

HEALTHY WASHINGTON COUNTY
July 3, 2018 10am
Meeting Held at Washington County Health Department

- Member's Present: Angie Auldridge; Hagerstown Community College, Laura Bennett; WCHD, Fallon Crist; Mental Health Center, Shelby DeHaven; HEAL, David DeLeonibus; CORE Life, Cindy Earle; Meritus Medical Center, Paul Frey; Chamber of Commerce, Janice Howells; Washington County Public Schools, Nefertiti Jean-Baptiste; Connector Entity, Rod MacRae; WCHD, Lisa McCoy; University of Maryland Extension, Mary McPherson; WCHD, Theresa Messer; John Hopkins HealthCare, Curtis Miller; Brook Lane, Kim Murdaugh; Family Healthcare of Hagerstown, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, Amy Riley; City of Hagerstown/Parks and Rec, Rick Rock; Washington County Mental Health Authority, Guinn Rogers; United Way of Washington County, James Seaver; Tri-State Community Health Center, Christie Staubs; Maryland Physicians Care, Shelley Steiner; Hospice of Washington County, Victoria Sterling; WCHD, David Stewart; Connector Entity, Allen Twigg; Meritus Medical Center, Wendy Zimmerman; Meritus Medical Center

- Welcome and Introductions:
 - Welcome by Rod MacRae. Self-introductions were made.
- Old Business:
 - Action Plan Updates
 - Chronic Disease – Mary McPherson
 - There is a five year grant opportunity for racial and ethnic approaches to community health. \$500,000 - \$900,000 will be awarded in an initiative to improve health, prevent crime, disease and reduce health disparities among racial and ethnic populations with highest risk or burden of chronic disease. Mary will forward information to Laura to distribute to the group.
 - Mental Health – Curt Miller
 - Curt would like to schedule a subcommittee meeting for the week of July 16th. He would also like to combine the Mental Health and Substance Abuse subcommittees and rename it Behavioral Health.
 - Substance Abuse – Vicki Sterling
 - A luncheon was held for providers and community agencies to discuss the transition of Behavioral Health Services new role. There was also an article in the paper describing the new role and what services are still offered. Vicki will be on Insiders and Issues on July 11th to discuss the changes.
 - Washington County Goes Purple will kick off August 31st. A calendar of events is available online at: WashingtonCountyGoesPurple.com.
 - The Senior Policy Group will be focusing on developing goals to address neonatal abstinence syndrome. Washington County is third in the state for substance abuse newborns. Infant mortality rates are also up.
 - Wellness – Shelby DeHaven
 - Third year of the Healthy School Challenge just wrapped up. Plan to take a few years off. Will re-engage with schools at a bigger level in a few years.
 - The pilot year for Targeted Fitness and Nutrition after school program has wrapped up. Should see greater changes over a two-year period.
 - Launched the Healthy Business challenge for the second year. Looking to build on last year's success.
 - One for Good Campaign – Mary McPherson/Shelby DeHaven/Allen Twigg

- Care Packs are out and available at Walgreens and Martin's pharmacies. A diabetes risk assessment and an evaluation are included to be filled out and returned. Five thousand more Care Packs will be launched in August with more of a back to school focus. Having discussions with partners about what other programs are working in their communities that we could possibly bring here.
 - Maggie Biscarr from Pepsi Co. and a representative from Walgreens will attend September's meeting.
 - Subcommittee Reports
 - Measurements – Dr. Diana Gaviria
 - No report.
 - FY2019 Community Health Needs Assessment – Allen Twigg
 - The survey is now live and open to those who live and/or work in Washington County. All are encouraged to take the survey and post the link or direct online traffic to the survey. Please email Allen or Laura if you are interested in marketing materials or paper copies of the survey. Available marketing materials include: business cards with QR code, rack cards and banners. Asking for permission to place a banner in the lobby at DSS. Banners can be used at upcoming events. Will reach out to service clubs to make them aware of the survey and encourage participation. Currently, no close date is set. The survey will be left open until we receive an adequate number of responses. Paper surveys may be returned to Meritus for entry. The survey is also being translated into Spanish. In September, we will look at gaps and form focus groups, if needed. Late October or early November the public will be invited to help prioritize health needs for Washington County.
- New Business
 - Walking and Walkability – Hannah Person
 - A Washington County Walking and Walkability plan is being created. The first step is to evaluate the state of walking and walkability in the county. Therefore, walk audits will be done around the county. A walk audit will be done for downtown Hagerstown on July 10th. The group will meet at 7:30am at the Chamber office. Community involvement is encouraged.
 - A new website has been created that will soon go live: washcopathfinder.com. It is a resource for physical activity opportunities in Washington County. It maps all trails for walking, hiking and biking as well as where to boat. A link will be sent to the group for feedback prior to going live. Once finalized a link to the website will be added to the Visit Washington County website. Currently working on signage with QR code.
 - Healthy Washington County Website – Allen Twigg
 - The Herald Mail will continue to host the website but with modifications. The ability to enter and track health information is being removed. Healthy Washington County will need to dedicate someone to the website for posting content and updates.
 - Community Partner Updates – All
 - Kim Murdaugh, Family Healthcare of Hagerstown
 - Recently hired a physiatrist. Will hire a pediatrician in August.
 - Curt Miller, Brook Lane Health Services
 - Mental Health First Aid for Children will be held July 17th. Mental Health First Aid for Adults will be held August 21st. Please contact Curt if interested.
 - Lisa McCoy, University of Maryland Extension

- The Ag Expo will be July 14th-21st.
- The University of Maryland Extension has a new blog called Breathing Room: BreathingRoom.umd.edu. The blog focuses on health, wellness, nutrition, and financial wellness. Educators will be posting content.
- Lisa has been working with the School of Public Health Extension at the Maryland Department of Health for the past year on programs that address climate change and health issues. A training was done last fall for extension staff. The information will be shared with the community at a climate change and public health program that will be held in Cumberland on September 14th. More information to come.
- David DeLeonibus, CORE Life
 - CORE Life is partnering with Meritus to open their first center in Washington County, which is set to open August 13th in the old South Pointe Fitness center on East Oak Ridge Drive. They assist with weight loss and obesity and are staffed with physicians, dietitians, personal trainers, and behavioral counselors to manage and coordinate care. There is a referral process but a referral is not necessary. They do accept insurance (including Medicaid and MCOs) and are categorized as a primary care physician. Patients are seen weekly. The cost of a visit ranges from \$0 - \$35. Typically, an 80/20 insurance coverage for weekly visits. David will send a link to their website to Laura to forward to the group. They will be hiring a new rep for the Hagerstown location that will likely attend future meetings.
- Paul Frey, Chamber of Commerce
 - The chambers office will be hosting Eggs & Issues on August 1st which supports Washington County Goes Purple. Meritus is sponsoring the event.
- Rick Rock, Washington County Mental Health Authority
 - Turning Point and the sheriff's office partnered together for a Crisis Intervention training for officers in an attempt to prevent repeat patients to the ED and discuss how else they can intervene. Already seeing good outcomes.
- Nefertiti Jean-Baptiste, Connector Entity
 - Next week half of the navigators will be training with AHEC West.
 - Special enrollment period is yearlong.
 - Open enrollment period lasts six weeks (November 1 – December 15). There is no longer a penalty for not having insurance. Approximately seven percent of Washington County residents are uninsured.
- David Stewart, Connector Entity
 - MD applied for a waiver that would allow them to run a re-insurance program which is designed to lower premiums by 18-30%.
 - Those in our area who qualify for Affordable Health Care coverage is also eligible for a hardship exemption. This exemption opens up options for enrolling in a catastrophic plan. At this time, CareFirst is the only carrier with a catastrophic plan, which has a high deductible. However, in our region, those who qualify for a tax credit are shielded from the high deductible of a catastrophic plan. They can obtain a gold plan for \$20-\$30/month.
 - Targeting education towards small businesses and self-employed individuals.
 - Currently, no penalty for individuals in Washington County because of hardship exemption.
- Shelley Steiner, Hospice of Washington County
 - Hospice of Washington County has changed its logo. The new logo will be out the end of the month.

- Life Care of Washington County is for those seeking aggressive treatment, not the terminally ill. A physician's referral is required.
- Starting a pilot program for nursing homes called Telemedicine. The software was donated and is user friendly. The software creates algorithms to triage patients.
- Advanced directives for end of life planning are available. Please contact Shelley if interested.
- Christie Staubs, Maryland Physicians Care
 - As of March there is a new department with community health services. Coaches are available for members with chronic conditions. Readmission coaches help members stay healthy after hospital visits by teaching them tips and encouraging support. The emergency department can refer Maryland Physicians Care clients. Services are available in Garrett, Allegany and Washington counties. They do attend health fairs. More information at: memberconnections@marylandphysicianscare.com. Currently hiring a connector and a registered nurse to be located at the hospital.
- Cindy Earle, Meritus Medical Center
 - Meritus is collaborating with Hagerstown Parks and Recreation to provide health education classes at Fairgrounds Park, in the Fit Room starting late summer and into the fall.
 - Meritus will be conducting blood pressure screenings and providing heart education at Hamilton Run golf course.
 - In discussions to add a catch program to some of the summer camps.
 - Will be hiring a community outreach coordinator for twenty-four hours a week. The job will be posted by the end of the month.
- Wendy Zimmerman, Meritus Medical Center
 - Wendy was invited to write a chapter about faith communities partnering with public health in a new book that will be published in spring 2019.
- Vicki Sterling, Washington County Health Department
 - The Overdose Crisis Response Team receives overdose reports from the Narcotics Task Force daily and are making outreach. Receiving some family response. The team would like to start going out on follow-up calls with police.
 - Thus far for calendar year 2018, 36 deaths and 212 overdoses.
 - Lots of Narcan available.
 - Leave Behind Program allows EMS to leave doses of Narcan behind for those who refuse transport.
 - Meritus used available funding at the end of the fiscal year to purchase Narcan so that those being discharged from the ED for overdose can leave with Narcan in hand.
 - Peer Support will be having a Substance Use Disorder and Treatment Resource fair on July 24th from 10am – 2pm at Robinwood.
 - First responders will be acknowledged at the Washington County Goes Purple event on September 1st. First responders are being encouraged to take care of their mental health. Must care for the caregiver.
- Rod MacRae, Washington County Health Department
 - Rod is now president of the Hagerstown Rotary Club.
- Amy Olack, Washington County Commission on Aging

- The first annual Shades of Age, Senior and Caregiver of those with Disabilities expo will be held on August 15th from 11am – 3pm in the senior activities center. All are welcome to attend
 - A grant was awarded from the State to do advanced directives trainings in Garrett, Allegany and Washington counties. Please reach out to the Commission on Aging if interested.
- Adjournment: Meeting adjourned at 11:37am.
- Next Meeting: September 4, 2018 at 10am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown 2nd floor auditorium.