



**Notice and Agenda
 Regular Meeting of the Gravenstein Health Action Chapter
 May 17, 2018 6:00-7:30 p.m.**

Gravenstein Chapter Charter
 Support the mission, vision, and values of Health Action in promoting optimal health within West County
 through sustainable, community based services.

Location: Sonoma West Medical Center – Conference Room

Call to Order

Roll Call

Introduction New Members – Kevin Munroe, Danielle Connor, Stephen Zollman, Ken Misajet

Approval of Agenda

Open Session – 6 pm

Public Questions/Comments – If you wish to speak to a matter not on the agenda, please make your comments at this time. Please limit your comments to 3 minutes.

Consent Calendar –
 Approval of the March 15, 2018 Minutes
 Approval of the April 19, 2018 Minutes

Informational Handouts

- **Sonoma Health Action – Youth Membership Opportunities for Sonoma County**

A Long and Healthy Life

Health Action Priorities	Strategies	Time	Facilitator	Notes
Promote high value well-coordinated person-centered care that is available and accessible by all residents.	“It’s Up to Us” Subcommittee Activity Report	6:10pm -6:20pm	Sandra DeBella-Bodley	B/P Activity Report Reportable Outcomes
Promote Healthy, Safe, Communities and Environments	Public Health-Tobacco Retail Licensing	6:20-6:40 pm	Greg Damron, Michelle McGarry	Sebastopol City Ordinance Retail License

	Age Friendly Committee	6:40-6:50		<ul style="list-style-type: none"> • Connect Council on Aging with Center for Well Being • My Care My Plan • Lyft • Lecture Series • Connect with Meals on Wheels for Data
Support Behavioral Health Care as an Essential Component of Overall Well-Being Including Upstream Prevention	First Meeting	6:55pm-7:00pm	Alanna	<p>Chair: Natalie Stockton</p> <p>Members: Paulette Hall, Jerry Newman, Dave Murphy, Marian Pena</p>
	Bright Hearth Health		Jon, Florence	
Educational Attainment				
Health Action Priorities				
Support Every Child Entering Kindergarten to be Ready to Succeed	Cradle to Career Update	7:00pm- 7:05 pm	Alanna	<p>Subcommittee: Nicole Clark, Alex Moore, Carrie King, Cordelia Hurst, Stephen Zollman, Kellie Noe.</p> <p>Ready to Schedule a Subcommittee meeting.</p>
Promote the Academic Success of Every Child In and Out of School				
Support Every Young Adult to Prepare for and Complete the Highest Level of Education/Training to Achieve Their Career Goals				
A Comfortable Standard of Living				
Health Action Priorities				

Promote Affordable, Accessible, Safe and Healthy Housing for All	Park Village – Grant Update	7:05pm-7:15pm	Emily, Neysa	Respite Proposal/ Use of PHNs
Promote Financial Stability and Independence				
Values				
Community Engagement				
	Listening Session Update <ul style="list-style-type: none">Committee Meeting Fircrest	7:15 pm-7:25pm	Alanna Brogan, Sandra DeBella-Bodley, Marsha Sue Lustig	Planning for Community Event
	Youth Membership	7:25-7:30	Alanna	
Sustainability	Strategies	Time	Facilitator	
Aligned Funds				
Pooled Funds				

Palm Drive Health Care District

Members of the public have the right to speak on any item on the published agenda. If you wish to speak about a matter not on the published agenda, please make your comments during the portion of the meeting designated for Public Comments. Please limit your remarks to three minutes. Please note that, with some exceptions, the District Board does not engage in discussion or take action on non-agenized matters. However, the board may respond briefly to public comments, refer matters to staff; ask questions for clarification, or schedule matters for future agenda. Materials related to open session items on this agenda that are submitted to the Board or committee after distribution of the agenda packet are available for public inspection during normal business hours at 612 Petaluma Avenue, Sebastopol, CA.

Consent Items:

The Board agenda may include items on a consent calendar. Consent calendar items are routine matters or matters which have been reviewed by the board previously. These items may be approved by one motion without discussion unless a board member requests that the item be taken off the consent calendar. Items removed from the consent calendar will be taken up upon completion of action on the remainder of the items on the consent calendar.

American Disability Act (ADA)

The Sonoma West Medical Center complies with ADA (American Disabilities Act) requirements and upon request, will attempt to reasonably accommodate individuals with disabilities by making meeting material available in appropriate alternative formats (pursuant to Government Code Section 54953.2). Anyone requiring reasonable accommodation to participate in the meeting should contact Janet Harris, Executive Assistant at (707) 823-3586.

Palm Drive Health Care District
Gravenstein Health Action Chapter

Minutes

Purpose: Regular Gravenstein Health Action Committee Discussion Minutes
Date/Time March 15, 2018
Location: Sonoma West Medical Center
Conference Room
501 Petaluma Avenue
Sebastopol, CA 95472

Roll Call:

Director Klich-Heartt..... Late
Director Powers Present

Advisors and Others Present:

Alanna Brogan March Sue Lustig
Natalie Stockton Laura Moss
Beth Dadko Helen Baum
Sandra Debella Bodley Linda Civitello

OPEN DISCUSSION SESSION 6:08 p.m.

APPROVAL OF THE AGENDA

The agenda was approved.

PUBLIC QUESTIONS/COMMENTS

None

CONSENT CALENDAR

The Minutes of February 15, 2018 were approved with a motion by Director Klich-Heartt and a second by Director Powers, with no objections.

INTRODUCTIONS of New Members

Introductions were made all around with Alanna introducing new members who were unable to attend:

Kalia Musseter, Mental Health, Nicole lark, Teens for Careers, Cordelia Hurst, Director Sebastopol Senior Center.

PUBLIC QUESTIONS/COMMENTS

None

INFORMATIONAL HANDOUTS

Alanna reviewed the handouts that contained in the agenda packet.

Sandra gave an update on the Tobacco license as discussed in the last meeting. She has spoken to both Lindsey Freitas, Senior Director of the Tobacco Report and Alena from Center for Well Being She found out that the county does have a requirement for unincorporated areas of the county to have retailers have a specific retail license to sell tobacco, however the cities in Sonoma County do not require this specific local tobacco license. The Center for Well Being is working with several cities in the county to obtain this license, but currently Sebastopol is not included. Sandra thinks that this is an opportunity for the City of Sebastopol to follow up and be included.

DISCUSSION ITEMS

1. A Long and Health Life

a. "It's Up to Us"

As Mary Lou was unable to attend the meeting Alanna gave a brief overview of the B/P checks taken at last Sunday's Farmers market. The need for graphs and reportable outcomes was discussed.

The need for more volunteers was discussed.

b. Senior Center of Excellence

Setting up mental health as a sub-committee was discussed. Linda Civitello is considering chairing the committee. Committee volunteers are, Helen Baum, Paula Shatkin, Marsha Sue, Sandra, Dr. Allen Bernstein, and Dr. Pamela Abbott-Enz.

The committee will decide the name of the committee and time and day to meet.

c. Starting Behavioral Health Sub-Committee

Alanna stated that currently more volunteers are needed but so far, the Volunteers are: Natalie Stockton as Chair, Kalia Musseter, Jerry Newman.

Alanna reviewed the CHIPPA Roster provided as a handout and the CHIPPA Sober Circle. Other sobriety groups were mentioned.

2. Educational Attainment

a. SACA Cradle to Career Update – Youth Representative.

Alanna stated Nicole Clark, Alex Moore and Cordelia Holt (New Director of the Sebastopol Community Center) have volunteered. Marsha Sue will look into recruiting a few more members for this committee.

- b. A Comfortable Standard of Living**
 - a. Park Village – Respite Care**

Alanna stated that this is moving ahead. They are in the planning states for respite beds.

3. Values

Community Engagement

Alanna mentioned that the Graton Disaster Fair is April 7, from 10-2pm and volunteers are needed. Alanna and Eira will staff the booth from 10-12 noon and Sandra and Helen will staff the booth from 12-2 pm.

- a. Listening Session Update**

Alanna reviewed the spreadsheet provided as a handout at the meeting:

Bodega - March 28, 2018 at 7:00 p.m. Alanna, Eira and Beth will present
Graton - April 6, 2018 1:30 p.m., Alanna, Sandra, Marsha Sue and Jody will present.
Rotary Sunrise – March 21, 2018 at 7:00 a.m., Alanna, Beth and Marsha Sue will present

Linda will check with the noon Rotary to see if we can get on their agenda.

There is still a community trailer needed before a presentation can be done at Park Village.

A general Community Listening Session is planned for Monday May 14, 2018 from 6 – 8 p.m. at the Sebastopol Library.

- b. City Council**

As Neysa had other commitments this month, no City Counsel updates were given.

- c. CHIPA Health Action Calendar**
- d.**

Alanna reviewed the 2018 CHIPA & Work Groups Schedule in calendar format that was included in the agenda packet.

Sustainability

- a. PRIME Repot**

Alanna stated that she and the Prime Grant Committee are working on the report due on March 31st.

Adjournment: there being no further business the meeting concluded at 7:24 p.m.

Respectfully submitted
Janet Harris
Clerk of the Board

Palm Drive Health Care District
Gravenstein Health Action Chapter

Minutes

Purpose: Regular Gravenstein Health Action Committee Discussion Minutes
Date/Time April 19, 2018
Location: Sonoma West Medical Center
Conference Room
501 Petaluma Avenue
Sebastopol, CA 95472

Roll Call:

Director Klich-Heartt..... Absent
Director PowersAbsent

Advisors and Others Present:

Alanna Brogan	Nichole Clark	Jeremy Newman
Natalie Stockton	Greg Damon	Marian Pena
Beth Dadko	Helen Baum	
Sandra Debella Bodley	Kalia Mussetter	

OPEN DISCUSSION SESSION 6:08 p.m.

APPROVAL OF THE AGENDA

As the Directors were unable to attend the agenda was not approved

PUBLIC QUESTIONS/COMMENTS

None

CONSENT CALENDAR

The minutes were not addressed as the Directors were unable to attend the meeting

INTRODUCTIONS of New Members

Introductions were made all around. Marian Pena from West County Community Health is the newest member of the chapter.

PUBLIC QUESTIONS/COMMENTS

None

INFORMATIONAL HANDOUTS

Sandra introduced Greg Damron, from the Sonoma County Department of Health Services who gave a power point presentation explaining the Retail Tobacco Licensing and the types of tobacco and tobacco apparatuses available to teens.

DISCUSSION ITEMS

1. A Long and Health Life

a. "It's Up to Us"

Sandra gave an update on the Sebastopol Farmers Market stating with more volunteers a 4-hour B/P check would be beneficial.

Alanna advised that the hospital is building a team and they may help with the B/P screenings.

b. Senior Program

Alanna stated the first meeting has been scheduled for April 25, 2018 at 3:00 P.M. The advisors for this team are: Paula Shatkin, Laura Moss, Marsha Sue Lustig, Sandra Debella-Bodley, Dr. Allan Bernstein, Helen Baum, Dr. Pamela Abbott-Enz, with Linda Civitello considering being the Chair.

c. Report on Disaster Preparedness Fair

Alanna stated that they fair, held at the Firehouse in Graton, was very successful. The District and Sonoma West Hospital shared a booth, with informational handouts concerning the Vial of Life, and Stop the Bleed, and a Stop the Bleed demonstration.

d. Behavioral Health Sub-Committee

Alanna stated that the members of this committee will be Natalie Stockton as the Chair, Marian Pena, Jerry Newman, Kaila Musseter, Dave Murphy and Paulette Hall. A Doodle Poll will be sent out for a choice of dates.

Marian gave a brief synopsis of what West County Health is now doing and how they are expanding their services.

2. Educational Attainment

a. SACA Cradle to Career Update

This item was tabled until the next meeting

b. Park Village – Grant Update

This item was tabled until the next meeting.

3. Values Community Engagement

a. Listening Session Update

Alanna stated that the Bodega Bay session went well. The notes from that session that were included in the agenda packet were reviewed.

On May 9 at 2 P.M. in the Sonoma West Conference Room there will be a listening session with members of the Fircrest Mobil Home Park.

Another session will be held at the Library on May 14 at 6 p.m. The volunteers for this session are Sandra, Jerry, Alanna, Helen and Carrie.

As a wrap up Alanna asked the members to consider if this meeting day should be changed once the sub-committees start meeting.

Adjournment: there being no further business the meeting concluded at 7:30 p.m.

Respectfully submitted
Janet Harris
Clerk of the Board
Palm Drive Health Care District

Youth Membership Opportunities for Sonoma County

Use your voice, be heard, and make a big difference!

What organizations are recruiting for Youth Members at this moment?

Many boards, councils, and other groups are interested in youth members, including:

- Health Action Council
- CHIPA (Community Health Initiatives in the Petaluma Area), a Health Action Chapter
- Sonoma County Prevention Partnership (Alcohol, Tobacco, and Other Drug Prevention)
- Sonoma Environmental Education Collaborative (SEEC)
- Keeping Kids in School (KKIS)
- Agricultural Preservation and Open Space District Advisory Committee
- Sonoma County Parks and Recreation Advisory Commission (PRAC)
- Teen Health Advisory Coalition (THAC)

What are the responsibilities and qualifications required of the youth members?

Young people interested in being an official youth member should:

- Live or attend school in Sonoma County and be between the ages of 16-24 years old
- Serve a one year term from August 2017 through June 2018
- Participate in a new member orientation during the summer 2017
- Attend regular meetings (varies from four times a year to monthly, depending on the group)
- Participate on a subcommittee or workgroup
- Contribute your input and perspective to the general group and subcommittee/workgroup
- Work closely with an adult ally that is a current group member
- Share news and information with your school and community
- Optional: complete a project educating your peers about issues that impact their lives

What are some of the benefits and incentives for participating?

This is a great opportunity if you want to make a difference. Other benefits could include:

- Earn a monetary award up to \$200/term
- Earn community service credit required by many high schools and colleges
- Develop your leadership skills and get involved in Sonoma County government
- Explore new career opportunities
- Learn about issues affecting your community and how you can take action
- Develop strong peer relationships with adults, including a mentorship with an adult ally
- Meet new people while having fun!

How do interested young people apply?

For more information and/or an application please visit the [Health Action website](#) or contact Beth Dadko at (707) 565-6681. Applications for the 2018-2019 youth membership are due on Tuesday, May 1, 2017 by 5:00pm.

March June Sept Dec

Youth Membership Application Information

Thank you for your interest! This is a one-form application to match youth with one of many health-improvement efforts in Sonoma County. Youth involvement is essential in all our efforts, and we hope this joint application is a more effective way to link youth with a variety of opportunities.

Application process and timeline for the 2018-2019 term:

- Please complete and submit the application packet with two letters of recommendation by **Tuesday, May 1, 2018 by 5:00pm.** (The contents of the application packet include the general application with questions and experience; two letters of recommendation; and signed applicant agreement.) **Sorry...incomplete or late applications will not be accepted.**
- A staff member from the Sonoma County Department of Health Services staff will contact you within two weeks of your application submission to let you know if you are selected for an interview.
- The interviews will be scheduled and conducted by **Friday, May 18, 2018.** You will be interviewed by a committee of 3-4 people including organization staff and/or members and a young person participating on another board, council, or group.
- The interview committee will make their recommendations to the participating organizations. Ultimately, the youth members are appointed to the board, council, or group.
- Selections will be made and you will be notified by **Friday, May 25, 2018, about the status of your participation.** If you are selected for youth membership, your official appointment will be approved by the group at its subsequent meeting.
- If you are not selected for youth membership in this term after being interviewed, you will be invited to reapply when a youth membership seat opens, if you are still eligible. You will also be referred to other youth leadership opportunities within the County based on your interests.
- If you are invited to participate, a date will be scheduled for **orientation and training.**

Submit your completed applications by **Tuesday May 1, 2018 to:**

Department of Health Services
Attention: Beth Dadko
Mail: 490 Mendocino Ave., Suite 101, Santa Rosa, CA, 95401
Email: beth.dadko@sonoma-county.org
Fax: (707) 565-6681



Please email, mail or fax completed applications to:

Beth Dadko
beth.dadko@sonoma-county.org
490 Mendocino Avenue, Suite 101
Santa Rosa, CA 95401
Phone: 565-6681 Fax: 565-6619

Youth Membership Application

General Information			
Name:	First	Middle	Last
Address:	Street	City	Zip
Mailing Address: (If different from above.)			
Home Phone:	Cell Phone:		
Email Address:			
Birthday:	Age:		
School or Youth Organization:	Year in School:		

Emergency Contact Information		
Parent/Guardian Name:	Relationship:	Phone:
Alternative Contact Name:	Relationship:	Phone:

Typical Interest Areas
Please rank your interest areas from 1-8, with 1 being your top choice and 8 being your last (please last 2 pages for descriptions):
Health Action Council ____ Teen Health Advisory Coalition (THAC) ____
Prevention Partnership ____ CHIPA ____
Sonoma Environmental Education Collaborative (SEEC) ____
Keeping Kids in School ____ Ag and Open Space District ____
Parks and Recreation Advisory Commission ____



Please email, mail or fax completed applications to:

Beth Dadko

beth.dadko@sonoma-county.org

490 Mendocino Avenue, Suite 101

Santa Rosa, CA 95401

Phone: 565-6681 Fax: 565-6619

Experience and Desired Experience

Please indicate if you have experience and/or if you would like experience in the following areas (you may check both boxes if it applies):

Topic Area	Have Experience	Would Like Experience
Meeting Facilitation		
Policy Development or Advocacy		
Public Speaking		
Job Shadowing		
Research or Data Analysis		
Project-Based Learning		

Applicant Agreement and Signatures

I understand the responsibilities required of youth members. If selected, I pledge to attend all meetings, complete a project, and participate as an active team member.

Youth Signature: _____

Date: _____

(For youth under 18 years old) As a parent/guardian, I have read through the information about youth membership and support my child in applying for this opportunity.

Parent/Guardian Signature: _____

Date: _____

HEALTHACTION

Please email, mail or fax completed applications to:

Beth Dadko
beth.dadko@sonoma-county.org
490 Mendocino Avenue, Suite 101
Santa Rosa, CA 95401
Phone: 565-6681 Fax: 565-6619

Youth Membership Application Questions

We would like to know more about you and your interests. Please tell us about yourself! On a separate piece of paper, briefly answer the following questions:

1. Describe yourself. What are your talents, skills, and interests?
2. What communities do you feel connected to? *(Examples: Disabled, Homeless, Teen Parent, GLBTQI, Low-Income, Immigrant. Remember, you are not limited to these choices. Feel free to add your own.)*
3. Why are you interested in being a youth member in Sonoma County? What unique perspectives will you bring to an organization?
4. What would be your goal as youth member?
5. How did you hear about this youth membership opportunity?



Please email, mail or fax completed applications to:
Beth Dadko
beth.dadko@sonoma-county.org
490 Mendocino Avenue, Suite 101
Santa Rosa, CA 95401
Phone: 565-6681 Fax: 565-6619

Relevant Leadership Experience and Community Service

Please provide a brief summary of your experience and accomplishments as it relates to your ability to serve on a coalition or board (examples of leadership opportunities where you have displayed your ability to serve on a committee, effectively communicate in large groups, work on a team, etc.).

Organization and Contact Name	Dates Served	Work Completed



Please email, mail or fax completed applications to:
Beth Dadko
beth.dadko@sonoma-county.org
490 Mendocino Avenue, Suite 101
Santa Rosa, CA 95401
Phone: 565-6681 Fax: 565-6619

Letter of Recommendation

Please answer the following questions about the youth listed below. Feel free to use a separate sheet of paper, and please sign the sheet once completed. Your letter will not be shared with the youth applicant. Thank you very much!

Name of the youth you are referring: _____

How long have you known them and in what capacity?

What are the unique skills and talents that you feel this young person has to bring to a group?

In what area(s) does this youth need support or have a need for growth?

How would you describe this youth's attendance and reliability?

Other comments:

Name/Signature: _____ **Date:** _____



Please email, mail or fax completed applications to:

Beth Dadko
beth.dadko@sonoma-county.org
490 Mendocino Avenue, Suite 101
Santa Rosa, CA 95401
Phone: 565-6681 Fax: 565-6619

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Please answer the following questions about the youth listed below. Feel free to use a separate sheet of paper, and please sign the sheet once completed. Your letter will not be shared with the youth applicant. Thank you very much!

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What are the unique skills and talents that you feel this young person has to bring to a group?

In what area(s) does this youth need support or have a need for growth?

How would you describe this youth's attendance and reliability?

Other comments:

Name/Signature: _____ Date: _____

Youth Membership Opportunities

Health Action Council

Health Action is a partnership of local leaders, organizations, and individuals dedicated to improving health and well-being and reducing disparities across Sonoma County. Health Action's vision is that Sonoma County is a healthy place for all residents to live, work, play, and belong. Health Action's mission is to mobilize community partnerships and resources to achieve equity and improve health and well-being for all in Sonoma County. To achieve its mission, Health Action focuses on three impact areas: a long and healthy life, educational attainment, and a comfortable standard of living. Health Action raises awareness of key local health issues, addresses social determinants of health, and highlights critical disparities within the community. As Health Action evolves, so does its understanding of what is required to realize the high level of impact it strives to achieve. Health Action's [Framework for Action](#) lays out a roadmap for realizing this higher level of impact along three domains: Strategy, including refined health and well-being priorities and values; Stewardship, including a collective approach to supporting priorities and clearly defined expectations of Health Action members; and Sustainability, including the development of a sustainable financing plan. Currently, the Council of about 50 community leaders from all sectors of the community including city government, the local health care system, non-profits, businesses, education, and community members helps work the Framework for Action through strategy, stewardship and sustainable financing. Please see the [Health Action website](#) for more information.

Community Health Initiatives in the Petaluma Area (CHIPA)

CHIPA is a Health Action Chapter, a local community health improvement group with representation from many sectors of the community including city government, the local health care system, non-profits, businesses, education, and community members. Health Action Chapters initiate and support policy, system, and environmental change on a local level. CHIPA's priority areas are Cradle to Career, Mental and Behavioral Health, and Wellness and Prevention (focused on Hearts of Sonoma, EBT matching for farmers markets, and healthy aging). CHIPA is also forming an ad hoc policy workgroup to develop guiding policy principles and an advocacy plan. Please see the [CHIPA website](#) for more information.

Sonoma County Prevention Partnership

The Sonoma County Prevention Partnership is a county-wide voluntary collaborative forum for planning and decision-making for the promotion of health policy and advocacy efforts. The Partnership engages stakeholders in a process to increase alcohol, tobacco and other drug (ATOD) policy and advocacy efforts. The Partnership prioritizes issues through regular general meetings and issue specific subcommittees (alcohol, marijuana, prescription drugs, and tobacco), and provides direction 1) to support and inform the community regarding alcohol, tobacco, and other drug policies; 2) to advocate for local, statewide, and national policies to promote health and decrease the community burden of ATOD; and 3) to build collaborative relationships with community groups and initiatives that support the Partnership mission. For more information, please see the [Prevention Partnership website](#) for more information.

Sonoma Environmental Education Collaborative (SEEC)

SEEC creates vibrant, innovative collaborations that increase environmental literacy in Sonoma County citizens. SEEC identifies and addresses regional needs for environmental education beyond the scope of individual organizations. Our work identifies gaps in existing resources and activities, considers how existing resources can be better leveraged to achieve common goals, and seeks new resources for collaborative projects that enhance existing infrastructure and programs. For more information, please see the [SEEC website](#).

Keeping Kids in School (KKIS)

In December 2013, A Sonoma County team, led by Sonoma County's Presiding Juvenile Court Judge Virginia Marcoida, attended a Summit on "Keeping Kids in School and Out of Court Day" in Anaheim, CA. The group was inspired to form a local initiative to address chronic absenteeism in Sonoma County including all key stakeholders. The group began meeting in February 2014, and meets quarterly to collaborate and share best practices in reducing chronic absenteeism. The current Partnership is led by the presiding juvenile judge, Judge Gness.

Agricultural Preservation and Open Space District Advisory Committee

The Sonoma County Agricultural Preservation and Open Space District (Ag + Open Space) was created by the visionary voters of Sonoma County in 1990 to protect the county's farmland, scenic open space, and natural areas for the benefit of its residents now and for future generations. Ag + Open Space is funded by a voter-approved quarter-cent sales tax through 2031. As one of the first organizations in the country established to protect both agricultural and open space lands, the agency has protected over 112,000 acres to benefit natural and human communities. The Ag + Open Space Advisory Committee is comprised of 17 members representing agriculture, the environment, local government, real estate, and business. The Advisory Committee reviews and provides input on all elements of the agency's work – including land acquisition, stewardship, planning, education, and community relations. Ag + Open Space is seeking youth representation on its Advisory Committee to ensure that we are reflecting the diversity of our community and to engage the next generation in land conservation. Please see the agency's [website for more information](#).

Sonoma County Parks and Recreation Advisory Commission (PRAC)

The Sonoma County Parks and Recreation Advisory Commission was established in 1991 to advise the Board of Supervisors. The Commission's role is to promote and encourage public recreation, study park issues, and make recommendations to the Board and Regional Parks Department about the maintenance, development, and operation of recreational area and facilities serving Sonoma County residents. Please see the [Sonoma County Regional Parks website](#) for more information.

Teen Health Advisory Council (THAC)

The Teen Health Advocacy Coalition (THAC) is a collaborative organization that works together to improve the wellbeing of Sonoma County youth through sharing information and disseminating best practices on adolescent health. We are committed to creating a coordinated and integrated system that promotes and protects the health of local teens. Members represent a variety of agencies that serve adolescents, including community-based and governmental organizations.

PALM DRIVE HEALTH CARE

From: Beth Dadko <Beth.Dadko@sonoma-county.org>
DISTRICT

Sent: Tuesday, March 20, 2018 9:28 AM

To: 612 Petaluma Avenue, Sebastopol, CA 95472
Beth Dadko

palmdrivehealthcaredistrict.org

Subject: Health Action Chapter Resources and Information- March 20

Attachments: Intersections Initiative_Sonoma Coalition_DRAFT proposal narrative_revie....docx; It's Up to Us Check Your BP - Social Media Toolkit (Updated Jan 2018).docx

Dear Health Action Chapter Leadership,

I wanted to share a number of resources and opportunities. Please share these with your Chapter Membership as appropriate:

1. Free Advance Care Planning Workshops in April- from the Committee for Healthcare Improvement's My Care, My Plan initiative
2. ReThink Health Toolkit: A Planning Process for Developing a Resident Engagement Strategy. You can find the recording of the Virtual Meeting [here](#), and the Toolkit [here](#). 4-part blog series on resident engagement: <https://www.rethinkhealth.org/the-rethinkers-blog/exploring-resident-engagement-for-health-system-transformation/>
3. Intersections Initiative Proposal (attached)- St. Joseph Health is leading an effort to address mental/behavioral health. The group recently submitted a proposal focusing on housing as an overall approach to address behavioral health. This may be of interest to those Chapters working on mental/behavioral health and housing.
4. Updated *It's Up to Us* Campaign Social Media Toolkit- from the Committee for Healthcare Improvement's Hearts of Sonoma County initiative. Even though the campaign push was in February, the campaign still continues. It's not too late. Please help spread the word! (attached)
5. Sonoma County Regional Parks Spring Guide Regional Parks- \$5 park membership available for low-income individuals/families through health centers
6. Today, March 20, is the International Day of Happiness! This year's theme is Share Happiness- and we know happiness is connect to overall health and well-being!



Press
Release



1.

FOR IMMEDIATE RELEASE: March 12, 2018

Free Advance Care Planning Workshops in April

Who will speak for you if you can't speak for yourself?

Live in accord with your beliefs and values. Fulfill the goals that have meaning for you. Enjoy your favorite comforts: Isn't that how you should get to live right up to your last breath—even if a medical crisis means that you are unable to make decisions for yourself?



In honor of **National Healthcare Decisions Day and Week, April 15-22**, *My Care, My Plan: Speak Up, Sonoma County* will hold several **free workshops in Sonoma, Petaluma and Santa Rosa** to encourage residents to speak up now about how they want to be treated if incapacitated in a future medical situation.

"What would your most important priorities be if you were very ill and unable to participate in decision-making? What would matter to you most if your time were very limited? Who would you want to be prepared to speak for yourself in such moments? What would you want to be sure your loved ones and health care team knew you would want to avoid, if at all possible? These are some of the important questions to discuss with your loved ones," says Gary Johanson, MD, Medical Director, Memorial Hospice and St. Joseph Palliative Care Services.

Two workshops on ***Who Will Decide?*** will be Wednesday, April 11, 5:30-7:30 p.m. at Hospice of Petaluma, and Wednesday, April 18, 5:30-7:30 p.m., at Memorial Hospice, Santa Rosa.

Friday, April 13, 12:30–1:30 p.m., Steven Pantilat, M.D., Director, UCSF Palliative Care Program, will address ***Living Well with Serious Illness***, at Vintage House in Sonoma. His talk will be followed by two ***Complete Your Advance Health Care Directive*** workshops, one at 2 p.m. and another starting at 6:30 p.m.

On Tuesday, April 17, 2-4 p.m., a ***Who Will Speak for You If You Can't Speak for Yourself?*** workshop in Santa Rosa will be led by Dr. Johanson of Memorial Hospice and St. Joseph Palliative Care Services, and Dorothy Foster, MFT and co-chair of *My Care My Plan: Speak Up, Sonoma County*.

"Documentation of your wishes, through completion of an advance care directive, is part of the process," says Foster. "It's not something you do just once, but multiple times over your lifespan, because your priorities at age 25 are bound to be different at age 55 or 85."

Register for any workshop or talk at: MyCareMyPlanSonoma.org under Events, (707) 565-5950 or aasecretary@schsd.org.

My Care, My Plan: Speak Up, Sonoma County's (MyCareMyPlanSonoma.org) vision is for every adult in the county to become educated and empowered to express his/her wishes about end-of-life care, to have the opportunity to do so, and to have their wishes honored in a medical crisis. This is an initiative of the Committee for Healthcare Improvement and Sonoma County Health Action, mobilizing community partnerships and resources to achieve equity and improve health for all in Sonoma County. MCMP is a collaborative of organizations and individuals from the private, public, nonprofit, and volunteer sectors, including local health care and social service organizations and other community partners.

###

Free Workshops on Advance Care Planning

Who Will Speak for You When You Can't Speak for Yourself?

Tuesday, April 17, 2-4 p.m.

Partnership Healthplan of California, 495 Tesconi Circle, Santa Rosa

Who Will Decide?

Wednesday, April 11, 5:30 – 7:30 p.m.

Hospice of Petaluma, 416 Payran St., Petaluma

Living Well with Serious Illness

Friday, April 13, 12:30 – 1:30 p.m.

Vintage House, 264 First Street East, Sonoma

Complete Your Advance Health Care Directive

Friday, April 13, 2 – 3 p.m.

Vintage House, 264 First Street East, Sonoma

AND

Friday, April 13, 6:30 – 8 p.m.

Vintage House, 264 First Street East, Sonoma

Who Will Decide?

Wednesday, April 18, 5:30 – 7:30 p.m.

Memorial Hospice, 439 College Ave., Santa Rosa

Reservations: MyCareMyPlanSonoma.org / (707) 565-5950 / aasecretary@schsd.org

Media Contact:

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5.



Spring is meant for exploring the parks, and our latest activities guide presents more than 60 opportunities to enjoy Sonoma County's parks in March, April and May.

Join the new "Nature Heals" outings featuring art, yoga and poetry. Come along on wildflower walks, family adventures, bird walks, and dozens of other guided activities and special events. Plus, see this year's summer camp offerings.

Download your activities guide and join us in the parks!



6.



Celebrating International Day of Happiness

This Tuesday (20 March) is the International Day of Happiness and all around the world people will be doing things to promote wellbeing and to bring happiness to others.

This year's theme is **Share Happiness**, focusing on the importance of relationships, kindness and helping each other.

> [Get involved and help spread the word](#)

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Alanna Brogan

From: DHS-Health Action <DHS-HealthAction@sonoma-county.org>
Sent: Thursday, April 19, 2018 1:52 PM
To: DHS-Health Action
Cc: Kristin Fladseth
Subject: Joint Youth Member Recruitment for 2018-19 School Year

Hello Health Action Leadership Team,

Here is an email you can customize as you help with recruitment for next year's Joint Youth Members. Please share this widely with your contacts. Applications are due May 1. Thank you!

**Do you value health, equity, and collaborating with others?
Are you passionate about creating meaningful change in your community?
Join us in making Sonoma County a healthy place to live, work, and play...a place where
people thrive and achieve their life potential!**

Many health improvement coalitions need youth involvement in order to succeed and are committed to increasing youth civic engagement. **The following groups are currently inviting Sonoma County youth between the ages of 16-24 to apply for youth membership:**

- Health Action Council
- CHIPA (Community Health Initiatives in the Petaluma Area), a Health Action Chapter
- Sonoma County Prevention Partnership (Alcohol, Tobacco, and Other Drug Prevention)
- Sonoma Environmental Education Collaborative (SEEC)
- Keeping Kids in School (KKIS)
- Agricultural Preservation and Open Space District Advisory Committee
- Sonoma County Parks and Recreation Advisory Commission (PRAC)
- Teen Health Advisory Council (THAC)

Multiple youth will be selected to serve on each of these coalitions for one-year terms.

What are the responsibilities and qualifications required of the youth members?

Young people interested in being an official youth member should:

- Live or attend school in Sonoma County and be between the ages of 16-24 years old
- Serve a one year term from August 2017 through June 2018
- Participate in a new member orientation during the summer 2017
- Attend regular meetings (varies from four times a year to monthly, depending on the group)
- Participate on a subcommittee or workgroup
- Contribute your input and perspective to the general group and subcommittee/workgroup
- Work closely with an adult ally that is a current group member
- Share news and information with your school and community
- Optional: complete a project educating your peers about issues that impact their lives

What are some of the benefits and incentives for participating?

This is a great opportunity if you want to make a difference. Other benefits could include:

- Earn a monetary award up to \$200/term
- Earn community service credit required by many high schools and colleges

- Develop your leadership skills and get involved in Sonoma County government
- Explore new career opportunities
- Learn about issues affecting your community and how you can take action
- Develop strong peer relationships with adults, including a mentorship with an adult ally
- Meet new people while having fun!

How do interested young people apply?

For more information and/or an application please visit the [Health Action website](#) or contact Beth Dadko at (707) 565-6681. **Applications for the 2018-2019 youth membership are due on Tuesday, May 1, 2017 by 5:00pm.**

Regards,

Beth Dadko, Health Action Community Engagement Coordinator, Beth.Dadko@sonoma-county.org

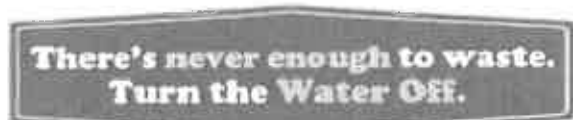
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