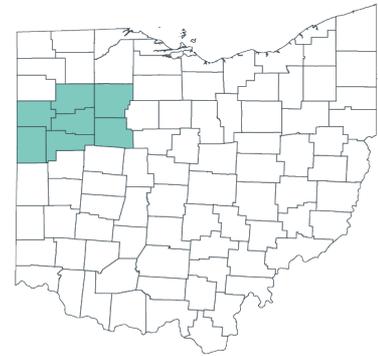




2017 Community Connections Grantees Year 1 Learnings

Area Agency on Aging 3

Maintain elderly victims of abuse, neglect, and/or exploitation in their community of choice by ensuring and securing their basic needs



Year 1 Accomplishments

- Assisted 97 individuals with remaining independent at home within their local communities
- Coordinated activities with family members, Adult Protective Services, law enforcement, Long-Term Care Ombudsman, home health care service providers, and other community partners

Early Signs of Health Improvement

- Older adults are kept out of nursing homes or from becoming homeless
- Older adults feel they are able to remain living in the community independently
- Older adults feel more empowered to move beyond victimization and focus their energy on being survivors

Lessons Learned

- Local APS agencies are often inadequately staffed and unaware of community resources. We have built a rapport with them, have educated them on our services, and have collaborated with them on keeping our older adults safe

If We Knew Then What We Know Now...

- Older adults have needs that differ on a case by case basis, making it hard to predict what services and resources will be needed and when. This also makes it hard to budget adequately across multiple funding sources for the variety of services offered.

Children's Hunger Alliance

Empower child care providers in Jefferson County through training and resource kits to increase the nutrition and activity provided to the children in their care and educate these children (and in turn their families) on healthy behaviors



Year 1 Accomplishments

- Provided training and resource kits to 8 in-home family child care providers in Jefferson County
- The resource kits included:
 - copy of the children's book "The Surprise Garden"
 - small herb garden starter containers
 - instructions and sample lessons

Early Signs of Health Improvement

- In-home child care providers have adjusted their menus
 - Using fresh herbs grown from seeds in the kit
 - Switch to chicken breasts rather than chicken nuggets to better go with fresh herbs

Lessons Learned

- Positive feedback about the resource kits.
- In-home child care providers enjoyed having a book that could be used throughout the year for story time in addition to the herb starter kits

If We Knew Then What We Know Now...

- To accommodate the time constraints of the providers, we need to offer the training online and at various times of the day and year

Edison State Community College

Create formal indoor and outdoor walking trail routes that expand and tie into our community's walking/biking trails for all Edison State students, faculty/staff, residents, and visitors



Year 1 Accomplishments

- Purchased 2 bikes and helmets for community checkout at the library
- Indoor walking trail signage, trail maps
- Educated community about benefits of walking
- Planning to connect our trails to the Great Miami River Way

Early Signs of Health Improvement

- Partnership with Miami County Parks District and Miami County Health District to implement “Active Living Every Day
- 2018 Employee Walking program started February 26th
 - Indoor trail allows employee teams to compete despite the weather
 - Walkers collectively lost 70 pounds in 8 weeks!

Lessons Learned

- Be patient--understand that some people take longer to motivate, and impending deadlines seem to help
- It takes a lot longer to get anything done when you have more people involved in the project
- It takes creativity and flexibility to relay information across departments and keep everything moving
- New partnerships have expanded opportunities: Edison will participate in the county-wide Health Improvement Plan and connect to the Great Miami River Way Trails

If We Knew Then What We Know Now...

- Timing is everything, especially when involving college students. If I had it to do over again, I would have looked farther ahead to completion of the project and worked my way back to complete the plan.

Elizabeth's New Life Center

Provide expectant mothers individual assistance with the rigorous, but essential process of applying for Medicaid



Year 1 Accomplishments

- 47% of new patients used the Strong Start program at Holy Family Prenatal Care (HFPC)
 - 67% started care at less than 14 weeks into their pregnancy
 - 87% of those who delivered with us had 10 or more prenatal care visits
- 32 patients earned the \$50 gift card incentive we offer to patients who begin early prenatal care (awarded after the 6th visit)

Early Signs of Health Improvement

- HFPC pre-term birth rate: 7.2%
 - State of Ohio: 10.3%
 - Montgomery County: 14.4%
- HFPC low-birth weight rate: 10.9%
 - State of Ohio: 8.5%
 - Montgomery County: 9.7%
 - However, 33% of HFPC low birth weight babies were born full term, had more than 11 prenatal visits, and were within 3 ounces of the low birth weight threshold.

Lessons Learned

- More people than expected needed to be enrolled in Medicaid, and some cases took longer than anticipated
- Having a dedicated HFPC staff person act as the navigator between the patient and JFS ensured the patient's application did not get lost, bypassed, or delayed

If We Knew Then What We Know Now...

- Originally, uninsured patients could receive prenatal care without securing final Medicaid coverage until 28 weeks into their pregnancy. Because of this extended deadline, many patients did not complete the Medicaid requirements in a timely fashion. We have since adjusted the Strong Start deadline to a shorter time window, depending on each patient's situation, in order to avoid patients delaying these requirements.

O’Neill Center

Enable seniors to live healthier, more productive lives, through providing transportation to medical appointments and personal outings, to seniors age 55 and above, residing in Washington County, Ohio



Year 1 Accomplishments

- Filled 98% of requests
 - Remaining 2% were not filled due to weather or not providing enough prior notice to be transported

Early Signs of Health Improvement

- Participants agree the program is very important to maintaining their independence
- 93% reported they strongly agree that the program helps them feel more connected to the community

Lessons Learned

- A presenting and growing need is dialysis transportation
- A better process for identifying needs, receiving requests, and dispatching transportation.
 - We will be applying for an AmeriCorp Vista identify gaps in transportation services for all age groups, uncover resources, and create a database. We will then create a transportation “hotline” to gather requests and dispatch transportation.

If We Knew Then What We Know Now...

- There is not a definitive answer for individuals to find medical transportation. It takes flexibility and having many options available.

Ohio State Legal Services Association

Education & outreach to help seniors understand their legal rights and protections regarding wills, guardianship, elder abuse, consumer issues, fair housing, foreclosure, healthcare, Social Security, and Medicare/ Medicaid benefits



Year 1 Accomplishments

- Started to pull partners together
- Had all the pieces needed to get started
- Roof of offices caved in
- Received extension to grant period so that they could deal with their building issues

Putnam County Educational Service Center

Implement a creative program to teach seniors about internet safety and how to safely use different types of technology and related software to positively enhance their personal, social, and cognitive well-being



Year 1 Accomplishments

- Slight delay when computer lab was not going to be available when we planned
- Held small pilot groups to provide training and obtain feedback
- Held training sessions on March 12, 19, and 27; April 9 and 23; and May 14.
- Growing topics of concern are identity theft, scams, and phishing attempts. We have planned and will co-host a cybersecurity awareness and training with the Putnam County Prosecutor on June 13.

Early Signs of Health Improvement

- One couple consisting of an 89 year old male and his 88 year old wife were trained on iPad and smart phones. They do not leave the house very much. They were amazed when they were shown how to use both SIRI and FaceTime. Their initial use of FaceTime was to contact their niece who lives 120 miles away from them.

Lessons Learned

- Overestimated our ability to start offering classes in the summer. Should've been more realistic about start time and targeted the fall
- We need to move more quickly at identifying secluded seniors as well as how best to provide them training with technology.
- We need to further explore how to ensure further and ongoing confidentiality of seniors.
- We need to do a better job of initiating and engaging more agencies in our common effort to help seniors.

If We Knew Then What We Know Now...

- That our computer lab wouldn't be available when we needed it due to an unexpected event. I would have done more planning for alternative locations.

Putnam County Health Department

Increase the access to fruits and vegetables, and increase the knowledge of the importance of healthy nutrition in the Leipsic community through distribution of fruits and vegetables and classes to teach preparation



Year 1 Accomplishments

- The Fruit and Vegetable exchange collected tomatoes, cucumbers, green beans, squash, carrots, zucchini, and more!
- Recruited 11 participants for Cooking Matters
- Provided blueberries, kiwi, strawberries, bell peppers of all colors, broccoli, cucumbers, etc. and other fruits and vegetables for the children at the Leipsic Pool to sample.

Early Signs of Health Improvement

- Participants in the Fruit and Vegetable Exchange were excited to talk about what they would make with the fresh foods.
- Participants in Cooking Matters felt more confident that they can buy healthy food for their family on a budget, help their family eat more healthy, and prepare meals using basic, whole ingredients.
- The children at the pool loved it when we came with fruits and vegetables. They were surprised that they actually liked some of the vegetables. Several came back for seconds!

Lessons Learned

- The Community Center did not open until August, which delayed the start of the Fruit and Vegetable Exchange.
- Communication issues delayed the start of providing fruit and vegetables at the pool. It was a successful program despite the delayed start and we look forward to getting it going earlier in 2018.

If We Knew Then What We Know Now...

- There were some glitches in coordinating the Leipsic Pool fruit and vegetable tastings. This required some flexibility in our schedule. Both parties have a better understanding and hope to be able to visit the pool more often this summer.
- We received donations from a local garden store, which was unexpected. We will try to plan for better for that this year and look for other donors, as well.

R.E.A.C.H. For Tomorrow

Provide trauma training to faith-based partners who have established projects in their community working with families burdened with substance abuse and other issues that affect and impede their ability to lead healthy, productive lives



Year 1 Accomplishments

- Coordinated five trainings but due to weather and facility barriers we were able to complete two
 - Both trainings were well received and those in attendance are very excited to attend future training on the subject

Early Signs of Health Improvement

- Several individuals not only expressed their own need to change their processes and/or approaches in their respective fields, but also a willingness to gain further training and education to become certified trauma practitioners so they are more equipped to counsel and help those who come to them.
- Teachers who participated in the training saw a need for more educators to be trained in the effects of trauma.

Lessons Learned

- HealthPath is willing to be flexible during the grant period. When one partner had to drop out, we contacted HealthPath and they let us know that we could modify the program and connect with others that we didn't list in our proposal.
- Faith communities and educators are very receptive to this type of training. Both demographics have found it to be very relevant to the work they do every day.
- Have a backup plan and be flexible when weather or other non-controllable events happen.

If We Knew Then What We Know Now...

- Had we contacted HealthPath sooner to talk about partners that unexpectedly dropped out, we would have been able to connect with and schedule new partners in a more timely manner.

The Leipsic Community Center

Train children in the Leipsic community in grades 6-12 to run a 5K race while teaching them healthy eating habits, healthy cooking methods, and the importance of good nutrition



Year 1 Accomplishments

- Trained 14 kids how to run a 5K in 8 weeks.
 - Proper running techniques, stretching, etc.
 - Running shoes were donated
 - Speakers from the local running club
 - All 14 kids ran or walked in the Jingle Bell 5K in Leipsic
- Showed the 14 kids how to cook healthy on a budget.
 - Healthy food choices, food preparation, proper food handling, etc.
 - Cooked 4-course meal (appetizer, salad, dinner, dessert) for their family. Even prepared the drinks from scratch!

Early Signs of Health Improvement

- Apprehensive teens/pre-teens became confident
- Children made better food choices and learned that healthy foods do not have to taste gross
- Students who said they couldn't run were encouraged to walk; they chose to walk rather than quit
- Before, only 36% of the kids exercised 3 or more days a week. After, 83% did.

Lessons Learned

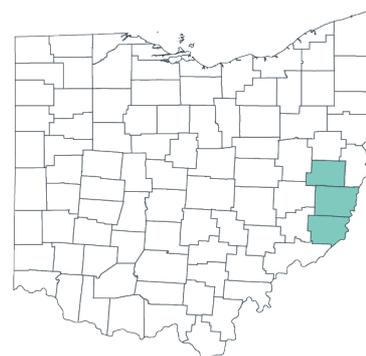
- It took longer than expected to recruit students; had to be flexible with tactics
 - Difficult to keep the students who signed up to show up to every class
- Incredible support from the community
 - Formed some neat community partnerships through this program
- We didn't think about the kids not having running shoes. Most kids showed up in shoes not meant to be walked in much less run in.
- Saw kids who didn't get along in school become friends on the track
- Other counties asked how they can start a 5K & 4 Courses program—our initiative will reach much further than anticipated

If We Knew Then What We Know Now...

- Wish we would've known that recruiting 15 kids would be so hard!
- Wish we would've known the kids do not have proper running shoes. We are hoping to secure donations again to provide shoes.

Tri-County Help Center

Work with community partners to identify victims of interpersonal violence in the elderly population of our counties to provide awareness of community resources, intervention, and safety planning



Year 1 Accomplishments

- Worked strategically with APS to conduct community education and awareness at local health fairs and Senior Services centers.
- Obtained referrals through county-level Domestic and Sexual Abuse Collaborative Task Forces and our Domestic and Sexual Violence Hotline
- Staff provided safety planning, community referrals, aftercare, court and hospital advocacy, and mental both general and mental health case management services.

Early Signs of Health Improvement

- Increase in the number of older community members who are aware of our services

Lessons Learned

- The high volume of elder abuse in the close-knit, small valley is greater than we thought
- Older adults know about the agency and services, but don't have firm belief that this is what they need
 - This is my life, my marriage, i made a vow, why would i change now; i can't handle the changes at this point in my life
- In-home case management services and transportation are a great benefit (counseling, home health, housing, grocery shopping, financial planning, and friendship groups and activities, etc.)

If We Knew Then What We Know Now...

- We would identify organizations who already work with the elders in their homes and provide training to them about how to identify abuse and what resources are available.

Washington County Health Department

Teach 3rd-5th graders what it feels like to work in their target heart rate and see if that knowledge increases fitness over the course of the school year



Year 1 Accomplishments

- Overcame a lot of obstacles
 - PE instructor who championed the project left her job—found a new PE instructor champion
 - Quotes for the equipment we specced out were misleading—found another, more affordable option
 - Customer service from the new company was very slow and caused delays
- Deployed the heart rate monitors in PE classes in January
 - Collecting data on aerobic capacity improvements

Early Signs of Health Improvement

- Have baseline aerobic capacity measurements on the children using the heart rate monitors, but haven't been using them long enough to have evidence of health improvements

Lessons Learned

- The biggest shock we had was the software cost for the vendor we had intended to use. They quoted us: "After the first year renewal software rate will be \$75 dollars USD." What they failed to say is that it was \$75/month, not annually as it appears, or almost \$1000/year, which was not sustainable. We learned this in August when we went to order them.
- It's hard to label the HRMs permanently so the children know which one is theirs. None of the markers we have tried have worked.

If We Knew Then What We Know Now...

- We really wish we knew the original equipment was too expensive and that we had the new equipment identified prior to the start of the school year. We wasted half the year fumbling around to get something that would work.