

OPHCC
March 2019

President's Report: Mark Ozias

- Leadership Conference – Collaborating for Community Change
- Monica was a guest speaker and received \$500 for OPHCC from Olympic View Community Foundation

Old Business:

- Focus Survey Results / Surveys available
- Molina paid for an enclosed trailer for the smoothie bike. Huge Thank You to Molina & Carlos!

New Business:

- Kids Fest – 981 attended – Smoothie Bike was a success
- Mosaic Health Fair – 5210 educational materials used
- Lower Elwha Health Fair – April 11th Volunteers Needed
- Nutrition & the Near Sciences – March 28th (Karlena)

Partner Spotlight

Peninsula Behavioral Health: Rebekah Miller

Partner Updates

Meals for Sequim Kids: Larry

- SSD Lunch debt is \$30,000

Sequim School District (SSD Board): Jim

- Olympia- letter to legislators work towards affordable house
- Lots of bills for MH
- Tuesday 26th: Ribbon cutting, new kitchen 11:20am

Sequim Food Bank: Andra

- Snow impact- largest day. Sequim PD + OPHCC delivered food to seniors & low income housing locations
- Food lifeline for fresh fruit/veggies

Peninsula Behavioral Health: Rebekah

- Fascinating, hilarious, engaging presentation about the many goings-on at the agency

NOHN: Lynn Keenan

- 9000 patients
- Opening dental clinic in April with 7 chairs, primarily for adults

- Introduced Ari Flores-Cisneros, Navigator

Sequim Free Clinic: Patty Lebowitz

- WOW Forum: 2nd Wednesday of each month at Trinity Methodist, 2:30
 - Health benefits of gratitude
 - Dr. Guthrie (headaches)

DVLC: Russ Britton, Pastor

- Holiday Bazaar & yard sale: all proceeds distributed to community nonprofits

DSHHS: Christine Dunn

- RSVP: Marijuana & Opioid Treatment. Film on drug culture. April 30th at Linkletter Hall
- Youth Tobacco/Vape Program: Jenny Oppelt
- WIC- smoking cessation program
- Suicide prevention: peer based curriculum at school

Parenting Matters and Prevention Works: Nicole

- Monday Family Time: looking for guests (children present)
- Wednesdays: playground 1.5 hours, 4th & Pine
- Parenting classes in Forks, La Push
- Prevention Works mission statement: Coalition to promote positive childhood in Clallam County.

Mosaic: Catherine McKinney

- 5210 at Health Fair.
- Working with Lutheran Churches
- March is Development Disability Month
- Honor students from PCC Nursing program
- "Intelligent Lives" film screening
- Clallam Night to Shine had to be rescheduled to this Saturday
- 4/15: Classes: tech, food, Fit & Healthy, Yoga, Tai Chi, rowing classes a result of attending OPHCC

Olympic Area Agency on Aging: Shay, Outreach Coordinator

- Sequim has micro-communities.
- Help with Medicaid and Medicare applications
- Influx lately of diabetes. Need education.

DSHS: Julie, Supervisor

- She determines cash, food availability
- Everyone is welcome to post on their community board

Patty Waite announced Clallam Resilience Project, Community Cafes, and said there are lots of events coming up

Olympic Personal Growth: Eric Evans

- He is new to treatment world
- Great recovery coach program. SMART recovery
- Looking for sober activity ideas

Compassion Clallam Co: Marilyn Esh

- New, increasing awareness to act with compassion
- Compassion Town Hall on May 4th

Americorp Vista WSU: Benji O

- Community Food Projects
- Commercial kitchen with meals

Molina: Carlos

- Free Prime membership, contact Carlos for details

OPCC & OMC: Thom Hightower

- 2 entrees (one vegan/one veggie) options at OMC
- Attended Nutrition Conference: "Alzheimer's Solution"
 - According to the American College of Lifestyle Medicine, best defense against the disease is a plant based diet, physical activity, and no stress

Lower Elwha Klallam Tribe: Patricia

- Changed the name from "Clinic" to "Wellness Center"
- New Medical Director in place, and LEKT also has, Naturopaths, Acupuncture, Pediatrics, Klallam Counseling, Mental Health services

OCH: Miranda

- Medicaid Transformation Project

Sequim Farmer's Market: Elli Rose

- Opening Day May 4th
- Nonprofit status application done
- Free booth 3 times per year for nonprofits or community organizations for outreach
- Market Match: \$10 EBT + \$9 more for produce
- Kids' Days last Saturday of the month
- Senior Appreciation Day is the 2nd Saturday of the month
- Chef demonstrations and fruit/vegetable prescription program in the works

OPHCC: Monica

- The Web We Weave
- While on vacation (ha!) she worked with fifteen 69-85 year old residents in California
 - Intense plant based diet for 6 weeks
 - Walked 2 miles, 3 days per week
 - They lost between 10 and 22 pounds
- She will be speaking on May 7th at Soroptimist at noon: "10 Tools to Turn Your Life Around."

OCH: Lisa

- Advisory Committee nominees from this group! Voice of people

Boys and Girls Club: Steve Deuterman

- Groundbreaking for new Port Angeles site on May 10th
- There are currently 187 kids on the waitlist

Submitted by Rebekah Miller, OPHCC Secretary