



NF EMS MIH-CP In-house meeting

MINUTES

December 21, 2022, 2pm at HQ

In attendance: Tami Leaton (CARES), Tanya Applegate & Kathy Steckel (MIH-CP), Medeina Ryan (NFSC), Katie Hedley (Outreach Coordinator)

Purpose: Informal conversation and brainstorming session regarding the needs of the community and how we can work together to better meet them through partnerships between CP, CARES, NFSC, Region 10, and NF EMS Community Outreach

The group identified the following as some of the top needs/issues in the North Fork:

- Injury Prevention
- Transportation - Access to health care
- Food insecurities
- Help with heating bills
- In home care
- Aging in place
- Social isolation
- Increasing health literacy

Consensus and responsible party:

- NF EMS (Katie) to offer Public CPR classes with card certification – especially inviting HS students, and Teachers, PELA, Honor Society, FFA, Etc.
- All were in favor to work on public Chronic Disease management classes or info sessions
- **Community Resource Fair/Expo**
  - **Attract local organizations to have booths**
  - **Getting people to come is the challenge**
  - **Possibly partner with another event such as DH Health Fair?**
  - **Showcase “Info Sessions” by local physicians and/or experts on pertinent topics.**
  - **This will take all of us, and more!!! Date and venue need to be set soon... everyone was thinking April**

NFSC identified three things they are focusing on:

- Medical advocacy – using trained volunteers to act as ‘health navigators’ to help people understand their PCP, meds, test results, etc
- Transportation
- Social Isolation

Tami had her intake form ready to begin CARES interviews for services.

Questions for Region 10: What can R10 provide in the North Fork that is adequately staffed and adequately funded, and what can it not?

Next regular meeting: January 11, 10 am HQ and we will invite Eva from Region 10