

VAB Agenda – December 12, 2024

- I. Call to Order, Pledge, Invocation, Roll Call**
- II. Approval of November 14, 2024 minutes (action)**
- III. Committee Reports (info)**
- IV. 2025 Officer Elections (action)**
- V. 2025 Member at Large Appointments (action)**
- VI. 2025 Work Plan Approval (action)**
- VII. VA Portland Health Care System Presentation (info)**
- VIII. October 2024 Contractor and Fund Reports (info)**
- IX. Veterans Assistance Center Updates (info)**
- X. Old Business (info)**
- XI. New Business (info)**
- XII. Open Forum (info)**
- XIII. Adjourn**



Agenda Item I. Call to Order/Pledge/Invocation/Roll Call



Agenda Item II. Approval of November 14th minutes

Clark County Veterans Advisory Board Meeting Minutes An advisory board to the Clark County Council November 14, 2024

Chair: Bob Nichols Vice Chair: Megan Anderson Secretary: Bruce Maas

Meeting called to order.

Roll Call: [Bold script indicates presence at meeting; *italics indicates excused*]

POST	PRIMARY	ALTERNATE
40 et 8	Bob Brennan	Steve Slegers
American Legion #14	Gene Couture	
American Legion #44	Darren Wertz	Charles Ingalls
American Legion #168	Bob Nichols	
American Legion #176	Michael Gibson	Jonathan Frederick
American Veterans #6	John Lovejoy	<i>Vanise Pratt</i>
DAV Chapter #4	Bruce Maas	<i>Tom Cousino</i>
Korean War Assoc. #321		
Marine Corps League #826	Steve Slegers	Ron Brandon
VFVW #4278	Shannon Roberts	Dana Difford
VFVW #7824	Greg Gilbertson	Stewart Bauer
Vietnam Vets #512	Greg Whitson	Nick Herber
Members at Large	Kelly Jones	
	Bryan McGills	
	Tonya Wark	
	Tamara Elam	
	Megan Anderson	
	Eli Gonzalez	
	Michael Langsdorf	
	Lloyd Bowman	
	Buck Marr	

Clark County Representative: Abby Molloy

Guests: Rebecca O'Brien (Free Clinic of Southwest Washington), Judy Russell (Clark County Veterans Assistance Center).

Approval of September 12, 2024, meeting minutes

The minutes were approved following a motion by Bob Brennan that was seconded by Steve Slegers.

Committee Reports

Appeals: None

Policies and Procedures: None, but there will be an update next month.

Nominations: Second round of nominations for 2025 positions of chair, vice chair, and secretary. No new nominations were made.

Free Clinic of SW Washington Presentation, Rebecca O'Brien- Executive Director

- Free Clinic of SW Washington provides free health care for uninsured adults and are appointment only. The clinic has 300+ volunteers and a staff of 13 employees.
- Dental clinics are held twice a month, majority of treatment is extractions and fillings. Removable dentures and partials are starting to be provided but funding for this is limited. All dental care is done at no charge to the patients, and work is done by community partners.
- 180 patients have been provided care with treatment at a cost of almost \$150,000. Seven sets of dentures have been provided in 2024.
- Veterans Dental Program receives referrals from the Veterans Assistance Center. Twenty-eight veterans have been

Clark County Veterans Advisory Board Meeting Minutes An advisory board to the Clark County Council November 14, 2024

assisted from January-September 2024.

- Q & A:
- Q: Are veterans's family eligible for services through the Veterans Dental Program? A: No, but they can be assisted at the dental clinic.
- Q: How do pharmaceuticals work? A: The clinic can provide vouchers in specific cases. Donations of unexpired medicine are accepted and programs like GoodRx are used to lower prescription costs.
- Q: How is the public made aware of the clinic? A: Word of mouth.
- Q: How are pain medications regulated? A: The Free Clinic does not prescribe narcotics.
- Q: How is the Free Clinic tied to the VA medical center in Vancouver? A: There is not currently a connection between the Free Clinic of SW Washington and the Clark County VA.
- Q: What is the Clinic's biggest need? A: Volunteers, providers, and funding.

September 2024 Contractor & Fund reports

- CCVAC: 38 Veterans served in August, services totaling \$24,810.95. 34 male veterans, 4 female veterans, 0 widows, 0 other veterans. 11 denials, 0 subject to appeals. 603 visits to the center for essentials and food, 978 sack breakfasts/lunches provided and 33 food boxes provided. 3,142 total pounds of food. 1,031.5 volunteer hours, totaling \$52,424.42 in value.
- Free Clinic: 3 Veterans served in August. Services totaled \$1,754 in value; billed \$2,300.47.
- VA Fund: August revenue: \$17,720.88; expenditures: \$119,091.67 fund balance: \$491,034.93.
- Q & A:
- Q: How was so much money spent? A: Housing, food, utilities, burial, car repair, and more.
- Q: Does CCVAC pay first and last month's rent? A: No, but rent can be paid once in a 12-month period to avoid eviction.

Clark County Veterans Assistance Center Update

- An office space in the County Community Services building was viewed. There were not enough private offices, and it would be difficult to transport the large quantity of donations received.
- CCVAC is geared up for Thanksgiving and has meals ready to be picked up. Christmas preparations are underway.
- Dates for the next two fundraisers are February 2, 2025 and June 21, 2025.

2025 Budget Allocation

- CCVAC is requesting \$883,000 (10% increase). Free Clinic is requesting \$29,700 (same amount). WDVA is requesting \$134,520 (2.5% decrease).
- Approval of the requested budget for 2025 passed after a motion made by Darren Wertz and seconded by Bruce Maas.

Old Business

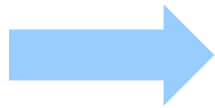
- County policy documents will be provided to Michael Langsdorf and Darren Wertz.

New Business

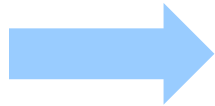
- Letters of intent need to be submitted for all members for their agencies by December 12th if you would like to be on the board.
 - Chair Nichols will reach out to agencies that have not attended recent meetings.
- Suggestions for speakers for the year
 - Have the county councilors come and attend a meeting and see the board in action.
 - Branch members from the Army, Navy, and Marines.
 - Jeff Williams, astronaut.
- Parking passes need to be requested by next week, contact Abby if you need one.



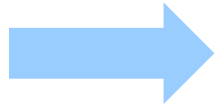
Agenda Item III. Committee Reports



Appeals – Gene Couture



Policies and Procedures – Kelly Jones



Nominations – Bruce Maas



2025 Officer Elections

Action

Bob Nichols, Chair



2025 Member at Large Appointments

Action

Bob Nichols, Chair



2025 Work Plan Approval

Action

Bob Nichols, Chair



VA Portland Health Care System Presentation

Jay Pense



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U.S. Department of Veterans Affairs
Veterans Health Administration

Introduction to Whole Health

*Vancouver, Portland, Fairview, Hillsboro, West Linn, Salem,
The Dalles, Bend, North Coast, Lincoln City and Newport*



Objectives

Understand the Whole Health (WH) approach to care

Learn where to access WH services

Explore WH tools and resources

Figure out what programs you might like to sign-up for

Review next steps

Live Whole Health.

2



Group Agreements

Use trauma sensitive language

Live Whole Health.

Honor confidentiality

3

Virtual meeting considerations

VA



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Veterans Health Administration



Introductions

Name &
Pronouns

Branch of Service

What brings you
to Whole Health?

Live Whole Health.

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Whole Health Approach

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Whole Health is an approach to health care that empowers and equips people to take charge of their **health** and **well-being**, and live their life to the fullest.

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What is the Whole Health approach?

Personalized care

Partnering with care team

Integrated health care model

Self-care

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Veterans Health Administration



“Whole Health shows every part of what is going on with me. All of it matters, all of it counts. It helped me not give up on the VA. I felt supported; the classes were helpful in how I can advocate for myself and get connected.”

- Veteran WH Client, Portland OR, January 2024



Local Whole Health System

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Veterans Health Administration



Groups & Coaching



Our WH Services

Other WH Services

WH Clinical Care

Active Movement,
Food & Nutrition,
Mindfulness
Institute, VA Farms

Primary Care,
Mental Health
Chiropractic,
Acupuncture,
Massage



Circle of Health & Personal Health Inventory

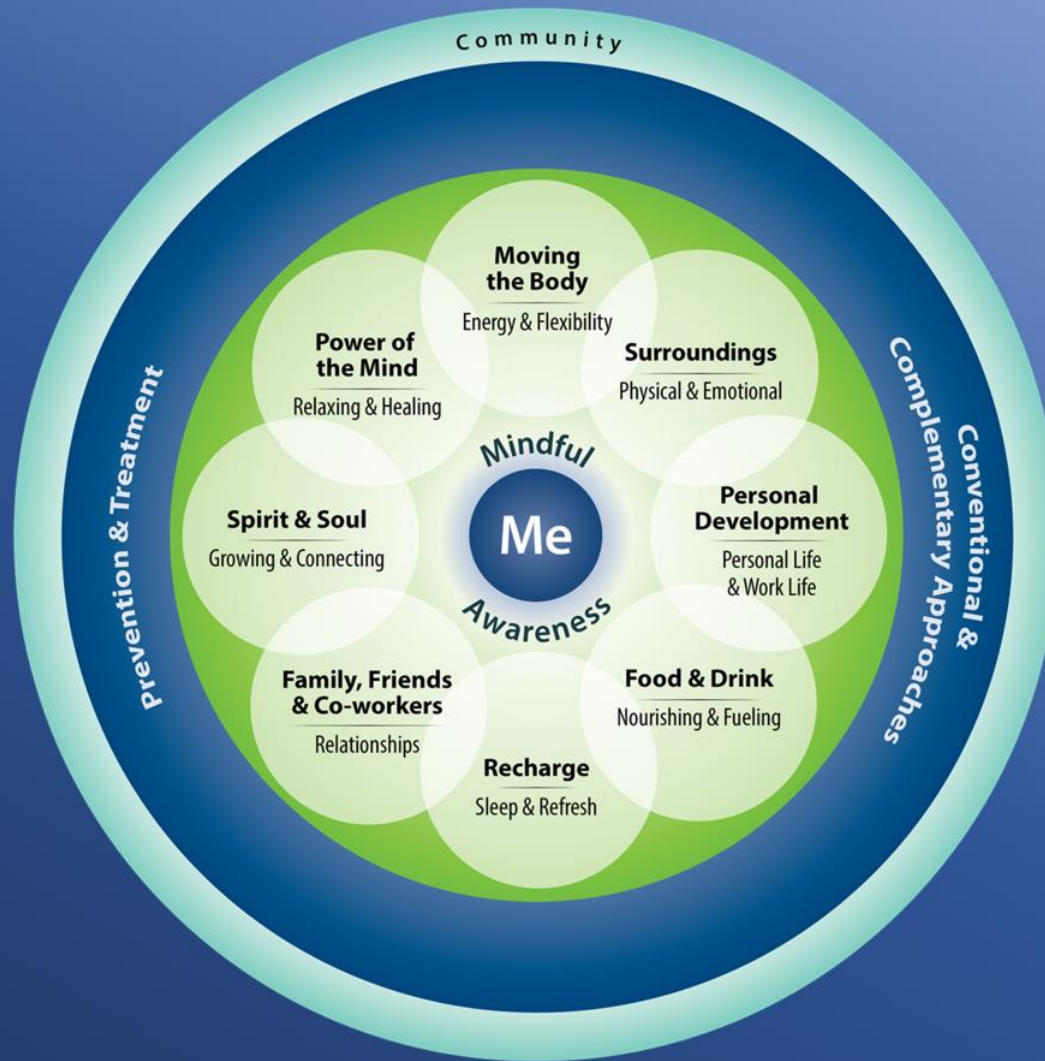
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Social Determinants

Living conditions, social environment, economic environment, service environment

Structural Determinants

Institutional power, including laws/policies/regulations, education, corporations and businesses

Root Cause Inequities/Systemic Determinants

Systems of power, including racism, classism, sexism, homophobia, ableism, xenophobia



PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- "Me" at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.



Rate where you feel you are on the scales below from 1–5, with 1 being not so good, and 5 being great.

Physical Well-Being	<input type="radio"/> 1 NOT SO GOOD	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 GREAT
Mental/Emotional Well-Being	<input type="radio"/> 1 NOT SO GOOD	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 GREAT
Life: How is it to live your day-to-day life?	<input type="radio"/> 1 NOT SO GOOD	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

Where You Are and Where You Would Like to Be

For each area below, consider "Where you are" and "Where you want to be." Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a "5" in any of the areas now, nor even wish to be a "5" in the future.

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.		
Recharge: Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.		
Food and Drink: What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.		
Personal Development: Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.		
Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being.		
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.		
Surroundings: Surroundings include where we live, work, learn, play, and worship—both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.		
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.		
Professional Care: Partnering with your health care team to address your health concerns, understand care options, and define actions you may take to promote your health and goals.		

Reflections

Now that you have thought about what matters to you in all of these areas, what would your life look like if you had the health you want? What kind of activities would you be doing? Or how might you feel different? What area might you focus on?

What might get in the way? How might you start?



“If there is something that you want to do or you need help with, Whole Health is a great place to start.”

- Veteran WH Client, South Charlotte VA North Carolina, January 2024



“The more I do it the more I want to do it, it’s like an upward spiral!”

- *Veteran WH Client, Portland VA, February 2024*



Next Steps

Live Whole Health.

VA



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Veterans Health Administration



Groups & Coaching

SIGN UP WITH US!

**Our WH
Services**

**Other
WH
Services**

**WH
Clinical
Care**

Active Movement,
Food & Nutrition,
Mindfulness
Institute, VA Farms

SELF-REFER

Primary Care,
Mental Health,
Chiropractic,
Acupuncture,
Massage

PROVIDER-REFER



PATHWAY

Getting Started

Taking Charge of My Life and Health Group

6 weekly sessions

- Values and purpose
- PHI, goals & action steps and exploring Circle of Health
- Discover focus area for making change

One-on-one WH Partner

1-3 sessions

- Values and purpose
- PHI
- Discuss next steps

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GROUPS

Exploring & Connecting

Skill Building

2x/month

- Educational
- Deep exploration of 8 areas on circle of health
- Explore resources at VA and beyond

Lunch & Learn

1x/month

- Educational
- Enhance health and wellbeing
- Learn about complimentary and integrative health from subject matter experts

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GROUPS

Exploring & Connecting

MAP

2x/month

- Explore Mission, Aspiration or Purpose (MAP)
- Define priorities
- Cultivate confidence, humor, motivation, finding joy, gratitude and more

CREATEE

1x/month

- Crafting workshop
- Explore past & future goals
- Creative ways to express emotions

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GROUPS

Exploring & Connecting

Know Thy Shelf Book Club

- 6 Bi-weekly in-person series
- Focusing on personal growth & social connections
- Literary exploration with guided questions from readings
- Books are provided
- Virtual option coming June 3rd

Flourish Coaching Group

- 6 Session Virtual series
- Explore values
- Develop behavioral health & wellness goals
- Share accomplishments & explore barriers

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Health & Wellness Coaching

Deepening

One-on-one

10-20 sessions

- Lifestyle & behavior change
- In-depth support and accountability with goal setting to increase confidence and motivation
- Assessing strengths and barriers

Group Coaching

1-2x/month

- Work on current goals, action steps and barriers
- Accountability and support from coach and group

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Next Steps

**Intro to
Whole
Health**

**Follow-Up
EMAIL**

**Follow-up
CALL
to sign-up!**



Thank you!



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<https://www.va.gov/wholehealth/>

VA



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Agenda Item V. October 2024 Contractor Reports

- **CCVAC**

- 41 Veterans served in October, services totaling \$25,329.90
- 37 male Veterans, 4 female Veterans, 0 widow, and 0 others served
- 9 denials, 0 subject to appeal
- 717 visits to the center for essentials and food. 1,175 sack breakfasts and lunches and 42 food boxes provided. 3,925 total pounds of food provided.
- 818 volunteer hours, totaling \$33,538 in value

- **Free Clinic**

- 4 veterans served in October. Services totaled \$2,485 in value. Billed \$868,30

- **Fund**

- October revenue: \$276,214.15; expenditures: \$33,055.97; fund balance: \$734,193.11



Agenda Item VI. CCVAC updates

**Honorably
serving those
who served
honorably**



Agenda Items VII. – X.

- **Old Business**

- Speaker suggestion for 2025

- **New Business**

- CVTV coverage for 2025

- **Open Forum**

- **Adjourn**

Next meeting: January 9, 2025

