

**Vermillion Parke Health Coalition**

**Minutes for May 4, 2023**

**Goals**:

\*Education

\*Advocacy

\*Collaboration

**Welcome and Introductions**

**Attendees**: Tim Demchack, Elaine Pastore, Lori Bouslog, Heather Thompson, Nicole Hearn, Mary Margaret Rhees, Sara Bain, Julie Pettit, Becky Myers, Andy Jones, April Cash, Cale Stewart, Amber Smith, Allison Finzel, Allissa Theisz, Andy Jones, Donna Whitmer, Cale Stewart, Lori DeYoung, Adam Naumann, Hailey Cochran, Karen Hinshaw, Maci Valdez, Lori Swinford, Lori Powers, Matt Smith, Janet Rutter, Shelly Amerman, Stephanie Dowd, Beth Evans, Lynn Egan

**Lori Bouslog called the meeting to order at 10:00 am, Valley Professionals Building in Vermilion Co**

**Review notes from March 2nd meeting – additions or corrections**

***United Way – Community Health***

The United Way is looking for what they can fund, and where they can be proactive that could use a small-scale grant. Larry indicated that everything could be funded except blood pressure cuffs. However, there is a very short time frame that they are working with to be able to provide funding.

**Guest Speaker s Community Health Impact Council for the United Way – Tim Demchak and Adam Naumann**

Presentation – Their vision is for their residents and getting the population to strive to be more active to have healthier lifestyles. Core beliefs are to get more people physically active and recognize the importance of both physical and mental health. One way they the United Way strives to accomplish these goals is by working in the neighborhoods to counsel and educate the people. Helping to provide and fix safe sidewalks, providing trails, etc. help to achieve these goals set forth. Their mission is to provide education, promotion, and support for equitable access and engagement with quality physical and mental health services and wellness resources to cultivate a thriving community.

It’s pivotal to increase the number of people out of poverty through activities for families. This will help with economic growth and development to choose good lifestyle activities.

Last year the United Way developed a strategic plan for a mission and vision to help people with hands on activities to be able to choose and learn healthier lifestyles. They want to make sure people have access for both physical and mental health and for families and individuals to accomplish these changes that will take place outside the formal health care system.

For example, they want to help people learn to cook and not just hand them a crate of vegetables, but be able to know what to do with those vegetables when they get them home so the produce is not wasted. Another example, is to have people rinse their canned vegetables, to reduce the amount of salt intake. Therefore, making their first steps toward healthier eating more manageable. Being able to educate and provide additional hands-on activities for healthy diets and eating habits, physical activity, increase the enrollment of Health Insurance Literacy, and to expand the physical and mental services to “low income” residents.

Additional tactics for all strategies included the ability to identify current programs in the Wabash Valley area, and how to better promote the programs that are needed. Another area would be to utilize the educational aspects of the Universities in the areas. Being knowledgeable of the youth sports projects and knowing what’s in the Wabash Valley area that could include our youth.

Moving forward the United Way is developing subcommittees to be able to fund 1-2 project ideas. In order to fund these projects, they are search for grants, other non-profits to apply for grants, etc.

The United Way is helping to provide knowledge and health care literacy of health care systems that are free and available and the best choice. For example, when needing health care, choosing the best health care for their situation whether it be primary care, urgent care or the ER is important and can save time and money. However, as they have learned some people who have transportation issues call an ambulance to be able to get into the hospital to get treatment. Once treatment is finished though the people to not have transportation back home, which causes additional issues and complications.

If you have further questions or would like to be a part of their committee, contact Tim, [timothy.demchek@indstate.edu](mailto:timothy.demchek@indstate.edu), Adam that’s on the meeting today, or Matt Swift, [matt.swifft@unitedway.org](mailto:matt.swifft@unitedway.org). Their next meeting is June 6, 2023 at 8:30 am – the first week of June).

Barriers that have been brought up in order to access health care include but not limited to; transportation, uber health, eating healthy, uber eats, therefore leaving questions as to; how can we fund or have paid delivery services, when can we get access additional funds to help with these barriers.

Donna Whitmer – recommended a book wrote by Matthew Desmond, Poverty, by America. She commented that the points the author makes in book are along the same lines in how to make changes.

**Coalition Working Group Updates**

**Food Insecurity (Allison Finzel/ Lynn Egan)**

Connect with the Wabash Valley for programs. They would like to do a diabetics program in the counties.

THRIVE program – Senior Boxes were sent to the food banks (this was a program – Food is a prescription), that they could sign up for and receive a box once a month for 2 years. This program monitors your blood pressure and provides 15 lbs of fresh produce (Fresh Connect). Catholic Charities picks up the produce and delivers. The participants are provided with a blood pressure cuff and scale and report the readings back to Anthem. The participants must be over 60 years old, and be able to go to the congregate meal site location to pick up their items (there are 8 locations in the Wabash Valley area). Programs are needed that provide educational classes to educate people to cook for themselves and make healthy choices. It would be great to work with NEPA program to provide some of the educational programs. Leslie Gackle is one of the NEPA’s in Vermillion County. She is doing some programs in the Vermillion County Schools.

Note – Hillcrest (food pantry) is still closed as of now.

**Connecting Health Care**

**Resource Manual**

Vermillion Co Economic Development – applied for and received a grant for a community garden that will happen at Central Elementary School in the courtyard – with raised garden boxes. The produce will only be for the students. Central Elementary School is also a summer feeding site.

Matt Smith (Valley Professionals) and others indicated barriers for the rural communities: internet services / transportation, health care illiterate, in IN and IL. – Continued discussion regarding obstacles as indicated. THRIVE just purchased 3 mini vans to work with their fleet. Their focus in more in the northern parts of the counties who are struggling to get to appointments.

**Poverty**

(Going to try and having a meeting this month in May)

Jana Bromm with Indiana Youth Institute (IYI) and Lori Bouslog, set up a Poverty simulation workshop for October 25, 2023. The program will be hosted at the Vermillion County fairgrounds, we need both volunteers and attendees.

There has been some connection with physicians from the Indiana Clinical and Translational Sciences Institute. The Institute is working to set up a grant to test a new technique called reciprocal renovation. Vermillion Co would be an excellent site to test this new technique. There have been collaboration efforts between various groups, such as but not exclusive to, Vermillion Parke Health Coalition, Valley Professionals, Union Hospital, Connections in Health, Lugar Center for Rural Health.

Vermillion County has a cardiovascular death rate statistic of 605 out of 100,000 people. It’s the highest death rate in the state. If the grant is approved – it could have significant impact in the health of people in Vermillion County. Therefore, we’re supporting the grant for these reason indicated.

**Long-Term Goals for the Vermillion Parke Health Coalition – Continued Discussion**

-Availability for people/clients to get to the doctor

- Healthy Eating

- Networking – Keeping others informed

- Looking at what other areas have done (i.e Edgar, IL) – there are certain days they provide help to get groceries, etc.

**Suggested Coalition Meeting Speakers**

Long term care / Medicaid - lots of changes in how insurances are set up that will be happening by the summer of 2024 for those over 60 years old. This will effect the major insurance companies (4 of the managed care companies) – Lori Bouslog is going to reach out to Hallie to see if she could do a presentation of the changes that will be occurring.

**Organization Updates and Sharing**

Items in the Chat:

Julie Pettit – 2023 Indiana School Health Network Conference, June 14-15 at the Embassy Suites Hotel in Plainfield, 10 hours of continuing education hours and certificates for attendance available. Registration FREE:2023, 7:00 AM/Eventbrite

Lori Deyoung – Organization provides information on free suicide prevention and/or military culture training, as well as suicide prevention resources for their organization such as gun locks, medication mail back bags, pill boxes, stress balls, with crisis line, coasters, etc., email: [lori.deyoung@va.gov](mailto:lori.deyoung@va.gov)

Donna Whitmer – Firefly organization – Families in need of a community liaison in their home, to help find resources or to help with transportation, Firefly organization can help, [www.fireflyin.org](http://www.fireflyin.org) , region link: <https://www.childrensbureau.org/cpcs-8-referral/>

Discussions – regarding healthcare, Medicaid, prescriptions, transportation, waiting list for non-waiver clients not in the Medicaid program, etc.

Indiana seniors are being targeted to purchase covid testing kits, and then being charged. Contact the Indiana Senior Medicare Patrol if anyone is on Medicare and receiving the kits and charged.

Meeting idea: Pick a topic each month for the meeting in addition to the speaker and brainstorm for about 20 minutes (SHIP, Health Insurance programs, Medicare, counseling, pharmacies/mail in pharmacies). Since the meeting is going over 90 minutes already – we will revisit this idea at the next meeting.

**Health Coalition Web Presence:** [**https://extension.purdue.edu/county/vermillion/hhs.html**](https://extension.purdue.edu/county/vermillion/hhs.html)

**Please continue to forward to Lori Bouslog email addresses of new coalition members**

**Next Meeting – July 6, 10:00 AM, at Valley Professionals Building in Vermillion Co**

**Speaker will be Lori Powers**

Respectfully submitted by Beth Evans – Purdue Extension Parke Co., Health and Human Sciences / 4-H Youth Development Extension Educator