

## HEALTHY WASHINGTON COUNTY

March 5, 2019

Meeting held at Washington County Health Department

- Member's Present: Angie Aldridge; Hagerstown Community College, Laura Bennett; WCHD, Maggie Biscarr; PepsiCo, Jeremy Cantner; Community Free Clinic, Fallon Crist; The Mental Health Center, Melissa Dasch; Turning Point, Way Station Inc., Cindy Earle; Meritus Medical Center, Paul Frey; Chamber of Commerce, Nicole Houser; Community Free Clinic, Janice Howells; Washington County Public Schools, Nefertiti Jean-Baptiste; Connector Entity, Courtney Kensinger; Hagerstown Community College, Deb Lehr; Meritus Medical Center, Lisa McCoy; University of Maryland Extension, Mary McPherson; WCHD, Curtis Miller; Brook Lane Health Services, Melissa Minotti; John Hopkins School of Public Health, Hannah Person; WCHD, Amanda Pierce; Maryland Physicians Care, Joni Rampolla; Giant Martin's, Rick Rock; Washington County Mental Health Authority, Guinn Rogers; United Way of Washington County, James Seaver; Tri-State Community Health Center, Jessica Siegrist; HEAL of Washington County, Christie Staubs; Maryland Physicians Care, Emily Steinkamp; Giant Martin's, Victoria Sterling; WCHD, Cynthia Terl; Wells House, Katie Trinh; Oliver Wyman, Allen Twigg; Meritus Medical Center, Susan Walter; Tri-State Community Health Center, Laura Wilson; Family Healthcare of Hagerstown, Wendy Zimmerman; Meritus Medical Center
- Welcome and Introductions:
  - Welcome by Allen Twigg. Self-introductions were made.
  - The group discussed: who is missing from the table? City/county government (will continue to reach out to them), media – newspaper/radio (Herald Mail was recently sold, will reach out to new owners), law enforcement, shelters, food banks, and HARC.
- Wellness/Lifestyle Committee – Maggie Biscarr and Cindy Earle
  - Committee Updates/Background
    - Four goals set that address participation, communication, awareness and resources.
    - The eight to ten organizations that are part of the Wellness/Lifestyle committee are having conversations with retailers and manufactures to see how they can support each other around those goals.
    - Katie Trinh will be sending a Google Calendar link that lists upcoming wellness events and available times in hopes to provide opportunities to participate. When you post your event you may also list what your needs are. Currently, the calendar has Walmart and Walgreens events listed. Walgreens will hold a monthly Seniors Day from 9am-7pm. Walmart is having a Wellness Expo the third Saturday of each month from 10am-2pm. The Commission on Aging will be participating at the Walgreens event today.
    - Merck & Co. has a free toolbox to help with medication adherence which impacts all three committees. The group is interested in having Merck present what is offered at the next meeting.
  - CHNA Action Plan Goals
    - Participation and adherence/smoking cessation: increase participation rates in community based wellness activities.
    - Outreach: develop an effective communication outreach tool to connect consumers to available community resources.

- Awareness and nutrition: increase awareness to healthier eating behaviors and healthier choices available to consumers.
- Physical resources and exercise: develop new physical activity resources while promoting and maintaining existing resources.
- Things to consider:
  - In order to track progress, we need solid baselines. There are many sources of data in the community. The group should choose data sources that match the matrixes and is agreed to be most representative and most valid. Which brings on conversation as to: who tracks/reports, and how frequently? Need to ensure we are consistent in the way we are collecting data so that we can say without doubt what the changes are over time. Baseline, data sources and benchmarks are very important in this process.
  - Are there relevant community surveys that could be leveraged for any of these goals?
  - Maggie is working with Allen and Cindy to identify sources of funding. If a proposal is put out, we would want to include in that application for funding a person and organization that can serve as the backbone to mapping data resources to a repository which we could track over time, more information to come.
- Health Management – Deb Lehr
  - Committee Updates
    - Focuses on diabetes, heart disease and hypertension. The goal is to increase education, prevention, and early detection as well as how to manage the disease.
  - CHNA Action Plan Goals
    - Improve data collection. Everyone needs to be on the same page in regards to data collection. Therefore, data measures will need to be agreed upon and may mirror Healthy People 2020 or HEDIS.
    - Assuring best practices in detection/screening, linkage to care and compliance strategies. A one-page patient information flyer will be developed that will be used by those who make referrals to direct the patient on next steps.
    - Develop and disseminate provider resource materials to encourage collaborative care within the community. This information will be added to the Healthy Washington County website.
    - Exploring the feasibility of a mobile health clinic. The Community Free Clinic is already looking into this possibility. The cost would be very expensive so they are looking into grants for assistance. However, those seen at the mobile clinic will need to be linked to follow-up care. All partner organizations will be involved.
  - Barriers
    - Many helpful resources in the community that are not being utilized. Team is hopeful that having them all listed on the Healthy Washington County website will help the community tap into these resources.
    - Transportation continues to be a barrier.
- Behavioral Health – Cynthia Terl
  - Committee Updates
    - Instead of looking at them separately, the group will be looking at what common factors mental health and substance abuse have and setting their goals from there.
  - CHNA Action Plan Goals
    - Goals are not yet set. Broad topics they are currently looking at include:

- Stigma as a barrier.
  - An access to care subcommittee will be looking at where the gaps and barriers are to services. They will be conducting a survey to determine the landscape of available services. From there they should be able to determine needs.
  - Had discussion of a crisis center. A RFP went out from the health department for funding opportunities. Currently tabling a crisis center until RFP is answered.
  - Also considering possibility of a mobile crisis/health response. May need a liaison between the groups to coordinate.
  - Would like to bring some young voices to the table concerning suicide prevention since middle and high school aged kids are at risk. Questions arise as to how/where do we find data. One missing piece of data is the number of suicide attempts, not completions. Is there any way to find out that number?
- CHNA Update – Allen Twigg
- As the community’s hospitals Meritus and Brook Lane are required to publish the final community health needs assessment and ensure that it is widely distributed. The health department is always the number one partner in producing the final report. The action planning discussed in today’s meeting will be incorporated in action plans and will need to be presented and approved by the Meritus and Brook Lane board of directors. The final CHNA document must be published on or before May 15, 2019. Brook Lane’s board will next meet March 20<sup>th</sup>. Meritus’ board will meet the week of March 25<sup>th</sup>. Allen has been working with the strategic committee of the board of directors, who have become very interested in this process and preliminarily approved objectives that were defined in January. They will be making recommendations to the full boards to approve what we have by the end of March.
  - Allen requested the head of each committee send CHNA planning goals to he and Laura. The implementation plans will be a work in progress, as things will change.
  - Volunteers needed to edit the document. If you are interested, please notify Allen or Laura. Plan to do a final edit in April.
  - The document will be translated into Spanish and will be available online and in print form. It may be posted to your organizations website and you may also request paper copies.
- HWC Website – Allen Twigg
- Herald Mail had been providing free web space. However, they were recently sold and can no longer oversee the site. They are willing to transfer oversight to someone else. The health department has offered to host the website. Design support will be provided by the One for Good initiative. Katie shared that one of the manufacturers is working on preliminary website designs. We should be able to see options by the end of March and decide where to go from there. In the meantime, they will be transferring data that is currently on the site to prevent going offline. An idea was offered to include “members only” web access for originations to add their own materials/information to the site. Hopefully by the next meeting in May we will be able to see a demo.
- Community Updates
- Jessica Siegrist, HEAL of Washington County
    - Currently working with Meritus on two nutrition workshops that will be held at the YMCA and run by Meritus.

- Healthy Children's Festival will be held April 27<sup>th</sup>. This is a national event in which all Y's participate. Many events/fun things for children. A few different health organizations will also be present.
- A Big Wheel Relay for adults will be held in June. Teams and individuals may sign up/participate. More information can be found on their website.
- Wendy Zimmerman, Meritus Medical Center
  - Meritus is applying for Magnet status which highlights excellency in nursing at the hospital. Will know in three/four months if Magnet status was achieved.
  - Living Compass has a lot of faith based materials that focus on adults, children and families. Free readymade resources are available. They also provide training for their faith based wellness series.
- Guinn Rogers, United Way of Washington County
  - Currently in the process of reviewing grant proposals.
  - United Way and a number of other organizations will be having a volunteer fair at Robinwood on April 10<sup>th</sup>. This is an opportunity for those in the area to participate. Additional information is available at United Way's website.
- Melissa Minotti, John Hopkins School of Public Health
  - The Sturdy Study recruitment has ended. It was found that participants are falling at a higher rate than originally thought, which has provided more data at this point. The data is currently being studied, more information to come.
  - Achieve Trial for hearing and cognitive function and healthy aging is still recruiting participants over the age of 70 with mild to moderate hearing loss.
  - Eric Visit 7 continues while in the process of writing a proposal for Eric Visit 8, which is hopeful to start January 2020. The Eric Study is a heart disease and stroke study that's been ongoing for the past 30 years. Out of the 4,000 people in Washington County who started in the study, 2,000 continue to be followed.
  - Started a photo and calendar contest with the students of Barbara Ingram School of Fine Arts. A photo will be selected and used for the birthday card that is sent to participants each year. Visual art/photos from the students will be selected by a committee for a calendar. Those selected will win a small monetary prize.
- Laura Wilson, Family Healthcare of Hagerstown
  - New pediatrician is offering free community outreach and education. Please call Laura, if interested.
  - Recently partnered with Wells House and are now providing PCP services to residents who are not otherwise connected to services.
- Katie Trinh, Oliver Wyman
  - Upcoming events: March 5<sup>th</sup> at Walgreen's and March 16<sup>th</sup> at Walmart. The Walmart event will have promotions around iron deficiency in young children. If you are interested in participating, please contact Katie.
- Nicole Houser, Community Free Clinic
  - Mud Volleyball event will be held in July. Registration is officially open for anyone who would like to participate.
- Courtney Kensinger, Hagerstown Community Collage
  - Partnering with Wells House for an art contest called, Artist Journey of Recovery. The contest is open to anyone in recovery or anyone who has been impacted by substance use disorder. Submissions will be accepted through March 22<sup>nd</sup>. The winner will be announced April 9<sup>th</sup> and will be displayed at HCC.

- Partnering with WCPS to hold a Spring Resource Fair on April 13<sup>th</sup> from 10am – 2pm at Bester Elementary. All families are welcome but targeting families with children who have IEPs, IFSPs, 504 plans, and anyone with mental health concerns. Hoping to do a series of workshops on topics like: transition, mental health, behavioral prevention strategies, newly diagnosed with autism – what to do. An eighth grader will be there sharing his experiences with autism.
- Vicki Sterling, Washington County Health Department
  - Harm Reduction Services will have a conference on May 3<sup>rd</sup> at the Ramada.
  - Recovery-oriented systems of Care Conference, which focuses on veteran services will be held April 18<sup>th</sup> at the Ramada. Peer support, telemedicine, and medical services will also be discussed.
  - Washington Goes Purple will start walking takebacks this month. The first will be held in the South End on March 27<sup>th</sup>, more information to come. April 10<sup>th</sup> and 17<sup>th</sup> for the North End. Please contact Vicki if you feel there are other areas they should have a walking takeback event.
  - Washington County Arts Council partnering with Washington Goes Purple has a call for art that will close on July 25<sup>th</sup>.
  - Rent is partnering with Washington Goes Purple and some of their proceeds will go to support Washington Goes Purple.
  - Narcan training is still available. If interested, go to Project Act Now for the schedule. You may also reach out to Vicki or Holly Luther.
- Curtis Miller, Brook Lane Health Services
  - Mental Health First Aid Training for Youth will be held April 16<sup>th</sup> and then again on July 23<sup>rd</sup>. Mental Health First Aid Training for Adults will be held May 21<sup>st</sup> and again in July. The courses are free and run 8 hours. A light breakfast, snacks and lunch are served. The training is designed for everyday people who want to learn early intervention technics. Participants are given a manual and receive a certificate upon completion, more information can be found online.
- Mary McPherson, Washington County Health Department
  - The Commission on Aging is offering a Stepping On class for older adults to help prevent falls, classes start March 15<sup>th</sup>.
  - Three grants received:
    - A \$25,000 grant received for an education community based program. They will be working with physicians to give a prescription to walk to any person who is at risk of heart disease or stroke due to obesity. The prescription will also waive fees for county and city activities. This initiative will be advertised and there will be a photo contest.
    - CHRC grant was applied for and should know soon if granted. The \$135,000 is to help fund a mobile farmers market in order to make the healthiest foods more readily available. Farmers will work with vendors, who will buy produce for the mobile unit, which will drive to different city locations. SNAP, WIC and Senior Vouchers can be used at the mobile farmer's market. Some designated stops will be: Bester Elementary, Fairgrounds, different downtown housing communities', and the square. Vouchers/market money will be given to some Bester families for them to use at the mobile farmer's market. Deb will provide some nutritional education. The mobile farmers market will be advertised and have a regular schedule.

- The third grant received is for safe bike riding. A bike safe play court will be created. The City of Hagerstown will allow us to paint a bike path in a vacant parking lot where children can go and learn how to ride their bike safely. The path will have different things they would come across on city streets. Also trying to set up summer camps where children can go to the bike safe play court and learn proper bike riding on city street. Looking into having a bike rodeo as well, more information to come.
- Nefertiti Jean-Baptiste, Connector Entity
  - Currently tax season so a lot of clients are contacting them for their 1095s, which can be printed on the spot. The 1095 allow them to reconcile their tax credit.
  - Income changes can be reported year round.
  - Special enrollment period as usual. Age out at age 26 under a parent's plan with a 60-day window.
- Deb Lehr, Meritus Medical Center
  - 55 and over Lunch & Learns will be starting back up at Courtland Mansion. They are held the fourth Tuesday of every month, the first will be held March 26<sup>th</sup>. Mr. Kevin Summers from Brooks House will be out to talk about the opioid/heroin epidemic. More information can be found on their calendar of events.
  - Will start offering monthly senior health talks at the Commission on Aging.
  - Working with Parks & Recreation to offer Living Well classes for chronic disease, diabetes management and hypertension, as well as Walk with Ease.
  - Deb will be at the Hamilton Run club house every Tuesday of the season to provide blood pressure screenings. This summer she will also offer Men's Health Talks at the club house. More information will be posted to their website.
  - Still working with the YMCA to provide the CATCH program at six of their after school programs, which focuses on nutrition and exercise.
  - Events held at Zion Baptist Church on the second and fourth Tuesday of every month. More information can be found on their website.
- Cindy Earle, Meritus Medical Center
  - Meritus' Farmers Market opens today and every Tuesday from 10am – 2pm. A health education table will also be set up. If you have any flyers, coupons, information, etc. that you would like to provide, please contact Cindy.
  - Lisa McCoy and Cindy will be doing train the trainer for Living Well with Chronic Disease and Living Well with Diabetes. Classes start this Friday, if interest please reach out, there is no cost to participate.
  - Joni will be helping coordinate/support grocery tours. Flyers will be shared once they are scheduled. At this time, thinking once per month but will adjust according to interest.
- Joni Rampolla, Giant Martin's
  - Joni is a dietitian and nutritionist with Martin's, please reach out if you need assistance with an event.
- Emily Steinkamp, Giant Martin's
  - Met with Meritus and will be coordinating health events, wellness walks and classes at Martin's stores, more information to come. Joni will be assisting with these events.
  - Will also be supporting some events at the YMCA, including Healthy Kids Day.

- Allen Twigg, Meritus Medical Center
  - There is an opportunity to purchase table cloths with the Healthy Washington County Logo on it for use at future events. Meritus will purchase one for \$200. If anyone is willing to purchase another one, please reach out to Allen for information. The table cloths can be loaned to partners for community events. Paul Frey offered that the Chamber will purchase a second table cloth.
- Adjournment: Meeting adjourned at 11:45am.
- Next Meeting: May 7, 2019, 10:00am, Washington County Health Department. 1302 Pennsylvania Avenue, Hagerstown, 2<sup>nd</sup> floor auditorium.