look at connecting Community Health Needs Assessment and research products that students are doing – Like a community health symposium.
- We still want to have a workshop in Spanish for future summits.
- **Dr. Jeannie Davis** – Like have the summit in August. Looking at the 3<sup>rd</sup> or 4<sup>th</sup> week would be good. They have students on site at that time.
- **JoAnn Miller** – This year it was more difficult finding a caterer. OSU wouldn't cater a non-OSU sponsored event. LBCC wasn't available to cater during the summer. There is also the Best Western Premier Boulder Falls Inn conference center and we may want to think about having the event at the coast next year.
- **Luis Acosta** – Had talked to Casa Latinos about the summit and they thought it was for staff. If it is open to everyone in the community, we may want to think about providing childcare.
  - a. **JoAnn Miller** – Providing childcare is a liability issue. She knows Sommer McLeish struggles with her parent education classes and providing childcare. If there are issues, Samaritan Health Services would be liable. Would we even have space to do or would we check in with a local childcare provider to possibly do drop-in childcare for the event?
  - b. Can you develop a waiver that individuals sign that Samaritan Health Services wouldn't be held liable?
  - c. **JoAnn Miller** – You can sign, but it still leaves you liable. Would need to investigate more on this.
  - d. **Sommer McLeish** – It's best to partner with someone that holds that liability.
- **Dr. Jeannie Davis** – We can look at a hybrid type event next year as well.
- **Dr. Jeannie Davis** – The cooking demos in the past at the summits have been a hit.
- **JoAnn Miller** – We need a dynamic keynote speaker for next year's event. The year we did "Screenagers" was a very well received along with Donna Beegle.

- **Shelagh Baird** – Has a good friend, Ursula Whiteside, Ph.D., who is a licensed clinical psychologist that is well known and has over 15 years of experience in the field of research and treatment for severely suicidal individuals. She lives in Seattle. *She can check with her to see if she would be interested in presenting at a future summit.*
- **Sommer McLeish** - Oregon Family Support Network offers – Navigating the Tough Stuff: LGBTQ Suicide Prevention for Families – Recorded Webinar, which explores LGBTQ youth suicide prevention from the family perspective.
- **JoAnn Miller** – Really like the LBCC Chinook Hall facility and staff. They were great to work with and very helpful. It was a great facility and the classrooms/conference rooms were very nice.
- **Jolynn Meza Wynkoop** – If we go there again, it would be helpful to have the handheld microphone. Thinks they are working on this. There were a few technical difficulties. Playing video and getting sound in the room and broad casting virtually were a few issues. Maybe it would be possible to have someone from LBCC in each room. They were very responsive to our needs.
- Suggestion - Have a practice session ahead of time in person.
- **Dr. Jeannie Davis** – Didn't have speaker system in room. The microphones are in the works to have. Likes the comment of having a run through ahead of time.
- **JoAnn Miller** – We need to be intentional with speakers to have their presentations in advance. Set a deadline of when they need to submit their presentation by.

#### **Network Development Grant:**

JoAnn Miller reported on a new Network Development Grant we are thinking of applying for through the Coast to Cascades Community Wellness Network.

- The grant is due in November 2022.
- The grant would cover East Linn County and Lincoln County.
- Looking at including as part of the grant child abuse/neglect, domestic violence, and human trafficking in our rural areas. If we can get people involved and their concerns heard and people engaged.
- **Jolynn Meza Wynkoop** – Can we include the Partners for Health summit written into the grant.
- **JoAnn Miller** – Yes, we could include that as part of the grant request.
- Looking at partnering with ABC House, Children's Advocacy Center in Lincoln County, and CARDV.

#### **Social Accountability Funding:**

JoAnn Miller reported that we are changing our funding process in 2023 to a 3-year funding process. We will be releasing information in January or February and the Request for Proposal would follow. Community agencies requesting funding will need to show collaboration/partnerships. The funding will be more focused and narrowed down to approximately 5 top areas. There will be some funds held aside for emergency events/requests and other areas that are prioritized. We want to make sure our funding is making a difference.

#### **Announcements/Additional Business:**

Additional business and was discussed and announcements were provided.

- **Sommer McLeish** – Can we discuss expanding attendance at this monthly meeting?
  - a. **JoAnn Miller** – We want to make sure we have representatives from each community. We can do additional outreach and let people know we value their input. We can also encourage others to come back.
  - b. **Sommer McLeish** – The group is getting smaller, was just curious on the plan.
  - c. **Jolynn Meza Wynkoop** – Can help create a flyer to help recruit members.
- **Dr. Jeannie Davis** – They use the Pick of the Month flyers at events throughout each month and do recipes. They did a Tasting Table at the Rural Health Fair and provide a Tasting/prep Table on campus. The medical students will do a kid’s cooking class for Crossroads Community residents. Would like to provide additional cooking sessions throughout the community. Working with OSU Extension Service on a virtual cooking session. Asking to use their curriculum to bring to Lebanon and Sweet Home.
- **Kimea Hemmati** – Thanks for having her today. Would love to hear more about the kid’s cooking classes/sessions. *Dr. Jeannie Davis suggested that Kimea Hemmati work with her to develop the program.*
- **JoAnn Miller** – We used to have pediatric cooking classes with Dr. Kristina Corso prior to COVID and Dr. Dana Kosmala as well. *JoAnn Miller indicated she could follow up with both Dr. Kristina Corso and Dr. Dana Kosmala to check on the status of these classes and if they will continue in the future.* Both Dr. Dana Kosmala and Dr. Kristina Corso have outlines of their previous programs. *JoAnn Miller noted she would send this information to Dr. Jeannie Davis as well.*
- **Dr. Jeannie Davis** – Hopes to get the medical students involved in the local Lebanon and Sweet Home Farmer’s Markets and to look at additional future cooking sessions as well.
- **JoAnn Miller** - She, Marty Cahill, Dr. Lesley Ogden, Shelagh Baird, Jolynn Meza Wynkoop, and two Samaritan Health Services fellows will be attending the upcoming Oregon Rural Health Conference in Sunriver October 12-14, 2022.

**Next Meeting:**

The next general meeting of Linn, Benton, Lincoln Partners for Health is scheduled for October 11, 2022, at 1:00 p.m.

**Adjourn:**

With no further business to discuss, the meeting was adjourned at 2:00 p.m.

Respectfully Submitted  
 Shelley Hazelton  
 Community Health Promotion