



Notice and Agenda
Regular Meeting of the Gravenstein Health Action Chapter
February 15, 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				
Approval of the Agenda				
Open Session – 6 pm				
New Members: Helen Baum, Christy Lubin, Derek Forman – Sebastopol Community Cultural Center				
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 September 21, 2017 Minutes Approval of the November 16, 2017 Minutes Approval of the January 18, 2018 Discussion Minutes				
2018 Meeting Calendar				
Informational Handouts				
<ul style="list-style-type: none"> • Disaster Preparedness Flier 				
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 Update	6:05pm -6:10pm	Sandra DeBella-Bodley	See attached notes B/P Activity Report

Promote Healthy, Safe, Communities and Environments	Graton Labor Center – Training for Laborers On their rights.	6:10pm- 6:25pm	Christy Lubin	
	Senior Center of Excellence	6:25pm – 6:40pm	Alanna	Living Bridges
Support Behavioral Health Care as an Essential Component of Overall Well-Being Including Upstream Prevention				

Educational Attainment

Health Action Priorities	Strategies	Time	Facilitator	Notes
Support Every Child Entering Kindergarten to be Ready to Succeed	SACA Cradle to Career Update – Youth Representative	6:40 pm- 6:50 pm		
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	Strategies	Time	Facilitator	Notes
Promote Affordable, Accessible, Safe and Healthy Housing for All	Park Village – Respite Care	6:50 pm-6:55pm	Alanna	
Promote Financial Stability and Independence				

Values

Community Engagement	Strategies	Time	Facilitator	Notes
	Listening Session Update	6:55pm-7:05pm	Alanna Brogan Sandra DeBella-Bodley Marsha Sue	Done – WCHC, Labor Center, Luther Burbank, GHAC, Occidental Scheduled – Gravenstein Community Club, Sunrise Rotary Needs Scheduled – School, Noon Rotary, Fircrest, Park Village, 2 Community Meetings, Bodega Bay
	Community Survey Summary	7:05pm-7:15pm	Beth	
	City Council	7:15pm-7:25pm		Date to go
Sustainability	Strategies	Time	Facilitator	Notes
Aligned Funds	PRIME Report	7:25 pm - 7:30pm	Alanna	
	Prime Budget Items Related to Health Action		Alanna	Access-Transport, Lyft Paramedic Visits IHSS Homeless Projects Mental Health Telemedicine

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 Minutes
Date/Time: September 21, 2017
Location: Sonoma West Medical Center
Conference Room
501 Petaluma Avenue
Sebastopol, CA 95472

The meeting was called to Order by Director Powers at 6:00 p.m.

Roll Call:

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

Advisors and Others Present:

Alanna Brogan	Jennifer McClendon	John Peleuses
Marsha Sue Lustig	Sandra Bodley	Helen Baum
Beth Dadko	Laura Moss	Janet Harris
Mary Lou Schmidt	Ladonne Easton	

OPEN SESSION 6:03 p.m.

APPROVAL OF AGENDA

The Agenda was approved

PUBLIC QUESTIONS/COMMENTS

None

CONSENT CALENDAR

The Minutes of August 17, 2017 were approved

INTRODUCTIONS AND TIME KEEPER

Introductions we made around the table, with Alanna introducing Jennifer McClendon, Manager of Business Development and Strategies at the Center for Well-Being.

DISCUSSION ITEMS

1. Heart Matters Pilot

Jennifer introduce the Heart Matters Pilot program, "It's Up to Us". This program focuses on fighting heart disease with raising awareness through media and community education. John volunteered on behalf of SWMC to partner with the Center for Well-Being with media outreach and to talk with CVS about setting up brochures by their blood pressure machine.

An Up to Us workgroup was formed with Mary Lou, LaDonne, John and Sandra. Sandra volunteered to be the lead on this group.

Alanna asked that they come up with a name, follow the Health Action framework and report back to the committee once a plan is developed.

2. Public Engagement/Community Outreach

- **Update on Session Planning and Sessions Conducted**

Eira gave a report on Occidental with focus outcome of behavioral health, upstream prevention, affordable and accessible safe and healthy housing and a public bathroom for the homeless.

Sandra did a presentation at West County Health Centers in Forestville. Their focus was on housing and education.

Alana and Beth gave a report on their session at Burbank Heights. Their focus was on transportation, mental health and someone to cut their toenails. There is a need for more affordable senior housing in the area.

The Graton Listening Session is Saturday at the Graton Community Center. Alanna, Marsha Sue and Sandra will present. The Graton Labor Session is at 7:30 Tuesday morning with Beth, Laura, Alanna and Marsha Sue presenting.

There was positive feedback and discussion concerning what worked best and what could be changed or modified for future sessions.

3. Public Engagement Survey to West County

Marsha Sue worked with Tasha Beauchamp at Cittaslow to develop a survey that will be sent out. A copy was distributed at the meeting and the survey was approved with the addition of behavioral/mental health to replace mental health. The survey will run from October 1st through October 31st.

4. Mobile Home Park Project Healthcare & Volunteers

- **Grant Request**

This is going through committees with more information being requested.

- **MOU**

The MOU has been signed for the stage one, top develop a respite care plan.

5. Prime Budget Items Related to Health Action

Alanna reviewed the preliminary budget that was provided as a handout. The final budget will be approved by both the Prime Grant Steering Committee and both Finance Committees.

Adjournment: there being no further business the meeting was adjourned at 7:33 p.m.

Respectfully submitted

Janet Harris

Clerk of the Board

Palm Drive Health Care District

Palm Drive Health Care District
Gravenstein Health Action Chapter

Minutes

Purpose: Regular Gravenstein Health Action Committee Minutes
Date/Time November 16, 2017
Location: Sonoma West Medical Center
Conference Room
501 Petaluma Avenue
Sebastopol, CA 95472

The meeting was called to Order by Director Powers at 6:08 p.m.

Roll Call:

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

Advisors and Others Present:

Alanna Brogan
Sandra Bodley
Beth Dadko
Paula Shatkin

OPEN SESSION 6:08 p.m.

APPROVAL OF AGENDA

The Agenda was approved

PUBLIC QUESTIONS/COMMENTS

None

CONSENT CALENDAR

The Minutes of September 21, 2017 were not approved as they were left off the agenda.

INTRODUCTIONS AND TIME KEEPER

Alanna introduced the new Agenda format stating that the Health Action Key Goals were now being used with the priorities that fall under each category used for tracking what we are doing in terms of strategies related to those priorities.

After discussion it was decided that the Health Action Agenda should be included in the PDHCD Board packet for reporting purposes.

DISCUSSION ITEMS

1. A Long and Health Life

• Priorities:

a. "It's Up To Us"

Sandra reviewed the minutes of the work group. She stated that the blood pressure checks at the Sebastopol Farmer's Market are scheduled for the second Sunday of every month. At the beginning of next year, they will also be doing the BP screenings at the Sebastopol Flea Market on the fourth Sunday of the month. Several suggestions were made for improvement., signs are needed along with a lightweight table and chairs, also volunteers are needed so that teams can be set up for these events.

Referral to West County Health Clinics was given to any one who did not have a PCP. Sandra will check and see if they have cards to hand out to individuals.

b. Senior Center -Fall Prevention Program

As Linda Civitello and Julie Smith were unable to attend, Alanna gave a brief overview of the program.

Katie Davis, the new program director at the senior Center is planning a 3-4-part panel discussion in February on Graceful Aging, which would include health & fitness, mobility, women's health, men's health and other items. Alanna stated that partnering with them would be beneficial to both.

c. Starting a subcommittee for Behavioral Health

Alanna gave an update on things she has been working on. One being to have Prime assist with psychiatric telemedicine to assist Dr. David Murphy. There is also an MOU with the County Behavioral Health and the Medi-Cal population that is being looked at that would allow us partnering with them for psychiatric needs.

Paula volunteered to a part of the Committee when it is formed.

2. Educational Attainment

Beth was concerned about SACA since Police Chief Jeff Weaver has retired. Sandra will follow up with the new Police Chief.

3. A Comfortable Standard of Living.

a. Promote Affordable, Accessible, Safe and Health Housing

Beth stated that at the County level equity in housing is one of the priorities.

4. Values

a. Listening Sessions

Alanna stated that these sessions have been done at The Graton Labor Center, Luther Burbank Housing, Occidental, GHAC and WCHC. Scheduled are Graton Community Club for March 2nd, Bodega Bay for November 30th, and Sunrise Rotary for March 21st with Schools, Noon Rotary, Fircrest, and Park Village to be scheduled.

b. Community Survey

Beth reviewed the Community Survey that was provided in the agenda packet stating that there was a lot of useful information obtained. The three prize winners were selected, and each will receive a \$50.00 Gift Certificate for the Sebastopol Farmer's Market, and will be contacted via email.

c. City Council

Beth will contact the Sebastopol City Counsel about doing the County's Framework for Action presentation along with the work of the Gravenstein Health Action Chapter.

5. Sustainability

a. Aligned Funds

The Prime budget was discussed with some of the funds going towards mental health, telemedicine, paramedic visits and with the possibility of using Lyft for transportation to and from doctor visits.

Adjournment: there being no further business the meeting was adjourned at 7:34 p.m.

Respectfully submitted

Janet Harris

Clerk of the Board

Palm Drive Health Care District

Palm Drive Health Care District
Gravenstein Health Action Chapter

Informal Minutes

Purpose: Regular Gravenstein Health Action Committee Discussion Minutes
Date/Time January 18, 2017
Location: Sonoma West Medical Center
Conference Room
501 Petaluma Avenue
Sebastopol, CA 95472

Roll Call:

Director Klich-Heartt..... Absent
Director Powers Absent

Advisors and Others Present:

Alanna Brogan	Marsha Sue Lustig	Julie Smith
Sandra Bodley	Mary Lou Schmidt	Florence Valvero
Beth Dadko	Linda Civitello	Natalie Stockton
Sandra Debella Bodley	Katie Davis	

OPEN DISCUSSION SESSION 6:05 p.m.

PUBLIC QUESTIONS/COMMENTS

None

CONSENT CALENDAR

Minutes were not addressed as the Directors were unable to attend the meeting.

INTRODUCTIONS

Florence Valero, SWMC Care Coordinator, Natalie Stockton, SWMC Social Worker, Katie Davis, Sebastopol Senior Center, Programs and Rentals Director, Julie Smith Sebastopol Senior Center P/T Program Director and Linda Civitello, Executive Director, Sebastopol Senior Center.

DISCUSSION ITEMS

To bring new members up to date, Alanna gave a brief history of how the Gravenstein Health Action Chapter evolved.

Alanna reviewed a letter received from Christy Lubin from the Graton Day Labor Camp and the importance of immigrant education with the scope of work on:

- Rapid Response Network (RRN)
- Know Your Rights (KYR)
- Family emergency Preparedness Planning
- Deportation Defense

- KYR - Train the Trainer
- Community Participation

1. A Long and Health Life

- **Priorities:**
 - a. **"It's Up To Us"**

Sandra gave an overview on the "it' Up to US" campaign and the free Blood Pressure screenings offered at the Sebastopol Farmer's Market. Mary Lou requested digital B/P cuffs. Alanna will buy 2 of these for the committee.

The need for more volunteers was discussed.

b. Senior Center -Fall Prevention Program

Linda Civitello, Julie Smith and Katie Davis gave a presentation of the SAIL (Stay Active & Independent for life) Program and the Fall Prevention classes. On Tuesdays and Thursdays Julie, teaches weekly community based balance classes at the senior center that are both drop in and ongoing, with physician approval. The goal is to make people healthier with better balance. There is a need to make others i.e., fire department personnel, EMT workers and Physicians more aware of these classes.

Discussion ensued concerning how to make physicians more aware of this program.

2. Educational Attainment

It was brought to the attention of the group that SACA is no more and how to re-establish this group for our Chapter.

3. Values

a. Listening Sessions

Alanna gave an up date on the Listening Sessions stating that the Graton Community Club and Sunrise Rotary are scheduled for March.

b. Update on RARA

As Jacob Rich was unable to attend Beth gave an update stating that he had applied for and received some funding through a grant for Housing Action Plan in Guerenville. He is interested in obtaining more funds for his position, possibly some from the District.

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