

Live Well Lakewood Formation Work Group

Meeting 3 Summary

Date: June 25th, 2019

Time: 7:30 – 9:30 am

Location: Lakewood City Hall Auditorium

Attendees

This meeting was attended by the following members of the Live Well Lakewood Leader Work Group:

- Andrea Anderson
- Ann Stahlheber
- Bill Fraunfelder
- Jason Wiener
- Jay Foran
- Jenny Evans
- Jim Hekman
- Gina Gavlak
- Katie Miller
- Mike Bentley
- Nick Lascu, City Council Support
- San O’Leary, City Council
- Trish Rooney
- Vicki Smigelski
- Vince Frantz

The meeting was facilitated by Heather Lenz of Sangfroid Strategy and supported by Shannon Strachan of the Mayor’s Office and Alex Ehrett of McCaulley & Company.

Welcome & Check-in:

What do our recommendations need to include in order to ensure success in this effort?

- Clear, simple, actionable and sustainable recommendations that leverages our current assets.
- Collaboration
- Effectively communicating and authentically engaging with community residents.
- To be considerate of diversity, inclusion, and social cohesiveness.

Presentation: Dr. James Hekman

Dr. Hekman led a presentation on the Lakewood Family Health Clinic. The clinic has a thriving set of services; the services receiving the highest volume of patients are geriatrics, diabetes, and wellness. In addition, dermatology services have been very successful due to the high rates of melanoma in Lakewood. The clinic also offers a wellness growth program focusing on hunger prevention and nutrition education. Additional services provided by the clinic include:

- A center for LGBTQ care
- Acupuncture
- Adjunctive therapy
- Chiropractic services
- Functional medicine
- Holistic Psychotherapy
- Homeopathic Medicine
- Massage therapy
- Nutritionist

The clinic also collects data on patients by using a Social Needs Questionnaire, which is administered to patients via tablets in the waiting area, or on the MyChart website prior to the

visit. While not every patient participates, this questionnaire provides the clinic with valuable insights into patient social needs in the following areas:

1. Health literacy
2. Housing
3. Daily Living Activities (basic and advanced)
4. Daily Living Assistance Needed
5. Financial Barriers
6. Transportation Issues

If patients are found to need assistance in any of these areas, they are referred to services through United Way's 211 service or a Cleveland Clinic social worker.

Presentation: Recap of Work to Date

Heather Lenz of Sangfroid Strategy presented a recap of the completed work to date, and future work planned for the LWL committee (Figure below). Meetings 1 & 2 focused on building a strong foundation for this work as well as gaining clarity on the important elements of the process. Meetings 3 & 4 are expected to focus on refining strategic objectives, and meetings 5 & 6 will focus on recommendations around how these recommendations should be implemented. The goals for meeting 3 were to 1) Revisit the research and 2) Define strategic objectives.

Workgroup Discussion: Defining Strategic Objectives

If Lakewood wants to be the healthiest city, what do we have to do?

Workgroup members discussed examples of strategic objectives that have risen in meeting 1 & 2 and agreed that the following four objectives are important to include in this group's recommendations.

1. Culture of Wellness Among Youth – Every child in Lakewood will grow up in a culture that promotes their best health.
2. Make the Healthy Choice the Easy Choice – Every person who lives, works and plays in Lakewood is welcomed into a robust culture of wellness.
3. Social Cohesion – Lakewood embraces and celebrates the economic, racial, religious, and ethnic diversity of its community.
4. Clinical Health – Support and track progress on the existing efforts to increase access to affordable healthcare and decrease the prevalence of chronic disease.

Workgroup Discussion: Strategic Direction

Workgroup members agreed that the strategic direction must be defined before the necessary action plan could be defined. The statements above were deemed appropriate for the City of Lakewood by the majority of the group. Proposed solutions to determine the specific framework around these include: further research on an existing model for health transformation that incorporated these components; and a survey or a list of examples that could be narrowed down by the group as a whole.

Next Steps

- Workgroup members will take the survey to be distributed the week of July 8.
- Heather Lenz and Shannon Strachan will:
 - Conduct further research to identify an existing framework that encompasses the strategic objectives the workgroup agreed on.
 - Develop a survey based on this meeting's discussion on Strategic Objectives, and will be distributed to committee members in an attempt to define each component. Please take this survey!
 - Develop meeting summary and update those who could not attend
 - Continue to work on categorizing assets, and determine how to incorporate them into this discussion