

MARYLAND STATE ADVISORY COUNCIL ON ARTHRITIS AND RELATED DISEASES
MEETING MINUTES
SEPTEMBER 14, 2016

ATTENDANCE

Members Present in Person

Domenic Borro
Honorable William Frank
Rebecca Manno
Jody Marshall
Erin Penniston

Members Present on Phone

Sasha Levine
Julie Poludniak
Bernadette Siaton
Judy Simon

Members Absent

Chanel Agness
Kay Henry
Matthew Jackson

DHMH

Bailey Vernon

WELCOME AND INTRODUCTIONS

- The meeting was called to order at 4:40 pm.
- Attendees in the room and on the phone introduced themselves.

APPROVAL OF MINUTES

- The minutes from the June 1, 2016 meeting were approved by majority vote of the attendees after a motion was made by Honorable William Frank and a second motion by Rebecca Manno to approve the minutes.

MEMBERSHIP NEWS

New Members

- The council welcomed two new members Domenic Borro and Jody Marshall.
- Domenic Borro, DPT, Administrator of NMS Healthcare has been appointed to fulfill the slot of Health Professionals of a non-metropolitan area.
- Jody Marshall has been appointed to fulfill the slot of patient representative.

WALK MARYLAND DAY

Update

- **Erin Penniston** - Walk Maryland Day will be held for the second year on October 5, 2016. The inaugural Walk Maryland Day on October 7, 2015 had 115 schools registered for Walk to School Day, followed by 33 more schools that registered later. There was a 40% increase in Maryland school participation from year 2014 to 2015 and a 20-fold increase in web traffic last year through the Walk MD! Website compared to previous years. A goal of the event is to connect statewide partners and motivate people to walk beyond the one day.
- The [Walk Maryland Day Toolkit](#) was developed to assist partners in planning their own event. Tools include an editable map, flyer, banner, and press release.

Discussion

- **Judy Simon** – Shared an update about Seniors Walk a Million Miles and the various materials to log miles.

- **Domenic Borro** – Asked about tracking participation and expanding the network to continue growth from year to year. Suggested reaching out to county ombudsman and leveraging the nursing home industry.
- **Dr. Manno** – Agreed that there needs to be tracking mechanisms in place as the event grows to develop a network. It would be helpful to look at the Walk Maryland Day network to identify partners that the Council can collaborate with. Dr. Manno shared a video produced by Johns Hopkins to help promote Walk Maryland Day and share three tips for walking safely with arthritis. Dr. Manno encouraged the Council to use the video to help promote the event.
- **Sasha Levine** – Agreed to share the video and Walk Maryland Day materials on the Arthritis Foundation Social Media sites. Offered Walk with Ease materials to anyone interested.

COUNCIL UPDATES

- **Newsletter**
 - The Council is proposing to publish an electronic newsletter that highlights activities and resources in the community related to arthritis. The newsletter is intended for both health professionals and members of the general community. The ultimate goal is to publish the newsletter quarterly, one-month post council meeting. Council members will assist with newsletter design and content.
 - The Council will publish the first issue in January of 2017. The feature stories in the first issue should include an introduction to the newsletter, Walk Maryland Day recap, patient story, content based resources for both patients and professionals, and activities in Maryland.
 - The Council proposed that the newsletter will also provide content for administrators to use in their network communications.
 - Julie Poludniak and Jody Marshall will assist with developing the template and structure to present at the December meeting. All members should bring materials to the December meeting that could serve as a potential use in the newsletter.

MEMBER UPDATES

- **Rebecca Manno** – Engaged in Walk Maryland Day by developing a promotional video and organizing an event at Johns Hopkins, in addition to various clinical trials.
- **Domenic Borro** – Joined the Council to become more involved and identify ways to address better address arthritis within his work.
- **Erin Penniston**
 - Announced the Center was a recipient of a 5-year grant from the CDC to increase the state's efforts to help those with disabilities and is in the process of identifying members for an advisory committee. Members can contact Bailey for additional information or if there is an interest in involvement with the advisory committee. The Center hosted a conference, *Building Success of Evidence-Based Community Programs*, on September 7 for 250 of its partners.
 - Asked the Council "How would you feel if the Department considered combining the 3 chronic disease related Councils into 1 Council." The following responses were obtained: Dr. Rebecca Manno, Council chairperson, indicated support for combining the Councils. She said the goals of the Councils are all similar and feels they can learn more from each other. She cited the coordinated efforts for Walk Maryland Day as an example. She said she doesn't fear the arthritis council would lose its identify and the mission wouldn't be lost because the missions are all congruent. Judy Simon, Maryland Department of Aging Council representative and the Honorable William Frank, Maryland Department of Disabilities Council representative also indicated support and agreement with Dr. Manno's remarks.

- **Honorable William Frank** – Shared various activities at the Maryland Department of Disabilities to include celebrating an anniversary, working on its three-year strategic plan, developing a new behavioral health position, and highlighting activities in October as National Disability Employment Awareness Month.
- **Judy Simon** – Updated on Seniors Walk a Million Miles and the statewide network of aging.
- **Julie Poludniak** – Partnered with local health departments to participate in Walk Maryland Day and asked the committee about any evidence around dry needling.
- **Sasha Levine** – Involved in numerous Arthritis Foundation programs to include three juvenile arthritis programs, promoting the Better Living Toolkit and a new program, “living your Yes”. Shared information about two upcoming Jingle Bell Runs in December.
- **Bernadette Siaton** – University of Maryland Rehabilitation at Kernan hosts weekly walks on Wednesdays and will try to link with Walk Maryland Day on Wednesday, October 5. Involved in educating residents in Rheumatology and has been invited to speak at the American College of Rheumatology.

UPCOMING MEETINGS

December 7, 2016, 4:30 – 6:00 PM

ADJOURNMENT

The meeting was moved to adjourn at 6:00 PM.