



**CAMBRIA COMMUNITY HEALTHCARE DISTRICT
FEBRUARY 14, 2022
HEALTH ADVOCACY & COMMUNITY
OUTREACH COMMITTEE MEETING MINUTES**

A) OPENING

- 1) The meeting was called to order at 10:06 AM.
- 2) The Pledge of Allegiance was not conducted.
- 3) Committee Members Diane Kubat and Laurie Mileur were present. Also present were Administrator Mike McDonough, Operations Manager Tim Benes and Administrative Assistant Simone Rathbun.

B) PUBLIC COMMENT FOR ITEMS NOT ON THE AGENDA

There were no members of the public present at this meeting.

C) AGENDA

- 1) A recap of Farmers Market of 2/11/22 was discussed, along with Go Red for Women and Heart Health Month. It was stated that there was good interaction of crews with the public however the set-up of tables and materials could have been improved. Tim stated we need new Go Red for Women shirts, the ones we currently have are old and need to be replaced. A table cover will be ordered, easels will be used to hold displays, and social media will be notified that crews will be there. Director Kubat added that for a first-time effort it went well though. A banner should be ordered. Discussion had about stream-lining our outreach with "the month of" type banners. Director Mileur stated we could also put emphasis on healthy eating. Some Ideas for future "months-of"; for March – Red Cross month, March to Health, invite Red Cross trailer to join us, also see if food bank coordinator will join us as well.
Director Kubat mentioned a non-profit organization called The Villages, which has a chapter in SLO. They charge people an annual fee and clients can then call for assistance, for things such as plumbing, help with taxes, etc., with all services provided free. The now defunct CIT program, which is no longer available, was mentioned. Director Mileur stated she will contact MaryAnne Mullins.
- 2) Outreach Activities
 - a. Schedule future farmers market participation with varied focuses. The district will take this Friday off, order a banner, and alert social media for the following Friday,

- the 25th. In March we could feature Red Cross at one event and then the blood drive at the next one. April 7th is World Health Day – we could focus on nutrition.
- b. Stop the bleed/CPR training/Heimlich maneuver for local hospitality businesses discussed. Tim will need help reaching out to the businesses and would like to get this going. We already have flyers, so there will be no cost to the district. This program was ready to launch before Covid hit, so it will be easy to get it going.
 - c. Health Fair/benefit concert. This would take a lot of planning. Tim to talk to a few people in the community and see about maybe possibly having helicopters there, and who is willing to commit.
 - d. “RU OK” program and other programs to address loneliness and mental health issues discussed. CERT was doing this during Covid but has recently stopped. Tim suggested this program be part of the health fair.
 - e. In an effort to reach more community members the district will disseminate important information via news and social media, email lists, and other methods. A one-page resource list is to be created and put on our website, passed out at farmers market, as well as being distributed around town.
- 3) An Editorial piece is to be written, inviting the community to participate in our committees, stating that we are looking for individuals with specific expertise in various backgrounds.
 - 4) Skate Day vendor invitation, March 12. Crew is all set up for this. The district will work on getting Target, and possibly other vendors to donate helmets.

D) ADJOURNMENT

The meeting was adjourned at 11:28 AM.