

**POLK FIT, FRESH and FRIENDLY**  
**March 22, 2018**  
**12:00 Noon, Polk County Library**

**MEETING MINUTES**

Attendees: Michele Trofatter, Linda Greensfelder, Jerry Stensland, Buffy Ashmore, Tommy Melton, Karen Goodale, Kim McDonald, Scott Dadson, Steve Lockhart, Wanangwa Hartwell, Lee Holman, Marla Browne, Kathy Woodham

Introductions were made by attendees.

Minutes: Jerry made a motion to approve the January, 2018 minutes. Linda seconded the motion, and it passed unanimously.

Minutes approved.

Speaker for today is Marla Browne, NC 2-1-1 Director

NC 2-1-1 is an information and referral service provided by the United Way of North Carolina in all 100 NC counties with the support of 53 local United Ways throughout the State.

**The following are bullet points from Marla's presentation.**

- Top 2-1-1 calls in 2017 were for the following: food pantries, homeless shelters, utility bill pay assistance, rent payment assistance, home rental listings, community clinics and crisis shelters.
- Nationally, the 2-1-1 network reaches over 90% of the population, approximately 270 million people with approximately 16 million documented calls last year.
- 2-1-1 measures effectiveness through quality and benchmarks.
- 2-1-1 assists service providers by informing community decision makers about social service gaps and 2-1-1 assists in disasters by handling non-emergent calls.
- NC 2-1-1 operates out of two call centers, Durham and Asheville.
- 2-1-1 is funded by communities.
- 2-1-1 is available 24 hours a day, 7 days a week, 365 days a year.
- 2-1-1 is free, confidential and available in many languages.
- NC 2-1-1 was one of two states that participated in the 211counts.org dashboard.
- 211counts.org provides real time searchable data.
- 211counts.org was created by a professor from Washington University.

### **PF3 Update**

PF3 is currently looking for funding for a part-time executive director. Buffy reported that the H2H program is focusing on the faith-based community. The next COPE Simulation will be held on Tuesday, May 22 at Tryon Presbyterian Church from 4-6pm.

### **Sharing of Member Information**

**Lee Holman-** Blue Ridge/ Polk Health has expanded their hours to include evening appointment times on Tuesday. The clinic will be open until 8pm every Tuesday. Dr. Marietta just started a substance abuse program for pregnant mothers, pre and post birth.

**Wanangwa Hartwell-** Polk Library is currently focusing on their strategic planning initiatives. They have started by collaborating with the Hear2Help program to assist with educating the community on resources available.

**Tommy Melton-** Tommy reported that the county is always working to find ways that can fund needed projects in the community, although they cannot fund 501c3 organizations. He commented that the Opioid Forum held on Tuesday night was a success.

**WCCA-** WCCA is currently looking for a new Headstart Director. They are focused on building a program for Polk County.

**Kim McDonald-** Operation Medicine Drop is planned for April 28<sup>th</sup> at CVS in Columbus.

**Kathy Woodham-** St. Luke's Hospital is currently working on their strategic plan. They are aware that access to care needs to be improved. Two new physicians have been hired for Saluda and Foothills. Also a contract has been signed with SE Spine and Pain Care to bring a pain center that will hopefully open in April 2018. Kathy reminded everyone about the Tobacco Cessation meetings that are offered weekly by the Respiratory Therapist at St. Luke's.

**Linda Greensfelder-** Linda reported that the St. Luke's Infusion Center is continuing to grow.

Meeting adjourned at 1:00pm.

**2018 PF3 General Meeting Dates**  
(Fourth Thursday of the month, every other month)

Thursday January 25  
Thursday March 22  
Thursday May 24

Thursday July 26  
Thursday September 27

**Mission**

Polk Fit, Fresh and Friendly" is a broad-based group of community leaders, health professional and concerned community members working together to plan and implement effective strategies to promote wellness in our community.

**PF3 Guiding Principles**

- We facilitate systemic change through the creation or enhancement of health and wellness programs and find ways to fund and implement
  - We use data to determine local needs and objectives
  - We include all stakeholders