

Making a Difference in the Community's Health

**Umatilla County Special Library District
Autumn All-Staff In-Service
November 5, 2021 ~ 8:30 AM to 3 PM**

Join Zoom Meeting

[https://us02web.zoom.us/j/82880385850?
pwd=eEU0ZFJGRDR1QWUyeGZQamNNdm9
3QT09](https://us02web.zoom.us/j/82880385850?pwd=eEU0ZFJGRDR1QWUyeGZQamNNdm93QT09)

Meeting ID: 828 8038 5850

Passcode: 901918

One tap mobile

+19712471195,,82880385850#,,,,*901918#
US (Portland)

**“Keep good company, read
good books, love good things,
and cultivate soul and body
as faithfully as you can.”—
Louisa May Alcott**



Making a Difference in the Community's Health

Agenda

- 8:30—9:00 Gather—Sign in
- 9:00—9:30 Introductions
- 9:30—10:30 Dr. Noah Lenstra
Author of *Healthy Living at the Library*
- 10:30—10:45 Break
- 10:45—12:00 Healthy Programs
Presentations
- 12:00—12:30 Lunch
- 12:30—1:30 Jill Boyd of GOBHI
Best Practices with Vulnerable
Communities
- 1:30—1:40 Break
- 1:40—1:55 Movement with
Michelle Miller
- 1:55—2:30 Professional
Development Presentations
- 2:30—3:00 Erin McCusker,
Sharing UCSLD Information

Evaluation Link sent out by email

Ground Rules

- We participate as equals
- There is no right or wrong
- We disagree with grace and tact
- We have fun
- We mute ourselves when we are not speaking
- We keep shared information confidential

"Happiness is the highest form of health." ~Dalai Lama



Dr. Noah Lenstra is an Assistant Professor of Library and Information Science in the School of Education at the University of North Carolina at Greensboro. He started the *Let's Move In Libraries* initiative in 2016 and is the author of *Healthy Living at the Library*, published in 2020.

“One recurring theme in my research is how when library staff feel like their institution cares for them and provides them with resources and support for self care, those staff are in turn excited to ‘pass it on’ by sharing said resources with the patrons and communities they serve.” Dr. Noah Lenstra

<https://www.webjunction.org/news/webjunction/taking-care-of-self-staff-and-community.html>



Public Libraries and Public Health: Partners for Community Health Learner Guide

Libraries are community hubs, including for health information and programming. As community health needs shift and grow, libraries are looking to support topics like consumer health literacy, healthy aging, mental health, food and nutrition, access to healthcare via telehealth, physical activity, and overcoming technological barriers to accessing health information. At the same time, the public health sector is learning that libraries are valuable partners in advancing local health priorities. Join this webinar for an introduction to public health, and hear how public health practitioners and library staff are partnering for success. Learn how to build library staff confidence in providing health information, assess community health needs, and build community partnerships that magnify the role public libraries play as key contributors to community health.

<https://www.webjunction.org/events/webjunction/public-libraries-and-public-health-partners.html>

Presented by: Megan A. Weis, QuinTasha Knox, Dianne Connery, and Carol Perryman

What are your goals for viewing this webinar?	
Personal Goals	
Team Goals	
Public Health and Public Libraries Intersect	
<p>Public health promotes and protects the health of people and the communities where they live, learn, work and play. – American Public Health Association</p> <p>Public health is everywhere! A day in the life of the public health professional may include everything from promoting access to clean water to providing support to parents. Just like public librarians, public health professionals wear many hats in communities. Public health professionals – just like public library staff – can’t do it all by themselves, and increasingly look to partner with community advocates, like public libraries.</p> <p>The sections of the American Public Health Association include the categories on the following page. Look at this list, check those you already address in your library’s services and programming and circle those you’d like to prioritize in the future. Common overlaps between public health and public librarianship center around Mental Health, Social Work, Maternal and Child Health, and Food and Nutrition. But there are myriad opportunities for partnership!</p>	

- Aging and Public Health
- Integrative, Complementary and Traditional Health Practices
- Alcohol, Tobacco, and Other Drugs
- International Health
- Applied Public Health Statistics
- Law
- Chiropractic Health Care
- Maternal and Child Health
- Community Health Planning and Policy Development
- Medical Care
- Community Health Workers
- Mental Health
- Disability
- Occupational Health and Safety
- Environment
- Oral Health

- Epidemiology
- Pharmacy
- Ethics
- Physical Activity
- Food and Nutrition
- Public Health Education and Health Promotion
- Foot and Ankle Health
- Public Health Nursing
- Health Administration
- Public Health Social Work
- Health Informatics Information Technology
- School Health and Wellness
- HIV/AIDS
- Sexual and Reproductive Health
- Injury Control and Emergency Health Services
- Vision Care

Health Equity

Supporting health equity involves being intentional about racial equity and meeting the unique needs of specific populations. Explore the [Centers for Disease Control & Prevention's Racial and Ethnic Approaches to Community Health](#) resources specific to better understand how to align your library's efforts with health equity work in your communities.

- [Practitioner's Guide for Advancing Health Equity](#)
- [Promoting Health Equity—A Resource to Help Communities Address Social Determinants of Health](#)
- [The Power to Reduce Health Disparities: Voices from REACH Communities](#)
- [REACHing Across the Divide: Finding Solutions to Health Disparities](#)

Prioritizing Partnering

Based on the information in this webinar, as you work to prioritize your next steps in partnering with public health in your community. Some action items may include the following:

- Facilitating conversations among your library staff, board, or Friends of the Library about public health, and the roles public libraries can play as partners in supporting community health needs.
- Developing a better understanding of community health needs by drawing upon existing data and expertise, particularly as it exists in local health departments in Community Health Needs Assessments.
- Assessing how your library may already support public health, and developing talking points unique to your library about how you see yourself as a public health partner.
- Reaching out to new potential partners, including hospitals, local health departments, SNAP-Education implementing agencies, cooperative extension agents, universities.

Further learning

Review the Midwestern Public Health Training Center's Toolkit on [Bringing Public Health and Public Libraries Together](#) and write down 2-3 things identified in the toolkit that you'd like to better understand as it relates to public health-public library partnerships.

- 1.
- 2.
- 3.

Action Plan: (include next steps, who, when, etc.)

Getting Good Health Information

Kristin—Athena

Moving in Story Times

Monica—UCSLD



“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.” ~Mark Halperin

Magic of Tidying Your Library

Kathleen—Weston

Run With a Fire Fighter,
Walking Book Club & More

Jennifer-Heather-James—Pendleton

MedlinePlus Evaluating Internet Health Information: Checklist



Provider

Who is in charge of the Web site?
Why are they providing the site?
Can you contact them?



Funding

Where does the money to support the site come from?
Does the site have advertisements? Are they labeled?



Quality

Where does the information on the site come from?
How is the content selected?
Do experts review the information that goes on the site?
Does the site avoid unbelievable or emotional claims?
Is it up-to-date?



Privacy

Does the site ask for your personal information?
Do they tell you how it will be used?
Are you comfortable with how it will be used?

Find reliable health information on [MedlinePlus.gov](https://www.nlm.nih.gov/medlineplus), the National Institutes of Health's site for patients, their families and friends.



Jill Boyd
Primary Care
Transformation Coordinator
GOBHI—Greater Oregon
Behavioral Health, Inc.

“Our lives are so busy, and for many of us the demands are overwhelming. Some of us focus so much on the needs of others, we lose sight of ourselves. Stop, for one moment. Take a deep breath. Be still. Refocus. Concentrate on improving *your* life. One situation at a time. You can’t be much good to others if you’re no good to yourself. If they love you, they’ll understand.”— Carlos Wallace

Michelle Miller

Practice with Michelle

<https://practicewithmichelle.com/>

PracticewithMichelle@gmail.com



“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”— Jean Shinoda Bolen



“Improving the health and well-being of our employees makes good business sense.” *Steve Flanagan*

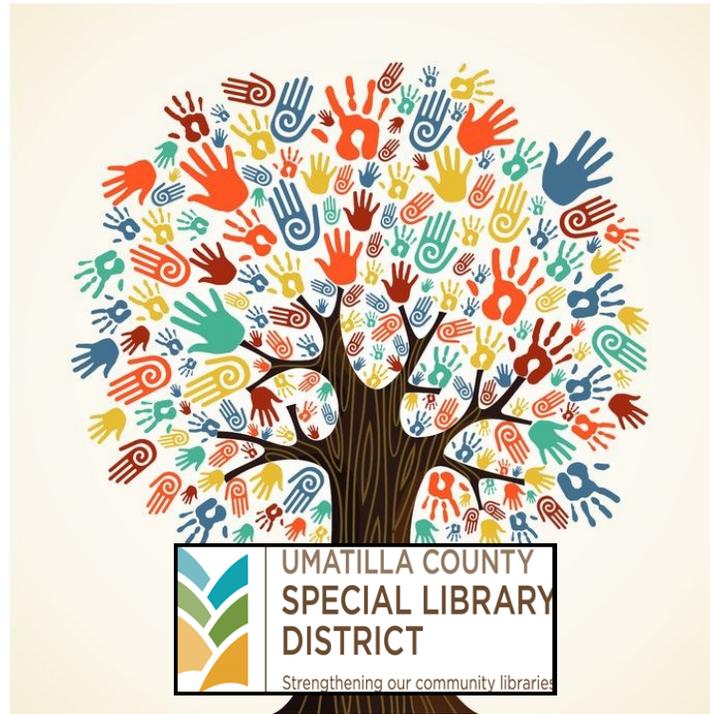
“Almost everything will work again if you unplug it for a few minutes, including you.”— Anne Lamott



**“If you get tired, learn to rest, not to quit.”
~ Banksy**



“It’s not how much money we make that ultimately makes us happy between 9 and 5. It’s whether or not our work fulfils us.” *Malcolm Gladwell*



UMATILLA COUNTY
SPECIAL LIBRARY
DISTRICT

Strengthening our community libraries

“Self-care is the non-negotiable. That’s the thing that you have to do. And beauty is the thing that can be the benefit of the self-care. Beauty is not the point. Beauty is just a cute side-effect from self-care.”— Jonathan Van Ness



Hedgie Loves to Read



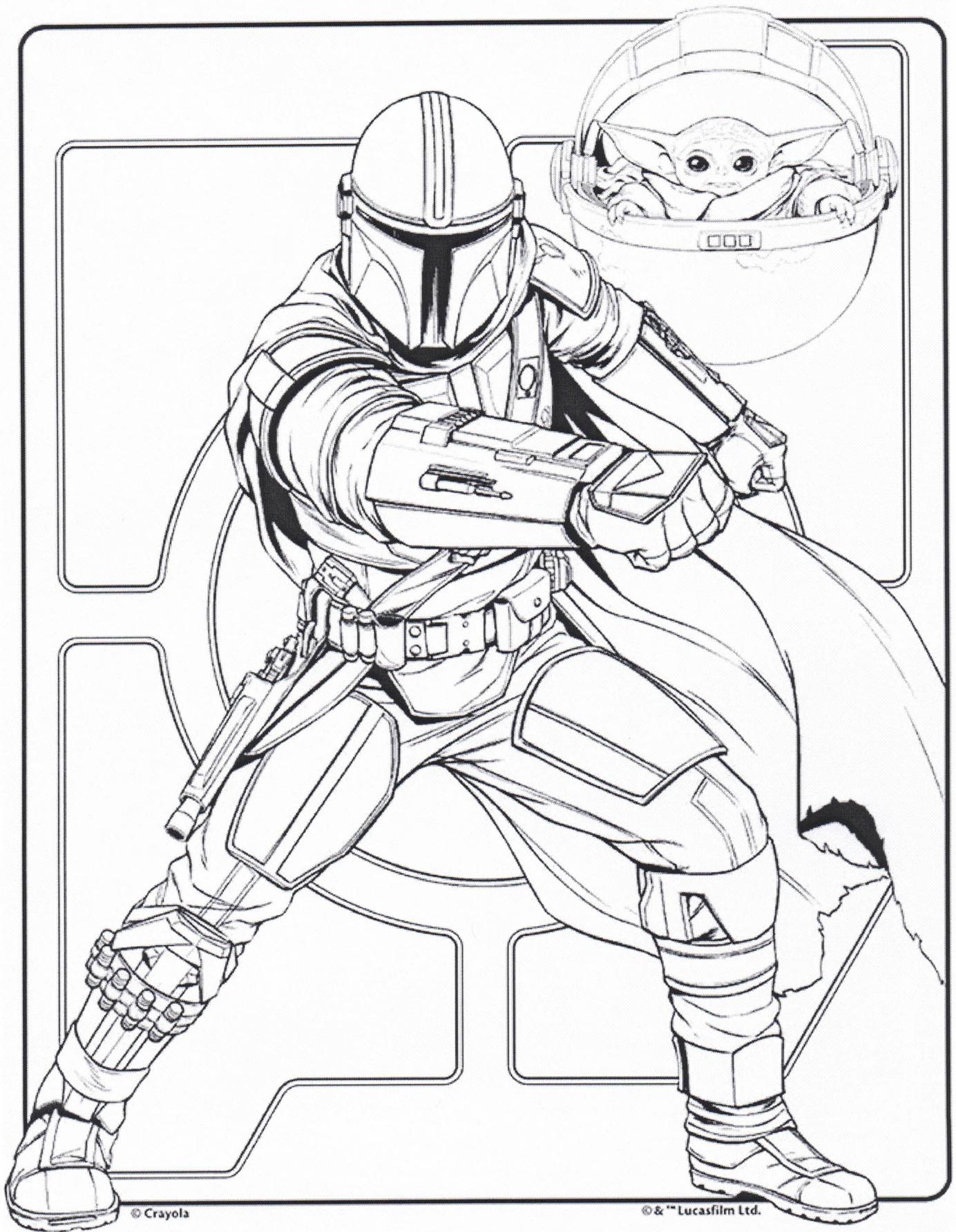
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