

Healthy Community Collaborative Quarterly Meeting Minutes

Date: July 25, 2024

Location: Lucy F. Simms Center

Time: 11:00am - 1:30pm

Co-Leaders: (1) Nate Riddle, Open Doors; (2) VACANT

Secretary: VACANT

Treasurer: VACANT

Community Engagement Specialist: Jonny Morris, Harrisonburg-Rockingham Community Services Board

Additional Steering Committee Members Present:

Nicky Fadley, Strength In Peers

Emily Bender, Church World Service

Marissa Lutz, Valley Program for Aging Services

Erin Frazier, Collin Center

Steering Committee Members Absent:

Kristina Blyer, James Madison University

Linda Plitt Donaldson, Institute for Innovation in Health and Human Services at JM

Laura Lee Wight, VA Department of Health, Central Shenandoah Health District

of HCC Coalition Members Present: 13

Total Attendance: 19

Meeting Agenda

1. Welcoming & Creating Connections
2. Recap of HCC Activity
3. Introduction to Workshop Project Team
4. Health Literacy and Life Skills Topics Brainstorm

5. Voting for Topics
6. Engaging Relationships – Making Invitations
7. Closing and Thanks

Meeting Minutes

1. **Welcome**

- a. Welcome and overview of today's agenda
- b. Sign in sheet by the door

2. **Creating Connections**

- a. "At your table – discuss a milestone or accomplishment that was meaningful to you and why?"
 - i. At one table members shared about doing meaningful work, finding a voice and creating independence and trust in self in a professional setting. They also discussed learning Spanish, assisting more than 300 pregnant women enroll in health insurance, learning to make sourdough bread, macrame and participating in a community art show

3. **Recap of HCC Activity – Jonny provided a summary of the HCHC activities to date**

- a. September 2023 – Identified health disparities
- b. January 2024 – Brainstormed resources, gaps and ideas for resources related to those disparities
- c. April 2024 – Reviewed selected projects and voted on projects (6 options)
 - i. Top 2 projects selected and reviewed
- d. June 2024 – Project meeting discussion
- e. July 2024 – established Workshop Project Team

4. **Introduction to Workshop Project Team**

- a. Meeting Time 3rd Wednesday of each month 10:00-11:30 am
 - i. Email hcc@hrscsb.org to join
- b. Overview of first meeting: Workshops and education that would be beneficial across diverse groups but tailored to the needs of those groups

5. **Health Literacy and Life Skills Topics Brainstorm**

- a. Group brainstorm activity at your table:
 - i. What topics do you wish more people knew about?
 - ii. What topics do you wish you knew more about sooner?
 - iii. What topics do the people you serve not know about?
- b. Each table votes for their top 5 and writes final responses on large paper provided

**Small Group Discussion Notes included at conclusion of minutes*

1. **Voting for Topics**

- a. Members use dots to vote for top 3
- b. WPT will review results of the brainstorm and voting at next meeting

2. **"Engaging Relationships – Making Invitations"** deferred due to time

3. **Closing and Thanks**

Next Meeting Details:

Date: October 31st, 2024

Time: 11:30am - 1:00pm

Location: Otterbein United Methodist Church - Social Hall

Meeting Minutes prepared by Erin Frazier and Mo Bowler

Learn more at healthycommunitycollab.org

Contact us at hcc@hrccb.org



Small Group Discussion Notes

Group 1

- **Topics Brainstorm:**

- Access to healthcare
 - Financial literacy
 - Budgeting
 - Info sharing organizations
 - Awareness of the issues
 - Debt
 - Knowing when/where to go for healthcare
 - Preventative healthcare
 - Speed dating case management and providers
 - Eligibility for services
 - Timelines of processes
 - Provider flowchart of services
 - 211 Virginia
 - Access to services
- **“Top 5”:** 1) Navigating the Healthcare System; 2) Financial Literacy; 3) Health Literacy; 4) Eligibility for Services; 5) “Speed Dating” for Providers

Group 2

- **“What topics do you wish more people knew about?” [...knew about sooner?, ...people you serve not know about?”]**
 - Advanced care planning - who makes decisions for you/end of life decisions
 - Insurance access - tailored to marginalized groups
 - Uninsured care - non-citizens
 - Systems navigation for new Americans
 - CWS is doing work on this
 - When to go to the ER
 - Unhoused

- Financial management assistance
 - Emergency services
 - Appeals
- Community for offsetting healthcare costs → Helping your neighbor
- **Topics**
 - Self-advocacy at the doctor - what Qs to ask
 - Ageing population and housing
 - Elder care
 - Isolation and housing (co-living models)
 - Emotional regulation
 - Long-term life planning
 - Childcare access
 - Parenting classes [court ordered]
 - Self-advocacy in general; Confidence; Assertiveness
 - Self-care - Nutrition and diet
 - Knowing how to build a garden
 - Aging in incarceration
 - Re-entry council?
- **[Top Ideas]** Housing - Systems navigation and access; Parenting classes; Long-term planning, nutrition and wellness
- Other notes: Digital and print pamphlets, include giveaways

Group 3

- **Topics**
 - Taxes
 - How to “Adult”
 - Financial education - Financial skill, success, credit cards
 - Budgeting
 - Community Resources
 - How to apply for college
 - FAFSA Class
 - Mentorship programs
 - Navigating healthcare systems
 - Renter right and responsibilities - Legan information
 - How to install car seats
 - Health care safety
 - Language classes
 - Healthy eating
 - Food recipes
 - Technology literacy
 - Internet safety
 - Digital education and safety
- **[Top Ideas/Buckets]** Financial skills/success; Renters/legal information; health care basics; Food and nutrition; Tech/digital literacy and safety

