



**CAMBRIA COMMUNITY HEALTHCARE DISTRICT
DECEMBER 14, 2021
HEALTH ADVOCACY & COMMUNITY
OUTREACH COMMITTEE MEETING MINUTES**

A) OPENING

- 1) The meeting was called to order at 2:05 PM.
- 2) The Pledge of Allegiance was not conducted as there was no flag present.
- 3) Committee Member Diane Kubat was present, as well as Administrator Mike McDonough, Operations Manager Tim Benes and Administrative Assistant Simone Rathbun. Committee member Cecilia Montalvo joined the meeting via phone at 2:40 PM.

B) PUBLIC COMMENT FOR ITEMS NOT ON THE AGENDA

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

C) AGENDA

Planning for outreach activities for 2022.

Tim Benes stated that he has ideas that have been ‘shelved’ due to Covid. Director Kubat mentioned that she meets a lot of people in her line of work that are not aware of what’s available to them in the community. Public education is necessary regarding what services the Healthcare District does and does not provide. The District promotes health, holds fall prevention classes for Seniors, etc. but also would like to do more activities geared towards the children in the community. Also want to reach out to restaurant staff.

Events were discussed, such as a Health and Safety Faire. In February we promote “Go Red For Women”. A booth at Pinedorado was discussed, offering hands only CPR. Tim has been gathering swag as he can, for upcoming events.

Mike mentioned that EMS week is the week of May 15th, and that Farmers Market would be a good venue to attend for community outreach. He also added that the Wildland Fire Support Group does a community day in the Fall, at the Vets Hall. Mike suggests having an emergency preparedness day at the Vets Hall; for fire, flood, earthquake, etc.

Diane Kubat added that the County has a form for homebound residents to submit for times like that, in case of evacuation.

Tim added that as one of the justifications for our new building, it could become an essential evacuation site for residents, especially bed-bound people, in the event of an emergency. They would have medical personnel, cots, and have their needs met.

Discussion was had about having a few small focused events and then a Health Faire. Director Kubat also suggested putting together a resource guide that would direct residents where to turn for help in different areas; such as first aid, elder abuse, food assistance, the Community Bus phone number and hours, Meals on Wheels, etc.

The District is limited by both budget and man power, so discussion had about what area to concentrate on first. Tim mentioned the Go Red for Women campaign coming up in February.

Director Montalvo suggested going deep on one thing instead of doing 20 little different things. She also suggested having members of the community become part of the committee. She added that Julie Amodei might be a good asset for this committee.

Tim added that mental health is currently one of the biggest issues in the community, due to the shelter in place. Humans need interaction and hope; and the sheltering in place has caused a lot of despair, loneliness and loss of life. Diane added that mental health would be a great thing to focus on. She mentioned a local psychiatrist who was interviewed in the Cambrian and he might be a good resource to invite to a meeting.

Director Montalvo to connect with Julie. Mike is going to contact the County behavioral health director and let her know the District is interested in focusing on this in the coming year and maybe she could possibly provide us with a presentation.

The next committee meeting will be held on 1/18/2022 at 2:00 PM.

D) ADJOURNMENT

The meeting was adjourned at 3:27 PM.