

OPHCC
June 2019

President's Report: Mark Ozias

- Board of Health meeting yesterday: chronic health/chronic disease prevention. Chronic disease prevention and nutrition education a priority for the board and this coalition. We have really pushed the ball down the field, though we still have a lot of work to do. This coalition has helped put us in the position of changing the face of chronic disease in Clallam County.

Old Business:

OMC: Donna

- Upcoming Healthy Leader challenge, 19 leaders have agreed to live 5210 for July
- All of them will be challenged to share 5210 with their organizations, staff, family, friends
- Last year were able to secure 4 page section in PDN, they will do a 4 page section in September as a wrap-up, Donna working on a 4 page booklet which is still in planning stage
- Also getting message out at PA Chamber of Commerce membership meeting
- Please help build momentum, excitement and awareness! You don't have to do it perfectly, it's about building healthier habits one at a time.

WSU Extension: Karlana

- Meeting with dining services at OMC along with Enviro health dept. and Clallam County waste prevention. Exploring opportunities for food recovery. 20% of edible food goes to the landfill in Clallam County. Significant source of methane and good food that goes to waste.
- If you know of a business or catering company interested in donating prepared hot food, we are establishing processes to make sure it is all done properly.
- Grey Wolf & Hellen Haller field days: just over 600 kids at Grey Wolf. Sugar math booth, jump rope challenges. The nurse Sonya emailed out the challenge sheet to everyone in the district and their families explaining 5210.

Board of Health: Mark

- Yesterday we tried to do a comprehensive chronic disease prevention update for Board of Health since chronic disease prevention is something we should be focusing on but have struggled to focus on. Presentation in several parts, started with Clea and Karlana talking about role of WSU Extension in this effort. In many ways it's the Extension office that is the chronic disease prevention arm of the Clallam County local government. It will thrive here.
- Next part of presentation was Monica at OPHCC talking about policy. We focus a lot on 5210 and activities on the ground, but we're trying to build toward policy change. Policy change is really imp. If we want to impact behavior broadly. Ex: how quickly cigarette smoking practices changed once policies changed. It had been commonplace and accepted as normal to smoke, all of a sudden not normal and not the easy choice. Good example of how policy change can effect behavioral change.

- Last part of presentation was Jennifer and Eric of OMC came and challenged board of health to help the county develop a plan for actively supporting this work at the level that other organizations are. OMC has stepped up in partnership with this coalition, is going to be funding chronic disease prevention and nutrition education and are reaching out to other healthcare providers inviting them to participate in funding this effort.
- Next steps: work with small team on creative steps on what the county's investment in chronic disease prevention should be.
- A lot of things we assumed the board of health would know that they did not know. Presents us with an opportunity to educate.
- Top 3 chronic disease in county: diabetes, hypertension, heart disease. Also seeing a significant increase in strokes in younger people: 30s and 40s.

Partner Spotlight: Sequim Food Bank

Andra Smith: Executive Director of Sequim Food Bank

- Mission: providing food and assistance to people in our community
- Work on vision that no one goes hungry in our community
- Modified client choice distribution center:
 - Families can visit 2.5 times
 - Families receive an abundance of fresh meat, dairy, produce, and non-perishables
 - Open Monday afternoons, Friday/Saturday mornings
 - In 2018 served 2,000 individual households, 14,129 household visits
 - No proof of need required, we work within the boundaries of the Sequim School district
 - No one is turned away – if you live outside, are passing through, you still receive food
- Family Holiday Meal Program
 - Tradition at Sequim Food Bank
 - Community funded and community led
 - Goal- provide all the fixings plus more to prepare and share a special meal with family and friends
 - 2018: served 1,224 families between Nov/December
- Weekend Meal Bag Program
 - Provides youth meals who might not have access to food on weekends
 - 19 items in the bag, enough for breakfast lunch dinner snacks for 2 days but is averaging about 3-4 days in the family and serving more than just one
 - Beginning our 3rd year of collaboration with Boys & Girls Club for summertime service, ensures students have access to nutritious food all year long.
 - 2018: 6,448 Weekend Meal Bags delivered
- Partnerships & Collaborations
 - Food Lifeline & Northwest Harvest: emergency food partners
 - WA State Farm to Food Pantry: managed through WSU extension, funding to purchase produce from small farms to grow food for Food Pantries.

- Peninsula Food Coalition: Not a formalized organized non profit, just a group of food banks, emergency food resources, local and state reps, working together to ensure everyone has access to healthy nutritious food
- WSU Extension: work with them in nutrition policy, food access, food recovery, gleaning, nutrition, food demos and samplings, etc.
- Texas A&M University School of Public Health: 2 year grant from USDA to help provide healthy food, chronic disease prevention program
- OPHCC: We're amazing! Normalize the fact that healthy living and healthy food needs to be available for everyone.
- Cooking with Seasons for Health
 - Received grant, in 2nd and final year
 - Reduce risk of nutrition related chronic diseases of youth and families through experimental nutrition education and skill building to increase consumption of vegetables and fruit.
 - 3 micro season within our long growing season: what are the abundances in each season? Created cooking and nutrition classes surrounding those products.
 - Contracted with six local farms to purchase produce and food that celebrated and showcased what we have here to help teach families to use the abundances we have in nutritious ways and increase their consumption of fruits and veg
 - Everyone went home with “good food back” purchased from local farmers
- Sequim Health & Housing Collective
 - To promote community health and pathways to housing with
 - Healthy Families of Clallam County
 - OLYCAP
 - OPCC
 - OP YMCA
 - Olympic View Community Foundation
 - Parenting Matters Foundation
 - PBH
 - Sequim Food Bank
 - Sequim Free Clinic
- What's Next?
 - Short term: conduct food bank needs assessment, working with PA Food Bank to come up with similar needs assessment in a way to get benchmark information – what's similar/different. Conducts food assessments every 2 years
 - Complete Economic Impact Study with PA Food Bank and WWU
 - Grant from Olympic View Community Foundation to fund this impact study
 - Impact of Food Banks on jobs, crime and housing
 - Mid range: adopt a formal nutrition policy including expanding locally sourced fresh food purchases and nutrition education programming
 - Long term: executing plan for expansion including new facility that will be a “hub” for food and services

- It's "food and" when people come in for help, but at a food bank they can leave with food immediately so it's a natural place to go for help
- Long term: including everyone has consistent access to enough food for a healthy life.
- Andra Smith: sequimfoodbank@olympen.com / 830-570-2521

Partner Updates

Entrée to Policy: Dr. Monica Dixon

- Co-Founder of OPHCC
- Where are we headed? Pulling some of the same research that went into policy change for smoking to obesity and chronic disease
- 5210 program: great place to start, those are the 4 most powerful steps an individual can take to improve their health / combat chronic disease
 - 0 sugar sweetened beverages is the most important, 1 in 3 Americans are pre-diabetic
- Policy is an eventual place we want to get to, 5210 is the beginning
- Policy change: policies changed to make the healthy choice the easy choice.
- Systems change: changing the rules within an organization to help catch people who would fall through the cracks
 - Ex: if all intake appointments for MDs, there are two questions related to food security
- Environmental change:
 - Ex: changing the food in the backpacks for children to a healthier choice
 - Ex: availability of healthy food in restaurants and cafeterias
- Challenge to you: Take a quick peek at what's in your vending machine. Call the phone number that's on there and ask them to remove the machine or replace sodas with water and non-sugary beverages. In restaurants, ask why we have to pay a \$1.75 extra for fruit as a side. Look at your staircases: do you have fun signage to point people to staircases or how much calories are burned using scales?
- Challenge to you: as this new funding is coming, we really need people. We have jobs in place and need people to fill them.

Olympic Community of Health: Miranda Burger

- Executive Director is participating in 5210 and OCH staff are also participating in response to her challenge
- OCH board has two vacancies right now: one seat for housing and homelessness, one seat for chronic disease prevention. If anyone is interested in joining the board, talk to Miranda.

Joyce Community Education Foundation: Karen Farris

- Work with ~200 kids in the Joyce school district
- Working on a grant for our Crescent School garden, garden started 5 years ago and we are developing to help kids develop the connection between growing healthy food and

eating healthy. Idea is to get a greenhouse and some raised beds and make it more functional.

- Now have a farmstand on highway 12 that kids can participate in, hope to send kids home in June with starts.
- No Boys and Girls club in Joyce, summertime is a big void so we are trying to figure out how to keep kids at school
- Would love to work with gardeners at WSU – there's lots of interest in Joyce

Olympic View Community Foundation: Sheila Everett

- Just became the fiscal sponsor for Community Organic Garden of Sequim and Sequim Prairie Nights → those funds go towards scholarship at Sequim HS
- CASA → volunteers that do fundraising to distribute those funds for special needs that foster kids have that aren't covered by the state
- Received an application recently to be a fiscal sponsor of the native plant nursery at Robin Hill Park
- Finished scholarship season: 6 scholarships in Sequim and PA HS

William Shore Memorial Pool: Jessica Compton

- Closed for renovations but do have summer camp program and after school program which provides meals and snacks to kids in the program
- With renovations will have much larger facility, more opportunities and looking for a way to keep people healthy and active and participate in community

Clallam EDC / Port of Port Angeles: Colleen McAleer

- Port Commissioner and new Exec Dir of the Clallam EDC
- If you apply for grants (state or federal) would really like to offer a letter of support for you – if you do the bulk of the work and create the draft we will put it on our letterhead and sign for you
- Emerald Post Opportunity Zones: people local or wealthy investors could invest in projects. Our county has 13 opportunity zones: has to be something that would create a return on investment. A lot of investors want social impact. www.emeraldfunds.org ← uploading different projects that investors would be interested in
- If you're doing economic impact studies, Dan Underwood is a PHD researcher here and a great resource, knows the county inside and out
- NOLA – North Olympic Legislative Alliance, it's Clallam and now expanding to Jefferson. Legislators would like to see top issues that Clallam County has. Started in 2017, EDC is facilitating that process. They created 6 committees previously and one is health and safety- if you have policy ideas you would like our legislature to consider I will have an opportunity for people to submit those policy ideas. Ideally we want to have all our priorities set by October.

Jamestown S'Klallam Tribal Health Dept: Vicki Wallner

- New to Dept. but come from 20 year background working on government side for tribe. Internally provide nutritional services to tribal members

Jamestown Health Clinic: Kathy Salmonson

- There's a lot more interest in Jamestown in moving our model to health and health prevention rather than disease prevention
- With new system, we now have the ability to look at social determinates of health

Mosaic: Catherine McKinney

- Heading into end of spring term, cooking class next Friday will be serving lunch to family members. Two stipulations: no soda, water only and no dessert. Going to be focused on fruit and veg.
- Monthly dances: no soda/sugary drinks and they try to always have fruit, veg and protein
- High percentage of diabetes among population we serve, desserts are always sugar free

Sequim Free Clinic: Sara Nicholls

- Annual Fun Walk and Health Fair coming up: September 14th at Trinity United Methodist Church, starts at 8am and walk starts at 9.
- 5k or 1 mile
- If you are part of an organization that would like to participate please contact
- Team challenges: teams that raise the most money and have the most walkers will win plaques. Dungeness Valley Lutheran Church always wins! Challenge them!
- Giving Tuesday campaign – 45 nonprofits last year joined together with Clallam Gives and raised about \$35,000. Didn't start until Sept/October last year, this year we've already started. If you were not a part of it last year, get in touch with Sara or Leslie Lauren to get involved.

OPCC/VIMO: Mary Hogan

- Just welcomed new provider: Dr. Carol Allchin to work with diabetes patients

Aubry Bright: PA Senior Community Center

- "Step"tember walking challenge: 3 week challenge

Resilience Project w. United Way of Clallam County: Minnie Whalen

- Dr. Anda did a study in the late 90s with obese people. $\frac{3}{4}$ of the way through the study he found that a lot of them gain a lot of weight back and tried to figure out why. Figured out 50% of people involved in his study had experienced sexual abuse as children. Started looking with CDC and Kaiser Permanente about ACES (adverse childhood experiences). There is a relationship between ACES and chronic disease: the more that you have, the more likely you are to have diabetes, stroke, obesity...
- Roosevelt Elementary School: Bonnie Schmit presenting about NEAR Sciences, springboard into thinking about how we do a systems and environmental change, as well as servicing our clients differently.

WSU Extension: Clea Rome

- 4H program – 300 kids and 80 adults we work with on kids programming.
- Benji - Community food projects
- Karlena with NEAR Sciences
- Gleaning program: glean 70,000 pounds of produce per year in partnership with food banks, etc.
- Megan Davis: hot food recovery
- Laurel: Master gardener coordinator, all the ways we engage with community gardens and youth gardens around the community.

OMC: Donna Pacheco

- So many connections are made by being a part of OPHCC. That's what this is all about. Every year we do an exercise called the web we weave about our connections made through this organization. Website -> Impact -> Web we Weave. We'd love to update that with new information about connections you've made and worked on together. Please bring those with you next month!
- www.healthyop.org or www.5210clallam.org

Dungeness Valley Lutheran Church: Russ Britton

- Disseminate information to other pastors and religious leaders
- Dungeness Homes: trying to put some affordable homes on our property
- I am doing 5210

Single Parent Family Program: Toby Arnold and Vana Arnold

- In embryonic stages of this program, invited by Andra to learn about what the rest of the community is doing
- Passion for single parent families – started with a group of wonderful volunteers through YMCA for first group for single parent families. I know what can happen with good volunteers- talked to Sequim Boys and Girls Club and Sequim YMCA to partner with us.
- Open to any suggestions to getting this program off the ground. We'd love to find resources that provide workshops that meet the need on the street level for people going through the process of being a single parent family: learn to balance checkbook, set up a budget, etc.

Port Angeles Food Bank: Emily Dexter

- Just launched the new grocery store model of the food bank at last meeting. It has turned out to be really great- it does take longer, but our three main goals were dignity and choice for clients, healthy choices and to reduce waste and we have seen all of those results. Wait time has gone down! Ex: a can of dintymore beef stew is 4 points, a can of vegetables is 2 points. All fresh food is free, unhealthy choices are more "expensive" in terms of points.

- Partnered with WSU Extension and PBH to do summer lunches on Friday throughout the summer. Sandwiches with water.
- In the fall, Peninsula College working on their Food Pantry, we're partnering with them to support that and help provide their food.
- Launched first website ever last month: link on the website to be a volunteer.

WSU SNAP Ed: Victoria Wegener

- Working with Lower Elwha on gleaning program, meat gleaning, has been a great success getting it off the ground

Compassion Clallam County: Marilyn Eash

- Working on asking the city council and eventually Sequim, Forks and the county to become officially compassionate communities
- Great response from the town hall, about 40 speakers about what's going on
- From the feedback we decided that the issues around both homelessness and food insecurity and food inequity and isolation/feeling of not belonging to the community
- We decided that a very nonthreatening platform would be food, and so we're working on food equity and food insecurity issues and food as community building
- First followup action meeting was a few weeks ago, the next one will be Wednesday June 26th at 5pm at the Elks Club.
- Looking at what's already available – looking to put more energy towards the Farmer's Market at Port Angeles, supporting food banks and starting a food co-op in Port Angeles and doing a food potluck. People are also interested in doing neighborhood food pantries- put extra produce and non perishables in "little library" style collection
- Our ask: we need a couple of carpenters to make the food pantries. Kits that people could assemble at farmer's markets etc.
- Some of you already have the word compassion in your mission or value statement. We'd like to show that this is a value that is already present and expanding in our county. If you have that in your mission statement, please sent to me: compassionclallamcounty@gmail.com

Clallam WSU Extension: Karlana Brailey

- Connecting with social workers at different clinics
- Benji has created an extensive food resource list and made it a living document
- Shara has sent out gleaning newsletter for week: two strawberry gleans this week, you can pick and share with others or drop off at the food bank.
- Joy Farm / Eli from the Sequim Farmer's market at the end of the month will have a Spanish bilingual translator. If you spend \$10 with SNAP you get an extra \$9 to spend.

Peninsula Behavioral Health: Jessica

- Summer Friday lunches going great, serving about 70 people per week

- Youth Center is opening soon, open house will be in August
- Horizon Center is still on blocks, Horizon Center services are being offered in the multipurpose room of our main building.

Sequim Free Clinic: Patty Lebowitz

- Resilience program: documentary available through NOLS, it's every bit as good as the NEAR sciences class.
- Next Working on Wellness: July 10th: "Who will speak for you if you can't speak for yourself"

OLYCAP: Andra Smith on behalf of Marki

- Marki from OLYCAP had to step away: she's got Senior Nutrition vouchers for tribal members can get \$40 voucher to use at farmers markets and farm stands
- Sequim Farmer's Market has an awesome match
- Senior Food Assistance: OLYCAP offering monthly food bags as Commodity Supplemental Food Program
- "Living Well with Chronic Conditions" sessions

Mark Ozias

- Campaign Kickoff Party: 5-7 at Windrose Cellars tomorrow

ShIPLEY Center: Michael Smith

- Emphasize what you're for, talk about community impact rather than "nonprofit" general terms
- "Healthy Aging for All" program – trying to get seniors to move and exercise
- Senior Health and Fitness day: May 29th
- Thanks gleaners for bringing produce to the Shipley Center! Free table inside front door, people leave produce and nonperishables
- Collection box for the food bank inside the Shipley Center available all the time
- Café that tries to serve healthy food, we can't afford to give away food for free but we strive to be affordable. 2 Tuesdays per month (1st and 3rd) there is a \$5 lunch.
- Exercise classes
- Building a health and wellness annex across the street. Will have a mini gym big enough to play volleyball and pickleball, all exercise classes will move across the street.
- Michelle Rose (Rhodes) was former program director – our demonstration kitchen/teaching kitchen in this new building will be the First Federal Teaching Kitchen. Not sure what ideas and discussions Michelle had with you, so bring those ideas to Michael again.

Submitted by Jessica Hackett