



ANNUAL MEETING 2022

EASTERN SHORE HEALTHY COMMUNITIES ANNUAL MEETING

Thursday, February 10, 2022, 3 – 4:30 pm • Zoom

Zoom Link: <https://evms-edu.zoom.us/j/6835233088>

One tap mobile: +19292056099,,6835233088#

MINUTES

Item	Discussion Leader	Time	MINUTES
Welcome, Introductions, Opening Remarks	Minister Karen Downing Executive Committee Member Eastern Shore Healthy Communities Jerusalem Baptist Church	3:00 pm	Minister Karen Downing , Jerusalem Baptist Church and Executive Committee, ESHC, called the ESHC Annual Meeting to order at 3 pm and welcomed the following partners: Joyce Amrien , Eastern Shore Health District; Betty Bibbins, M.D. , retired OB/GYN; Jessica Bonniwell ; Deb Brown , Riverside Shore Memorial Hospital; Brandyn Burkholder , Accomack County Public Schools; Kathy Carmody , Accomack County Administration; Scott Chandler , Eastern Shore Health District; Pat Coady , Shore Delivery Corp.; Tracy Dedicatoria ; Eastern Shore Health District; Sarah Dickey , Accomack County Public Schools; M. Donoway , Eastern Shore Rural Health System, Inc; Heather Diem , Eastern Shore Health District; Tiffany Flores , Eastern Shore Public Library System; Jun Gomez , Eastern Shore Rural Health System; Karen Hatch ; Eastern Shore Boys and Girls' Club; Charmin Horton , Eastern Shore Community Services Board; Patti Kiger , Eastern Virginia Medical School; Kathy Lewis , Eastern Shore Health District; Betty Martin , freelance writer; Erin Morgan , Cooperative Extension; Roberta Newman , Cape Charles Development Company; MiMi Sedjat , Eastern Shore Community Services Board; Angela Scheib , Eastern Shore Health District; Donna Smith , Eastern Shore Area Agency on Aging/Community Action Agency; Iris Smith , Accomack Interfaith Crisis Services; Vicki Weakley , Accomack County Social Services Department; and Rudy Zavala , Accomack and Northampton County Social Services Department.
Minutes	Minister Downing	3:02 pm	MOTION: Approve minutes from November 10, 2021 meeting. MOTION OFFERED BY: Kathy Carmody SECOND TO THE MOTION OFFERED BY: Scott Chandler VOTE: Motion passed by unanimous vote of partners present.
OLD BUSINESS			
2021 Annual Report BRAVE SPACE	Minister Downing	3:05 pm	Minister Karen Downing provided an overview of 2021 accomplishments and celebrated the partners who accomplished them. Highlights of these accomplishments included the following: <ul style="list-style-type: none"> • 2021-2023 Strategic Plan was adopted.

			<ul style="list-style-type: none"> • ESHC published its Diversity Statement and encouraged other organizations to do likewise. The following organizations adopted diversity statements in 2021: Chamber of Commerce of the Eastern Shore; YMCA USA; Eastern Shore Rural Health System, The Eastern Shore Boys and Girls' Club, among others; • Food Access and Equity Work Group began work on an Emergency Food Plan to address future food shortages like what was experienced during COVID-19. • Trauma continued to be an important discussion and training focus. The Resilient and Trauma-Informed Communities Work Group offered a series of trauma-informed workshops focused on being trauma-sensitive as an individual, an organization and a community. The Diversity, Equity and Inclusion Work Group presented <i>Trauma and Racism</i> to the Work Group and a great partner discussion followed. • Most work groups developed social media messages to support their key messages. • Better Birth Outcomes Work Group continued their advocacy for Family Life Education in the public schools, developed their own Family Life Education curriculum and held a summer program at Eastern Shore Community College. • Food Access and Equity Work Group updated and delivered their third edition of <i>Need Health with Food? - A guide to food assistance programs</i> throughout the Eastern Shore of Virginia. • Poverty Work Group began work on adopting an "Open Table" program that pairs someone in need of assistance to keep them from falling into poverty with a group of "friends" who can help with various needs and issue resolution. The program will require an investment so the group will be accepting funds to support Open Table. • Minister Karen Downing delivered a full coalition meeting presentation on: <i>Systemic Bias in Virginia Law</i>.
NEW BUSINESS			
New Business	Partners	3:30 pm	No new business was discussed.
Well-being Essay Contest Winner Announcement	Patti Kiger Executive Director, ESHC Eastern Virginia Medical School		Patti Kiger announced the winner of the Well-Being Essay Contest: Robin Sexaur.
Closing			
Concluding Remarks & Adjournment	Minister Downing	4:30 pm	Karen Downing adjourned the meeting by encouraging partners to attend the next full coalition meeting on Thursday, May 10, 3-4:30 pm.

ESHC Coalition meetings are held quarterly, the second Thursday, 3:00 – 4:30 pm and will be held virtually until further notice.
 In 2022 Full Coalition Meetings are scheduled for: February 10 – Annual Meeting; May 12, August 11 and November 10.

Eastern Shore Healthy Communities

VISION: By 2020 all residents of the Eastern Shore of Virginia report a growing, positive sense of health, well-being, and self-empowerment.

MISSION: As a volunteer multi-sector partnership, Eastern Shore Healthy Communities' mission is to develop an accountable care community using policies, systems, and environmental change strategies to improve the health and success of the Eastern Shore of Virginia.

VALUES:

Teamwork. We are a group of diverse people working together toward a clearly defined, shared vision.

Effective Decision Making. We support a process in which all opinions are respected and considered. All participants are equally important and working towards a common goal.

Duty/Commitment. We have a duty and commitment to work towards achieving our shared mission and vision.

Proactive. We use a "root cause" approach to community well-being issues; looking at ways to address the source of the concern to reduce or prevent the occurrence of that concern.

Systemic Equity. We believe that all persons have the right to full and equal access to opportunities that enable them to be healthy and enjoy well-being.

Creativity/Innovation. We use creative and innovative approaches to moving towards well-being.

FRAMEWORK

Eastern Shore Healthy Communities is a partnership of businesses, organizations, faith communities, and individuals of all ages, representing a diversity of community sectors and professions, engaged in addressing and improving **policies, systems and environments** to support a healthy Eastern Shore. We work together for **collective impact**.

The health burden in the U.S. and the Eastern Shore has shifted from infectious diseases to chronic, non-communicable diseases such as cancer, heart disease, and diabetes.

These are primarily lifestyle-related diseases. That's why we say that **health begins long before we ever need to see a doctor or go to a hospital. It begins where we live, learn, work, worship and play.**

When we create **policies**, for example, worksite wellness policies that promote improved diet, increased physical activity, and tobacco-free air, we impact hundreds of people in multiple organizations. When **system** improvements occur, like eliminating soda and introducing activity-based learning in the education system, thousands of children, adolescents and adults are affected. And when alter **environments**, to create livable communities where roads and sidewalks safely support walking and bicycling, as well as automobiles, we make active living possible for all ages.

The spectrum of health care includes preventive and sick care that our doctors and hospitals provide. It also includes health education. But today, we must go further upstream, to create places where people are prompted to and supported in healthy behavior and this requires businesses, police, educators, clergy, government, health and medical professionals -- every sector, and people of all ages. That is why we created Eastern Shore Healthy Communities, a multi-sector health coalition. It is a place to put down political boundaries, share talents, insights and resources to work together towards the vision of well-being for all.

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. All people on the Eastern Shore deserve to flourish. When we create healthful places, where all residents flourish, then education flourishes and businesses thrive -- because all sectors are connected. We hope you "get" this concept, own it, and are inspired to become part of this movement. Your effort in this partnership might just be the tipping point to achieving the vision.

DIVERSITY STATEMENT

Eastern Shore Healthy Communities envisions all residents reporting a growing, positive sense of health, well-being and self-empowerment. Its mission is to develop an accountable community, using policies, systems, and environmental change strategies to improve the health and success of the Eastern Shore of Virginia. We believe that our partnership, as well as our community, is nourished and strengthened by the diversity of our residents. Therefore, we commit to having a partnership that is reflective of our diverse community.

Our partnership values equity, believing that all persons have the right to full and equal access to opportunities that enable them to be healthy and enjoy well-being. We intend to improve the way that vulnerable groups are treated and understood. To do this we will challenge ourselves to continuously learn and self-reflect, recognize and influence power imbalances, and remain accountable to our mission, vision, and values, especially with regard to diversity, equity and inclusion.

We intend for our actions to serve as a model for communities, educational institutions, employer organizations, and social groups and we will actively work for our community organizations and institutions to adopt similar diversity, equity and inclusion policies and practices.