

Live Well Age Well 2013 Well Summit



Live Well
Age Well



National Orange Show Events Center San Bernardino, California



COMMUNITY VITAL SIGNS
INITIATIVE

County of San Bernardino



7:30 am
Registration/Continental Breakfast/Networking

8:45 am
Welcome/Housekeeping
SPEAKER: MR. PATRICK PETRE

9:00 am
**Opening Remarks by Community Vital Signs Chair
and Healthy Aging Committee Chair**
SPEAKERS: DR. MAXWELL OHIKHUARE & DR. DEAN SHERZAI

9:15 am
Upstream Approaches to Addressing Health Priorities
SPEAKER: MS. TRUDY RAYMUNDO

10:00 am
Moving Health from the Clinic into the Community
KEY NOTE: MS. JUNE SIMMONS

10:30 am
Moving Health from the Clinic into the Community
MODERATOR: DR. DORA BARILLA
PANELISTS: MS. KATHY ESTES, DR. TOMÁS MORALES
DR. RICHARD OLDS, DR. KATHERINE WATKINS

12:30 Lunch

1:15 pm
Economics of Good Health
KEYNOTE: DR. JOHN HUSING

1:45 pm
Economics of Good Health
MODERATOR: CHAIR JANICE RUTHERFORD
PANELISTS: MAYOR RUSTY BAILEY, MR. MIKE GALLO,
DR. JOHN HUSING, MAYOR DENNIS MICHAEL

3:45 pm
Call to Action
SPEAKER: MS. TRUDY RAYMUNDO

4:15 pm
Closing Remarks
SPEAKER: CHAIR JANICE RUTHERFORD



2013 Live Well, Age Well Summit

What defines healthy living, wellness, and aging has expanded over the past decade. The 2013 Live Well, Age Well Summit, a partnership between the Community Vital Signs Initiative and Senior Affairs Commission, will empower community members to generate a framework for sustainable health improvement in our communities.





2013 Live Well, Age Well Summit

Guest Speakers



Patrick Petre, MHRM

Director/Chief Executive Officer
Arrowhead Regional Medical Center

Patrick Petre, the Director of Arrowhead Regional Medical Center, is originally from Pennsylvania, and now resides in Arcadia, California. Patrick received his undergraduate degree from Susquehanna University in Selinsgrove, Pennsylvania, and received his MHRM from Pepperdine University in Malibu, California. Patrick has worked in the medical field in various capacities, since 1977. Prior to his tenure at Arrowhead Regional Medical Center, he was the Administrator for Providence Saint Joseph Medical Center in Burbank, California. Patrick is also a veteran of the United States Marine Corps.



Dr. Ohikhuare, M.D.

Health Officer
County of San Bernardino, Department of Public Health

Dr. Maxwell Ohikhuare is the Health Officer for the San Bernardino County Department of Public Health. He received his professional medical degree from State University of New York, Downstate College of Medicine – Doctor of Medicine in 1976. He is Board certified by the American College of OB/GYN since 1982. Currently he serves as the Co-Chair for Community Vital Signs, Commissioner of First 5 Commission of San Bernardino, Co-Chair of Inland Empire HIV Planning Council, Supervising Physician for Loma Linda University of Preventive Medicine Residency Program, Board Member of the California Conference of Local Health Officers, member of the Board of Directors for Health Officers Association of California, and is the President/Chair of Exceptional Care Managed Group (Healthcare Managed Care). Additionally, Dr. Ohikhuare is a fellow of the American College of Surgeons, American College of OB/GYN and the International College of Surgeons. He is a member of the American College of Preventive Medicine and has directed the Women's Health Department at Riverside Regional Medical Center as well as the Residency Program at Arrowhead Regional Medical Center for OB/GYN.



Dr. Dean Sherzai, M.D.

Director, Memory and Aging Center
Director of Research, Neurology Department
Loma Linda University

Dr. Sherzai is currently the Director of the Memory and Aging Center at Loma Linda University, Director of Research for the Loma Linda Neurology department and Chair of the Committee on Healthy Aging for the County of San Bernardino. In Addition, Dr. Sherzai is a member of the San Bernardino County Community Vital Signs and has led a first ever region wide collaboration to bring all the elements of the community (The care givers, clinics, hospitals, universities, policy makers, faith based communities, and planners) together in innovating health delivery. Dr. Sherzai completed his medical school in E. Virginia medical school and his internship and residency at Georgetown University. Additionally, Dr. Sherzai completed a fellowship in Experimental Therapeutics and Neurodegenerative diseases at National Institutes of Health, where he received a scholarship for a master's degree in Clinical research from Duke University. In 2006, he started a second fellowship in Dementia and Geriatrics at UCSD. While there he was also able to finish his masters in clinical research. In 2008 he joined the faculty of Loma Linda University in order to establish a new model of health through empowering leadership. Dr. Sherzai is at the tail end of his DrPh in Behavioral Epidemiology and a PhD in Healthcare Leadership.



Trudy Raymundo

Director
County of San Bernardino, Department of Public Health

Ms. Trudy Raymundo has proudly served the County of San Bernardino since 1990. In that time she has brought her skills and expertise in program and fiscal policy to several key positions in the County. Ms. Raymundo was appointed as Public Health Director in 2012. She continues to forge a new path for the Public Health Department, one steeped in deliberate collaboration with the Community, an eye towards the future, and a focus on improving the health and well-being of all county residents. Most recently, she spearheaded Community Vital Signs, a community-led effort in partnership with the County to establish a health improvement framework for San Bernardino County, which is supported by the County's three health departments, Public Health, Behavioral Health, and Arrowhead Regional Medical Center.



W. June Simmons, MSW

President & Chief Executive Officer
Partners in Care Foundation

June Simmons, MSW, is the founding President and CEO of Partners in Care Foundation. Ms. Simmons takes an active role in developing initiatives and proactive programs which meet the mutual needs of patient populations, providers and healthcare delivery networks to encourage cost-effective, patient-friendly integration of care from hospital to home and community. Ms. Simmons has just completed a term on the National Advisory Council of the National Institute on Aging (NIA). She is currently a member of the Institute of Medicine Workgroup on Transforming End of Life Care. Partners in Care currently leads innovative initiatives to bring local home and community based organizations into full integrated service delivery systems across our broad regions and addressing the great diversity of our region.



Dr. Dora Barilla, DrPH, MPH, CHES

Assistant Vice President, Strategy and Innovation
Associate Director, Institute for Health Policy and Leadership
Associate Director, Institute for Community Partnerships
Loma Linda University Health

Dr. Barilla is Assistant VP Strategy and Innovation, Associate Director, Institute for Health Policy and Leadership, and Associate Director, Institute for Community Partnerships at Loma Linda University Health. She is also the founder and Director for a not-for-profit organization, Partners for Better Health, promoting health initiatives in communities. Dr. Barilla has worked in healthcare for many years partnering with hospitals, providers, health plans, and community based organizations. She has implemented innovative alternatives to traditional healthcare by using a collaborative and community-based approach. She serves on the Board of Trustees for San Antonio Community Hospital and American Heart Association.



Dr. G. Richard Olds, M.D., M.A.C.P.

Vice Chancellor, Health Affairs
Dean, School of Medicine
University of California, Riverside

Dr. Olds is a graduate of Case Western Reserve University School of Medicine and trained in Internal Medicine at the Massachusetts General Hospital in Boston. He was an infectious disease fellow and one of the nation's first Geographic Medicine fellows at University Hospitals of Cleveland, where he also served as Medical Chief Resident. In 1986, Dr. Olds went to Brown University where he rose to full Professor of Medicine, Pediatrics, Molecular, Cell and Developmental Biology and headed that institute's International Health Institute. In 1993, he joined MetroHealth Campus of Case Western Reserve University as Professor and Chairman of Medicine and in 2000, was appointed as Professor and Chair of Medicine at the Medical College of Wisconsin. In 2010, he became Vice Chancellor of Health Affairs and founding Dean of the School of Medicine at the University of California, Riverside - the first public medical school in California in more than four decades, which is intended to address the severe doctor shortage in Inland Southern California. Dr. Olds is a tropical disease specialist who has served on the WHO expert committee on Schistosomiasis, the WHO working group in the health of school aged children, and the board of a Gates Foundation Initiative to de-worm children in sub-Saharan Africa.



Dr. Tomás D. Morales, B.A., M.S., Ph.D.

President
California State University, San Bernardino

Tomás D. Morales was selected as the president of California State University, San Bernardino in May 2012. He is the university's fourth president since it opened in 1965. He holds a B.A. in history from SUNY, New Paltz, and earned his M.S. and Ph.D. in educational administration and policy studies from SUNY, Albany. He is a Board Member of the American Association of State Colleges and Universities and will become the organization's chair in 2014. In addition, Morales serves as vice chair of the Governing Board of the Hispanic Association of Colleges and Universities, and as a member of the board of directors of the American Council on Education. Having served as an educator and administrative leader in higher education for more than 37 years, he is one of the few higher education administrators in the United States who has held senior administrative positions at the three largest public university systems in the nation: The California State University, The State University of New York, and The City University of New York.



Kathy Estes

Coordinator of Coordinated School Health Programs
San Bernardino County Superintendent of Schools

Kathy Estes is the Coordinator of Coordinated School Health Programs for San Bernardino County Superintendent of Schools. Kathy has been in the field of education for 28 years, serving the San Bernardino area for the past 18 years. She has two Masters Degrees in School Counseling and Educational Administration. She is involved in Positive Youth Development programs throughout the state and is a trainer for The Forty Developmental Assets, A Framework for Understanding Poverty, Student Assistance Programs, Bullying Prevention and Intervention and Peer Leadership. At this time, her department is piloting two districts in Positive Behavior Interventions & Supports, a science-based framework for all students to receive social, behavioral and emotional support in order for academic excellence to be met. Each year during the second week of July the Coordinated School Health Office along with the Department of Behavioral Health hold the Annual Southern Region Student Wellness Conference where all areas of positive youth development are addressed by local, state and national experts in their perspective fields of expertise.



Dr. Katherine E. Watkins, M.D.

Senior Natural Scientist
RAND Corporation

Katherine Watkins is a senior natural scientist at RAND Corporation and a board-certified practicing psychiatrist. She is also an affiliate faculty member at the Pardee RAND Graduate School. Dr. Watkins received her M.D. from the University of Pennsylvania and was a Robert Wood Johnson Clinical Scholar at the University of California, Los Angeles, where she obtained her master's degree in health services. Dr. Watkins uniquely combines a research background in substance abuse and mental health treatment services with a clinical background in treatment for substance use and co-occurring disorders, and she has focused on training substance abuse providers to deliver evidence-based mental health services to individuals with drug and alcohol problems. She is particularly interested in increasing access to treatment for vulnerable populations and in improving care for individuals with co-occurring mental disorders and substance abuse.



Janice Rutherford, M.A.

Second District Supervisor
Chair of the Board of Supervisors
County of San Bernardino, Board of Supervisors

Janice Rutherford was elected to serve as San Bernardino County's Second District Supervisor in November 2010 after serving on the Fontana City Council for 10 years. She was selected to serve a two-year term as Chair of the Board in January 2013. Supervisor Rutherford has led efforts to reduce County spending, reign in pensions, protect local businesses, and restore public trust in County government. She serves on the boards of San Bernardino Associated Governments, San Bernardino County Employees' Retirement Association, Inland Empire Economic Partnership, Local Agency Formation Commission, Arrowhead Regional Medical Center Joint Conference Committee and Omnitrans. She earned a bachelor's degree in political science with highest honors from UC Riverside before attending Claremont Graduate University where she earned a master's degree in American politics. Supervisor Rutherford lives in Rancho Cucamonga with her husband, Steve Lim, and their two boys, Ethan and Noah. The family enjoys camping, biking, canoeing, and hiking. Janice is also an avid reader and scrapbooker.



Dr. John Husing, Ph.D.

President & Chief Executive Officer
Economics & Politics, Inc.
Chief Economist
Inland Empire Economic Partnership

Dr. John Husing is a research economist who has specialized in the study of Southern California's growing economy since 1964. For decades, he has produced city and county specific economic development strategies for the region's local government. With his significant understanding of San Bernardino and Riverside counties, he assists the Inland Empire Economic Partnership as its Chief Economist. Today, his prolific knowledge of the region and his political experience has him briefing business leaders and policy makers throughout California on the economic trends and issues relating to budgets, state initiatives and public policy.



Rusty Bailey, M.P.P.

Mayor
City of Riverside

Mayor William R. "Rusty" Bailey III is a born-and-raised Riversider. He graduated from West Point with a degree in political science in 1994 and went on to earn a Master's Degree in Public Policy from UCLA. He took office as the Ward 3 City Councilman on Dec 11, 2007 and served in that role until he took office as Mayor on Dec 11, 2012. A champion of responsible governance, Rusty will build on the special initiatives – Clean and Green, Sister Cities, business and higher education partnerships – that have made Riverside a model among Inland Empire cities. He is focused on making Riverside a vibrant, growing community; one which will be capable of providing the quality of life he believes his daughters and the next generation deserve.



Michael J. Gallo

President & Chief Executive Officer
Kelly Space & Technology, Inc.

Michael J. Gallo began his professional career as an Officer in the United States Air Force, managing Military Airlift Command facility design and operations at the former Norton Air Force Base in San Bernardino, California. After serving his country, Mike cofounded Kelly Space & Technology, Inc., now celebrating 20 years of conducting aerospace research, development and testing at the former Norton Air Force Base, where he serves as President and Chief Executive Officer. For over 30 years, Mike has served in leadership roles in many regional, State and national business, education, non-profit and community based organizations. Mike was recently appointed by Governor Brown to the State of California Workforce Investment Board where he serves as Chairman of the Career Pathways & Education Committee and member of the Executive Board. In addition, Mike serves as Vice President of the San Bernardino City Unified School District Board of Education. Mike's focus is on aligning Education, Workforce Investment and Economic Development as the passport to prosperity for our nation to effectively compete worldwide within targeted high-growth industry and technology sectors through an exceptionally qualified workforce.



L. Dennis Michael

Mayor
City of Rancho Cucamonga

Mayor L. Dennis Michael is a life-long resident of Rancho Cucamonga. After serving in the military, he began his career in 1976 as a firefighter with the Rancho Cucamonga Fire District, where he promoted up the ranks and retired in 2003 serving his last 19 years as Fire Chief. Mayor Michael was elected to the Rancho Cucamonga City Council in November 2004, and was elected Mayor in 2010. He is actively involved in a number of regional and state boards and committees. Mayor Michael serves on the League of California Cities statewide Board of Directors and is the past President of the Inland Empire Division of the League. Mayor Michael also represents the City of Rancho Cucamonga on the San Bernardino County Associated Government's (SANBAG) Board of Directors, and serves on their General Policy, Metro Valley and Commuter Rail/Transit Committees.

Electronic Voting Questions: There are no right or wrong answers.

1. Which sector are you here representing today? (Select all that apply)

- a) Business/Corporations
- b) Community Based Organizations/Not for Profit
- c) Education
- d) Faith Based Organizations
- e) Government
- f) Health/Human Services
- g) Individual/Community Member
- h) Public Safety
- i) Transportation

2. Which region does your organization represent? (Select all that apply)

- a) Central Valley
- b) Eastern Valley
- c) High Desert
- d) Morongo Basin / South Desert
- e) Mountain Communities
- f) Western Valley
- g) All Regions – Countywide
- h) Outside of San Bernardino County Area

3. Which Age Groups does your organization represent? (Select all that apply)

- a) Infants (0-5)
- b) Children (6-12)
- c) Teens (13-19)
- d) Young Adults (20-35)
- e) Adult (36-59)
- f) Older Adult (60--84)
- g) Senior (85+)
- h) All of the above

4. The Community Engagement phase of the Vital Signs Initiative consisted of meetings that were held to gather input from over 1,000 community stakeholders on health, education, economy, environment and other indicators that are of high importance in examining the quality of life of San Bernardino County residents. Did you attend any of the following Community Vital Signs Meetings? (Select all that apply)

- a) Community Stakeholder Summit, a single county-wide event held on July 10, 2013
- b) District Engagement Meetings, 5 meetings (1 in each Supervisorial District) held between July and August 2013
- c) Small Engagement Meetings, 16 meetings facilitated by trained community leaders between July & August
- d) None of the above

5. The U.S. baby boom population is getting older. By 2030, 72.1 million Americans will be 65 and older. As this population grows, so do concerns that the U.S. health system will not be able to meet the health needs of seniors, particularly in regard to demands for long-term care. Given the needs of the aging, where could you or your sector make the biggest impact? (Select all that apply)

- a) Education/Health promotion
- b) Funding/Personnel/Resources
- c) Join the regional aging collaborative
- d) Policy or system recommendations
- e) Provide technical assistance

6. Which option best describes how your organization is working together with stakeholders from other sectors to improve health outcomes? (Select all that apply)

- a) Contractual/fiscal relationship
- b) Member of a Collaborative, Coalition, or Association
- c) Sharing of information
- d) None of the Above

7. Based on the sector or group you identified with today, do you think your sector or group can play a role in addressing any of the priority areas identified by the community?

- a) Yes
- b) I am not sure, and need more information

8. Which of the following health components are a priority or critical in improving educational attainment? (Choose only 3)

- a) Asthma
- b) Built Environment (where you live, work, and play)
- c) Family Dynamics
- d) Mental Health
- e) Nutrition/Diet
- f) Oral Health
- g) Physical Activity or lack of physical activity
- h) Prenatal

9. Do you think your organization could help address one of the critical health components in improving educational attainment?

- a) Yes
- b) I am not sure, but need more information

10. Which of the following factors do you think has the biggest impact on accessing health services (such as seeing a doctor, getting medication, etc.) for San Bernardino County residents? (Select up to 3 choices)

- a) Affordability
- b) Can't get an appointment
- c) Disability
- d) Education about health insurance coverage
- e) Getting or affording the time off from work
- f) Language barrier
- g) Stigma/Fear of negative judgment
- h) Transportation

11. Inability to physically access care is one of the major limitations for 60 year olds and above, and especially for those who do not have access to transportation. How do you see yourself, organization and/or sector helping with this tremendous need?

- a) Fund transportation systems
- b) Help provide transportation services
- c) Help with the planning of the transportation routes and resources
- d) Provide staff support needed to help elderly get to their care facility
- e) Support policies to make transportation more accessible to the elderly

12. For the aging adult population in our region, dental care is a primary concern and it is also highly related to malnutrition, diseases such as heart disease and infections. Could you see yourself, your team or sector contributing/ collaborating on this issue? (Select all that apply)

- a) Education/Health promotion
- b) Funding/Personnel/Resources
- c) Join the regional aging collaborative
- d) Policy or system recommendations
- e) Provide technical assistance
- f) Supporting mobile dental clinics
- g) Volunteering to reach out to the aging adult residents

13. For adults in our county, heart disease is the number one preventable killer. How do you see yourself, your team or sector contributing or collaborating to address this issue?

- a) Education/Health promotion
- b) Funding/Personnel/Resources
- c) Join or establishing a regional Healthy City Initiative
- d) Policy or system recommendations
- e) Provide technical assistance
- f) Supporting mobile medical or screening clinics

14. What extent does your organization have specific programs or services that support a culture of living well and making healthy choices? (Select all that apply)

- a) Education/Training
- b) Environment
- c) Funding
- d) Incentives
- e) Policy/Planning
- f) Programs
- g) Time
- h) None of the above

15. Which of the following health issues has greatly impacted your workforce?
(Choose only 3)

- a) Diabetes
- b) Heart Disease
- c) Obesity
- d) Mental Health
- e) Shortage of Health Professionals
- f) Tobacco use/Alcohol use/other risky behaviors

16. How could your sector provide and/or increase access to healthy foods for those 60 years and older?

- a) Education/health promotion
- b) Funding/ material resources for aging adult feeding programs
- c) Organize healthy food markets in one or more locations around the county
- d) Policy or system recommendations and support
- e) Provide low expense or free locations for food distribution
- f) Provide raw food and/or consumables
- g) Provide technical assistance
- h) Volunteering to providing human resources to reach out to the aging adult population

17. Where does your organization intersect with priority areas discussed today?

- a) Completely align
- b) Somewhat align
- c) Not aligned at all

18. Do you have programs/services that address the priority areas discussed today?

- a) Yes
- b) No

19. Are you part of the solution in one or more of the following priority areas discussed today?

- a) Access to health care
- b) Economy
- c) Education
- d) Community Safety
- e) Mental Health
- f) Nutrition/access to healthy food
- g) School Safety

20. What might your organization need to change in order to address the priority areas discussed today?

- a) Mission Statement
- b) Technical Assistance
- c) Funding Sources
- d) Partnerships

21. Are you and/or your organization ready and willing to answer the community's call for action in addressing these priority areas?

- a) Yes
- b) Maybe, after some planning and preparation
- c) No



acknowledgments

Vital Signs Steering Committee Members

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Hospital Association of Southern California

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