

PATH Meeting

Minutes - 10/11/16

Location: Carilion New River Valley Medical Center

Present:

Michelle Brauns, co-convener	Ken Schor	Jenny Schwanke
Bill Flattery	Deena Flinchum	
Katie Hundley	Beth O'Connor	
Angie Nichols	Mindy Thorpe	
James Jones	Keli Lichty	
Carissa South	Ellen Stewart	
Stephanie Spencer	Vicky Collins	
Shenika Dillard	Holly Lesko	
Amy Michals	Rhonda Seltz	
Sophie Wenzel	Joanna McQueen	
Rebecca Marshall	Rosemary Sullivan	

Guests: Derek Kitts, Ben Pender

Introductions: Michelle welcomed everyone and announced the retirement of Dr. Molly O'Dell, who was instrumental in the organization of the PATH committee. Michelle also thanked Bill Flattery and Carilion New River Valley Medical Center for their hospitality in hosting.

Live Well NRV: Rebecca introduced the New River Health District's Community Health Improvement Plan in the form of their new website: <http://livewellnrv.org/>. This live website displays the New River Valley's Plan for Well-Being which includes four key Aims all striving towards community wellness. Within each Aim, there are several goals for the community to work toward achieving. Once achieved, there is a section of the website that will display the best practices throughout the community: Living Well. Rebecca stated that the website is still a work-in-progress and that she would like members of PATH to submit information pertaining to best practices to be displayed on the website along with information listed on the Partners page acknowledging the contribution efforts made by the community to the website. Once the site is more fully developed, there will be a press release to showcase the site as well as linking the site directly to the Health Department's website. There was a request for a possible newsletter or correspondence of some sort that will include updates to the website that will be looked into.

Congressman Derek Kitts: Derek Kitts is the Democratic candidate for the Virginia 9th Congressional District, U.S. House of Representatives. He is a highly decorated, retired combat veteran, who was born and raised in Southwest Virginia. He served 24 active years in the Army including tours in Iraq and Afghanistan. He was awarded the Bronze Star twice and is a recipient of the Purple Heart. He has a Bachelor's Degree from Bluefield College in Public Safety with a focus in Emergency Management and Homeland Security. He resides in Christiansburg with his wife and two daughters.

Kitts talked about how not only is the 9th District the largest Congressional District in Virginia, but also how diversified it is: numerous manufacturing plants, 2 large universities, a paper mill, interstate 81 corridor, and coal fields, as examples. He stated that he is proud of where he is from and is running because this is his home. He wants to bring the blue-collar work mentality to Congress.

Kitts spoke on District issues ranging from the lack of infrastructure (poor road structure, lack of cell and emergency signal, shortage of hospitals in some areas), loss of hope related to the lack of good jobs and public education systems, and the massive opioid problem in southwest Virginia (the necessity for drug courts and long term addiction therapy facilities).

When asked about the Affordable Care Act (ACA), Kitts agrees that there are issues with the law. When the ACA was written, it was the first of its kind, and would inevitably have issues, but it has progressively gotten worse over the years. He was also asked how he would handle the gridlock within the House if he were elected. He responded by saying, if elected, he would be the highest decorated vet in the Senate, so he would “have pull.” He believes in being pragmatic, and will compromise if it helps his constituents.

Some PATH members voiced their desire for a debate between Kitts and his running mate, Morgan Griffith. Kitts announced that a debate has been planned and will take place in Tazewell, VA on Wednesday, October 26 and will be live-streamed.

New River Valley Timebank: Ellen Stewart shared information about the Timebank volunteer program developed through the Livability Initiative and Aging in Place leadership team. Residents can join the Timebank through the website by establishing a profile where they list all the services they need and services and skills they can provide in return. Ellen explained the use of time credits: if you perform a service for your neighbor, you bank one time credit and your neighbor spends one-time credit. She explained that the number of NRV residents over the age of 62 is projected to double over the next 20 years, and the Timebank will be a good resource for these residents. The only fee associated with becoming a Timebank member is \$20 to cover the cost for a background check for members.

Some of the questions that were addressed:

- Have people started using Timebank? No. Timebank will be implemented soon.
- What are some of the barriers in the background check that will prevent people from participating? Robberies, violent crimes, sexual crimes.
- What about the older population without Internet access or knowledge? There will be a push to use the buddy system.
- Can someone or a group give time to people who do not have the time allowance needed for a service? Yes. People can donate time to others.
- What are the advantages to being a partner? Current volunteers can register with the Timebank and bank allowances while they are already volunteering.

Workgroup updates:

Perinatal Substance Abuse: Rosemary Sullivan, CSB Exec. Director, spoke about a recent Staunton conference presentation on a CSB program called: Special Deliveries. She also shared that she will be meeting with Carilion and other key stakeholders to

develop a residential treatment program for pregnant women. NRVCS is collaborating with Carilion and the Institute of Policy and Governance (IPG) with VT to be a part of the grant process. IPG has already written parts of the grant. Carilion has taken the lead to get the collaborators together. A grant will be released in February that they plan to apply for and hope to receive to support the treatment program. They have already started writing parts of the grant.

Healthy Citizens New River Valley: Sophie Wenzel shared that the grant funding for the CDC/VDH Block Grant that enabled two years of obesity prevention work officially ended September 30, 2016. The second year of the grant was an extension of the first year to complete similar work locally, with expansion into SW VA as a mentor group to new coalitions just starting in their first year of their obesity prevention grants.

They received supplemental CDC/VDH funding of almost \$22,000 in August to do additional work in the NRV. These funds were distributed to groups throughout the health district to purchase a variety of educational and supplemental supplies. The success with the VDH grant has led to the VFHY 2 year Obesity Prevention Grant in Pulaski County where they have started the “Healthy Citizens Pulaski County” healthy community action team.

A new program “Sip Smarter” is rolling out throughout the district to bring awareness to high sugary beverage consumption and the health risks involved. The program is a cooperative effort with Virginia Tech and VDH in southwest VA, with classes being held throughout our district for the next 6-12 months.

Advocacy: Rhonda Seltz volunteered to help facilitate a debate between Kitts and Griffith and asked PATH membership if she had their support. Rhonda and Beth O’Connor, Virginia Rural Health Assoc., will research location and date options and report back to PATH membership.

PATHways Sharing: Joanna McQueen from Southwest Virginia Legal Aid shared that a reduction in grant funding has lowered their staff who enroll residents in the ACA but they will work hard to work with residents and answer questions regarding health benefits.

Carissa South is the Southwest Virginia Regional Outreach Specialist of 211 Virginia and is hoping to talk more about 211 VA at our next meeting.

Amy Michals shared that she will present at the next PATH meeting about the results of the CHAT Strategic Planning and the system of coordination of care.

Beth O’Connor, on behalf of OneCare Southwest Virginia, noted that four of the substance abuse forums were filled last year.

Deena Flinchum from the Agency on Aging updated that they were receiving large interest about Medicare open enrollment. She stated that people with Medicare need to look at their drug plan every year because people are “aging into Medicare.” Problem: people who have insurance through the ACA are being unknowingly assigned to Medicare Advantage plans where they have 60 days to **opt-out**.

The Next PATH meeting is January 10, 2017 at Carilion Giles Community Hospital in the Cascades Room.

