

LHIC Healthy Aging Work Group Kick-Off Meeting
4.4.16 – 2:00 p.m.
Ellicott City 50+ Center

Members Present:

Courtney Barkley, HC Office on Aging
Lois Huffman, The Village in Howard
Jillian Anderson, Healthy Howard
Andrew Monjan, Transition Howard County
Jo McLaughlin, Transition Howard County
Shawni Paraska, Columbia Association
Jill Kamenetz, HC Office of Aging
Roel Evangelista, AAA Physical Therapy

Peggy Hoffman, HC Office on Aging
Mary McGraw, The Village in Howard
Marsha Ansel, HC Mental Health Authority
Stu Kohn, HC Citizens Association
Paul Verchinski, HC Citizens Association
Elizabeth Menachery, HC Health Department
Fariborz Zarfeshan, ALFA Pharmacy

Staff Present:

Alvaro Ortiz, LHIC Program Manager

Jeananne Sciabarra, Healthy Howard

MEETING MINUTES:

Courtney Barkley, Health and Wellness Division Manager, opened the meeting at 2:18 p.m. and introduced Peggy Hoffman, Division Manager for the Howard County Office on Aging. Following Peggy's introduction, Courtney established some ground rules for all future work group meetings:

- Be on time
- Be mindful and respectful of everyone's opinion
- Attend all meetings

Courtney asked members to introduce themselves and to share the reason of their involvement in the work group as well as a fun fact.

Following introductions, Peggy discussed the history of the LHIC and explained the LHIC priority areas. Some the highlights from Peggy's discussion were:

- Maryland's State Health Improvement Process (SHIP) provides a framework for continual progress toward a healthier Maryland.
- Through the use of statewide and local level data, the SHIP encouraged the development of the LHIC.
- The Howard County LHIC was formed in 2011 and is currently staffed by Healthy Howard, Inc. Currently there are over 40 organizations as part of the HC LHIC.
- The HC LHIC established 3 work groups focused on three priority areas:
 - Access to Care – Increase access to health care.
 - Healthy Weight – Enable people of all ages to achieve and maintain a healthy weight through healthy eating and physical activity.
 - Behavioral Health – Expand access to behavioral health resources and reduce behavioral health emergencies.
 - New 2016: Healthy Aging

Jeananne Sciabarra, Director of Health Care Transformation, noted that the full LHIC meets every other month on the 4th Thursday from 8:30- 9:30 a.m. at the Howard County Health Department. All three work groups also meet following the full LHIC meetings from 9:30 a.m. to 10:30 a.m. Jeananne invited members to visit the LHIC website (hclhic.org) to access a full schedule of the LHIC and the Work Groups meetings.

Courtney talked about the goals, purpose and future plans for the work group:

- Possibly review health determinants that affect healthy aging of Howard County residents.
- Strategize the success factors that contribute to healthy aging expand outreach efforts of existing health promotion and disease prevention programs offered by AAA.
- Increase the use of clinical preventive services.
- Generate a definition of healthy aging for residents of Howard County.
- Review best practices of Healthy Aging models developed by other organizations.
- Create a mission, goals and identify specific short-term outcome indicators that contribute towards sustainable approaches for meeting those goals for the 2016-2017 LHIC year.
- Evaluate the outcome indicators taken toward the goals.

Jill Kamenetz from the HC Office on Aging suggested establishing a limited number of goals/strategies for the work group. She explained that this would allow members to stay focused and work more efficiently.

Elizabeth Menachery, Medical Director of the Howard County Health Department and Andrew Monjan from Transition Howard County noted that this should be a working group. Elizabeth pointed out that, as a coalition, the goal of the LHIC work groups is to identify health disparities and to join efforts and resources from the various organizations participating in the work groups to address these disparities.

Elizabeth also suggested that the group identify a fixed place and time for the meetings. She mentioned that attendance is crucial for the success of the work group and that lack of attendance really hinders progress.

Members agreed that it was important to identify the mission of all the organizations that are part of the work group as well as to invite key players that may not be at the part of the group at this time. Alvaro Ortiz, LHIC Program Manager, volunteered to send an email to all members asking for their organizations' mission and vision. He will compile the information into a document that members will review at the next meeting.

Members identified several days and times as options for future work group meetings. LHIC staff will work with co-chairs to create a Doodle poll to choose the best time for all members.

Members were given a copy of the "Creating an Age-Friendly Community" report and asked to review it, particularly priority 5. Members will discuss at the next meeting.

Action Items:

- LHIC staff will send email to members asking for their organizations' mission and vision.
- LHIC staff will send a Doodle poll to members to select a meeting schedule for the work group.

Respectfully submitted by,
Alvaro Ortiz
LHIC Program Manager