



## Healthy Klamath Meeting Notes January 26, 2023

<b>Attendees:</b>	Kelsey Mueller, Hannah Zhang, Jessica Kostick, Jessie Wilkie, Merritt Driscoll, Cord VanRiper, Abbie McClung, Jessie DuBose, Casey Bennet, Lynda Crocker Daniels, Danielle Walker, John Bellon, Katherine Duarte, Michael Donarski, Miranda Hill, Glenn Gailis, Justin Straus, Valeree Lane, Molly Jespersen, Sarah Akbari, McKenzie Folsom, Kennedy Fields, Robyn Pfeifer, Patti Card, Joy McInnis, Marc Cane, Sabrina Garcia, Martha Decker-Hall, Sherrie Ardolino, Alison Smith, Barb Heath, Patricia Pahl, Marci Bryant, Paolina Mulleneix
<b>Agenda Item</b>	<b>Notes:</b>
Equity (Kennedi Fields)	<ul style="list-style-type: none"> <li>• The overarching goal is to provide cultural competency, equity, health literacy and social justice resources to Healthy Klamath agencies, which will also be available to the community at large.</li> <li>• Hosted TED talk viewing: <a href="#">Belonging, A Critical Piece of Diversity, Equity &amp; Inclusion   Carin Taylor   TEDxSonomaCounty - YouTube</a></li> <li>• The County Commissioners have approved the proposal for a Spanish-Radio station</li> <li>• The Hispanic Health Committee hosted a networking event to connect individuals who were passionate about supporting the health of our Hispanic community members.</li> <li>• Currently developing health equity resource library</li> <li>• Hosted screenings of the documentary <i>Unnatural Causes</i> at the Library</li> <li>• Upcoming events:             <ul style="list-style-type: none"> <li>• Equity Book Club at Canvas Back- Black Man in a White Coat, see slides for more details</li> <li>• Hispanic Health Committee hosting an <i>El Grito</i> event in September</li> </ul> </li> </ul>
Substance Use (Miranda Hill)	<ul style="list-style-type: none"> <li>• The goal is to increase community engagement to prevent substance use, including nicotine.</li> <li>• Working with Eagle Ridge and Bonanza to host vaping education classes. Working with City Schools to get all staff trained in Narcan administration. Public Health will now house the local alcohol drug planning committee (LADPC).</li> <li>• KCPH will bring new proximity ordinance to the County Commissioners and Klamath Falls City Council in efforts to strengthen the current tobacco retail license, and will need support with testimony when the time comes.</li> <li>• Warming Center is always looking for more people to get involved</li> <li>• Grace Williams is a new non-profit providing well-being services in the areas of mental, physical, spiritual, and emotional health.</li> <li>• See slides for more updates</li> </ul>
Physical Activity (Jessica Kostick)	<ul style="list-style-type: none"> <li>• The overarching goal is to increase physical activity among all ages in Klamath County.</li> <li>• Continuing to raise funding for the pump track</li> <li>• Completed Movember first responder challenge and fall into fitness</li> <li>• Applied for funding to increasing signage</li> <li>• Continue to host free fitness classes in the community             <ul style="list-style-type: none"> <li>○ Next Class at Mikes Field House from 12-1pm on 1/31</li> <li>○ Hosts classes at Sky Lakes Wellness Center in February 12pm-1pm (February 7th, 13th, 23rd, 28th)</li> </ul> </li> </ul>

<p>Food Insecurity (Kelsey Wendt)</p>	<ul style="list-style-type: none"> <li>• The goal of this work is to improve overall access and utilization of food resources to decrease food insecurity.</li> <li>• Living Well this quarter will focus on food systems: local food procurement, food insecurity interventions, gardening and more!</li> <li>• Currently working to plan Find Your Farmer Event for March 20th, the theme this year will be Soil Health</li> <li>• Working closely with Klamath Works to raise funding for the new community garden on 9<sup>th</sup> street and walnut, submitted an application for SHARE funding.</li> <li>• Creating a farmer support network because received the feedback that it is isolating</li> </ul>
<p>Health Promotion: Access to Services</p>	<ul style="list-style-type: none"> <li>• The goal of this work is to increase awareness and understanding of health services.</li> <li>• Continuing to promote Healthy Klamath Connect</li> <li>• Working more closely with KCLAS, and will help get out their resource guide.</li> <li>• Working to make information around services, benefits, eligibility easier to access for Sky Lakes, Healthy Klamath Network and Healthy Klamath Agency properties.</li> <li>• Upcoming: Heart Health Awareness Month, Sky Lakes Health Fair</li> <li>• Working closely with public health to increase health literacy and promote health equity events in the community.</li> <li>• Upcoming: meeting on the reputation management project with Sky Lakes, Discover Klamath, KCEDA, The City of Klamath Falls, and the Chamber</li> </ul>
<p>Mental Health (Jenn Scott)</p>	<ul style="list-style-type: none"> <li>• The overarching goal of this work is to decrease mental health stigma and increase community connection to decrease isolation.</li> <li>• You Matter to Klamath has received 3 videos for their Youth Suicide Prevention video contest.</li> <li>• Identified program materials for an Men’s Community group for an construction employer</li> <li>• In conversation with Hospice about grief groups</li> <li>• Men's mental health and general mental health video PSAs in development</li> <li>• 2 QPR trainings were held with 34 participants and 2 MHFA trainings scheduled: one with KBBH and the other with Aging and People with Disabilities</li> </ul>
<p>Community Updates</p>	<ul style="list-style-type: none"> <li>• Healthy Klamath Tobacco Prevention Coordinator, Hannah Zhang, provided updates on her tobacco workplan, working on a comprehensive approach to prevention education through a 6-part workplan which includes completing a tobacco retail assessment, creating a mass media campaign and working to improve the referral process and reduce barriers to care. Reach out to <a href="mailto:Hannah.zhang@healthyklamath.org">Hannah.zhang@healthyklamath.org</a> to learn more or get involved.</li> <li>• Jessie Dubose from Klamath Promise shared SOESD resource guide, and let us know that DHS great family stability supports and that we should share that with schools, ACES trainings are available to your organizations, reach out to Jessie for more information at <a href="mailto:Jessie_DuBose@soesd.k12.or.us">Jessie_DuBose@soesd.k12.or.us</a>. Save the date, Graduation Sensation will be held on June 1<sup>st</sup>.</li> <li>• Sarah Akbari shared Klamath Grown’s mission to bring people together around local food. The online market is open now and you can purchase local baked goods, meat and produce at <a href="http://www.klamathgrown.org/market">www.klamathgrown.org/market</a>. Orders are due Sunday and pick up is now Wednesday at 4pm. Sarah is also working to create a local food directory with producers in the basin.</li> <li>• Patti Card shared that KBBH is offering dementia caregiver support groups, these groups are at the senior center, Mondays from 9-10am.</li> <li>• Danielle shared the South Central Early Learning Hub Klamath Lake Resource Guide, see email attachment.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• The Sky Lakes Health Fair will be March 4<sup>th</sup> at the Klamath County Fairgrounds. There will be free medical screens (cholesterol screenings, glucose screening, blood pressure checks) and features exhibits by Sky Lakes and community partners with many activities for all ages. Learn more: <a href="http://www.skylakes.org/healthfair">www.skylakes.org/healthfair</a></li></ul> |
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Next Meeting: Thursday March 23, 2023 @ 9am