

Introducing the Marion & Polk Early Learning Hub

Early Learning Matters

As a state and a community, we are investing and focusing on early learning with the intent of children arriving at kindergarten ready to learn and thrive. The Marion & Polk Early Learning Hub, Inc. is a group of community partners - schools, early learning, doctors, child care, social services, and business - with a focal point of ensuring children are more ready for kindergarten. We are thrilled to announce two new resources for parents in our community.

Be a brain builder!

The first five years of a child's life is when the brain is most active and building a foundation for all future learning. Every time we connect with a child, it is not just their eyes that light up – it is their brains. Now there is Vroom! Vroom is a free smart phone app that sends daily messages to your phone with suggestions for brain building activities for your child. Vroom is about creating brain building moments. Daily Vroom enhances the things you already do and helps spark new ideas! Download Daily Vroom app for daily messages with brain building activities that are fun, simple, and built around daily activities.

Information and Resources for Families

Check out earlylearninghub.org. This is a new website resource for our community with information about resources, parenting tips, car seat safety, safe sleep, and nutrition information. There is also a weekly blog posting for busy families with great ideas. For families looking for a parenting class or free/low-cost community events, check out the calendar page.

As a community, we are committed to helping ensure families and children have the tools and resources to ensure children are more ready for kindergarten.

Lifestyle Management

Whether you're trying to get healthy or stay healthy, we have several programs to help you and your family. For example, here's a Walk with Ease Success Story!

A patient called to sign up for Walk with Ease after her provider asked her what she'd like to be able to do by the end of the year. She told them she'd like to be able to keep up with her nieces and nephews when she visits them. Her provider asked, "Can you walk 5 minutes?" "Of course," she replied. The doctor went on, "Then this is the class for you. By participating you work your way up over 9 weeks so you can walk 30 minutes at a time 3-5 times a week." Those few minutes of time spent in the office visit have changed her life. She left the office, registered for the class, and nine weeks later is walking 30 minutes 3-4 times a week.



Is a gentle walking program that meets twice a week for one hour. Developed by The Arthritis Foundation, it aims to reduce pain and improve overall health overall health. A good fit if you can walk 5 minutes, and desire to do more.



Stanford's Six week Self-Management Programs: Living Well Lifestyle Management, Living Well Diabetes Management and Living Well with Chronic Pain allows participants to improve self-efficacy, set goals, and practice the self-management skills necessary to manage their chronic conditions while still enjoying life.



Jump Start Living Healthy: An interactive 90 minute session aimed at solving common barriers that get in the way of eating healthy, and provides an overview of safe weight loss including realistic goals, activity, and plate portioning. Jump Start Plus offers weekly support to help reach your goal.

5-2-1-0 Challenge: Not ready for a class commitment? That is OK. There are four simple things you can do right now to manage your health better. Take the 5-2-1-0 Challenge. Go to <http://www.5210challenge.com/> to learn more. Email jstice@mvipa.org for printed information on the **5210 Challenge** to help increase your fruit and vegetable intake, reduce screen time, increase activity, and reduce sweetened beverages.

WVCH Community Advisory Council

Happy summer greetings!

I would like to introduce myself to you. I am a mother of nine, five are now adults, three teenagers live in the home and there is one very special 2nd grader who was born affected by Downs Syndrome. I have worked most of my life in the restaurant industry and have been grateful for the Oregon Health Plan for my family's health care. I am a full time student working on a transfer degree and am proud to say, I was just accepted at Western Oregon University. I am a member of WVCH's Community Advisory Council (CAC). I have served on this committee as our CCO was forming and we all were in the learning phase. I find this transformation into a coordinated care organization a remarkable journey and I am excited to be part of it.

The purpose of our CAC is to make sure that our CCO is addressing the health care needs of our members and the community we all live in. As a committee, we oversee a Community Health Assessment (also referred to as a CHA) where all kinds of health information is gathered from all throughout all of our communities. Then with data from this assessment, a strategic plan is created in addressing health disparities and meeting the needs of the communities in our CCO's service area. This plan is referred to as a Community Health Improvement Plan (aka: CHIP). Our CAC is responsible for publishing an annual report on our CHIP progress. As we meet the health improvement goals then we choose another to work on so we are continuously working on improving access and health equity.

We could use creative thinkers. We all look at the same challenge from a unique view and I invite you to apply to this committee if this sounds like you! The CAC currently meets from 11:30am to 1pm on the third Thursday monthly. We have public comment time set aside right at the beginning of each month and encourage you to drop by and share your concerns with us. We welcome you as a guest to stay and see what we are all about. We are your voice. We are working together to promote a healthier community for all of us to live in.

Prenatal Care during Pregnancy

Getting early and regular prenatal care is important for all pregnant women. Prenatal care helps you make sure you and your baby are as healthy as possible. This service is free to all Oregon Health Plan members. The following answers some basic questions on prenatal care for Willamette Valley Community Health (WVCH) members. **(ADD PREGNANT MOTHER PICTURE)**

What is Prenatal Care?

Prenatal care is the healthcare you receive while pregnant. The goal is to provide information on how your pregnancy is developing, answer specific concerns, and limit potential complications.

Who are Prenatal Care Providers?

There are different types of prenatal care providers, including obstetricians, family physicians, midwives, and nurse midwives.

- *Is my Primary Care Physician (PCP) the same as my Prenatal Care Provider?* Not necessarily. Some PCPs provide prenatal care, others do not. You do not need a referral to see an obstetrician. However, it is important to find a prenatal provider who is covered by WVCH. If your PCP does not provide prenatal care, they can help you find someone who does
- *Will my prenatal provider deliver my baby?* Maybe. Not all prenatal providers deliver babies. It is important to talk with your provider to see if they will also be delivering your baby.

Finding the right provider can be difficult. Please call WVCH at 503-587-7701 if you have any questions or concerns or need help finding a provider near you.

Why is Prenatal Care important?

Prenatal care helps keep you and your baby healthy. Women who have early and regular prenatal care are much **more likely** to have healthy, complication-free births. Women who have prenatal care are three times **less likely** to have low-birth weight and premature babies.

When should I begin prenatal care?

Prenatal care should begin immediately after you are, or think you may be, pregnant. The average women sees a prenatal provider between 8 and 15 times during a pregnancy. Most experts suggest seeing your provider:

- About once a month for weeks 4 through 28.
- About twice a month for weeks 28 through 36.
- Weekly for weeks 36 to birth.

Emergency Care

Take care of problems before they become serious. Call your PCP (primary care provider) when you are sick. Please do not wait until after office hours to get care for you or your family. Emergency care is covered 24 hours a day, 7 days a week. WVCH is responsible for payment of emergency services if you believe it is a true emergency.

What is a true medical emergency? An emergency medical condition means you have severe symptoms. You believe your health will be in serious danger if you do not get help right away. This also includes your unborn child's health if you are pregnant. An emergency medical condition can also be a serious problem with a bodily function or with a part of your body, such as your heart. Some examples of emergencies are:

- Broken bones
- Bleeding that does not stop
- Suspected heart attacks
- Major burns
- Loss of consciousness

Remember- If you are treated in the emergency room for something that is not an emergency, you may have to pay for the bill. It is important to make good choices when dealing with a medical emergency. Whenever you need advice, call your PCP's office. Someone will be available to help day and night 24 hours a day, 7 days a week. Call your PCP before going to the ER.

Preparing yourself and your family can save you money, and save your life as well. Here are some tips to prevent an unnecessary trip to the emergency room:

Know your PCP's phone number- they are your first and best contact for deciding how serious the condition is.

Try not to panic- clear judgment is necessary to develop a plan of action. Taking a deep breath can help you stay calm.

Take steps to prevent emergencies before they happen- Seeing your PCP regularly and living a healthy lifestyle can reduce your chances of an emergency.

What do you do if your condition is an emergency?

If you think that, you have an emergency medical condition call 911 or go directly to the nearest emergency room.

Summer in Marion and Polk County is among the best in the United States. Whether it is going to a park, hiking, playing in a local pool, or just enjoying the weather, the area offers opportunities for all families. Summer is also a good time to make sure your child is protected and up-to-date on all their vaccinations. This is especially important for children under the age of 2 or those about to start school.

Having the recommended immunizations is the **best** way to protect your child from serious, contagious diseases like polio and measles. Vaccinations have all but eradicated these deadly diseases. However, there have been recent outbreaks of measles among children in Oregon. This may be because of drops in childhood vaccination rates.

Vaccinations are important. A child's immune system is not fully developed, especially before the age of 2. Vaccines offer another safeguard against disease.

There are also certain children with compromised immune systems who cannot receive vaccines. They are dependent on virtually all other people receiving vaccines to gain general "herd immunity." Protecting your child also protects them.

Vaccines are safe: A vaccine is a medication. Like all medications, vaccines come with potential side effects. The most common side-effects are normally mild and include redness and soreness around the shot site. Dangerous side effects, like allergic reactions, are very rare. There is no link between vaccines and autism or mercury poisoning.

If you have any concerns, talk with your PCP to figure out your family's best course of action.

Fraud, Waste and Abuse

As a WVCH member, it is important that you know there is a way for you to report fraud, waste and abuse situations.

Fraud-examples

- ◆ A doctor bills for services that you did not receive.
- ◆ Receiving medical care using another person's medical I.D. card.
- ◆ Giving false information about you in order to get benefits.

Waste

- ◆ An incident or practice that directly results in unnecessary costs to Medicaid or Medicare

Abuse-example

- ◆ Physical abuse, sexual abuse, neglect or inappropriate treatment by a medical provider.

You may report any suspected fraud or abuse by calling the **Fraud and Abuse Hotline @ 503-485-3228 or toll free 1-877-462-7931, TTY 584-2180**. You do not have to give us your name and all of the information is kept private.