

**Redbud Health Care District  
Regular Meeting Board of Directors  
January 22, 2013  
9:30 a.m.**

**Present : Conrad Colbrandt, Sue Burton, Fred Poucher, Mark Holloway**

**Absent: John Eckhardt**

**Chairman Conrad Colbrandt convened the meeting at 9:30 a.m.**

**MOTION**, by Sue Burton to approve the minutes from meeting held December 18, 2012.  
Seconded by Mark Holloway. Motion carried.

**Discuss and consider RFA 2013-0018 from Any Positive Change**

Annina van Voorene the founder of “Any Positive Change” was present to discuss the program. She brought with her, Jeff Ott who works with her, Jim Brown, Health Services Director, and Dr. Bob Gardner, Board Certified Addiction Specialist.

Annina told the Board that since the last time they met Any Positive Change is still in dire need of funding. She said what came out of that meeting was the legality of needle exchange in Lake County. She brought with her the California Codes related to access to sterile needles and syringes. She also brought Resolution No. 2008-42 from the Board of Supervisors of the County of Lake. Resolution authorizing support of Assembly Bill 547 (AB547), a syringe exchange project to combat the spread of HIV and Blood-Borne Hepatitis infections.

Dr. Bob Gardner spoke to the Board. He stated that he specializes in addiction medicine and public health. He is the Board Certified Addiction Specialist in the County. He stated that drug addiction and alcoholism are probably the largest health problem in the County. He also stated that we have a lot of young people die of Hepatitis C. If there is not a needle exchange it is harmful to the IV drug user and also harmful to all of us because what happens if there is no needle exchange program is that people are using dirty needles and exchanging needles amongst each other. There is more Hepatitis C, there is more HIV. More tax dollars are going to Hepatitis C and more hospitalizations. It is something that is costly both financially and emotionally. It protects our children and grandchildren. Each dollar we spend on needle exchange will save hundreds. It is also going to keep our children from being exposed to diseases. It is an epidemic that is spreading to young healthy looking college students, so if they are sharing needles it exposes the whole community to diseases. It is a really simple inexpensive program.

Jim Brown stated that research shows needle exchange will help prevent HIV and Hepatitis C. There is a lot of Hepatitis C and HIV in the county, and a lot of those people are IV drug users. It will help eliminate those diseases, which the needle exchange program has been doing for years. There are people getting stuck out there by the dirty needles. To prevent this you need to get the dirty needles off the street, out of the parks. How you do this is through needle exchange. They take a dirty and exchange it for a clean one. Jim stated Health Services supports this program, we just do not have the funds to fund the program.

Annina then stated that 66,000 needles were given out last year.

**MOTION**, BY Fred Poucher to approve \$8,000.00 for the needle exchange program. Seconded by Sue Burton. Motion carried 3-1.

**Discuss and consider RFA 2013-0026 from Middletown Unified School District for the Summer “Step Up” Program**

Sherrie Ebyam presented the program to the Board. The Step Up program will be held at four different sites. Cobb Mountain Elementary will have 1 teacher, Minnie Cannon Elementary will have 1 teacher, Coyote Valley Elementary will have 2 teachers and Middletown Middle School will have 4 teachers.

This program has the same components as the after school program. Children are most likely to be unsupervised between the hours of 3-6 p.m.(when school is session) and during the summer when school is not in session. Providing safe, positive activities for these kids during these times will significantly reduce the number of kids that get involved in un-healthy lifestyles. Sherrie stated that they will meet once a week, for 6 weeks, from 8 a.m.-12 noon. There will be one day which runs for 6 hours. Each week students will be involved in:

- Rachel’s Challenge Anti-Bullying Program
- Healthy Lifestyles – This section covers physical health to include tobacco use, Exercise and diet/nutrition.
- Drug and Alcohol Prevention
- Positive Peers – This section covers gaining and maintaining a positive self-esteem.

Camp Breakdown:

- This day will be 6 hours.
- We bring all 6<sup>th</sup> grade students to the Middle School and do a “Step Up” day with them that focuses on their transition to 7<sup>th</sup> grade.
- We will utilize students who belong to the High School for Club (Friends of Rachel) to help the 8<sup>th</sup> grade students with the transition to High School.
- There will be a BBQ this day at the Middle School for all participants.

#### Leadership:

- Taking what the students have learned in the program and passing it on to their peers.
- Stepping up to the challenges that students face in today's society.
- Stepping up and being a voice for change where change is needed.
- Stepping up and starting a "chain reaction" of kindness.

#### Healthy Lifestyles:

- Teachers provide guidance in diet and nutrition, exercise and tobacco use prevention. They also use this platform to teach respect, sportsmanship, tolerance, and healthy lifestyles.

#### Drug and Alcohol Prevention and Awareness:

- Teachers partner with local agencies and provide drug and alcohol awareness and education.
- Partners would include AODS, Every Fifteen Minutes, and Team DUI.

Sherrie stated Rachel talked about starting a chain reaction of kindness. Let's start a chain reaction of positive influence for our children and our community.

**MOTION**, by Mark Holloway to approve \$12,900.00 for the "Step Up" program, pending completion and criteria in finalizing the program. Seconded by Fred Poucher. Motion carried.

Took a 5 minute break

Conrad Colbrandt reconvened the meeting at 10:55 a.m.

#### **Discuss and consider reallocation of funds regarding RFA 2013-0015 Lake Community Pride Foundation.**

Bruno Sabatier gave a presentation to the Board about the Clearlake Youth Center. He showed before and after pictures of the youth center. The Youth Center would like the remaining funds to be reallocated from programs to renovation. The Youth Center raised about \$2,600.00 at their open house. The Youth Center is trying to get their own 501C3. They now have a new door, new windows and they now have a new heater. There were no light switches when they moved into the building, you would have to turn them on by the breaker box. Now there are switches. They have a new shower and laundry room. There is a brand new dance class room. There was a major problem with water which was caused from a tree. They removed the tree and now they don't have as big of a water problem. They only had a little bit of water under the building. They also

dug a drain ditch along the building which helped with that problem. There have been a lot of changes. The majority of the building renovation is done. They still have the kitchen to finish and the main floor. It has been an amazing project and a slow project because it has been done by all volunteers. The Youth Center will have a dance class, they hope to get computers, a tutoring program, a robotics program and music program. If anyone would like to do something with children then the Youth Center would love to have you involved. Bruno told the Board the reason he was there was because the Youth Center is low on funds for renovation. They have the money that they received from Redbud Health Care District in a bank account and they would like to reallocate the money from programs to renovation of the building.

**MOTION**, by Fred Poucher that the remaining funds will be reallocated from programs to building renovation per county and city codes and ready the building for opening. Seconded by Mark Holloway. Motion carried.

**Discuss and consider RFA 2013-0024 from Lake County Community Health Needs Assessment Collaborative**

Linda Schulz, Community Services Director for St. Helena Hospital Clearlake and Gloria Flaherty from the Family Resource Center were present. Linda told the Board that there is a senate bill (SB 697) that requires nonprofit community hospitals to complete a community health needs assessment every three years. Three years ago they put a collaborative together that includes Family Resource Center, Public Health, Mendocino Health Center, Area Agency on Aging, Tribal Health, First Five, Healthy Start, Health Leadership Network, Veterans Administration, United Way, Department of Health Services, Social Services, Department of Mental Health, Sutter Lakeside Hospital and St. Helena Hospital Clearlake. It is really about a whole community. There hasn't been a comprehensive needs assessment done since 2002. In 2009 they did a health needs assessment. They hired a consultant, Barbara Aved & Associates to conduct the health needs assessment. She is based in Sacramento. She put together a document that had the demographics, economic indicator, all kinds of health related indicators that are in the document. They found four priority areas that are in need of help in this county. In 2010 those areas were behavioral health, substance abuse, senior services and just overall wellness and prevention activities. The hospitals must demonstrate that they are giving back to our communities. Recently Lake County (St. Helena Hospital Clearlake is the fiscal sponsor) was awarded a 2 year \$497,046 Community Transformation Grant by the Centers of Disease Control to continue the work of this task force in improving the health of Lake County residents. The total amount for this assessment is \$447,168. They are asking Redbud Health Care District for a \$15,000.00 donation to help with this assessment. Currently the Collaborative has a commitment from St. Helena Hospital Clearlake and Sutter Lakeside Hospital for \$10,000.00 each and \$1,000.00 from the Lake Family Resource Center. Other agencies may be able to contribute between \$1,000.00 to \$5,000.00 to the health needs assessment. Linda said she would

go back to the Collaborative and find out how many people are donating and what amount and she will come back in February with a revised amount.

This will be continued in February at the regular Board meeting.

**Discuss and consider financial statements from the following Grantee's**

- Friendly Visitors Program
- Live Oaks Senior Center
- Middletown Senior Center
- St. Helena Hospital Clearlake
- Lake Community Pride Foundation

**MOTION**, by Mark Holloway to approve all the financial statements. Seconded by Sue Burton. Motion carried.

**Discuss and consider use of office**

Mark Holloway spoke to the Board about an incident when Linda was off for the holidays. He had come in to the office one day and when he opened the door there was a woman inside who told him he can't come in because we were closed. Come to find out she was the Doctor's friend. Not even an employee just a friend. Another time Linda called Mark and needed some checks signed and it was after 4:00 p.m. when Mark came in to sign them and he had forgotten his keys to the office, but he knew the Doctor had a key so he figured he could get the key from him. They would not let Mark in unless he was supervised. The biggest issue is the liability if someone who does not work for us is in here using our office.

**MOTION**, by Fred Poucher to write a letter to Dr. Freeman that he can use our spare room for storage only. Seconded by Mark Holloway. Motion carried.

**Discuss and consider back-up for computer**

We have been using Mozy Pro for backing up our computer and paying \$144.00 a year. Mark Rudiger said to put it up in a cloud.

**MOTION**, by Mark Holloway to go with Mark Rudiger from Lake County Websites in Middletown. Seconded by Sue Burton. Motion carried.

**Discuss and consider policies and procedures**

Carry over to February 26, 2013 meeting

**Discuss and consider rezoning status**

Conrad Colbrandt, Sue Burton and Mark Holloway are meeting with Diane Fridley, Registrar of Voters and Maria Valadez, Assistant Registrar of Voters, at the Registrar of Voters in Lakeport on January 25, 2013.

**Citizen Input**

None

**Board Discussion**

None

**Adjournment**

Respectfully submitted,

Mark Holloway, Secretary