

Healthy Klamath Meeting
 February 28, 2019
 8:30-9:30am
 Community Health Education Center

In Attendance:

Ascending Flow: Thy Tran
 Blue Zones Project (BZP): Merritt Driscoll, Jessie Hecocta
 Cascades East Family Medicine (CEFM): Dallas Swanson
 Cascade Health Alliance (CHA): Cord VanRiper, Donna Rhoads, Maria Ramirez
 Citizens for Safe Schools (CFSS): Robyn Pfeifer
 Community Member and Retired Family Physician, Dr. Glenn Gailis
 Department of Human Services (DHS): Rhonda Neighorn
 Folk Time: Angela Prater
 Just Talk: Agnes McKeen
 Klamath Basin Behavioral Health (KBBH): Patty Card
 Klamath Basin Senior Citizens' Center (KBSCC): Marc Kane
 Klamath County Public Health (KCPH): Jennifer Little, Erin Schulten, Hakeem Broomfield, Shaymaa Taha
 Klamath Falls Police Department (KFPD): Chief Dave Henslee
 Klamath Tribal Health and Family Services (KTHFS): Aislyn Ukpik
 Lutheran Community Services (LCS): Isabella Hawkins, Jen Budnick
 Oregon Health Authority (OHA), Innovator Agent: Cyndi Kallstrum
 Oregon Institute of Technology (OIT): Kyle Chapman, John Ritter
 Oregon State University (OSU) Extension: Patty Case
 Sky Lakes Medical Center (SLMC): Molly Jespersen, Martha Decker-Hall, Calysta McCool
 Sky Lakes Medical Center Foundation (SLMC FNDDT): Renea Wood
 Youth and Family Guidance Center (YFGC): Alyson Herrera

Agenda Item	Discussion
Welcome and Introductions Merritt Driscoll 5 minutes	
Logo Selection Merritt Driscoll & Erin Schulten 10 minutes	<ul style="list-style-type: none"> • Committee reviewed 5 Healthy Klamath logos and voted on top two favorites. • We only received 12 votes back, so please view the logo attachment and email merritt.driscoll@healthyklamath.org with the number corresponding to your top two favorite logos.
CHA/CHIP Update Erin Schulten 5 minutes	<ul style="list-style-type: none"> • The 2018 Community Health Assessment (CHA) is done and is posted on the Healthy Klamath website. Please read it and share you're your networks. http://www.healthyklamath.org/content/sites/klamath/2018_Community_Health_Assessment_25FEB19FINAL.pdf • Sky Lakes and Public Health have requirements for it to be posted for community review and input. The review window will stay open through the end of March. • The next step is completing the Community Health Improvement Plan. Erin and Merritt are creating a survey in SurveyMonkey to prioritize the health issues. The survey will be distributed for approximately two weeks in the

	<p>middle of March. In April, Erin and Merritt will work with community partners to complete the strategy tables using the BZP format.</p> <ul style="list-style-type: none"> • Healthy Klamath is writing a press release asking for community input on the CHA and to inform the community that the HK logo will be changed.
<p>Blue Zones Project Update Merritt Driscoll 5 minutes</p>	<ul style="list-style-type: none"> • Blue Zones Project has a new PR/Marketing Manager, Kendra Santiago. Katie Swanson has “retired” and will be a full-time vegetable farmer. The open Policy Manager position has just been filled. • BZP hosted a successful Find Your Farmer Event, bringing together local producers and commercial buyers to promote and increase buying and selling local food. The Food Policy Committee will also host quarterly Lunch and Learns called Food for Thought that focuses on food issues in the Klamath Basin. • Tobacco Policy committee is moving forward with Tobacco-free Events, and plans to go to city council this Spring. There is also forward movement in creating a smoke-free zone around Sky Lakes Campus. BZP will host quarterly tobacco-litter clean-ups. The first will be on Kick Butts Day- March 20th from 11-12:30, lunch will be provided for volunteers at 12:30. (see attached flyer to learn more) • We have not become Blue Zones Certified Community yet! We met two of the three requirements to get there. Our Well Being Index Survey results did not show enough improvement. Our next survey will take place in 2020. If we show statistically significant improvement in 8 out of 20 metrics we can become a certified community.
<p>Moore Institute Nutrition Campaign Renea Wood 10 minutes</p>	<ul style="list-style-type: none"> • On April 10th, Healthy Klamath will host the Moore Institute. They are on a quest to have a regional nutrition hub and are interested in Klamath Falls. They want to learn more about our current initiatives. Additionally, they will present research on nutrition and its relation to epigenetics. We will send around more details about the time and location of the presentation once it has been finalized.
<p>Ascending Flow Update Thy Tran 10 minutes</p>	<ul style="list-style-type: none"> • Ascending Flow is an at risk mentoring program. It was unfortunately shut down at the end of January due to lack of funds. • Angel Prater, the Executive Director of Folk Time, spoke about her training program that focuses on bridging existing gaps with Intentional Peer Support. • Intentional Peer Support- Foundation of services, allows us to shift the way we think and serve our populations better. Currently Angel is working with the Lakota Club in the Oregon State Prison system. She will also be meeting with Monica Yellow Owl to find out more about how this program can support the Klamath Tribes. <ul style="list-style-type: none"> ○ Principles: <ol style="list-style-type: none"> 1. From helping to learning with each other 2. Don’t focus on individual but relationship you have 3. Come from a place of fear to hope and possibilities ○ Tasks: <ol style="list-style-type: none"> 1. Connection 2. World View (how we see ourselves) 3. Mutuality (shared power in the relationship),

	<p style="text-align: center;">4. moving toward</p> <p>The Program focuses on relationships and being aware of our part in that. It allows for deeper trust to be built in organizations and between people.</p>
<p>Other Updates 15 minutes</p>	<ul style="list-style-type: none"> • KBBH- Collaboration with Klamath Health Partnership. Will have a doctor on site to help with physical conditions. • You Matter to Klamath- 24 different agencies involved in suicide prevention in postvention for all ages. There is a Town Hall on April 27, 12-3pm. There will be a panel to discuss suicide awareness and prevention. • You Matter Klamath is also providing resources to 96 different business including first responders, gun shops, and pawn shops. They are currently working on a grant to fund this project and to hire a project coordinator. If you are interested in joining the coalition, please reach out to Patty Card to learn more. • Glenn Gailis- Shares the topics discussed at a recent medical conference (kidney disease, fatty liver, hypercholesterolemia, tobacco, hypertension, etc.) The one thing all these topics have in common is that they can be cured through lifestyle change and prevention. Prevention is key!!! We are currently paying more for poor health when our focus should be on prevention! • Day of Hope will take place on April 3rd at Sugarman’s Corner. • DHS and OIT are putting on a Symposium on Family Violence on August 19th. • Klamath Health Partnership served 135 people at their free dental day. • KTHFS- On May 11th Klamath Tribal Health will host the Klamath Walk in Moore Park at 9am, Area B. • Patty Case- Cooking Matters class is looking for volunteers to assist in facilitating the program. Please reach out to Patty for more information. The next cooking class starts on April 25th, it’s a 6-week course, Thursdays 5:30-7:30pm. Volunteer training will be held on April 11th from 4-6 at Friends Church. • Cascade East- taking cooking matters class to Junior High. The class is offered as an elective at Brixner for the term. • CHA- March is Colorectal Awareness Month. March 1 is wear blue day to support the initiative, there will also be a banner on Main Street that you should check out. • Oregon Tech-There is a new research project on Oral health. Oregon Tech will talk to every dentist and dental hygienist about throat and neck cancer. • Renea Wood and Population Health Management students from Oregon Tech will present a poster on Park and Play at the Health Literacy Conference in Eugene on March 21st • Klamath Lutheran Church is currently serving 20 homeless teenagers. They are still in need of funding to provide food for homeless teens over the next few months. Please reach out to Marc Kane if you have funding sources or suggestions. • Healthy Klamath Meetings will be every other month and will incorporate the Community Health Improvement Plan priorities.
<p>Next Meeting: April 25, 2019</p>	