

**LHIC Healthy Aging Work Group Meeting**  
**6.27.2016 - 3 p.m.**  
**Ellicott City 50+ Fitness Center**

**Members Present:**

**Courtney Barkley**, HC Office on Aging  
**Peggy Hoffman**, HC Office on Aging (phone)  
**Renee Bitner**, HCHD AERS Program  
**Mary McGraw**, The Village in Howard  
**Jillian Anderson**, Healthy Howard  
**Andrew Monjan**, Transition Howard County  
**Jo McLaughlin**, Transition Howard County  
**Elizabeth Menachery**, HC Health Department  
**Sharonlee Vogel**, HC Commission on Aging

**Charles Smith**, HC Office of Aging  
**Shawni Paraska**, Columbia Association  
**Patrice Cerwonka**- NeighborRide  
**Karen Basinger**, Univ. of Maryland Extension  
**Marsha Ansel**, HC Mental Health Authority  
**Stu Kohn**, HC Citizens Association  
**Paul Verchinski**, HC Citizens Association  
**Fariborz Zarfeshan**, ALFA Pharmacy  
**Max Pettis**, ALFA Pharmacy

**Staff Present:**

Elizabeth Menachery, M.D., Medical Director of HCHD  
Acting LHIC Director

**MEETING MINUTES:**

Courtney Barkley, Health and Wellness Division Manager, opened the meeting at 3:11 p.m. and announced Peggy Hoffman, Division Manager for the Howard County Office on Aging, participating by phone

Courtney introduced Charles Smith to present his discussion item (emailed to group prior to meeting): Importance of de-centralization for sustainability

Mr. Smith conveyed his summary of a public health model that creates an environment conducive to change, "choice architecture". He explained that humans conform more than thought so that if norms are created/expected, populations will follow. The example he shared was that walking/exercise was promoted by individuals or groups, then others would follow.

A brief discussion addressed concerns by members about the purpose and intent of the Healthy Aging Workgroup. Members felt that the concept was not clear. Elizabeth Menachery shared that the LHIC was transitioning from HH to HCHD. New staff were being hired. The mission and vision of the group would be discussed once new staff are onboarded in an effort to help guide the workgroup into implementing at least one LHIC initiative in FY17- "LHIC 2.0" will be structured and will systematically review County and organizational data to identify gaps in services and needs of the aging population in HC. This will help guide the Healthy Aging Workgroup with setting priorities for collaborative initiatives with achievable and measurable outcomes.

July 1, 2016- LHIC is transitioned to HCHD. Elizabeth Menachery, M.D. is interim LHIC Director until staff are in place. New LHIC Director, LHIC Program Administrator, and LHIC Workgroup Coordinator are in the process of being hired by HCHD. New staff will be introduced to the full LHIC and each workgroup once hired, hoping for late July-early August.

Using post-its, members were asked to write up to 3 priority areas for the Aging in HC- with respect to HC needs, programs to support, gaps in services. Charles Smith led the collection of ideas on whiteboard that were discussed by group members. Each member shared their priority areas. Charles and Courtney offered to collate the brainstormed items and send out a survey to allow members to prioritize items

Future Speakers were discussed:

Howard County Health Assessment Survey  
Howard County Regional Partnership

Future meetings were discussed:

Full LHIC meets every other month on the 4<sup>th</sup> Thursday from 8:30- 9:30 a.m. at the Howard County Health Department. Other 3 LHIC work groups also meet following the full LHIC meetings from 9:30 a.m. to 10:30 a.m.

**July 28** Full LHIC is cancelled but Healthy Aging Workgroup meeting will still be held from 9:30 a.m. to 10:30 a.m. at HCHD. Elizabeth Menachery will reserve room and send email/LHIC Digest reminder.

Healthy Aging Workgroup will continue to meet on the 4<sup>th</sup> Monday of each month from 3-4:30pm thereafter. August 22, 2016 from 3-4:30pm is the following Workgroup meeting. The location will be determined. Elizabeth Menachery will reserve room and LHIC staff will send email/LHIC Digest reminder in August.

August 25 will be the full LHIC meeting from 8:30-9:30am at HCHD.