

Coalition Connections Create Powerful Partnerships

The “Web” We Weave

OCTOBER 2019 – The **Olympic Peninsula Healthy Community Coalition (OPHCC)** conducted an exercise at our October 9, 2019 monthly meeting to determine the breadth of value attained from collaborating together between numerous, government, health care, non-profit, business and community members. The OPHCC, in existence since 2015 and a 501(c)3 non-profit organization, was founded under the mission of helping to make the Olympic Peninsula a healthier place to live, learn, work and play through the sharing of ideas, resources and relationships.

Participants shared how being a partner with OPHCC had impacted individual partners, and what cross-sector benefits might have been gained from partnering with the Coalition. Though not an exhaustive list, the following represents some of the significant work accomplished this year.

Coalition partners are highlighted in **BLUE**.

- In March 2019, **United Way of Clallam County’s Clallam Resilience Project** partnered with **OPHCC** to host NEAR Science training (Neuroscience, Epigenetics, Adverse Childhood Experiences, and Resiliency). Twenty-two community members attended. While some participants learned about NEAR, others shared how NEAR could influence their clients or agency.
- In recognition of **Clallam County Commissioner Mark Ozias’** dedication to public health, **Clallam Resilience Project** offered a Proclamation, and Clallam County Commissioners declared October 2019 Resiliency Month in Clallam County.
- **Washington State University, Clallam County Extension (WSU Extension)** expanded its gleaning program and partnered with **Lower Klallam Elwha Tribe** to start a Native American Gleaning Program.
- **WSU Extension** worked with **Port Angeles and Sequim Food Banks** to make direct purchases of produce from farms for a Farm to Food Pantry program.

Forming partnerships and networks that establish healthy choices as the standard in our community.



- Connections through **OPHCC** resulted in **WSU Extension** receiving matching funds for their Supplemental Nutrition Assistance Program (SNAP) from **Olympic Community of Health**.
- **WSU Extension** partnered with local **farmers markets** to increase knowledge of Farmers Market Nutrition Program (FMNP) benefits at the market. FMNP provides coupons for fresh, unprepared, locally grown fruits, vegetables and herbs to individuals certified to receive WIC (at-risk women, infants and children) program benefits.
- Larry Jeffryes, founder of **Meals for Sequim Kids Fund**, connected with the **Boys and Girls Club of the Olympic Peninsula** summer lunch program, **Sequim Food Bank** weekend food distribution programs, became a member of **Sequim School District's** Community Truancy Board and was appointed to the **Sequim School Board**.
- **Olympic Medical Center** initiated a Memorandum of Understanding (MOU) and invited **North Olympic Healthcare Network, Peninsula Behavioral Health, Jamestown S'Klallam Tribe, Lower Elwha Klallam Tribe** and Forks Hospital to participate. This joint MOU will provide \$47,000 per year for four years to support **OPHCC's** community health improvement work.
- **Olympic Medical Center** facilitated the 2019 Healthy Leader 5210 Challenge in which 19 prominent community leaders incorporated the 5210 healthy habits into their daily lives for the entire month of July. They also shared their challenge with family, friends and coworkers to spread the 5210 message. Challenge leaders represented Sequim Gazette, **Olympic Community of Health, City of Port Angeles, Port Angeles School District, Dungeness Valley Lutheran Church, WSU Extension (2), North Olympic Healthcare Network, Clallam Mosaic, Sequim School District, Peninsula Behavioral Health, Compassion Clallam County, Parenting Matters, Lower Elwha Klallam Tribe (2), YMCA of Sequim, Meals for Sequim Kids and Olympic Medical Center (2)**.
- When **Olympic Medical Center** requested community support to block the Medicare reimbursement cuts, **OPHCC** partners wrote an avalanche of letters and provided overwhelming support.
- **OPHCC** Founder Monica Dixon and **Sequim Food Bank** Executive Director Andra Smith's connection led to a partnership between quilters at Andra's church and **Peninsula Behavioral Health**.
- Jim Stoffer of the **Sequim School Board**, Dungeness Valley Chamber of Commerce and **Prevention Works!** partnered on projects with **Molina Healthcare, Sequim Free Clinic,**



Sequim Food Bank, City of Sequim and **Meals for Sequim Kids**. The **Sequim School Board** works very collaboratively with **YMCA of Sequim** and the **Boys and Girls Club**.

- **Sequim School District** placed 5210 posters in all district school gyms, included 5210 on a new SSD wellness website, and revised the district wellness policy to include 5210.
- **OPHCC** wrote a letter of support for a wellness annex during the funding phase of **Shiple Center's** expansion. **OPHCC** helped illustrate the advantages of a commercial kitchen versus donor kitchen for the annex. **Shiple Center** supported **Olympic Medical Center's** letter campaign to battle Medicare reimbursement cuts. The Center obtained senior information assistance from **Olympic Area Agency on Aging** and provided Medicare information sessions to members. **Shiple Center** knitters will provide hats and scarfs for the **Boys and Girls Club**.
- **Sequim Food Bank** explained that relationships made and informal partnerships within **OPHCC** allowed nine organizations to collaborate formally to create the Sequim Health and Housing Collaborative (SHHC) which is working together with the City of Sequim to create a solution Hub that will promote community health and pathways to housing in a synergistic and unified approach.
- Relationships formed through **OPHCC** made **Sequim Free Clinic's** collaboration with the City of Sequim much easier. **Sequim Free Clinic** worked with the **Sequim School District** to allow teens to use Clinic services – with the **Sequim School District** nurse acting as a proxy guardian. **Molina Healthcare** provides funding and their smoothie bike for the **Sequim Free Clinic's** Fun Walk and Health Fair event. "Sugar Math" cards provided by **OPHCC** are now in Clinic waiting rooms.
- **Boys and Girls Club of the Olympic Peninsula** worked with **DSHS** to support homeless students and foster kids. **Port Angeles Food Bank** comes to the Club one day a week to support kids with nutritional needs. The Club provided the facility for **OPHCC's** annual Thanksgiving meal. The Club's summer lunches program promotes 5210.
- **Port Angeles Food Bank** collaborates regularly with **Sequim Food Bank**. **Port Angeles Food Bank** also connected with **Olympic Peninsula Community Clinic** for the REdiscovery program – doctors help clients choose appropriate foods for dietary needs. **Port Angeles Food Bank** provides food for **Clallam Mosaic's** cooking classes. **Olympic Community Action Programs (OlyCAP)** brought the Emergency Food Assistance Program (TEFAP) to Clallam County. **WSU Extension** helps provide fresh meat and produce to the food bank.



- After realizing that regular Salvation Army weekly lunches were stopping for the summer, **Port Angeles Food Bank**, **Peninsula Behavioral Health** and **WSU Extension** worked together to fill the gap and provide lunches in the park on 17 days for people who otherwise would not have had a meal.
- Benji Astrachan of **WSU Extension** became one of the leaders of **Compassion Clallam County's** Food Equity subcommittee and helped create Little Free Pantries in Port Angeles to provide a no-barrier source of emergency food to anyone at any time. **WSU Extension** also partners with Peninsula College and other nonprofits for additional Little Free Pantries.
- Through connections made during the Healthy Leader 5210 Challenge, **WSU Extension** worked with Solid Waste and Environmental Health and **Olympic Medical Center** Seasons Café to mitigate food waste and encourage donations to local food agencies.
- **WSU Extension** expanded a list of local food resources created by **Lower Elwha Klallam Tribe**. This extensive living list is now available on many agency websites across the county. **DSHS**, Food Lifeline, local food banks and community organizations work to educate people on various food resources available to them.
<https://extension.wsu.edu/clallam/food-and-nutrition/>
- **Sequim Food Bank** and **OPHCC** worked to create a weekend food backpack program with the Sequim Independent School District.
- **Texas A&M** coordinated a Cooking with the Seasons program for west end residents.
- **Clallam County** discovered some overlap between Clallam County Health and Human Services and **WSU Extension**.
- **WSU Extension** office works with local farmers markets on using food stamps and benefits. **OPHCC** partners helped promote **WSU Extension's** Produce Gleaning program and suggested new locations to donate produce such as to the **Boys and Girls Club** and **OlyCAP's** Senior Nutrition Program.
- Peninsula Daily News and Sequim Gazette covered our 2019 Healthy Leaders 5210 Challenge as a four-page, pull-out article in September's Healthy Living section, and ran numerous health-related articles contributed throughout the year by **OPHCC** partners.



- **Sequim Food Bank** and **Texas A&M** representatives went to the Collaborative on Hunger at Baylor University to present “What’s happening on the Olympic Peninsula” and highlighted the Cooking with Seasons program.
- **Port Angeles School District** connected with the **Lower Elwha Klallam Tribe, North Olympic Healthcare Network** and the Overdose Walk. A PASD board representative shared 5210 materials with students visiting from Sister City – Mutsu, Japan.
- US Representative Derek Kilmer attended OPHCC’s September meeting and was impressed and inspired by **OPHCC’s** work. He is working in D.C. to protect and expand the Supplemental Nutrition Assistance Program (SNAP), healthcare and preventative healthcare, opioid care and prevention, and activities for kids. He is also participating on a vaping bill, a low-income housing credit, expanding dental, hearing, and vision in Medicare. Rep. Kilmer also introduced the Protecting Local Access to Care for Everyone (PLACE) Act and advocates for rural healthcare.
- **Clallam Mosaic** connected with **Port Angeles Food Bank** to source ingredients for cooking classes, and developed opportunities for Mosaic participants to bake food to give back to the food banks.
- **Bodhi Tree Yoga** was a guest instructor for **Clallam Mosaic’s** recreation class. Bodhi Tree Yoga also provided a connection to a Tai Chi guest instructor for Clallam Mosaic’s Fit & Strong class.
- **Sequim Farmers Market** gave **Clallam Mosaic** an opportunity to be a SNAP Ambassador and give a tour at the market for Mosaic participants. They learned about using food assistance at the market, market programs and incentives and how to increase their SNAP funds and enjoy good fresh fruits and vegetables.
- **Clallam Mosaic** explored the possibility of having a dentist and dental hygienist from **North Olympic Healthcare Network** speak with program participants. **WSU Extension** provided copies of the cookbook “Good and Cheap.”
- **DSHS** is provided a process tour to educate **Clallam Mosaic’s** staff to answer questions from families and caregivers in order to direct them to the best resources and minimize concerns about working with DSHS.
- **Molina Healthcare** provided gift bags, back packs and infusion water bottles for **Clallam Mosaic’s** Holiday Dance.



- **Sequim Farmers Market** shared the 5210 message every market day with large banner on display, and message featured at the Kid's Day Activity Booth every month. **WSU Extension** helped plan, coordinate, staff and supply the **Sequim Farmers Market** Kid's Day Activity Booth, and helped to make the Kid's Day event sustainable going forward. **YMCA of Sequim** now hosts and provides activities for Kid's Days at the **Sequim Farmers Market**.
- **DSHS** shares information about using EBT/FMNP and Market Match program at the **Sequim Farmers Market**.
- Mark Ozias, **Clallam County** Commissioner: Wrote letter of support for the **Sequim Farmers Market** application for 501(c)3.
- **Molina Healthcare** is a Gold Level Sponsor of the **Sequim Farmers Market**, and provided free give-away items that promote active, healthy lifestyles for Kid's Days.
- **OlyCAP** distributed Senior FMNP vouchers and information at the **Sequim Farmers Market**, and promoted the Market Match program that provides matching funds for FMNP and EBT.
- **Olympic View Community Foundation** provided advice and support for community networking and obtaining nonprofit status for the **Sequim Farmers Market**. OVCF also provided start-up grant funding for community outreach programs at the Sequim Farmers Market.
- A **Sequim Food Bank** volunteer collects extra food from the **Sequim Farmers Market** for the food bank. Sequim Food Bank hosted a gift-wrapping booth at holiday markets for fundraising and outreach.
- **Dungeness Valley Lutheran Church** provides meeting space for **Clallam Mosaic**, supports **Sequim Free Clinic's** fun walk, and takes a collection monthly for **Sequim Food Bank**.
- **Sequim School District** middle school students and students in need receive a free student membership from the **YMCA of Sequim**, have access to weekend lunches and food closets provided by **Sequim Food Bank**, and student/family medical insurance assistance through **DSHS**. **Sequim Free Clinic** helps homeless students get medical care.
- **Sequim School District** promotes 5210 in schools, at the Sequim Back to School Fair, and at Elementary field day events.



- **Sequim School District** culinary skills class plans to create recipes using food ingredients available at the food bank and will provide a Saturday tasting and recipes for **Sequim Food Bank** patrons.
- **Olympic Peninsula Community Clinic** donated oral health supplies to **Sequim School District** ninth grade health class students, and students who may not have access to dental hygiene resources at home.
- Through **OPHCC** connections, Patty Waite became executive director of **Parenting Matters Foundation** as well as a member of the **Clallam Resilience Project** and the Sequim Health and Housing Collaborative.
- **Parenting Matters** recently took over the Sequim Pre3 program and now holds classes at **Boys & Girls Club**.
- **Dungeness Valley Community Church** has agreed to host a showing of the Resilience film in collaboration with the **Clallam Resilience Project** and Sequim Health and Housing Collaborative.
- **Port Angeles Food Bank** and **Sequim Food Bank** received a grant from **Olympic View Community Foundation** to fund an Economic Impact Study of food banks in Clallam County.
- **Olympic View Community Foundation** provided an opportunity for **OPHCC** and many partner organizations to receive donations through #ClallamGives on #GivingTuesday.
- **OPHCC** is building connections with new partners in Forks and will hold the May and September 2020 coalition meetings in Forks. **Olympic Medical Center** and **OPHCC** will share 5210 programs and materials with **Forks Community Hospital**.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

~ Margaret Mead

