

# Memo

**To:** Board Members  
**From:** Christian Wallis / Amy Abrams  
**Date:** February 11, 2025  
**Subject:** Community Health Committee Minutes – **February 5, 2025**

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The Committee met on Wednesday, February 5, 2025, at 12:00 p.m. Members of the public were able to participate by telephone, Zoom, or in-person at the Grossmont Healthcare District Conference Center, located at 9001 Wakarusa Street, La Mesa, California. In some cases, discussion of items may have taken place out of sequence during the meeting.

**Attendees:** Director Virginia Hall, Chair  
Director Nadia Farjood, Member  
Christian Wallis, Chief Executive Officer  
Amy Abrams, Chief Community Health Officer  
Holland Kessinger, Head Librarian  
Ryan Purdy, Sharp Grossmont Hospital

- A. Call to Order:** The meeting was called to order by Director Hall at 12:03 p.m.
- B. Approval of Agenda:** The agenda was approved as posted.
- C. Public Comment:** There was no public comment.
- D. Reports/Discussion/Possible Action Items**

- 1. Programs, Events & Outreach
  - a) Monthly Report

The Committee reviewed the monthly report. CEO Wallis highlighted the Grossmont Union High School District Health Career Panel taking place tomorrow evening at 5:00 p.m. The program will have a wide range of healthcare careers represented. The event was put together by Ms. Abrams, Ms. Kessinger, and Mr. Todd Linke with Grossmont Union High School.

b) Proposal, April 29<sup>th</sup> East County Health: A Community Conversation

GHD has an annual spring event, held once a year. This year will be an information and discussion on East County health as presented to the community by members of the Hospital Association and Grossmont Health District. Top health priorities will be discussed and will include both the Community Health Needs Assessment and the GHD proposed strategic plan. The Committee also discussed the possibility of collecting feedback from attendees through a registration form and interactive activities such as poster paper with prompts.

Director Farjood questioned whether the Board needs notification of this event or if they need to officially approve it.

c) Direct Cost Report

i. Zero-based Budgeting and CPI Volatility Factor Questions

CEO Wallis stated that Director Lenac requested the Direct Cost Report be presented in January for the first six months of recurring programs and events. This would allow the Board to officially consider funding of the next six months of recurring programs as well as have some knowledge of the anticipated programs and events coming up.

Director Hall would like to move the Direct Cost Report to the Board for information purposes but not approval until the success of the programs is vetted by reviewing attendance versus costs.

d) Zip Code Study

i. Preliminary Results (January 2025)

The Committee has requested a breakdown by event of the total number of participants by zip code to be tracked over a period of three months. This information will help with determining an event's benefit based on cost and the number of participants. CEO Wallis stated the data will be collected internally and the results will be reported back to the Committee.

The Committee discussed concerns about allowing people outside the District to attend programs and events. Currently, a small number of people have been allowed to be on a wait list and attend if there was space available within a day of the program. It was suggested that future programs be restricted to district residents and that a policy be

implemented where only those with an affiliation to the District could participate in programs.

ii. Process to Obtain Program Participant Information

(See above.)

e) Program Proposals

i. Program Proposal Guide (for reference)

This guide was developed last year and presented to the PRO Committee and Board on multiple occasions. The purpose is to help organizations start a health and wellness program, similar to GHD programs, in their own communities as a way to provide GHD-vetted programs to residents in other parts of the district.

ii. City of El Cajon Program Proposal

The proposal is for a 9-session high-intensity interval training program in El Cajon costing \$1,017. The Committee discussed whether this proposal should be considered a grant, sponsorship, or program and whether it should go through the grants committee.

f) Communications and Reporting: Staff Recommendation

Ms. Abrams discussed the need for more effective reporting to the Board and Committee. A proposal was put forward to create a monthly report, including a list of programs, events, and activities planned for the following six months. This would be supplemented by a monthly email highlighting upcoming events and a quarterly historical report on all department activities. Verbal reports will be presented to the Board every other month.

2. Community Health Initiatives

a) Transfer of Care Collaboration

i. RCFE/Assisted Living Project

Ms. Abrams will give an update at the next Board meeting.

ii. Nurse Navigation Project

CEO Wallis has a meeting today to see how the project can be improved.

iii. Skilled Nursing Project

This project continues to do well.

b) Rural Health Coalition

i. Rural Health Discharge Program Update

Hospital hired first public health nurse and will hire a second nurse in February. There is a potential connection with Mama's Kitchen for medically tailored meals.

ii. San Ysidro Rural Transportation Grant

The aim of this grant is to investigate transportation needs in rural communities.

iii. Rural Telemedicine Initiative

(Not discussed. To be discussed at the next meeting.)

c) Zone 1 Contract Update

There is a group from Heartland Fire, San Miguel Fire, Sharp Grossmont Hospital and GHD working on a Grossmont Hospital Corporation contract extension with AMR, aiming to hold them accountable for their performance. CEO Wallis to finalize and distribute the redlined version of the updated Zone 1 ambulance contract to all parties.

**E. Next Meeting:** The next regularly scheduled meeting on the calendar is Wednesday, March 5, 2025, at 12:00 p.m.

**F. Adjournment:** There being no further business, the meeting adjourned at 1:07 p.m.