

Memo

To: Board Members
From: Aaron Byzak, Interim CEO
Date: August 6, 2025
Subject: Community Health Committee Minutes – **August 6, 2025**

The Committee met on Wednesday, August 6, 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
Aaron Byzak, Interim 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 12:01 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. Monthly Committee Report

The Committee reviewed upcoming events and programs, including a virtual release event of the Community Health Needs Assessment (CHNA) on August 19th, which will be promoted by the District through social media. Information has also been emailed to 210 community partners. CCHO Abrams will add start/end times as an additional column to the report for better scheduling visibility. Director Hall requested Director Lenac be advised of the Lemon Grove Collaborative monthly meetings, which involve his zone. They discussed Sharp's fall prevention event and Director Hall suggested to Sharp that they target mobile home residents.

2. Quarterly Board Report (April-June)

CCHO Abrams presented the quarterly summary on non-programmatic events and programs offered, as well as attendance.

The Committee discussed several potential community health initiatives including:

- Develop maternal health programming for January/May awareness months by hosting a workshop or symposium on maternal health, addressing local mortality statistics and clinic closure.
- Create a program focused on healthy food on a budget, including time management in meal prep.
- Explore options for weekend children’s story times at the library.
- Expand exercise program, particularly for low-income communities, with possible collaboration with existing organizations to offer low-cost or scholarship-based fitness options.
- Expand mental health and substance abuse programs.
- Evaluate the feasibility of recording Wellness Wednesday sessions for future online access.
- Develop educational materials about emergency room alternatives and express care options.

Director Hall expressed concerns about Molly’s placement at the Santee YMCA, noting she was positioned in a less visible area. Ms. Kessinger stated there are placement coordinators at each stop who determine where the Mobile Outreach Library can be placed based on their needs. Another concern of Director Hall’s was the table Caitlyn, Library Outreach Assistant, was carrying, which has already been replaced for a lighter one, per Ms. Kessinger.

3. Community Health Clinic Program

The Committee also discussed the forthcoming monthly Community Health Clinic Program, which will start on August 7th in the library’s conference room, with representatives from UCSD’s Skaggs School of Pharmacy and Pharmaceutical Sciences and County of San Diego HHSA Medical Services staff coordinating the event. Staff clarified that the program would focus on blood pressure screenings,

glucose monitoring, and limited vaccinations (when available). A certificate of insurance is required of all providers participating in Library health & wellness programs, Brochures on the Volunteers in Medicine free clinic will be available to raise awareness.

4. Community Health Initiatives

CCHO Abrams stated the Transfer of Care Collaboration and Rural Health Coalition are in a holding pattern, awaiting guidance regarding the District's strategic priorities from Directors.

a) Transfer of Care Collaboration

CCHO Abrams highlighted a set of guidance for facility administrators issued by the Department of Social Services regarding when to call 9-1-1, which could help advance their cause with residential care facilities. The Committee to develop strategy for educating community about the new RCFE 9-1-1 protocol change. Director Farjood will attend the meetings virtually since Director Hall is no longer able to.

Interim CEO Byzak discussed access to healthcare services, including urgent care options, and highlighted the importance of culturally competent education to change long-standing health-seeking behaviors. Mr. Purdy also mentioned the impact of healthcare screening events, noting that while many attendees are already registered with medical services, the events successfully connected uninsured individuals to healthcare providers and facilitated insurance enrollment.

Director Farjood emphasized the need for a clear strategic plan to identify the key priorities in East County and then develop strategies and tactics to accomplish them.

b) Rural Health Coalition

Interim CEO Byzak discussed exploring alternative staffing options for rural health services, such as training EMT's or firefighters, to potentially reduce costs. Staff to follow up with Grossmont Hospital Foundation regarding Rural Health Discharge Program funding before requesting additional funds from the Board.

c) Grossmont Hospital Corporation (GHC) Zone 1 EMS Contract

Interim CEO Byzak addressed the ongoing contract negotiations between Grossmont Hospital Corporation and American Medical Response, with a three-month extension granted to resolve outstanding issues.

E. Next Meeting: The next regularly scheduled meeting on the calendar is Wednesday, September 3, 2025, at 12:00 p.m.

F. Adjournment: There being no further business, the meeting adjourned at 1:05 p.m.