



**Community Advisory Council (CAC) Meeting Minutes**  
**September 5, 2024, 5:30 pm**

Time	Agenda Item	Action	Discussion Leader
5:30 pm	<b>Welcome</b>		<b>David</b>
5 Min.	<p><b>Council Business</b>  <b>Meeting called to order at 5:32PM</b></p> <ul style="list-style-type: none"> <li>Roll call</li> </ul> <p>In Attendance: David Rupkalvis, Lisa DeSalvio, Katie Gonzales, Robert Hall, Brenda Hall, Avery Horton, Shannon Hunter, Jeanifer Imbruglia, Correen Lee, Katrinka McReynolds, Corey Wampler, Kristy Martindale</p> <p>Guests in Attendance: Bevin Ankrom, Danita Tracy Carter, Jess, Zaria, Daphne, Allie, Kera Hood, Llisia Frischkorn, Mellissah Hendrickson, Stephanie Polizzi, Tim Lynch, Sam Baugh, Matthew Lehman, Amanda McCarthy, Anna Marie-Slate</p> <ul style="list-style-type: none"> <li>August 2024 minutes</li> </ul> <p>Open invitation for edits needed to minutes. None heard</p> <p>Jeanifer Imbruglia makes a motion seconded by Kristy Martindale all in favor none opposed motion carries.</p> <ul style="list-style-type: none"> <li>Approve Agenda</li> <li>Suggestion Box</li> </ul> <p><a href="https://forms.office.com/r/B9NTwd9Mte">https://forms.office.com/r/B9NTwd9Mte</a></p> <p>Nothing new in the suggestion box</p> <ul style="list-style-type: none"> <li>Recommendations tracker.</li> </ul> <p>No new updates for the recommendations tracker</p>	Approval	<b>David</b>
10 Min	<p><b>Open Floor/feedback loop voting CAC Representatives-</b></p> <ul style="list-style-type: none"> <li><b>Consumer Representatives</b></li> <li><b>Problems and Areas/Opportunities for Improvement</b></li> </ul> <p>The consumer described issues with a ride from Bay Area Brokerage including personal hygiene issues and was driving his own car. The personal hygiene issue made the ride unbearable. Consumers ended up paying out of pocket for transportation back home. The consumer did call and file a complaint with Bay Cities Brokerage. Perhaps there should be a feedback loop to rate your driver.</p> <p>Another consumer shares her experience with drivers having poor cleanliness in their vehicles including dog hair and cigarettes.</p> <p>Lisa Frischkorn offered to follow up with the provider and prevent at next months CAC meeting.</p>	Discussion / Action	

	<p>Feedback shared with consumers that when a grievance is filed Bay Area is good about following through.</p> <p>Consumer shared calling Bay Cities Brokerage to get reimbursed for mileage for the CAC meeting specifically and was told that they do not work directly with Advanced Health for that compensation.</p> <p>Consumer shares conversation with a Coos resident that was not familiar with OHP or how to apply. That resident reported that no one offered to help him get signed up for OHP or educate him about the resource.</p> <p>OHA innovator shared that people can apply for assistance post an emergency visit and an application to OHP also applies for the Bridge program and eligibility.</p> <p>OHP assister list for Coos attached to minutes. <a href="#">Link to OHP assisters for state shared link:</a>  <a href="https://www.oregon.gov/oha/hsd/ohp/pages/community-partners.aspx">https://www.oregon.gov/oha/hsd/ohp/pages/community-partners.aspx</a></p> <p>Discussion regarding phone update to include recordings for education. The current goal for release is November.</p> <p>The consumer shared experience with a provider who measured her ACE score and tried to treat her accordingly. The office visit was denied and that was a large concern.</p> <ul style="list-style-type: none"> <li>• Things that are going well.</li> </ul> <p>Consumer shared that all kids returned to school this week and she needed letters from the doctors and had to work with school staff and everyone was so kind even though they were all totally overwhelmed. They still shared excitement with those around them.</p> <ul style="list-style-type: none"> <li>• <b>Community Partner Representatives</b></li> </ul> <p>Opportunity shared to join our MECC committee, and it is open to consumers and community members. Email Sam and he can get you the information to you when they meet <a href="mailto:sam.baugh@advancedhealth.com">sam.baugh@advancedhealth.com</a></p>		
15 Min.	<p><b>OHA update</b> Presentation attached to minutes.</p>		Bevin
5 Min.	<p><b>CAC Vice Chair Results</b> New Vice Chair results have been received. Voted into the new role is Katie Gonzales by a vote of 8 to 4.</p>		Sam
20 Min.	<p><b>2024 CHIP update</b> Part of being on the CAC means you get to help us build our new CHIP. Each CHIP Action team has now met more than once. The final draft is expected to be sent to CAC by the end of November.</p>		Sam

	<p>Priority is Homelessness and Housing  Sub categories are addressing behavioral health  Goals:  1.) Increase and improve mental wellness literacy.  2.) Identify and create a list of standardized screening/assessment tool  Create a physical drop-in location for those in need of immediate BH related support.  Subcategory: Addressing Basic needs  1.) Identify partners and those that are willing to collaborate  2.) Identify and train CHW to help navigate care and thru the system  3.) Create a one stop location to address basic needs with multiple community partners in attendance.  Subcategory: Homelessness  1.) Community involvement and education  2.) Create MOU for partnering agencies to provide and coordinate services.  3.) Create a navigation and mobile outreach center  4.) Create a pathway to permanent housing  5.) Create a county wide low barrier shelter system  Workforce  1.) Build a job resource management system  2.) Employer engagement and development  3.) Population engagement and development  Intervention and prevention – This team is meeting on the 16<sup>th</sup> to create the goals.  If you are interested in joining any of these action teams please reach out to Sam to be included on the invitation <a href="mailto:sam.baugh@advancedhealth.com">sam.baugh@advancedhealth.com</a>  Feedback: What does success look like?  Concern shared that efforts for homelessness seem to be focused on Coos Bay area only and no rural communities.  Concern shared that childcare needs to be included in the workforce goals.  Clarification shared from the prevention and intervention group that one of the goals is to get a mobile unit which would help reduce that concern.</p>		
5 Min.	<p><b>2024 CHIP grants</b>  CHIP applications were extended, and our CHIP grant committee is meeting tomorrow. We have received 21 completed applications. We have 120,000 to award.</p>		Sam
10 Min.	<p><b>A1 C-Ya later presentation</b></p>		Lisa Frischkorn

The 13-week A1C-Ya Later Diabetes Empowerment Program includes virtual diabetes education and group coaching, physical training, and individual wellness coaching. The curriculum used for this program is adapted from “DEEP Diabetes Empowerment and Education Program”, in combination with local professionals in education and health.

Health and Wellness Coaching works! Nearly every participant in A1C-Ya Later programs had between a 1.2-2.0 drop in their A1C score after participating in this 3-month program! By applying small adjustments to their diet, and increasing their physical activity, participants lose weight, trim up their waistlines and even reduce their medication and insulin needs.

**Meet the Team!**

**Rita Hoover** is a Certified Diabetes Educator for Bay Area Hospital.

**Stephanie Polizzi** is a Registered Dietician with OSU Extension Service.

**Renee Menkens** is a Registered Nurse and a Certified Health and Wellness Coach with 36 years of leadership experience.

**Statia Ryder** is a Certified Health and Wellness Coach and founder of SER Vida LLC.

**PHASE 1: “EMPOWER” (4 weeks)**

DIABETES EDUCATION AND GROUP WELLNESS COACHING

o **Duration:** 12 classes (1 hour each) for 4 weeks, virtually on Zoom

o Diabetes and Nutrition education

**PHASE 2: “MOMENTUM” (8 weeks)**

EXERCISE OPTIONS AND INDIVIDUAL WELLNESS COACHING

**2-3 walks a week** for 8 weeks of in-person group support utilizing community walking programs located in Bandon and Coos Bay

**Fitness training** tailored for diabetics at the Momentum Fitness gym in Coquille

**8 weeks of individual wellness coaching** with Certified Health & Wellness Coaches, Statia Ryder and Renee Menkens (30 minutes a week per client, for 8 weeks) using Phone, Zoom, or Skype

**PHASE 3: “STEADY” (final week)**

DIABETES EDUCATION AND WELLNESS COACHING

o **Duration:** 3 Zoom classes (1 hour each) for one final week,

	<p>including the Final Potluck celebration</p> <ul style="list-style-type: none"> <li>o <b>Final meal celebration, games &amp; Special gifts</b></li> </ul> <p>We have been talking about different ways to reach out customers. We would love some feedback about our website and Lisa Frischkorn will be attending the next meeting looking for feedback. Please take time to review our website and be ready to share your feedback <a href="http://www.advancedhealth.com">www.advancedhealth.com</a> Feedback also welcome to increase traffic on our website.</p>		
5 Min.	<p><b>Open Floor – Public comment</b></p> <p>Three more nutrition classes available. Fliers attached. Sept is national cholesterol month. Resources available on the Food and nutrition OSHU website.</p>		<b>David</b>
	<p><b>Adjourn</b></p> <p>Meeting adjourned at 6:46PM</p>	Action	<b>David</b>
<b>Next Meeting</b>	<b>Thursday, October 3, 2024, 12:00 pm</b>		

## LIST OF ACRONYMS

- ACE – Adverse Childhood Experience
- ACA – Affordable Care Act
- APD – Aging and People with Disabilities
- BAH – Bay Area Hospital
- BC – Bay Clinic
- BCB – Bay Cities Brokerage
- BH – Behavioral Health
- CAC – Community Advisory Council
- CCH – Curry Community Health
- CCHC – Coast Community Health Center
- CCO – Coordinated Care Organization
- CGH – Curry General Hospital
- CHA – Community Health Assessment
- CHN – Curry Health Network
- CHIP – Community Health Improvement Plan
- CHNA – Community Health Needs Assessment
- CHW – Coos Health & Wellness or Community Health Worker
- CVH – Coquille Valley Hospital
- CWS – Child Welfare Services
- DCO – Dental Care Organization
- EHR – Electronic Health Record
- EMR – Electronic Medical Record
- FQHC – Federally Qualified Health Center
- MAPP – Mobilizing for Action through Planning and Partnerships
- MAT – Medication Assisted Treatment
- MH – Mental Health
- NBMC – North Bend Medical Center
- OAR – Oregon Administrative Rule
- OHA – Oregon Health Authority
- OHP – Oregon Health Plan
- ORCCA – Oregon Coast Community Action
- ODHS – Oregon Department of Human Services
- ORS – Oregon Revised Statutes
- PSS – Peer Support Specialist
- QI – Quality Improvement
- SUD – Substance Use Disorder
- SCHHS – Southern Coos Hospital & Health Center
- SCHC – South Coast Head Start
- SDS – Senior & Disability Services
- SSP – Self-Sufficiency Programs
- TPEP – Tobacco Prevention & Education Program

- THW – Traditional Health Worker
- WCHC – Waterfall Community Health Center