

Health Work Group

Meets 3rd Thursday of each month @
Hospice of the Panhandle / 330 Hospice Lane, Kearneysville, WV 25430

Minutes / February 16, 2017**Welcome and Introductions:**

Welcome and Introductions – Lisa Bromfield: Shenandoah Community Health Center; Christin Rice & Kristen Gingery: Family Resources Network; Dana DeJarnett: The Wellness Center (part of Berkeley Medical Center), Kris Kimble: Reginal Tobacco Prevention, Tina Burns & Samantha Barrett: Shenandoah Community Health, Judy Pittinger: Jefferson County Health Dept., Paula Marrone-Resse: Good Shepherd Interfaith Caregivers, Valerie Moreno: Panhandle Home Health, Julia Yuhasz: Hospice, Bobbi Corbin: VAMC-Martinsburg, Bonnie Gross: Elmcroft, Gina Olindo: Unicare, Marla Westley: SVMS, and Joan Ergin: SAIL.

Approval of January's Minutes: Minutes were approved

Acknowledgements: Lisa began the meeting by briefly acknowledging members and their successes. The following individuals were mentioned: Dana DeJarnett for promoting wellness and health/prevention efforts. Lisa thanked the workgroup members for their contributions to the agency list.

Presenter Bobbi Corbin, MPH, RD, Health Promotion Disease Prevention Manager, VAMC Martinsburg, WV: Prevention and chronic disease management efforts

Presentation and Discussion summarized below:

Bobbi has worked at the VA for the past 22 years. Our local VA Medical Center serves a population of 43,000 individuals. They offer services through a Patient Aligned Core Team (PACT) with the help ancillary staff members. The VA offers home based primary care programs and home telehealth services. The home telehealth program delivers equipment to veteran to use in order to receive care at home. The VA also has developed an "Ask Me Three" program to get patients more involved with their care.

"My Healthy Vet" is a program that allows for patients to view their own medical records online, order prescriptions, and access a personal health planner. Patients can generate their current "health age" and find ways to improve that generated age. The VA also offers programs where providers meet with groups of veterans. The VA has found the patient group model to be successful because of the peer support that is received. Additionally the VA offers an Intensive Diabetes program that allows vet to stay in the program until they reach their goal. The VA offers an "I Quit" 4 week smoking cessation class. This class typically has 10-18 participants. The VA also celebrates MOVE progress through nominating a "Warrior of the Month".

The VA has a Healthy Teaching Kitchen that is well attended. There is a "Move After" program designed for individuals after weight loss. Some other classes that the VA offers are: Diabetes Prevention group, Pain School, and Yoga Classes. The VA sponsors the "Golden Age Games" where veterans compete for medals. They also offer classes on Mindfulness, Managing Stress, Hepatitis C,

Joint Replacement, Mental Health Medications, I Quit Support Group, Women's Veteran's Issues, Breast Cancer Survivors, and Low Vision Support Groups.

The VA sponsors a "Drive Thru Flu Clinic" and has a Mobile Medical Travel Trailer. The VA sponsors a "Sweat for the Vet" and a "GO RED" event annually. The VA hosts a Summer Farmers Market on Wednesdays and received a grant to provide free fruits and vegetables to 30 veterans last summer (12 of the veterans were women). After the free fruit and veggie program was complete there was an average weight loss of 5.7 lbs. among participants. The highest total weight loss was 21.4lbs.! The A1C scores averaged an increase of .9% among participants and the highest was an increase of 5.4%! The participants increased their daily fruit and veggie intake by an average of 1.9% servings a day.

The VA hosts a 2K (1.3-4 mile) race to bring in donations for the local homeless. The VA has a Women's Garden Program, Bee Keeping Classes and participates in the "God Bless America Annual Motorcycle Ride". Bobbi stated that spouses are welcome to attend the classes. She told the groups if they meet a homeless veteran please refer them to the VA. She stated they have a number of wonderful programs to assist homeless veterans in our area.

Discussion: Follow up on last month's discussion

Lisa did approach Shepherd regarding community service/service learning students. However, she has not received a response. The group discussed creating a compiled document to increase awareness of the resources that are available to improve health. Lisa reported Dr. Eggleston had previously mentioned there is a need for a compiled resource document. Lisa provided the document that listed the offerings of agencies with representation at the HHSC's Health WG. She asked that all members send her a brief description of your organization and the services offered so she can expand the document.

The group discussed reformatting the FRN's Resource Guides. Lisa asked the group how we can get more people to participate in these meetings. The West Virginians for Affordable Health Care will meet in April. This will be collaboration between human service providers and legislators. Potentially we can sponsor a meeting.

Subcommittee reports:

Workplace Wellness: The Workplace Wellness brochures are finished and Lisa attached a digital copy to the meeting reminder. We will send out digital versions to business to provide more information regarding health in the Workplace. If you know a business provider please invite them to our meetings. Julia suggests we could host a luncheon or dinner to encourage collaboration, funding and engagement.

Community Awareness:

Changes in Services, policies, or legislation of which we should be aware. The FRN will send Lisa the access to WV's Budget information from the meeting last Thursday. Lisa will forward this presentation to the group.

Lisa provided the digital link to look up your legislator's phone number in the emailed agenda.

March Presenter: Kevin Knowles, Berkley County Recovery Resource Center: Substance Abuse in the Panhandle

Announcements:

- Dana: There is a **Jefferson County Community Baby Shower** on May 6th from 10-2. The **Truffle Shuffle** will take place on April, 29th. All of the money raised will go directly to the school systems. Walk 100 miles in 100 Days will begin on April, 17th. Contact Dana at ddejarnett@wvumedicine.org for more information.
- WVU Extension will be offering **Cook It Healthy and Cheap** Free 6 Class Series beginning in March. These classes will be held at St. Joseph's Church.
- There will be a **1 hour Basics of Dementia/ Alzheimer's Free Community Workshop** on March 14 & 15 at Hospice of the Panhandle. The same workshop will be held on Thursday, March 23 at the Petersburg Senior Care Center, Petersburg, WV at 2pm.
- Good Shepherd is hosting: 1. **Maggie's Card Party** (Bridge, Bunco and Mahjong) at 10am on Wednesday, March 1st at the Club at Cress Creek in Shepherdstown, WV. 2. **The Potters Bowl** at the Shepherdstown Fire Dept. on Friday March 24, at 6pm.
- **Gina Olindo from Unicare** is available for any events and can be reached at 703.907.7322.
- **Night at the Oscars Event** will take place at the Bavarian Inn on the 24th.
- **Putting in the Panhandle Golf Event** will be held soon. Please contact Chris for more information.
- **Elmcroft is offering a Virtual Dementia Tour** on Wednesday, March 15 from 10am-4pm. Please Call Bonnie to register at 304.267.5800. Each sessions 15 minutes, please contact Bonnie to reserve your session by March 14th.
- **Kris Kimble:** gave a presentation to West Virginia Works and it was very successful. She gave an Asset presentation at Martinsburg South Middle. Kris has organized a meeting at Shepherd University on March 8th at 2pm in Tom Seeger's office. The University has agreed to go smoke free beginning January 1st of 2018! She is applying for a \$20,000 grant from the American Cancer Society & CVS. Kris is still working on "Clean Indoor Air for Everyone". Morgan County is moving towards becoming a smoke free county. Kris will be in Shenandoah's Lobby on February 28th, 2017.

NEXT MEETING: 9am, March 16th, 2016
Hospice of the Panhandle
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