



**Health Committee Minutes
January 25, 2017**

The Mission of the Health Committee is to positively impact and promote healthy outcomes for children and families through collaboration with key health community partners, that empower families to live healthy lifestyles.

Subject	Health Committee Meeting	Dates	01/25/17
Facilitator	Midline Estimable/ Crystal Timmons-Underwood	Time: Start	8:30am
Location	Easter Seals – Georgetown	Time: End	10:00am
Room	Large Conference Room – First Floor		
Address	22317 DuPont Blvd., Georgetown, DE 19947		

Minutes

Topic

Attendance: Patricia Clear, Patti Burke, Fredeline Menard, Nancy Forster, Christa Mason, Midline Estimable, Crystal Timmons-Underwood, Juanita Morales, Polly Pusey, Nancy Mears, Richard Holaday, Anna Short, Bobbie Fisher, Carrie Snyder, Pat Ayers, Denese Bell, Mary Johnson, Tiffany Edwards, Kelly Janowski, Donna Monroe, Christine Santy, Greg Williams, Jo Allegro-Smith, Quiana Dorn, Brad Spicer.

Review December Minutes: Patti Burke made a motion to accept the minutes with one amendment. Fredeline Menard made a second to the motion and minutes were unanimously approved.

Guest Speaker

➤ **Donna Monroe, MS, Community Health Worker**

Community Ed and Outreach with TOVA Community Health Care Sickle Cell Center

- Donna handed out Sickle Cell 101 information sheet and gave overview of disease
 - genetic disease identified over 100 years ago
 - 70,000 – 100,000 with sickle cell in the United States
 - normal blood cells are flexible and last 120 days. Sickle blood cells are hard and stiff and only last around 4 days. Body has trouble keeping up with the demand to make new blood cells.
 - sickle cells get trapped in blood vessels and causes severe pain, anemia, infections, brain complications, heart disease, kidney problems, leg ulcers, delayed growth, risky pregnancies, depression and eye problems.
 - Body can go into crisis mode with just a simple temperature change, stress, dehydration, being at high altitudes and any kind of infection, such as a cold.
 - side effects are severe pain
 - sickle cell carrier does not normally live past 50 years of age due to organs being damaged during crisis modes.

- This is a global disease
- Seeing more in W. Africa, India and European areas
 - internationally increasing due to lack of education
- every newborn in the US, Puerto Rico and the US Virgin Islands is tested
 - test results are sent to primary doctor and Public Health Departments
 - if both parents have sickle cell trait, then baby will be born with sickle cell
 - ✓ must educate the younger generation, if they are a sickle cell carrier, it is good to ask partner whether they are a sickle cell carrier as well.
 - Fredeline stated that everyone in Haiti is tested for sickle cell before marriage. If positive, then will not be allowed to marry.
- Very critical to find doctor that specializes in sickle cell
 - Treatments include:
 - ✓ penicillin
 - ✓ pain meds – some providers not comfortable with handing out pain meds, as they worry about drug seekers, therefore, will only hand limited amounts
 - ✓ blood transfusions
 - ✓ bone marrow transplant – must be a full match
 - ✓ hydroxyurea – the best treatment
 - other ideas of treatment:
 - ✓ food as medicine – certain foods will supplement the body with oxygen and more energy
 - ✓ point pressure massage reflexology
 - ✓ hydration – drinking lots of fluids is very important
- Only one FDA approved drug in US, however, many drug companies are working on better meds
- United States has started to set up sickle cell specialty units. Closest one is Johns Hopkins in Baltimore.
- Crystal would like to see more education in the medical field and at home
 - what can we do to increase awareness?
- Midline questioned how many educators going out into community?
 - Donna stated that she is the only one in the state of DE
- Bobbie stated a lot of children goes to AI DuPont, however, they only accept Highmark Insurance. This is a barrier, if they have other insurance they will not be seen, or if they are seen, they will be billed.
 - Donna stated that DE has Chronically Ill Children’s Medicaid, which based on child’s income, not family income. No co-pays for docs or hospital.
- Donna stated if have any questions to contact her at 302-655-9187 x500 or MsDPM1013@gmail.com

New Business

➤ *Introduction of New Health Committee Co-Chairs*

- 2017 Co-Chairs are Fredeline Menard and Carrie Snyder

➤ **Committee Meeting Calendar and Sign in Sheet**

- Meeting reminders will be sent to everyone's calendar. If any committee members are not receiving those reminders, please let us know.
- Midline reminded everyone to sign in and asked to make sure that your information on the sign in sheet was correct. If not, please mark with red pen.

➤ **New Dental Director**

- Patti stated new Dental Director is Dr. Nicolas Conte. She would like to bring to Sussex County to introduce.
- would like for him to attend Feb. 22 meeting to give presentation, February is Oral Health Month
- Will schedule formal meet and greet

➤ **Who are we missing?**

- Who are we missing around the table for each specific health sector. Who has a contact?
 - suggestions were Bay Health, Nemours/Dr. Lehman, Connections, Camp Rehoboth, Pharmacies, DE Pharmacy Society. Kelli suggested Jewish Community and she will reach out and invite
 - Richard stated that HIV testing clinic 2 days a week at Laurel SSC, and requested that Camp Rehoboth speak at meeting. Midline will reach out and invite.
 - Crystal would like to invite Home Health Care Providers
 - Anna suggested PRMC and Atlantic General
 - Nancy stated that a rep from DE Libraries used to attend. She will touch base to invite
- Midline will put list of suggestions together and will send out to everyone to reach out and invite to the table.
- Crystal asked group if think of anyone else, or meet someone that would be interested, to please personally invite.

➤ **March Meeting**

- Invite sent to Dr. Ferber, Sharon Harrington, Ray Fulkrod, and Megan William to discuss Hospital/Community Alignment
- This will be a "special meeting" to discuss connecting community with clinical

Old Business

➤ **Final Update on Diabetes Information Packet**

- Midline shared history of Diabetes Information Packet with group
 - coalition wants to distribute packets to doctors and hospitals in community
- Sample packet was handed out
 - asked everyone to review and let Midline know of any additions or changes
 - group agreed on packet
 - Patti Burke motioned to accept as presented and Richard Holaday made a second to the motion

- final packet will be presented at next meeting requesting final approval
- hoping to distribute packet by Feb. 27, 2017
- after packet is final, group suggest to translate into Spanish and then Creole
- Kelli Janowski stated Stanford University developed a diabetes teaching curriculum, which her and the other state diabetes educators are using.
 - program is free
 - classes are for 6 weeks
 - facilitated state wide with over 100 educators
 - will facilitate classes for 6 – 20 people also invite caregivers
 - a lot of interaction
 - teach physical activity, healthy eating
 - looking for host sites
- diabetes rate is high in Sussex County
- would like to see more education in Sussex County
- Possibly offer lay leader training in Sussex
 - training is 2 days a week for two weeks, 8 hours each day
 - Kelli will consider possibly doing May and June

➤ **Worksite Wellness**

- SCHC hired Worksite Wellness Coordinator
- job is to identify business in Georgetown area interested in healthy policy and practice change and sign up for Worksite Wellness Program

➤ **Lunch and Learn**

- University of Delaware offers “How to Talk with Your Doctor” training
 - Sarah Bercaw working with DAPI to offer training to new moms on how to prepare for prenatal doctor appts., and pediatric appts. after baby is born.

Updates

- Nancy Mears stated that there are upcoming trainings with U of DE Cooperative Extension
 - Dining with Diabetes
 - Master Food Educator Volunteer Training
 - looking for volunteer master health educators
 - Food Safety Classes
 - Also, handed out SNAP-Ed PSE Healthy Living Health Assessment Survey and encouraged everyone to participate
- Anna stated that Nexplanon is now available by appointment at Public Health
 - Clinics in Seaford, Georgetown, and Pyle Center located in Frankford
- Nancy Forster stated that the Health Committee should be applauded
 - Appreciates the info that is shared and feels that meetings are very important

REMINDER:

Health Committee will start 2017 meeting at Easter Seals in G'town, located on Rt. 113, from 8:30 – 10:00.

	Adjourn	
	Next Meeting February 22, 2017, 8:30 – 10:00, at the Easter Seals Building, Georgetown, located on Rt. 113	

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and connect with us on Twitter [@Healthy_Sussex](#)

Please share any information about upcoming events and success stories with us.

We are always happy to share information about upcoming events and promote your agency on social media.