

Otero County Community Health Council
Minutes
February 2008

Attendees:

1. Sylvia King Community Addiction Treatment Services
2. Raginée Mendoza Ben Archer Health Center
3. Michael Murphy Disability Resource Center
4. Grace McMillin Local Collaborative 12
5. Denise Lang Peace and Justice of La Luz
6. Eddie Reeves CHINS
7. Cindy Najar Heritage Program
8. Sheryl Otero Baker Opportunity Center
9. Denise Syling Youth Empowerment Association
10. Lori Tilman Otero PATH
11. Ana Fox Big Brothers Big Sisters
12. Oscar Cereceres DWI Program/Teen Court
13. Al Hodges Otero PATH
14. Sue Medina Alamogordo Public Schools Board of Education
15. Allen Stenger OTEC
16. Lee Ann Loney Otero County Community Health Council
17. Tony Martinez Molina
18. Daniel Gurule Molina Medicare
19. Sandra Scott Mesilla Valley Hospital
20. Sharon Hodges DOH/Public Health
21. Kelly Knight Cooperative Extension Service
22. Azori Sparks APS/GRADS
23. Marylouise Kuti-Schubert GRADS
24. Tracey Spencer Airmen and Family Readiness, Holloman Air Force Base
25. Ellen Madison Holts Holloman Air Force Base
26. Adrienne Libke Holloman Family Advocacy
27. Jean Jaszai Gerald Champion Regional Medical Center
28. Alicia Rios City of Alamogordo Housing Authority
29. Marnie Nixon Southern Area Health Education Center (SoAHEC)

Following introductions, Raginée Mendoza, Health Educator of Ben Archer Health Center, presented the program. Ben Archer Health Center (BAHC) willing move into their new building soon, but they are still waiting for state inspection. She showed some pictures of the new facility. This mission of BAHC to significantly improve the health status of its population through the prevention of illness, the promotion of health education, and the provision of quality primary care access to the underserved and a strong commitment to Chronic Disease and Pain Management. The vision is to be the community leaders in providing medical and dental services of superior quality to the residents of Southern New Mexico.

BAHC offers the following services:

- ? Primary Medical
- o Physical Exams
- o Prenatal Care
- o Acute/Chronic Care
- o Child/Women/Men's Health
- o Blood Pressure/Glucose Screenings
- o General Medical Services
- ? Primary Dental

- o Pediatric Dental Services (there is no Ped Dentist on site, but one visits 2x/month)
- o Dental Exams
- o Dental Cleanings
- o Periodontal Treatment
- o Filings, Crowns, Bridges
- o Bleaching
- ? Pharmaceutical
- o Pharmacy (out of Las Cruces office, each site has drug dispensing at cost if eligible, or could be ¼ the price)
- o Prescription Dispensing Only – Columbus, Hatch, Deming, Alamogordo, and T or C
- ? Health Education
- o Nutrition
- o Diabetes Management and Control
- o Cholesterol and High Blood pressure management
- o Prenatal
- o Weight Loss
- o ...and more
- ? Eligibility Program
- o Sliding scale/discount program for medical and dental services with eligibility requirements
- o Breast and Cervical Cancer Grant offers free pap smears and mammograms for low income women.
- o Medicaid On Site Application Assistance for Pregnancy and Children
- ? Social Services
- o Families FIRST Program (Medicaid eligible women and children) offers on site social worker for in home visits with new mothers.
- o Behavioral Health Services (Las Cruces, Hatch, Deming and T or C)
- o Case Management and Outreach
- o Migrant Education Even Start (not offered in Alamogordo, but the other sites have)

She had a short skit to show what someone will go through when they call the clinic for services.

The BAHC serves anyone whether or not they have insurance. They also see undocumented individuals. New Mexico does not require that undocumented individuals are reported to authorities. Sharon Hodges mentioned that Medicaid dental care was an original Health Council priority and that it's good to see BAHC filling this need. Raginée noted that many still do not know that they offer dental services. People tend to seek medical and dental care as a last resort, but they need to use more preventive screenings.

OCCHC Business:

1. Health Council Priorities Update:
 - a. Substance Abuse:
 - i. Meth Coalition and Meth Research Group – Next meeting Tuesday February 12, 11:30am at The Counseling Center – Lee Ann Loney said this group will be doing some strategic planning at this meeting.
 - b. Obesity/Diabetes:
 - i. Otero County Diabetes Education and Prevention Collaborative – Next meeting is Thursday February 21, 11:30-1:00pm at Otero PATH – Lori Tilman talked about the Diabetes Day at the Round House. They talked to many and gave out goodie bags with healthy snacks and information. She said the next meeting will move back to 11:30 to facilitate an evaluation by the funder of the program. The Diabetes Success Group has 8 participants. Anyone with an interest in Diabetes can attend these meetings. Cathy from

Premier gave presentation on exercise at home. Next month 3rd of March at 1pm-2pm at the Otero PATH office, and the program will be on quick easy meals. Save the date for April 23 for an Obesity/Diabetes symposium. Call 437-2460 for information.

2. Otero Health Council Business:

a. Chamber of Commerce update – Allen Stenger talked about the discussion of the NM universal health coverage proposals in the legislature. There are 2 bills currently being discussed.

b. Health Literacy – Marnie Nixon of the Southern Area Health Education Center (SoAHEC) talked about this new program funded by the Paso del Norte Health Foundation. They will be looking at health literacy in communities, as well as some literacy issues, and they hope to take it beyond the basic level. They will be participating in the April 23 event by providing a healthy lifestyles workshop. This program provides information about nutrition, goal setting, stress relief and activity (movement). They will also provide a healthy lunch. This program is normally designed for smaller groups of 8-12. This program is a 3 year initiative similar to the Stanford model several were trained in a few years ago.

She said that this takes the best of "Body Works" and the Stanford program for one time workshops rather than a series of classes. SoAHEC's evaluation of the Stanford program found that the most useful component was support from other participants. This program includes this and people can come back for a refresher as well. She will offer this program to any group interested and she is planning a staff development with BAHC. Eddie Reeves asked about using it with her Cessation classes. Call Marnie at 575-646-3441 ext. 23. Al Hodges asked for clarification around the meaning of "health literacy". Is it understanding the instruction of your doctor and prescriptions, and improving communication between doctor and patient? She said this is part of the program, but they take it further. They include instruction in things like basic anatomy and physiology of disease and health, prescription drugs, herbs, cultural competency, and more.

Community News (If you bring handouts, please take any leftovers with you. Thanks.)

Eddie Reeves talked about the CHINS raffle, their annual fund raiser, and the upcoming Sertoma/CHINS Freedom Fun Run and Walk February 23.

Sylvia King mentioned the Senior Fitness Trek on February 28 at the Alamogordo Senior Center. Participants must be 50+, and there will be break out sessions, activities, and health screenings. It is free except for lunch.

Sue Medina said the next APS Board of Education meeting will be the 3rd Tues of the month. School testing will be February 26 – March 14, and she encouraged all to make sure their kids have a good breakfast and night's rest during this time.

Daniel Gurule of Molina Medicare said this Medicare program started just this year. It is for 65+ or those with certain disabilities. It will cover what Medicare covers, and more, including dental (through BAHC), vision and hearing. It will cover people with Medicare A, B, and D. Dental includes 2 exams and cleanings at \$5 each. If one is on Medicare and Medicaid, there is an Options Plus program which provides more benefits. The vision and dental includes travel to and from doctor, labs, etc. That is 52 round trips/year. This costs \$19/month for Medicare, while the Medicare/Medicaid program is free. They are participating in the Senior Trek February 28 with health screenings, snacks, etc. They also offer smoking and nutrition training. Mental health providers are covered in the network as well. Michael Murphy asked about the governor's intension to use Community Based long term services, and how Molina would fit into this since all monies will be going to this.

Daniel said in July, all unassigned will go to this governor's program and others can stay with Molina. Call Daniel at 505-348-0366.

Tony Martinez works with Molina's Medicaid and State Coverage Insurance (SCI) based out of Las Cruces. He has been traveling a lot, but his territory has now been cut allowing him to spend more time in Otero County. He will be in Alamogordo every Tuesday and plans to be more involved in the community. He announced that SCI has added vision providing an annual exam and \$150 every 2 years for glasses. However, there is still no dental coverage. Also, the first category is now free. Small business can benefit from the SCI program. Call him at 800-377-9594.

Cindy Najar said that Heritage is still taking referrals from Otero County.

Oscar Cereceres thanked Grace McMillin and Lee Ann Loney for speaking to New Mexico Prevention Network meeting in Santa Fe last Friday. He also talked about the results of the poster contest. They will be making bill boards from the winning posters and they have calendars made from the 2nd place winners.

Grace McMillin said that the Local Collaborative is trying to take back their meetings from the State and Value Options. They should come to cabinet meetings so local meetings stay local. The next Lincoln County meeting is February 21 and the Otero County meeting is February 29. The Cabinet will meet on February 22. All are welcome to all meetings. Grace has given notice and will leave at the end of February.

Sandra Scott is new with Mesilla Valley Behavioral Health. She said there is a case manager and therapist serving Alamogordo. Comprehensive support is also available. Call 800-877-3500.

Al Hodges said Otero PATH is pleased to be working with SoAHEC on the health literacy. He also commented on the Obesity/Diabetes workshop that will take place soon. He encourage all to come out and support the effort.

Sharon Hodges is working with the Alamogordo Senior Center and LC 12 on the April 12 "Planning for the Future and Living for Today" workshop. Anyone interested is welcome to participate. They are planning breakout sessions on things like Social Security, Veterans Administration benefits, estate planning, signs and symptoms of dementia and Alzheimer's disease, and more. They want to help people to start having dialog with parents and family members about these issues. They will also have information booths from local resources, and a comprehensive resource directory for these issues too. She also mentioned the upcoming Asthma Camp April 19 at the Boys & Girls Club.

Michael Murphy runs the Center for Independent Living (Disability Resource Center) which offers several services including peer counseling and information and referral. They can assist those with disabilities in hiring attendants to help with daily needs. He said that the "Money Follows the Person" program is still in limbo. It was passed March 8, 2006 and would allow for Medicaid monies to be used by people for home services, but it has not yet been implemented.

Kelly Knight said the Cooperative Extension Service is offering "Kitchen Creations", a Diabetes cooking school, in March. Space is limited, so please contact 437-0231.

Cheryl Otero Baker said the Opportunity Center is continuing to hire direct care staff.

Azori Sparks of GRADS has an intern this year, Marylouise, who was a teen mom and brings much insight to the program. They will be taking some teen panels in April to the Middle Schools. Also, the Teen MOPS (Mothers of Preschoolers) meetings are the 4th Monday of each month. She mentioned the next Project Not My Kid meeting will be February 11 at

4pm. The focus of this effort this year will be on male involvement.

Ana Fox of Big Brothers Big Sisters (BBBS) said the Bowl for Kids Sake will be April 13. They need sponsors, teams, and volunteers. Call 434-3388.

Tracey Spenser is with the Family Readiness program at HAFB. They have a post deployment group that meets on Mondays and Tuesdays. Also a support group for returning airmen and a group (2nd Wednesday of month) for spouses around deployment.

Ellen Madison Holts is with Family Outreach at HAFB. There will be a Kids Carnival on April 19. She would like to work with the schools and said they provide effective parenting classes.

Adrienne Libke with HAFB Family Advocacy is working with others on the programs already mentioned.

Jean Jaszai said that a group started meeting several months ago to talk about opening a detox facility. Money is the main issue, but they plan to write for grants, etc. (This is not a hospital venture, but is being supported by several in the medical field and they are working with the Council on Alcohol.)

Grace McMillin said that the LC12 still has a grant with APS and they are planning a program on internet safety for February 22 at 1pm with students. They will also have one for parents at the Library on February 26.

Allen Stenger said the next OTEC is Friday February 15 at noon at CHINS. Melissa Shoemaker will do a training on Asthma. OTEC will be at the Senior Trek. He said there will be a Candidate Forum tonight for the City Commission candidates. There are 4 races, but only one is contested. Also, there will be a Library art auction March 1 at 4pm at the Fairgrounds.

Lori Tilman said that there will be Dance Otero tonight from 6-8pm at the Senior Center.

The Health Council program on March 4 will be on the 40 Developmental Assets presented by Denise Syling of the Youth Empowerment Association (YEA).