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**Maura J. Rossman, M.D., HCLHIC Co-Chair**  
**Health Officer, Howard County Health Department**

**Steven C. Snelgrove, HCLHIC Co-Chair**  
**President, Howard County General Hospital**

**Howard County Local Health Improvement Coalition**

Healthy Weight Work Group Meeting  
 May 24, 2018 – 9:00 – 10:30 a.m.  
 Barton A

**Minutes**

**Members Present:**

Mary Ann Barry, Transition Howard County  
 Tara Butler, Howard County General Hospital  
 Marsha Dawson, HC Department of Community Resources and Services  
 Kristin DeCou, Thunder Soccer Club  
 Loretta Hoepfner, MDAAP  
 Vanda Lerdboon, Howard County Health Department

Ekere Olojola, Howard County Public School System  
 Shawni Paraska, Columbia Association  
 Razan Sahuri, UMD Extension  
 Glenn Schneider, Horizon Foundation  
 Liz Simpler, Howard County Health Department  
 Barbara Wasserman, Community Member  
 Kelly Wilson, United HealthCare Community Plan

**Guests Present:**

Lisa deHernandez, Howard County Health Department  
 Beth Gettleman, Horizon Foundation Consultant

**Staff Present:**

Kelly Kesler, HCLHIC Program Director  
 Sharif Braxton, HCLHIC Program Coordinator

Topic/Agenda	Discussion	Action/Follow-up/Outcome
<b>Welcome and Introductions</b>	<p>Kelly Kesler called the meeting to order at 9:05 a.m.</p> <p>Group members and guests introduced themselves.</p>	
<b>Approval of Minutes and Announcements</b>	<p>The March work group meeting was cancelled due to weather so Kelly Kesler provided a brief review of the February work group meeting and reminded the group that meeting minutes were made available following the meeting at <a href="http://www.hclhic.org">www.hclhic.org</a>. A motion to accept the minutes as written was made by Loretta Hoepfner and seconded by Razan Sahuri.</p>	<p>Minutes from the previous meeting will be available one week prior to the next meeting date at <a href="http://www.hclhic.org/membership/meeting-portal">http://www.hclhic.org/membership/meeting-portal</a>.</p> <p>Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming Healthy Weight Events: <a href="http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/">http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/</a>.</p>

	<p>Members were asked to share any announcements from their organizations.</p>	<p>Shawni Paraska from Columbia Association shared information about the Family Wellness Day event on June 3, 2018. More information can be found at <a href="https://bit.ly/2GLOl1k">https://bit.ly/2GLOl1k</a>.</p> <p>Glenn Schneider shared that the Horizon Foundation is hosting its second Mental Health Film Festival on June 5, 2018. Kelly Kesler added that there will be a Question-Persuade-Refer (QPR) training made available as a part of the event. More information can be found at: <a href="https://www.thehorizonfoundation.org/?p=3384">https://www.thehorizonfoundation.org/?p=3384</a>.</p> <p>Tara Butler shared that Journey to Better Health will be offering two summer sessions of the Living Well program on</p> <ul style="list-style-type: none"> <li>• Tuesdays July 17<sup>th</sup> - August 21<sup>st</sup>. More information can be found at: <a href="https://bit.ly/2IOluLH">https://bit.ly/2IOluLH</a></li> <li>• Fridays August 3<sup>rd</sup> – September 7<sup>th</sup>. More information can be found at: <a href="https://bit.ly/2kkDtyu">https://bit.ly/2kkDtyu</a></li> </ul> <p>Kelly Kesler shared that Free Community Zumba classes and a Free Boot Camp in the Park are held weekly. More information can be found at <a href="http://www.wepromotehealth.org">www.wepromotehealth.org</a>.</p> <p>Marsha Dawson shared that there will be a Community Fair on June 9, 2018 at Oakland Mills Middle School Family Services Information, dental and other health screenings will be available. More information can be found at: <a href="https://bit.ly/2knWXCA">https://bit.ly/2knWXCA</a>.</p> <p>Kelly Kesler shared that the Behavioral Health Work Group has developed a resource for Mental Health and Suicide Intervention training opportunities. All HCLHIC members are asked to consider participating and encouraging others to participate in programs such as Mental Health First Aid and QPR. This resource can be found online at: <a href="http://www.hclhic.org/resources/behavioral-health-resources">http://www.hclhic.org/resources/behavioral-health-resources</a></p>
<b>Guest Speaker</b>	Glenn Schneider, Chief Program Officer	Members shared feedback and insight on the

<p><b>Presentations</b></p>	<p>for the Horizon Foundation and Beth Gettleman, Program Consultant presented an overview of youth sports in Howard County from the preliminary research conducted by the Foundation.</p> <p>Liz Simpler, Healthiest Maryland Businesses Coordinator for the Central Region and Vanda Lerdboon, Director of Community Health Education for the Bureau of Health Promotion in the Howard County Health Department presented an overview of the Healthiest Maryland Business Program and the Workplace Point of Decision (POD) pilot program for Howard County.</p> <p>Coalition members discussed collaborative strategies to increase engagement of community businesses and partners in the POD pilot and process.</p>	<p>program. For a copy of the presentation, <a href="#">click here</a>.</p> <p>HCLHIC members that are interested in learning more about the Healthiest Maryland Business program can visit <a href="http://www.healthiestmdbusinesses.org">www.healthiestmdbusinesses.org</a>. Members may also contact Liz Simpler by phone to 410-313-3704 or via email to <a href="mailto:esimpler@howardcountymd.gov">esimpler@howardcountymd.gov</a>.</p> <p>For additional information about the Point of Decision pilot with Howard County Businesses, members may contact Vanda Lerdboon by phone to 410-313-7506 or by email to <a href="mailto:plerdboon@howardcountymd.gov">plerdboon@howardcountymd.gov</a>.</p> <p>Kelly Kesler will provide information regarding the POD initiative to Razan Sahuri for potential collaboration with student organizations in Howard County.</p>
<p><b>Wrap Up and Adjournment</b></p>	<p>The group was asked to:</p> <ul style="list-style-type: none"> <li>a. Utilize monthly Communication Action Alert tool with #hclhic</li> <li>b. Consider Healthiest Maryland Business Designation and share opportunities with stakeholders.</li> <li>c. Complete the forthcoming HCLHIC Member Survey.</li> </ul> <p>The full work group meeting was adjourned at 10:30 a.m.</p>	

**Work Group**

TBD

**FULL HCLHIC**

June 28, 2018

8:30-10:30 am (Susquehanna)

Respectfully submitted by  
 Kelly L. Kesler, M.S., C.H.E.S., Director,  
 Howard County Local Health Improvement Coalition