

HEALTHY WASHINGTON COUNTY
May 7, 2019
Meeting held at Washington County Health Department

- Member's Present: Angie Auldridge; Hagerstown Community College, Laura Bennett; WCHD, Sabrina Chin; Oliver Wyman, Fallon Crist; The Mental Health Center, Melissa Dasch; Turning Point, Way Station Inc., Cindy Earle; Meritus Medical Center, Paul Frey; Chamber of Commerce, Dr. Diana Gaviria; WCHD, Nefertiti Jean-Baptiste; Connector Entity, Courtney Kensinger; Hagerstown Community College, Deb Lehr; Meritus Medical Center, Rod MacRae; WCHD, Curtis Miller; Brook Lane Health Services, Eden Miller; CoreLife, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, Amanda Pierce; Maryland Physicians Care, Joni Rampolla; Giant Martin's, Amy Riley; City of Hagerstown/Parks and Recreation, Guinn Rogers; United Way of Washington County, Jessica Siegrist; HEAL of Washington County, Patty Smith; Potomac Case Management, Danielle Stahl; WCHD, Christie Staubs; Maryland Physicians Care, Emily Steinkamp; Giant Martin's, Katie Trinh; Oliver Wyman, Allen Twigg; Meritus Medical Center, Bernadette Wagner; Prime Time for Women, Susan Walter; Tri-State Community Health Center, Wendy Zimmerman; Meritus Medical Center
- Welcome and Introductions:
 - Welcome by Allen Twigg. Self-introductions were made.
- Merck Medication Adherence Education – Diane Loughlin
 - Diane presented on Merck's Medication Adherence Tool. Walgreens, Walmart and Meritus received tool kits. The presentation is available in digital format. If interested in receiving a copy of the presentation or tool kits, please email Diane at: (diane.loughlin@merck.com).
- Community Health Needs Assessment
 - A vote was taken to approve and publish the final document May 10th. A copy will be available in PDF and paper format. The health department, Meritus and Brook Lane will be posting it on their websites. The Chamber of Commerce, United Way and YMCA also want to post it to their sites. Anyone else who is interested, please let Allen know.
 - Printed copies will be available to the public at the library, Commission on Aging and YMCA.
 - A summary will be completed and shared within the next few weeks.
 - Many thanks to all involved!
 - Regulations require local non-profit hospitals (Meritus and Brook Lane) to develop their own action plans. This year the individual hospital goals will be included with the Healthy Washington County goals.
- Subcommittee Reports
 - Wellness/Lifestyle Committee – Cindy Earle
 - The group has been looking at activation and evaluation over the past month.
 - A train the trainer event took place at the YMCA with Meritus. Cooking demos are scheduled.
 - Kellogg's is looking at an activation at the Meritus Farmer's Market in a few weeks. Samples and recipes will be shared to help people incorporate the items they buy into their meal plan.
 - There have been some vending opportunities at Walgreens monthly Senior Days and the Walmart Health Expos that are held on Saturdays.
 - Looking at how they can incorporate some medication adherence processes into events.
 - Katie Trinh reminded the group of the online Google Calendar that lists Walgreens, Martins and Walmart events. Katie will send the link to any community organizations that would like to get involved. Flyers for events can be downloaded/uploaded. Infographics that were created for One for Good are also available to help encourage healthier behaviors. This is

Katie's last meeting with Healthy Washington County. She has been a great help to the group over the past year. Sabrina Chin is her replacement.

- One for Good t-shirts and buttons are available.
- Martins has decided not to sell any nicotine products and is promoting smoking cessation classes. Martins is also doing Wellness Walks. They are working with Meritus and other health systems to bring patients in to do a tour and talk with a nutritionist about any questions or concerns they may have. A flyer and schedule have been posted.
- Prime Time for Women is encouraging people in the community to post blogs and articles on health and fitness. Please feel free to post and use the information.
- Martins and Walgreens pharmacists are promoting health and wellness. They are able to provide consultations (i.e. medication adherence, smoking cessation, etc.).
- If interested in joining this workgroup, please contact Cindy or Laura.
- Health Management – Deb Lehr
 - Meritus Outpatient Care Management has some stop light instructions for heart disease, blood pressure and diabetes. They are a helpful tool for patients. The group will be working with PCP offices over the next year or so to review and use these tools.
 - If interested in joining this workgroup, please contact Deb or Laura.
- Behavioral Health – Allen Twigg, Curtis Miller and Patty Smith
 - Substance abuse and mental health were identified as the top two community health needs.
 - The group wants to work on improving three areas over the next few years:
 - ❖ Preventing suicide – Washington County has a higher rate of successful suicide than much of the rest of the state.
 - ❖ Reduce stigma around both of these issues.
 - ✓ Walk Out of Darkness campaign will be coming up this fall which brings awareness around suicide and how to get help when needed.
 - ✓ Washington County Goes Purple has done a lot to reduce sigma around substance abuse and bringing awareness to the issue. Washington County Goes Purple will be incorporating mental health as part of their initiative this year.
 - ✓ Will continue to provide Mental Health First Aid training, which is free. Everyone is encouraged to sign-up if you have not done so already.
 - ✓ Brooke Lane has partnered with the library to bring programs to the public. Two programs are scheduled in May. One will address anxiety, the other depression.
 - ❖ Increase access to treatment, support and resources whenever needed.
 - ✓ A RFP has been issued through the health department for a crisis stabilization center which will be a 24/7 walk-in facility for those needing help. Information can be found on the health departments website. Applications are due May 24th.
 - If interested in joining this workgroup please contact Allen, Curtis or Patty.
- The goals that were handed out/shared are a work in progress. Will continue to create an action plan with some measurable activities.
- If anyone in the group would be interested in appearing on the Prime Time for Women TV show to talk about One for Good or other topics, please contact Bernadette Wagner (bernadette@primetime4women.com). A representative from each of the three subcommittees could appear on the show. You may also contact her if you are interested in hosting a blog on their website.
- Motion by Curtis Miller to make the action plan and goals discussed as part of the Community Health Needs Assessment for FY2019, all were in favor.
- Healthy Washington County Website – Hannah Person
 - The Washington County Health Department will host the website.
 - Nestle is working on putting some designs together. The designs will be shared with the group and decided upon prior to moving forward.

➤ Community Partner Updates – All

- Jessica Siegrist, HEAL of Washington County
 - A Washington County Gives event is being held today at the YMCA called Color Me Healthy. You can donate to 95 different organizations at: www.washingtoncountygives.org. \$474,000 was raised last year to support non-profits.
 - Big Wheel Relay coming up on June 9th. Fourteen team have signed up to participate.
 - Registration now open for Color Splash. Register by the end of May for a discount. Still looking for sponsors for the event, if interested please contact Jessica for a sponsorship form.
 - A Community Events bulletin board now hangs at the YMCA. If you are having an event in the community and would like to share it, please email Jessica (jessicas@ymcahagerstown.org) to have it posted.
- Katie Trinh, Oliver Wyman
 - Walgreens Senior Day is being held today at both locations.
 - May 21st is Walmart Wellness Day. Please contact Katie if you or your origination is interested in participating.
 - Katie offered to do a demo on Google Drive, which currently has some flyers an infographics available.
- Deb Lehr, Meritus Medical Center
 - Living Well with Hypertension workshop will be held next Wednesday.
 - Living Well with Chronic Disease is also available.
 - Senior health talks are held at the Commission on Aging, flyers available.
 - 55 and up Lunch and Learn continues, flyers available.
 - Men's Health Talks are being held at Hamilton Run Golf Course.
- Joni Rampolla, Giants Martins
 - Store tours provided at Martins to look at healthier food choices, recipes ideas, budget, etc. A larger event will be held at the Wesel Blvd. location on May 14th from 10am-2pm. Five different vendor stations will be open for sampling throughout the store. A store tour will also be held that day from 2-3pm.
- Nefertiti Jean-Baptiste, Connector Entity
 - AHEC West just wrapped up taking application for the high school program ECHO.
 - Special enrollment period is a sixty-day window to report major life changing events.
 - Still assisting with printing and providing 1095's for taxes. Some individuals have had to pay monies back due to having an employer offering them coverage when they were on MD Health Connection the entire year, resulting in them having to pay back the full amount of the subsidy. If an employer offers insurance that is their top option.
 - The group was able to work one of the Walmart events and it went extremely well. Many thanks to Katie for all of her help in that process.
- Amy Olack, Washington County Commission on Aging
 - May 17th will be the annual meeting/public hearing at 1:30pm, everyone is welcome to attend.
 - Participating in Washington County Gives, which is extra important this year since they will be cut \$15,000 in nutrition services. The Meals on Wheels wait list for medically bound seniors is between 40-80 people at any given time.
- Bernadette Wager, Prime Time for Women
 - Prime Time for Women's next taping will be this Saturday, honoring Mother's Day. A photo montage will be shared during the show. They will also be discussing benefits of hiking and gardening.
 - The show can be viewed by coming to a taping (doors open at 10am, show starts at 11am), YouTube, or Antietam Broadband.

- Patty Smith, Potomac Case Management
 - Grant received to provide centralized services for disconnected youth between the ages of 18-24. The program will be called Tru Ops (Tru Opportunities).
 - An open house will be held June 14th from 2-4pm. They will also be celebrating 25 years of serving the community. Flyers will be shared/sent once available.
- Curtis Miller, Brook Lane Health Services
 - Brook Lane Health Services will be celebrating their 70th year of providing services on September 27th, more information to come.
- Wendy Zimmerman, Meritus Medical Center
 - Meritus achieved Magnet status. Only 8% of hospitals nationally receive this award.
 - Training will be held September 27th & 28th, October 25th & 26th for RNs that are interested in becoming parish nurses or faith community nurse.
 - Otterbein United Methodist Church started an AA group about a year ago that will expand to include substance abuse as well. Targeting those who are new to sobriety. The group meets in the mornings and has an average attendance of 40-60 people per day 7 days per week. So they have reach approximately 500 people this year who are struggling with substance use.
- Amy Riley, City of Hagerstown/Parks and Recreation
 - Brought the new spring/summer Fit for You guide to share with the group. Please reach out to Amy if you would like a supply.
- Guinn Rogers, United Way of Washington County
 - Finishing the health focused grant cycle. The grant recipient will be announced within the month. There was less money to distribute this year. So they are trying to find ways to increase that amount in order to have more money to distribute next year.
- Courtney Kensinger, Hagerstown Community Collage
 - HCC will continue Narcan training for the community once per month and will host take-back events. They will also reach out to community providers this summer to see if there would be interest in providing services for students.
 - Graduation will be held this Saturday.
- Emily Steinkamp, Giant Martins
 - Events at Martins are very successful when partnered with groups who have a set of patients with health needs.
- Paul Frey, Chamber of Commerce
 - The Chamber of Commerce celebrates 100 years on May 18th at the Rider Jet Center, tickets available.
 - 70 years ago the Chamber of Commerce fought to have the first Health Officer in Washington County.
- Cindy Earle, Meritus Medical Center
 - Two table cloths have come in and are available for use. Please contact Cindy if they are needed.
 - The Chamber of Commerce will purchase another HWC tablecloth.
- Adjournment: Meeting adjourned at 11:40am.
- Next Meeting: July 2, 2019, 10am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown, 2nd floor auditorium.