

LHIC Healthy Weight Workgroup Meeting
10.22.15 - 8:30 a.m.
Minutes

MEMBERS PRESENT:

Liz Clark, Healthy Howard, co-chair	Kelly McMillan, HC Community College
Barbara Wasserman, Community Member	Cindi Miller, HCGH
Mary Ann Barry, Transition Howard County	Kati Moore, HCHD
Arleen Tate, Delta Sigma Theta	Kayla Kavoukas, Healthy Howard
Wendy Farthing, HC Office on Aging	
Stephanie Brown, Healthy Howard	

ALSO PRESENT:

Alvaro Ortiz, LHIC Program Manager
Jeananne Sciabarra, Director of Health Care Transformation
Tom Bonderencko, Executive Director, Moveable Feast

MEETING MINUTES:

1. Opening of meeting:
 - Meeting called to order by Liz at 8:36 am. Members introduced themselves and welcomed guests.
2. Moveable Feast Presentation:
 - Following, Barbara introduced Tom Bonderencko, Executive Director of Moveable Feast.
 - Tom began to talk about the history, the mission and programs offered by the organization. He also discussed the eligibility requirements for clients and future plans for Moveable Feast.
 - Below are some of the major highlights from Tom's presentation:
 - Moveable Feast is an initiative that started over 25 years ago. Its mission is to provide nutritious foods and other services in order to preserve quality of life for people with HIV/AIDS and other life-threatening conditions.
 - At Moveable Feast, food services are viewed as much more than just a meal. They believe that for their clients, food is medicine for the body and soul.
 - They provide diverse and nutritionally based meals. They can also accommodate especial diets such as liquid or soft diets.
 - All meals are freshly prepared in their state-of-the-art kitchen located in East Baltimore and are delivered throughout Baltimore City and 14 other counties in Maryland.
 - A distribution center was recently opened in Hurlock, MD providing services to clients as far as in Eastern Maryland.
 - They are a referral-based organization, serving the most vulnerable populations. A larger number of their clients have an \$11,000 of less income per year.
 - Clients can be referred directly by their primary care doctor or other partner organizations in the community.

- There have been over 700, 000 meals delivered and over 3,000 clients served since Moveable Feast started.
 - Clients are eligible for 3 months of services and 6 months for those living with HIV. However, after that time frame clients are able to be re-certified for continuation of services.
 - The organization has capacity to serve up to two million meals within the next years.
 - Members were truly impressed with the work that Moveable Feast is doing and inquired how the LHIC could help the mission. Tom suggested that:
 - LHIC members can help promote Moveable Feast and their services among community members and other organizations.
3. Announcements & Information Sharing:
- Mary Ann informed members about “Healthy Eating Feast”. A Transition Howard County sponsored event that will take place on November 7 at Howard Community College.
 - Cindi announced that the “We Walk Wellness at North Laurel” program will be ending on October 31st.
 - Members reviewed the minutes from their last meeting on 9.24.15 and approved them unanimously.
4. Action Items:
- Alvaro will connect Liz with the LHIC representative for HCPSS.

Respectfully Submitted by,
Alvaro Ortiz
LHIC Program Manager