

Seaside kicks off a journey to ‘Wellville’



JOSHUA BESSEX PHOTO
An idea board kept track of common themes the group discussed when it came to what health means.

Five-year, \$5-million health challenge begins

By Kyle Spurr
EO Media Group

A wide range of more than 50 community members gathered inside the Seaside High School library Jan. 13 to officially embark on “The Way to Wellville,” a five-year challenge to promote health across Clatsop County.

New York City-based venture capitalist Esther Dyson, the founder of the Health Initiative Coordinating Council (HICCUP), which sponsors the Way to Wellville, introduced herself to the crowd. She encouraged the community to focus on itself and on how it can become the healthiest county in the nation.

Clatsop County was chosen in August as one of five communities nationwide to compete in the nationwide challenge.

“We are facilitating. We are not coming here from the East Coast to tell you how to live,” Dyson said. “We want

to work with you and with the four other Wellville communities.”

Although only one Wellville community will be awarded \$5 million at the end of the challenge, Dyson insists the five-year journey will benefit each community through connections with investors and overall improvements to health-related programs.

“The truth is nothing we are doing is new. There is no magic, but you have to do it,” Dyson said.

Members of the newly formed Way to Wellville Strategic Advisory Council — made up of 12 local people in business, prevention, social services and education — hosted the kickoff event along with HICCUP CEO Rick Brush and Dyson.

The group hosted another kickoff event at the Warrenton High School library from 5:30 to 7 Jan. 14.

The Strategic Advisory Council will lead the community over the next five



JOSHUA BESSEX PHOTO
Esther Dyson, the founder of the Health Initiative Coordinating Council (HICCUP), speaks to the crowd at Seaside High School during the official beginning of “The Way to Wellville.”

years by gathering the public’s input on health-related ideas and partnering with other local agencies and organizations. The public can contact any member of the council with ideas.

Bonnie Thompson, chief operating officer at Providence Seaside Hospital and member of the Strategic Advisory Council, said the town hall event was the first opportunity for the community to share their thoughts on health in Clatsop County.

“What does it mean to be the healthiest county in the nation?” Thompson asked. “This is your opportunity to think outside the box.”

Dyson and the other organizers used a social method of engaging people in conversation, known as the World Cafe, at the town hall event.

The community members, ranging from high school students to retirees, sat in groups around 10 tables inside the library. Each table was covered in white paper, which allowed the groups to write down their answers to three different questions:

- What does good health mean to me?
- What does a healthy community look like?
- What are the fundamental strengths in my community that we can build off of?

The groups were given time to answer each question. After answering the first question, a group member stayed at each table



JOSHUA BESSEX PHOTO
A crowd of about 50 people gathered at the Seaside High School library for the kickoff of The Way to Wellville.

while everyone else moved to another table.

The rotation continued and created more ideas to be shared, Brush said.

“A large part of what we will be doing is help you discuss what is already in Clatsop County and help improve the overall health of the community over the next five years,” Brush said.

Once each group wrote its answers to the three questions, the groups reported one by one.

To the question about what health means, one person wrote, “It’s a person’s ability to live, laugh and love and have the access to do it.” About what health looks like, one person said, “A well-educated community.” Another said, “serving without borders or boundaries.” Overall, common health-related themes came through such as education, access,

safety and economics.

The initial focus areas for Clatsop County include chemical dependency, mental health, access to primary care, employment, obesity and food access, prenatal education and care and time-banking service exchange.

Way to Wellville is aimed at communities with less than 100,000 in population. The other four communities selected out of 42 applicants are Greater Muskegon, Mich.; Lake County, Calif.; Niagara Falls, N.Y.; and Spartanburg, S.C.

The Strategic Advisory Council will take local ideas and match them with interested investors. All ideas that work and fail will be shared among the participants and across the nation.

The five Wellville communities will be judged on overall health and financial

impacts, social concepts, sustainability and a local priority decided by the community.

The measures will be tracked by collecting data from sources such as grocery store receipts, miles walked or the number of bicycles owned.

“You will move forward and become a beacon for other communities across the country,” Brush said. “This is just the beginning.”

Way to Wellville Strategic Advisory Council members:

- **Steven Blakesley** — Clatsop County Public Health District;
- **Justin Cutler** — Sunset Empire Parks & Recreation;
- **Dan Gaffney** — Clatsop Kinder Ready, pre-K-grade 3 alignment coordinator;
- **Jeff Hazen** — Sunset Empire Transportation District;
- **Chris Holden** — Baked Alaska owner;
- **Nancy Knopf** — Columbia Pacific Coordinated Care Organization (CCO) coordinator;
- **Mark Kujala** — Warren-

- ton mayor;
- **Paula Mills** — NW Regional Educational Service District;
- **Debbie Morrow** — Columbia Pacific CCO board member;
- **Jill Quackenbush** — Clatsop County Juvenile Department;
- **Bonnie Thompson** — Providence Seaside Hospital;
- **Nicole Williams** — Clatsop Care Health District.

For more information

WWW.HICCUP.CO
TWITTER: @WayToWellville

Pain reduction is goal of recurring classes

A class to help people understand how pain affects the body and brain will be offered several times this year by Providence Seaside Hospital.

When people understand how pain really works, their pain decreases, according to the class’s organizers. Students will learn about what pain really is and how much their actions and thoughts can improve their pain and help them return to their lives.

The same class is offered at different times throughout the year at Providence Seaside Hospital, Education Center A (lower level), 725 S. Wahanna Road, Seaside.

Class dates are:

- 5:30 to 7:30 p.m. Feb. 12;
- 12:30 to 2:30 p.m. March 13;
- 5:30 to 7:30 p.m. April 9;
- 12:30 to 2:30 p.m. May 8; and
- 5:30 to 7:30 p.m. June 11.

There is no charge for the class, but registration is required. To register for classes, go to www.providence.org/classes or call the resource line at 800-562-8964.

Land conservancy sets day for planting willows

The North Coast Land Conservancy is planning a day of planting willow stakes in the Thompson Creek-Stanley Marsh Habitat Reserve.

Planting day is set from 10 a.m. to 1 p.m. Jan. 28.

Native willows are key to providing healthy beaver and salmon habitat.

Participants will meet at the parking area next to the pump house by Thompson Creek. To get there, take U.S. Highway 101 at the north end of Seaside, turn east on Lewis

and Clark Road, then right onto Nygaard Street and immediately left at the pump house. The conservancy will provide tools and snacks. Dress for the weather, including rubber boots, and bring planting gloves, water and lunch if desired.

Before arriving at the site, contact the conservancy’s stewardship director, Melissa Reich at 503-738-9126 or melissar@nclctrust.org so she can plan appropriately for the day.

Dining ON THE North Coast

Great Restaurants in Cannon Beach • Seaside Gearhart & Surrounding Area

Excellence in family dining found from a family that has been serving the North Coast for the past 52 years

Great Breakfast, but that's not all...

Great lunch and dinner menu, too!

Great pasta, steaks & seafood!

Homemade Clam Chowder, Salads!

Seaside • 323 Broadway • 738-7234 (Open 7 Days)
Cannon Beach • 223 S. Hemlock 436-2851 (7am-3pm Daily)
Astoria • 146 W. Bond • 325-3144

WANNA KNOW WHERE THE LOCALS GO?

• Breakfast

• Lunch

• Dinner

• Lighter appetite menu

• Junior menu

BEST BREAKFAST IN TOWN!

Fish 'n Chips • Burgers • Seafood & Steak
Friday & Saturday - Prime Rib
Lounge Open Daily 9-Midnight
All Oregon Lottery products available

1104 S Holladay • 503-738-9701 • Open Daily at 8am

MAZATLAN MEXICAN RESTAURANT

Phone 503-738-9678
1445 S. Roosevelt Drive • Seaside

NATIONALLY FAMOUS CLAM CHOWDER • FRESH OREGON SEAFOOD

CANNON BEACH
503-436-1111
Ocean Front at Tolovana Park

TO PLACE YOUR AD HERE!

Call or Email
Wendy Richardson
503.791.6615
wrichardson@dailyastorian.com