

ARTHRITIS AND RELATED DISEASES
D R A F T - MINUTES – September 30, 2009nn

MEMBERS PRESENT

Linda Brown-Sutphin
Allan Gelber
Judy Simon
Renee Hilliard
Jeanne Moyer
Violeta Rus
Michael Breeden
Barbara Cuffie

MEMBERS ABSENT

STAFF

Jade Leung
Joyce Dantzler

GUESTS

WELCOME

The meeting convened at 4:30.

APPROVAL OF MINUTES FROM May 6, 2009

The minutes were approved.

PROGRAM UPDATE (*Jade Leung*)

Jade talked about the Enhance Fitness trainings held in Garrett County and Baltimore in June, and two more trainings are scheduled in the Fall 2009.

APPOINTMENTS:

There are new forms for new appointees to complete. Jade will check will the Appointment office to verify situation. We currently have several vacant spots on Council, including representation from Hospital/Health Professions Outside the Metro area; the Health Care Industry; and the Department of Disabilities. Again, members were encouraged to recommend candidates for these slots.

MEMBER UPDATE

Linda Sutphin-Brown gave us an introduction of the “MOVE!” program at the Department of Veterans Affairs. This “MOVE!” program is designed to help veterans lose weight, keep it off and improve their health. Linda described the program features, how they implement the program, and the feedback from the participants.

TAI CHI FOR ARTHRITIS (*Jade Leung*)

Jade described the Tai Chi training she attended in Cecil County in September. This Tai Chi program is developed by Dr. Paul Lam from Australia, and is endorsed by the Arthritis Foundation. However, CDC is still evaluating the program and has not granted approval for CDC grantees to implement this program. The Dept of Aging at Cecil County received a training from a certified Tai Chi master trainer to train four instructors to conduct Tai Chi classes in Cecil County. Jade demonstrated a few moves to the group.

ARTHRITIS STATE PLAN

The group agreed that the next meeting will be a working meeting for the state plan.

NEXT MEETING

December 2, 2009

MEETING ADJOURNED

6:00