

OPHCC Meeting Minutes
July 2019

Welcome Report: Leslie

Leslie invited Healthy Leaders participating in 5210 to stand and be recognized.

How are you spreading the 5210 message among your family, friends and colleagues?

OMC: Jennifer

- We've had a stand set up near the espresso stand and have been letting people know about the principles of 5210 and inviting them to participate. 425 OMC staff are on board!

Mosaic: Catherine

- Posting on Facebook about ideas about trying a different vegetable each week. Tried to encourage folks to get to the farmer's market, pick out a vegetable and try it.

Sequim School District: Jim

- 5210 is on our website and being shared out, we had a presentation at a board meeting back when we kicked it off. There are fliers and information at the district.

Meals for Sequim Kids Fund: Larry

- I share on Facebook to an audience of about 5,000. My daughter quit drinking sodas! Was able to keep up with 5210 on a cruise - you can do this anywhere!

Dungeness Valley Lutheran Church: Russ

- Russ Britton: On vacation 1st part of the month, printed it in the newsletter for Dungeness Valley Lutheran Church, mentioning it on Sundays and getting information out. Sending information to colleagues of other various ministries.

YMCA: Lee

- Spreading the news all over the country, we have participants across YMCAs. Piloting a speed and agility course for outgoing 4th and 5th graders and doing a demonstration there.

Parenting Matters: Patty

- Posting on FB, spreading awareness where I can.

Jamestown Clinic: Marissa

- 30 people at Jamestown Clinic signed up, posts around the clinic.

WSU Extension: Benji

- Talking outside of work, bringing friends out hiking and talking about fruits, veg & food sustainability

Margo did a great 5210 presentation at the last Port Angeles Chamber Meeting. Margo & Mark Ozias did a Todd Orloff radio interview yesterday, talking about sugar math and reducing chronic disease. Once available it will be posted to the OPHCC Facebook.

Miss Senior USA is sharing 5210 as part of her local and national tour.

Compassion team will have a table at Port Angeles Farmer's Market, they will be talking about 5210

New Business

- Participating in the Sequim back to school fair, haven't yet been invited to the Port Angeles back to school fair/don't know dates.
- Participating again in the Free Clinic Fun Walk, this year we will have a team and will be ordering t-shirts.

Partner Spotlight: Sequim Free Clinic

Sara Nicholls, Executive Director

- Rural populations tend to be poor, older and sicker. In Sequim, patients are older, less likely to have health coverage, will delay medical visits until crisis situation. These folks aren't screened for cancers and don't get regular dental care.
- As of 2017, 13% of Clallam County residents were uninsured
- In Sequim, new residents have a 2-3 month wait to get a primary care provider. That's significantly down from 4-5 months previously.
- There are about 1,200 free and charitable clinics in the US. 45 in the state of Washington. The Sequim Free Clinic is the only one in Clallam County that is 100% free.
- In 2001, Mary Griffith of Dungeness Valley Lutheran Church saw the need, found the funding and opened the clinic in the parish house. 7 years ago, moved to current location on 5th Ave.
- Serve uninsured, underinsured and new residents waiting to get to a doctor. No one is turned away.
- 59% of patients are under 50. 88% have no doctor. 76% have no insurance. Those using our chronic healthcare 65% hypertension, 42% diabetes
- Basic urgent care clinic Mon & Thurs, doors open at 4:30
- Chronic Healthcare Clinic, 4-5 clinics per month by appointment
- Over 75 volunteers for the clinic, that doesn't include people who come out for the walk and other volunteer activities.

Partner Updates

OMC: Donna

- Living 5210! Share our 5210 newsletters in your service groups.

Mosaic: Catherine

- Crazy this week, summer term started on Monday. Classes 4 days a week in both locations, PA and Sequim. Cooking classes very popular, just shows how much nutrition education is needed.
- Bob Cup Fundraiser coming up on July 27th

Mark Ozias:

- We have been working collectively to educate our county Board of Health. Had a presentation last month to set the stage and have a conversation about how they'd like to get involved. Helps us understand what we need to do help county government and the members of the Board of Health understand and support our work.

- Just because we understand why this work is important and are excited about it, not everyone sees things the same way.

Parenting Matters: Patty

- Now the Executive Director of the Parenting Matters foundation, I have this group to thank for that. Honored and humbled. Completely open to suggestions, wisdom and ideas if anyone has anything to help me out!

NOHN: Lynn

- We opened our dental clinic! Open about 9 weeks, we've had about 900 encounters. There's a huge need and it's great to be there.
- We are coming up on the time of the year when nationally, community health centers all over the country celebrate community health. As part of that, we're going to have a community health fair at one of our sites (east site). Opportunity for people to come and find out what other organizations in town are doing. If you'd like to be at the event, we'd love to have you. Event is on 11am - 3pm, Saturday August 10th.
- Starting to ask every new patient that comes in about food security.

OMC: Jennifer

- Had a veggie audition today in which we gave free samples of vegetables to employees to introduce them to 5210
- Donna has been fantastic in supporting the 5210 and getting the word out. Presented to 68 directors and managers yesterday and talked about the need for attention to chronic disease prevention and wellness. Our goal is 800 to sign up by the end of July.

Meals for Sequim Kids Fund: Larry

- All the seniors at the high school had their meal debts paid off by individual donations organized through the organization.

Sequim Food Bank: Andra

- Middle of summer weekend meal bag program; giving out more this summer than previous summers. Normally about 80-85, now we're giving out about 130. We do that with a huge batch of volunteers and in collaboration with the Boys & Girls club
- Cooking with Seasons program: First class in Forks this Saturday at the Forks High School. 5 families are signed up right now, get to go home with fresh produce.
- Gleaning is kicking in, we got some beautiful chard today!
- We purchased property next door 1-2 years ago, we are looking at how we would like to expand and what it will look like. It will hopefully include a teaching, processing, feeding kitchen.

Sequim School District: Jennifer

- Interim superintendent has been in 10 days
- Lots happening in the building
- Brought volunteer applications for anyone interested in working on truancy board. We're looking for volunteers to come in, meet with kids and find out the barriers for them in coming to school.
- Starting to put in a milk dispenser at the middle school, advertising 5210 on the website and in banners in school.

Sequim School Board: Jim

- Graduation rates have increased 15% over the last 5 years, we're sitting at 92% which is the state average, but we want to be higher.
- Sequim Lavender Fest starts tomorrow, so be kind and gracious to our 30,000 visitors

Dungeness Valley Lutheran Church: Russ

- Facilitating a lot of partnerships and supporting wherever we can. Ongoing effort with Dungeness Homes, looking at housing for some families in the Sequim school district.

Port Angeles Citizens Action Network: Cindy

- Overdose Walk is August 31st, starting at courthouse at 5, walking to pier where some speakers will speak. Meeting next week, growing it with more people involved.
- District office has moved to Lincoln.
- Received some proposals last week for partnerships because we'll be reviewing applications to allow other organizations in our building for a reasonable cost
- Garden at Franklin Elementary, check it out if you get a chance.
- Our Port Angeles High School leadership group has started a garden as well.
- October 4th, new superintendent Marty Riviera started school tours, touring Stevens Middle School on Oct. 4th. Ride the bus from Lincoln center, eat lunch with the kids.
- Working on getting an infrastructure map in the county so that we can start helping some of our businesses and places grow, thinking about water restrictions and how that looks. August/September when schools start up, we're very dry.

Local Educator: Brooke Hofer

- Getting the word out about 5210
- Accepted a position at Queen of Angels

Jamestown S'Klallam Tribe: Rachel

- Here for the first time, information gathering

Jamestown S'Kallam, Behavioral Health Specialist: Dustin

- Behavioral Specialist working with clients and managing youth services
- We have a food bank and Rachel has been one of the driving forces trying to get healthier foods in our food bank
- Just ordered a greenhouse

Jamestown: Vicky

- Work with Tribal Health Dept. Happy to report that with all the great info we gathered at last meeting, we rolled out our own 5210 challenge at the family medical clinic. A team challenge, a lot of our medical staff got together and made it a competition. 42 participants signed up for the challenge and are averaging about 20 points per week. We kicked off the week with a smoothie bar, handed out info on sugar math.

DSHS: Jim

- Local administrator for community service offices. Yesterday marks one year that we've been down to 3 staff, but we're proud to announce that we will bring someone on to our Neah Bay office.
- In the middle of some lobby remodels, but we've got some traction. Bear with us, especially on the PA side. You'll see changes very soon, and if you have concerns or complaints please direct them to me.

- Wellness room is done, we've done a 5210 staff takeover of that room but we're about to do a full building takeover for 5210

Compassion Clallam County: Marilyn

- We're presenting at the Port Angeles City Council on August 20th asking them to adopt compassion as one of their core values.
- Food is Compassion is our focus for 2019/2020, we are working on little free pantries, like little libraries only they're food and paper supplies.

United Way: Melanie

- New to the area, new to the job
- Bowling for Books tournament coming up, anything else we can talk about one on one. Follow us on social media to find out more about what's happening with United Way!

Sequim Farmer's Market: Eli

- Last month we had a SNAP ambassador tour, this is a program for the Washington Farmer's Market association provides funding for food assistance at the farmer's market
- Kids Days are going great, we have the 5210 counter at the market every kids day. We have the YMCA, 4H and others coming to staff the kids activity booth. We need an organization for this month, market hours are 9am - 3pm.

Olympic Community Action Programs: Kim

- Senior Nutrition Program; just ran some reports from July 1st of last year thru June 30 of this year we sent over 43,000 meals to seniors across Clallam and Jefferson Counties.
- Forks all the way to Brinnon. Typically we have three sites, but we shut down our Sequim site in April. Still looking for a Sequim site.
- If you have fliers, particularly information that is geared towards seniors, please pass them along to us.

New Nutrition Services Coordinator at OlyCAP: Melva

- Background in nutrition and managing healthcare kitchens

Lower Elwha, Diabetes Coordinator: Marissa

- Food resource guide now includes 5210 on the back, will get it out by the end of the week.

Sequim Free Clinic: Patty

- August 14th talk is Your Natural Healing Capabilities by Erica Olsen, licensed massage therapist.
- Get Growing: 4 active participants right now, none of whom bend well. We're looking for people that want to be part of a community, so if you have seniors, we have a really fun group of people. I have room for 2 more participants in Sequim.

OPCC (formerly VIMO): Mary

- One of the other issues in our community is Hep C. Big issue and we've been trying to get patients into our program; specifically patients with acute Hep C, 18-25 year olds who are still using drugs.
- Our clinic manager just started attending the needle exchange program and is building relationships around the community. One of the biggest issues we have with this age group is they know they have it, they're just waiting for more serious symptoms before

they get treatment. But they're spreading it- for everyone who has it, they spread it to 20 people.

Joyce Farmer's Market: Janelle

- Last year we opened the Joyce Farmer's Market, we are in our 2nd week of our 2nd season now. We're still looking for vendors, we had a few people walk away because they could not afford the costs through the health department. It's a very cost prohibitive to get the licenses.
- Just put up a 34x30 foot greenhouse on the property
- Working with a zoning issue: property was for a decade or more a fruit stand/grocery store, and then became the Apache feed store for another few decades, we're in rural/low mixed zoning. I'm calling a Farmer's Market agricultural activity.
- Trying to get Crescent School involved, the kids have a garden
- Working with WSU Extension, hopefully we can get involved in the food stamp program or WIC.

WSU Extension: Benji

- Working on community food projects. Working with PBH and PA Food Bank to host Friday lunches this summer. Featured in PDN today
- Working with Marilyn of Compassion Clallam to do a survey of kitchens across Clallam County to find kitchens we can run community food projects out of. We want to compile that information and make the info available to organizations.

PBH: Rebekah

- Youth Services Center finally opening in August. If you're on our FB page, keep an eye out because we'd love to have you come and tour the Youth Services Center.
- Wendy the CEO is doing the 5210 challenge, we've got it rolling out to the agency and are doing script pads for fruits and vegetables in our medical department.

Parent Organizer of Franklin School Garden: Christine

- This year we were the first garden in the district, had started out as a class garden and then grew into a school wide garden. This year we brought 130 students into the garden for lessons throughout the spring, with the support of the Port Angeles Education Foundation and Annie's Foundation we've been able to sustain it and work on curriculum.
- I can offer support in curriculum development for gardening programs. I go into classrooms for an hour to an hour and a half at a time to work closely with teachers and look at how we can make it an integral part of their curriculum, work it into what they're already doing in class.

WSU Extension and OPHCC: Karlana

- Working with Vicki Wegner connecting community members in the Lower Elwah tribe with gleaning and the food goes to the food bank on site.
- Following up with Dr. Unthank about chronic disease and what the Board of Health can do

William Shore Aquatic Center: Jessica

- Participating in summer food program with our summer camp. We're making sure kids are getting a lunch, two snacks and water bottles.

- Preparing for when we reopen, we will reopen by June 1st and will have activity space, meeting rooms, will be much more of a community space.
- Firefighters are practicing at the building; they don't have a lot of opportunity for training so when buildings are being demolished they like to go in and practice.

Reminder: there is no meeting in August.

Submitted by Jessica Hackett