

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, June 13, 2016 (County Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Jean Raymond, Mary Jean Sage, Scott Smith-Cooke, Susan Warren, Candace Winstead

Members Absent: Robert Campbell, David Clous, Claire Grantham, Kris Kington-Barker

Staff Present: Dr. Penny Borenstein, Jean White

Speakers: Bev Kirkhart (Hearst Cancer Resource Center); Gloria Caine (FHMC Tumor Board); Kate Weis (Cancer Well Fit Program); Nancy Walker (Wellness Kitchen)

| Agenda Item | Discussion | Action | Who/When |
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| 1. Call to Order | Meeting called to order at 6:00 PM by Chair Enns. Commissioner Smith-Cooke asked for a moment of silence to honor the victims, their families, their friends and community after yesterday's mass shooting in Orlando, Florida. | <i>Call to Order</i> | <i>Chair Enns</i> |
| 2. Recognition of Lynn Enns | Dr. Borenstein and commissioners recognized Lynn Enns for 13 ½ years of service on the commission as commissioner and chair. | | |
| 3. Approval of Minutes | Minutes of May 9, 2016 were approved as drafted. | <i>May 9, 2016 minutes approved.</i> | <i>All</i> |
| 3. Public Comment | Chair Enns opened the floor to public comment. | | |
| 4. Presentation: Overview of Cancer Resources in the Community <ul style="list-style-type: none"> • Hearst Cancer Resource Center • FHMC Tumor Board and Cancer Accreditation • Cancer Well Fit Program/Avila Bay Club • Wellness Kitchen and Resource Center | <p>Commissioner Raymond introduced tonight's program and speakers.</p> <p>Bev Kirkhart, Director, Hearst Cancer Resource Center / French Hospital Medical Center (FHMC), presented a Power Point overview of the Hearst Cancer Resource Center, opening in April 2008, with a mission to help patients maintain quality of life throughout all phases of their cancer. They offer free services which include nurse navigator, social services, support programs, nutritional counseling, mind, body & spirit therapies, appearance center, and spiritual and therapeutic social activities. They have 22 volunteers trained as facilitators for various classes and programs, with 20 monthly classes and programs. They partner with 7 non-profit cancer organizations in the county (<i>Jack's Helping Hand, American Cancer Society, The Cancer Support Community, The Wellness Kitchen, The Well Fit Cancer Program, Team Survivors/SurviveOars, and Cancer Connection</i>) and have a strong working relationship with numerous medical offices in the community. Angel of Hope funds (community raised funds) provide financial assistance for the basic needs of cancer patients and treatment for those who qualify for medical insurance co-pays and transportation. They are in need of volunteers and asked for help in getting the word out to the community about the Hearst Cancer Resource Center.</p> <p><i>Commissioner Smith-Cooke</i> asked how the County could help support HCRC. (<i>Ms. Kirkhart emphasized the importance of collaboration and education and noted that they are always happy to be part of events & programs where speakers are needed.</i>)</p> <p>Gloria Caine, RN, BSN, OCN, CN-BN, Hearst Cancer Resource Center Patient Navigator, presented a Power Point overview of FHMC Tumor Board, explaining her job as a patient navigator to help break down barriers to care. Her role is to educate newly diagnosed patients about their disease, resources available and to empower them with resources, financial help from Angel of Hope fund and support groups. She explained that a tumor board is a multi-disciplinary team of cancer care medical specialists who review and discuss the medication conditions and treatment options for new and existing</p> | | |

patients. San Luis Obispo County has two tumor boards that meet twice a month at Arroyo Grande Community Hospital and alternate between French and Sierra Vista Hospitals. French Hospital Medical Center is an accredited cancer program by the American College of Surgeon's Commission on Cancer (CoC) as a Community Cancer Center.

Commissioner Sage asked more about the nurse navigator role when a patient first comes to them. *(Ms. Caine explained that referrals come from medical oncology groups, radiation oncology, & urologists. She then calls the patient and tells them about the Center. She answers questions and provides a binder with nutritional information, caregiver support resources, and a list of programs. Patients have her phone number and can call for emotional support.)*

Commissioner Sage asked how they work with Dignity Health in Santa Maria. *(Ms. Caine explained that they are sister hospitals. If someone from Santa Maria chooses to see a physician in SLO, they are welcome to take part in any of their programs. You do not need a referral to come to the Center.)*

Commissioner Raymond advised that in addition to classes for patients, the community is invited to many educational programs at the Hearst Cancer Resource Center.

Kate Weis, Cancer Well Fit Program / Avila Bay Club, presented an overview the Cancer Well Fit Program, a non-profit organization in their 8th year with a goal to empower cancer patients to become stronger physically and mentally. They have two locations – at the Avila Bay Club (805) 595-7600 x122) and the Paso Robles Sports Club, 2975 Union Road, (805) 239-7397 x103) – and offer a 10 week program of exercise for cancer patients, with 10-15 people, 3 days per week (Mon/Wed/Fri), at no cost.

Commissioner Raymond asked if patients need a referral. *(Mr. Weis answered that patients need a note from their doctor and that there is a pretty extensive interview, where they go through range of motion, list of medications, where the patient's surgery sites are. Programs are individualized for each patient.)*

Nancy Walker, Founder, Executive Director, The Wellness Kitchen and Resource Center, presented an overview of The Wellness Kitchen in Templeton, a non-profit organization in their 6th year, providing nutrient dense, gluten free, dairy free, organic, non-GMO meals and broths for individuals who are going through cancer treatment or surgery recovery with digestive issues. They will not turn anyone away and have a pay-it-forward program, which is a free meal and education to persons who qualify as low to no income and do not have caregiver support to cook them meals. They work with many palette issues and work with caregivers to guide them. They are up to 200+ meals per week. Meals are ordered online and can be picked up in Templeton or at their pick up location at Idler's Sleep Center in San Luis Obispo. They are mainly supported by volunteers, with 500-600 hours provided each month to shop, make phone calls, prep, cook, package and deliver. They will deliver to those who are immobile. They also work with children friendly menus, have a Hispanic program and offer healthy cooking classes. Their vision is to be able to provide meals to anyone who is dealing with cancer or a traumatic illness.

Commissioner Sage asked about services for patients in South County. *(Ms. Walker advised that they want to meet with the patient in Templeton at least once to understand their dietary needs. Following that, they can order online and delivery is made on Wednesday afternoon at Idlers.)*

Commissioner Sage asked how they recruit for volunteers. *(Word of mouth and their kitchen is truly a teaching facility. 1/3 of their clients are working people, subsidizing some of their meals for the week; 1/3 are dealing with a critical illness; 1/3 are receiving meals at no cost.)*

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| | <p>Commissioner Warren advised that she is on the board of the Cambria Connection and that through a grant from United Way, they will become a distribution site in the near future.</p> <p>Commissioner Enns asked about their funding. <i>(Ms. Walker explained they have minimal staff with minimal wages; they receive donations from farms and Trader Joe's is a big donor of produce. They also receive foundation funding & funding from grant writing and individual donations.)</i></p> <p>Commissioner Winstead teaches at Cal Poly and asked for Ms. Walker's contact information to provide her with referrals to Cal Poly interns for volunteer work.</p> | | |
| 5. Health Agency / Public Health Report | <p>Dr. Penny Borenstein, Health Officer, reported on the following:</p> <ul style="list-style-type: none"> Budget hearings were held today and the Board of Supervisors approved requests from Public Health for some additional support for next fiscal year. This included additional support for home visiting nurses for perinatal care and early child development; a position for a Health Education Specialist to address senior fall prevention; and some funding for mosquito surveillance for the Zika vector. Lead Poisoning Prevention: The State of California (particularly in response to Flint, Michigan), has provided some additional funding to jurisdictions for lead poisoning education. Well Permitting Process: The Environmental Health Division has been working in collaboration with well drillers to develop some new procedures for the permitting of new wells, due to the increased number of deeper wells. | | |
| 6. Health Commissioner Updates | <p>Commissioner Sage reported that the Healthy Communities Workgroup continues to meet monthly and recently started a review of some proposals on work force housing, but these will most likely require ordinance changes. There will be a hearing before the Planning Commission in July, and hopefully, recommendations will go forward to the Board of Supervisors by the end of the year.</p> <p>Commissioner Sage also reported that the Intimate Partner Violence Collaborative met last month and as a newly "renamed" committee, is looking a little differently at what some of the issues are.</p> <p>No additional reports.</p> | | |
| 7. Committee Report | <p>Commissioner Sage reported that the Nominating Committee met and brought forward the following two recommendations:</p> <ul style="list-style-type: none"> Slate of officers for FY 2016-17: Chair – Mary Jean Sage; Vice-Chair – Kris Kington-Barker; Secretary – Jean Raymond. <i>(Motion made by Commissioner Sage to approve slate of officers, seconded by Commissioner Warren. No further discussion. All in favor.)</i> Recommendation for Tamar Sekayan to fill the current "Consumer" vacancy through July 1, 2020. <i>(Motion made by Commissioner Sage to accept the recommendation and forward to the Board of Supervisors for final approval, seconded by Susan Warren. No further discussion. All in favor.)</i> <p>Commissioners Sage reported that Commissioner Scott Smith-Cooke and Robert Campbell have agreed to serve another term to July 1, 2020. There is currently one vacancy in the Direct Provider category.</p> | <p><i>Motion made to accept slate of officers for FY 2016-17.</i></p> <p><i>Motion made for Tamar Sekayan to fill consumer vacancy on the commission.</i></p> | <p><i>Sage / Warren / All</i></p> <p><i>Sage / Warren / All</i></p> |
| 8. Prospective Future Items | The annual Health Commission Retreat/Planning meeting is scheduled for Monday, July 18, 2016 where upcoming agenda topics will be discussed. | | |
| 9. Adjournment | Meeting adjourned at 7:25 PM | <i>Adjournment</i> | <i>All</i> |