



Move 2 Health Equity Monthly Meeting Notes

January 14th, 2026

- Welcome & Introductions

- **Ice Breaker:** Share a goal for 2026
- Alicia (do what I can in my personal capacity to save democracy), Elly Haden (Connect more with the people around me), Bridget Moss, Jane Colony Mills (more self care), Dan Sullivan (Raise funds for my community projects), Alysse Dowdy (Read more fun books), Troy Robinson (Reverse my children's mindset for more memories), Lisa Draine (Bed to earlier), Jerry Donowitz (Expand community work), Hanna Straus (Be mindful of my time), Jackie Martin (Manage my stress levels), Greg Gelburd (Be present), Willie Mae (Take care of me), Tommy Williams, Kristin Miller, Troy Robinson, Bonita Patton, Jen Fleisher, Stephanie Lowenhaupt, Peter Krebs, Deanna McDonald

- Troy Robinson, Eat Better Today (EBT) & Order Up Mobile Food Cart

- Order up Mobile Food Cart: Catering and eatery located where pearl island used to be at the Jefferson School
- Goal of helping with food insecurity & food deserts (originally from Orange county) through healthy food access specifically for folks without access to transportation
 - "Meet folks where they're at"
 - Food trucks that go to food deserts
 - Farm to table & resources
- Fill a city bus with refrigeration & TV for resource access
 - Provide a space for community to gather and communicate

- Fit the need & store the goods
- Eat Better Today (EBT), made for folks getting pre-portioned meals available via SNAP benefits with QR codes for video recipes from different chefs
 - Based on UVA collaboration for Food is Medicine: UVA law dissertation (3 years) & UVA Nutritionists
 - Prepare heart healthy meals (Under 65% fried foods/no hot foods) - Goes beyond the cooking classes & nutritionists in person
- How to get in touch:
 - Community dialogues
 - In my humble opinion podcast
 - 29 News interview:
 - ▶ Community Conversation: Troy Robinson with the Eat ...
 - **How to help:** Money, potential non-profit section
 - All that needs to be built website & social media & youtube
- More discussion with: Feeding 500 prepped meals & Blue Ridge Area Food Bank mobile distributions
 - (Hanna following up with connection to Feeding 500 & Blue Ridge Hunger Action Coalition)
- Alysse Dowdy, Lisa Draine, Deanna McDonald & Steering Committee members, Cville Food Co-op (<https://thecvillefoodcoop.com/>)
 - The Co-op steering committee formed out of the community engagement period where community members asked for a walkable grocery store
 - Located and in partnership with Fifeville with cross-city/county lines with a grass roots effort to bring a community owned grocer to the community (co-op)
 - 501 Cherry location (along with MRC & PHA)
 - Just under a year of the co-op steering committee organizing effort
 - VA Co-ops: RVA, Harrisonburg, Fredericksburg, Roanoke, Winchester (Soon!)
 - Partners with the National Co-op Grocers (NCG), Grocery specialists, etc.

- All volunteer, completely grass roots
 - Working to make the co-op a legal entity, marketing & community engagement
- **Community needs:** Financial support, fundraising, community engagement (Priority in Fiverville, sister neighborhoods, and greater Charlottesville), and time
 - Community engagement and co-op education effort with food justice
- Co-ops are owned by individuals in the form of a lifetime membership, anyone can shop but members receive member benefits (ie. annual profit and product meetings, feedback, dividends, and volunteer opportunities, etc)
 - Neighbors helping neighbors, working to meet a need
 - Looking for the membership to be accessible to anyone, through payment plans, gifted memberships, preferred memberships, etc
 - Right now it looks like \$200 for a lifelong membership with the either sliding scale, deferred payments, and sponsored memberships to make it accessible and equitable to all community members
 - Community ownership changes the power dynamic
- Pressure on larger grocers, employers (UVA), for funding?
 - Need for community members to be vocal in support
- The Good Foundation has received \$25k grant & put together a network - potential for Cville Food Co-op
- For memberships, when will the co-op know specifics about the membership cost & system? And when will memberships be open for sale?
 - In the next 3-6 months, memberships will be available and meetings will be more about the running of the store
 - Market/Site feasibility (money, memberships, etc) , community feasibility (time, enthusiasm, etc), all in the form of milestones for
- Tommy Williams, Fishersville RAM Clinic
 - March 21-22, 2026

- RAM & UVA have been running the Fishersville clinic for the last 3 years (with a gap last year due to a RAM clinic in close proximity in Harrisonburg)
- Free medical, dental, vision, etc care and no insurance
 - Cleaning, Filling, Extraction
 - Eye health exam, eyeglasses prescriptions,
 - Volunteer specialities, podiatry
 - Women's health
 - Language services in Spanish, Arabic, Dari, ASL
 - Last year RAM saw their millionth patient & total donations of \$14,847,417
 - 10 organizations that work to get folks connected to longer
 - Food: Loaves & Fishes, Food Lion, BRAFB
- If you show up, you'll get seen (First come, first serve basis)
 - If you were denied at a previous clinic due to wait times/capacity (waited up to 12 hours), then they might be able to skip the line
- 3rd year at UVA, promotions committee (Western Alb. grad 3 years ago)
- 400 ppl last year, 100 from Cville
 - 205 children last year
 - Last clinic over 2 years ago, skipped a year since there was one in Harrisonburg
 - Provided \$225,000 in care
- Saturday 6am-2/3pm (depends on line) & similar timing on Sunday (set up on Friday)
- Where are the doctors coming from? Recruitment of doctors on the hosts of the clinic (UVA students, UVA health, eye clinics in Staunton & Waynesboro, dental schools - professors & 10-15 students)
- **Community Need:** Ophthalmologists (all kinds eye doctors), nutritionist, pharmacist, etc
 - General medicine retired medicine, retired
 - Hanna remember to send the Culpeper Free Clinic pharmacist # & email

- Repost facebook event
- Non clinical volunteer need?
- **Meals: 200 meals on Saturday dinner, Sunday lunch**
- Promotions:
 - Tommy Williams at 434-484-0927 or
 - fishersville.ram.hospitality@gmail.com
 - Provider Recruitment:
 - fishersvillerecruitment@gmail.com
 - Website Link to Our Event:
 - <https://www.ramusa.org/va>
 - Facebook:
 - <https://www.facebook.com/profile.php?id=61584734137783>
- Clinic offers follow up locations that are recommended
- Are you also working with nursing schools RNs & NPs?
- How do we get to a point where we don't need pop up clinics?
- Community Updates (Organizational, events, etc.)
 - City Council Meetings (Mondays at 6:15pm)
 - Blue Zones Meeting 10-10:30 after the M2H Coalition meetings
 - Sadhbh O'Flynn, Community Climate Collaborative
 - **And important advocacy event tomorrow:**
 - [Concerned about Tenaska: Albemarle Public Comment](#)
 - C3 is trying to turn people out to the Board of Supervisors meeting **Wednesday January 21 at 6pm** to air concerns from a [health impact study](#) that was conducted by Harvard finding that there would be 60-90 additional premature deaths over the lifecycle of the proposed gas plant in Fluvanna County near Scottsville, and right by the County line. Albemarle County can't vote on this but we're asking to investigate what pathways they *do* have toward getting engaged and pushing back on the proposal.
 - **Updated landing page:**
<https://www.theclimatecollaborative.org/no-fluvanna-chest-erfield-gas-plants>

- Kristin Miller (UVA), providing resources to pregnant women & children under the age of 1yro; looking for community resources & collaborators (goal of maternal and child health symposium)
 - Diane Sampson, Maternal health for the health department
 - H @ Meals on Wheels for list of food delivery for postpartum folks who are homebound
- 3rd Annual Health Fair at Dunbar, February 14th (acupuncture & massage)
- Medicaid Assister & Advocate information session (~30 community members), discussion of advocate & assister training
 - Goal of Feb 26th host local hybrid training for advocates
 - Jan 2027 is the doom date
 - "On the job training"
- RN Heart Work, Partnering with the Jefferson school for Save a Life, run by UVA med school group (2-5pm)
 - RN Heart work contact: rnheartwork@gmail.com
 - Providing CPR training along with ReVive for Narcan training
 - <https://jeffersonschoolfoundation.org/events/>
- Peter Krebs, Mobility Summit on economic and social benefits of access to the outdoors
 - Registration opens next week for the March 5-6 Active Mobility Summit. Watch your email for that announcement. Info here: <https://www.pecva.org/event/6th-annual-active-mobility-summit/>
- League of Women Voters, will let us know about watched legislation about preserving medicaid, money for SNAP, and ACA subsidies, and money for free clinics, etc.
 - House passed ACA subsidies for the next 3 years, and you can advocate at the federal level to Sen. Kaine & Warner
 - House session gavelled in today
 - Prescription affordability article:
- Loaves & Fishes, A reminder that anyone promoting health resources:

- Loaves & Fishes' distributions (Tuesday, Wednesday, Thursday, Saturday each week) offer an excellent opportunity to connect with potential patients/people who need access to health resources. Outreach is done by going to each car and speaking with pantry visitors.
- Needs to be scheduled through Loaves & Fishes ahead of distribution/visit, contact Jane for more information
- Jane Colony Mills contact info:
executivedirector@cvilleloaves.org
- KJ Howard, Cultivate Charlottesville & Food Justice Network
 - Grow response to Climate Change (17th 2:30-5pm at Jefferson School)
 - Planting season is getting started and getting in touch with neighborhood associations (if you have veggie requests, etc. please share with KJ)
 - Cultivate Cville program planning survey ()
- Blue Ridge Hunger Action Coalition
 - Contact information (and to get added to contact list):
HACBlueRidge@gmail.com
 - 12pm-1pm; February 10th Meeting Calendar event:
<https://calendar.app.google/zKbcnho84nc3x6mP6>
 - Zoom information:
<https://us06web.zoom.us/j/86594859372?pwd=a8Ei7GjLSaBm0wjz0Yca5bdOtIdiHq.1>
 - Physical Address: 1118 Preston Ave, Charlottesville, VA 22903
- **Healthy Cooking Class with VCE**
 - Recurring- Next class tomorrow (Thursday) Jan 15
 - 12:00 noon - 1 pm
 - Community Health and Outreach
 - [Free Healthy Cooking Classes](#)
- **Caregiver Coffee**
 - Jan 21, 2026
 - 11 am - 12 noon
 - Hospital

- [Caregiver Coffee Group](#)
- **Perinatal Loss Support Group**
 - Jan 21
 - 7 - 8 pm
 - Hospital
 - [Perinatal Loss Support](#)
- **Advance Care Planning**
 - **Everyone in this group should have their advance care plan completed!
 - I host this so I promise it will be fun 😊
 - Jan 22
 - 12 - 1 pm
 - Community Health and Outreach
 - [Advance Care Planning Workshop](#)
- **First Tuesdays- February**
 - [First Tuesday Series | Martha Jefferson Hospital Foundation](#)
- **Community Clinic Health Hours**
 - 2/10/26
 - 11:30-1:30
 - Hospital
 - [Community Clinic Health Hours](#)
- **Monthly Community Meditation and Sound Bath**
 - (This one happens after the next meeting, but I wanted to get it on everyone's schedule) 😊
 - Feb 13, 2026
 - 6-7 pm
 - [Community Meditation Sound Bath](#)
- **Community Resources (articles, podcasts, webinars, etc.)**
 - Community Climate Collaborative, Sadhbh - Fluvanna county resident petition gas plants
(<https://www.theclimatecollaborative.org/no-fluvanna-chesterfield-gas-plants>)
 - 3 Things everyone should know about data centers in virginia:
<https://www.pecva.org/resources/press/three-things-everyone-needs-to-know-about-data-centers-in-virginia-right-now/>

- Podcast - Keeping people covered:
<https://meetattheintersection.org/podcast/keeping-people-covered-22-mins/>
- Webinar recording - Navigating open enrollment:
<https://medicareadvocacy.org/navigating-open-enrollment-webinar/?emci=07a00a3c-c4c0-f011-8196-6045bdfe8e9c&emdi=a5568864-d6c0-f011-8196-6045bdfe8e9c&ceid=14066483>