



Healthy Klamath Meeting Notes January 28, 2021

In attendance: Valeree Lane, Glenn Gailis, Christen Moller-Andersen, Jessie Hecocta, Aislyn Ukpik, Kendra Santiago, Kelsey Mueller, Jennifer Little, Nora Foster, Jessie DuBose, Lynda Crocker Daniel, Sabrina Garcia, Kyle Chapman, Rhonda Nyseth, Cally McCool, Renea Wood, Steven Morrison (OHSU student), Renee Reichart, Susan Boldt, Michael Donarski, Katherine Duarte, Dawn Merrigan, Barbara Heath, Danielle Walker, Lisa Bertash, Maria Ramirez, Taylor Hampton, Miranda Hill, Craig Schuhmann, Johanna Scholer, Martha Decker-Hall, Cord Van Riper, Merritt Driscoll

Agenda Item:	Notes:
<p>Visioning for 2021 Community Health Assessment Valeree Lane</p>	<p>Valeree guided the group through a visioning session to inform the development the 2021 Klamath County Community Health Assessment. We discussed having a more inclusive process to create the vision for our work toward the Community Health Assessment. Our first step is to have consensus on the questions. Below are the proposed questions, including one suggested at today's meeting.</p> <p>These questions will be in plain language so a third-grader could look at them and answer. Everyone might not answer every question, but even one answer builds a stronger community view. Some people are visual and might want to offer a doodle or drawing. This is an open-ended process.</p> <p>Q1) What does health mean to you? Q2) What areas of health interests you? Q3) Do you worry about any areas of health? What are they? Q4) What do people say about Klamath County (both positive and negative)? Q5) How would you describe a healthy community to your friends and family? Q6) What would Klamath County need to be healthier? Q7) How can we use our senses to describe Klamath County? - What does Klamath County sound like? What should it sound like? - What does Klamath County look like? What should it look like? - What does Klamath County taste like? What should it take like? - What does Klamath County feel like? What should it feel like? - What does Klamath County smell like? What should it smell like? Q8) How will people describe Klamath County in five years? Q9) How can we encourage people to participate in our health work? Q10) How would you like to participate? Q11) How can we contact you for future participation?</p> <p>Lisa Bertash asked if youth are involved in the process. Yes, there are plans to work with Jessie DuBose (Klamath Promise), Youth Council, and Key Clubs in the Basin. Lisa also suggested a question to Valeree.</p> <p>Valeree described the Belmont Process – asking folks to reflect on 1) What did you hear? 2) What did you see? 3) What did you feel? during the visioning process.</p> <p>A few responses:</p> <ul style="list-style-type: none">- "An invitation to attend and be part of the solution"- "Heard: Heart for our youth and community. See: group of people committed to doing good things for all people. Felt: a willingness to learn and share"- "Hearing: equitable approach and a look on more than just clinical health in the community; Seeing: more individuals being engaged all the way down to youth,

	<p>a bigger picture and larger, meaningful engagement in all who are and can be involved”</p> <ul style="list-style-type: none"> - “Heard: Our community has many strengths and meaningful touch points that need to be included in how we <u>see</u> the community. Saw: We need to bring together those touchpoints to engage in the process. Felt: we have so much going on and feel blessed to be part of the community. - “Heard: engaging in the lives of those affected in our community by COVID, social and economic disparities, and those with life experience to help move the work that we’re all passionate about” - “A non-traditional approach to visioning that may help non-linear thinkers collaborate in the process – resulting in a new and stronger way to look at health” <p>“Felt: a calm and a peace and taking the time and slowing down, which is engaging and hope that this will be engaging for people that don’t jump from meeting to meeting all day. Inspiring.”</p> <ul style="list-style-type: none"> - “Newcomer/visitor view: Feeling of slowing down, very present in the moment and attentive to what is going on.” <p>Next steps: Please provide feedback by 5pm on Monday, February 1. Let us know if you would like us to add more/other questions, rephrasing of questions, etc. – please send all feedback to Valeree, Cord, and Merritt. Valeree will develop a surveymonkey that will be used to gather visioning responses within the Basin. We hope to engage a cross-section of the entire county to create a “we” story.</p>
<p>Screening Implementation Project Maria Ramirez</p>	<p>CHA is leading a social needs screening project among members with diabetes (previously shared in July 2020). Since, the project team has developed three proposed outcome measures: Lowered A1cs in cohort population (lower than 9% for those on insulin), 50% of target population screened for social needs, and having 75% of members with diabetes identified with social needs connected to services (via Healthy Klamath Connect).</p> <p>Please contact Renee Reichart (reneer@cascaedecomp.com) or Maria Ramirez (mariar@cascaedecomp.com) with any questions. Please participate in the project survey.</p>
<p>Certified Blue Zones Community Merritt Driscoll</p>	<p>Klamath Falls is officially Blue Zones certified! The first community in the Pacific Northwest to be certified. Go to www.healthyklamath.org/bluezones to view the announcement videos. City of Klamath Falls will declare <u>March 12, 2021</u> as “Blue Zones Day” – this is the 5th anniversary of the BZP kick-off in Klamath Falls! Will include ribbon cutting, volunteer projects to give back to the community. More information to come.</p>
<p>Oregon Health Authority Grant Update Kendra Santiago</p>	<p>Blue Zones Project-Healthy Klamath received a grant from OHA for COVID response. Developed a messaging toolkit (www.healthyklamath.org/COVIDToolkit) and have recently updated language, messages, and imaging around appropriate masking. Healthy Klamath has branded face-masks to distribute to the community both youth and adult. HK is working with the Senior Center to help get masks to our senior population. Please email Kendra (Kendra.santiago@healthyklamath.org) if you are interested in distributing, or collaborating the future.</p>
<p>OHSU Liaison Team Update Lynda Crocker Daniel</p>	<p>Local OHSU research hub has many available resources to assist with research in the Basin. Some resources include: Project development/design, funding assistance (grant applications, finding grants), networking, working with interns, and collecting and analyzing data and report results.</p> <p>Ongoing projects currently: Maternal Child Health (TOTS), Healthy Smiles, and Depression/Suicide Screening (KBBH). You can contact Lynda to schedule a consultation at crockerd@ohsu.edu or 541-591-6099 (text or call) or via their website.</p>

Community Updates

Rhonda Nyseth – DHS – Child Abuse Prevention Month in April, with Day of Hope on April 1st. Pinwheels for Prevention will be available for free to organizations. Please contact Rhonda at Rhonda.m.nyseth@dhsosha.state.or.us to coordinate a pick-up for your org or learn more about events in April!

Sky Lakes Wellness Center – Diabetes Prevention Program was awarded in November 2020 by the CDC as a recognized program through January 2023.

Blue Zones/Healthy Klamath – Calendar of events – please contact bluezonesproject@healthyklamath.org or Kendra.santiago@healthyklamath.org

Community UPLiFT – Connects expecting families with children 0-5 or up to 21

Relief Nurse – LCSNW – open and operating and seeing children, has been great so far. Final realization of a ten year process!

Sky Lakes Foundation – Renea Wood – scholarship program is open on the Sky Lakes website. Open until end of May 2021. www.skylakes.org/scholarships

Lisa Bertash – Were having trouble placing foster grandparents and so folks are available for volunteering with child-focused project. Please reach out to learn about the Foster Grandparents project.

Klamath Promise – seeking handwritten notes to all Klamath Basin high school seniors. Please see this form for more details or to volunteer:
<https://forms.gle/4YPvDzqSCuQbZLEK9>

Interested in being on the Healthy Klamath agenda or sharing an update? Just send your topic or update to Merritt (merritt.driscoll@healthyklamath.org) or Cord (cvanriper@kodfp.org) to be added to the next meeting or have your information shared with the Healthy Klamath listserv.

Next Meeting: March 25, 2021 at 9am