

# Health Planning Council

## Highlights of Accomplishments – 2009

### Acute / Primary Care

- Launched the **Asthma Action Coalition**, developed brochure on asthma resources in Tompkins County and created a new Asthma Action Plan. Worked with five after-school programs. Provided workshop as an asthma refresher for school nurses. Thanks to the Park and Legacy Foundations for their support.
- Provided information to our residents about new programs: NY Prescription Savers card, COBRA subsidy for people who are unemployed, expanded income-limits for Child Health Plus, and age 29 dependent coverage extension.
- Served on fundraising task force to extend the Cayuga Waterfront Trail to Stewart Park.

Kudos to Urgent Rx partners  
**Cayuga Medical Center,  
Ithaca Free Clinic, Kinney Drugs,  
Tompkins Health Network, and  
United Way of Tompkins County**

- **Urgent Rx** helped 1,300 people fill prescriptions to support their medical treatment; about 200 more people than last year. Provided vouchers for 3,170 medications, worth \$80,000 to people with no insurance who received care at the Ithaca Free Clinic and Cayuga Medical Center. Also offered information about health care subsidy programs.
- Started to catalogue programs which support increased physical activity and better nutrition.

### Long Term Care

- Completed the report *Improving Outcomes for People in Tompkins County By Strengthening the Long Term Care System*. This 70-page needs assessment includes current status, promising trends and recommendations for our community.

Thanks to the  
**Howland Foundation**  
and the **Community Health  
Foundation of Western and  
Central New York**  
for support of Healthy Living.

- Started offering CDSMP - the Chronic Disease Self-Management Program (Healthy Living) with Finger Lakes Independence Center and partners in nearby counties.
- Participated in County Office for the Aging task force to increase the supply of home health aides and certified nursing assistants.
- Led **Sharing Your Wishes** Coalition to encourage and support advance health care planning. Distributed over 9,000 booklets.

### **Tompkins Health Network implementation projects:**

- **PMAP** (Prescription Meds Access Program): Counseled almost 200 clients about prescription medicines. Assisted people in obtaining drugs free from pharmaceutical companies; saved community \$42,290.
- **Get Covered Info Line:** Responded to calls from more than 175 people about health insurance options and costs.
- **Healthcare Workforce:** Promoted *My Health Careers*: a web-based tool with training, salaries, and job opportunities; [www.cnyahec.org](http://www.cnyahec.org).
- **Chronic Disease:** Provide several workshop series in the Stanford Chronic Disease Self-Management program.

*With gratitude to the New York State Office of Rural Health for these funds*

### Advisory Board

*Special appreciation to the  
Tompkins County Legislators  
for their ongoing support*

- Conducted a community survey about unmet health care needs as part of the Community Health Assessment. Combined these with health indicator data and selected three priority areas for action: access to quality health care; physical activity and nutrition; and chronic disease and cancer.
- Contributed to redesign of the Human Services Coalition's web site; organized health sections.
- Advocated for the needs of people without health insurance.
- Participated in Health Benefits Committee of the Intermunicipal Council of Governments.
- Worked with TC Legislature on **TompkinsRx**, a free prescription discount card. More than 725 users a month saved an average of 23% on medications, for a total of \$277,287.