



Curry CAC meeting minutes 8.22.24

In Attendance:

Approval of minutes and agenda:

Advanced Health Staffing Changes: Mellissah Hendrickson will no longer be with Advanced Health moving forward. If you would like to contact her you can reach her at mhendrickson@scbec.org

A1C-Ya Later: 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, including the Final Potluck celebration
- o Final meal celebration, games & Special gifts

Expungement in Oregon:

- Oregon's expungement laws were updated in 2021, changing the fees and waiting periods and streamlining the process (a bit!).
- So, even someone who has been discouraged in the past should reach out for an evaluation under the new expungement criteria - they may be pleasantly surprised to learn they are now eligible!

- Many people don't realize that arrests, dismissals, diversions, and acquittals still show up on their record - even though they were never convicted. These entries on their record still reference the charge, and easily can be just as off-putting to a prospective employer or landlord as a conviction itself. So, even if you never were convicted, it may be good to seek an evaluation for expungement.
- One thing that hasn't changed is that violent crimes and people who have (any) charge currently pending are ineligible.

How: Walk into St. Tim's or Brookings CORE Response to request a referral for expungement, or ask Curry Probation or the Community Resource Officer, if you're comfortable. No charge for the legal work; there is a \$33 fee to the Oregon State Police (and we have a small scholarship fund to help people for whom that would be a burden). Please note that we can only handle Oregon expungements.

OHA update: Attached to Minutes

CHIP Progress and Workshops: CHIP priorities have been chosen and workshops to make goals and action plans per CHIP action team has begun. Please reach out to Mellissah or Sam to join one of the teams and or workshops.

Housing and Homelessness Action Team workshop 8/30/24 1:00PM-3:00PM Virtual only (Teams)

Access to Healthcare Action Team has already met but is looking for additional team members.

Curry CHIP Childcare Action Team Meeting 10/11/24 at 9AM by zoom:

https://us02web.zoom.us/webinar/register/WN_gFouzlsbQsu48rAEkHEJ-w#/registration

If you are interested in joining this team please reach out to our Action Team Champion Skaidra Scoley sscohley@screlhub.com

Food and Nutrition Action Team workshop 08/27/2024 1:00PM – 4:00PM In person Gold Beach Library and Zoom