



**Chronic Disease Prevention & Wellness Workgroup  
Virtual  
June 7, 2022 | 8:00-9:00 a.m.**

**Ronya Nassar opened the meeting and thanked everyone for attending.**

**Harford County Health Department Cancer Program Presentation- Megan Casem, Corrie Reed, Adriana Orsi, Susan Twigg, Karrie Schnauffer**

- The Cancer Prevention Program did a presentation on their program. The presentation will be included in the minutes.

**Carefirst Grant/ Diabetes Update- Christina Claypool**

- Christina shared that the Community Health Worker position funded by the CareFirst Diabetes grant was posted but we unfortunately did not get a lot of applicants and few with bilingual abilities. We have reposted the position and hope to hire someone soon.
- Christina has begun a diabetes landing page on our website which will house info on diabetes, the Maryland Diabetes Action Plan, the Harford County LHC Diabetes Strategy, and Resources such as the prediabetes risk assessment, DPP and Living Well classes, and info on free groceries, incorporating exercise, and parks in the area. This is a work in progress and we would love feedback. You can view the page [here](#).
- Christina is also planning to create a resource guide for diabetes as well and will be working on this with the CHW.

**Discussion**

- Felicia Hopkins shared that she is giving flyers from UM Upper Chesapeake Health out to the community.
- Vickie Bands shared an update on UM Upper Chesapeake Health programs.
  - The hospital had previously partnered with the Office on Aging to provide an evidence-based Falls Prevention Program, which was a licensed program owned by MAC. Upper Chesapeake Health no longer uses that program and will be doing a new program called Matter of Balance. They will be training 3 master trainers for the class and the class will be 8 weeks long. They will also be offering a Tai Ji Quan class 2 times a week which is good for Parkinson's Disease.
  - The hospital will also be offering a free, licensed program called Walk with a Doc at Schucks Regional Park. The class is offered on the first Saturday and second Sunday of the month at 10:00am.
  - The Tobacco Cessation program will be at Kauffman Cancer Center in the evening and Harford Memorial during the day. It will be offered every month (alternating locations) for 4 weeks except for August.

**Next Meeting: Tuesday, September 6, 2022**

- Join by video: [meet.google.com/wfk-expe-dho](https://meet.google.com/wfk-expe-dho)
- Join by phone: 252-381-0314 PIN: 632 511 075#

**Attendees: Allison Frey, Andrea Pappas, Bari Klein, Christina Claypool, Corrie Reed, Felicia Hopkins, Kristie Willats, Frank Sparandaro, Jennifer Hott, Karrie Schnauffer, Kim Theis, Kristen Perry, Carolyn Chanoski, Megan Casam, Michelle Peterson, Robin Stokes, Ronya Nassar, Sarah Will, Susan Twigg, Terri Broemm, Vickie Bands, Alexis Hernandez, Julie Siejack, Marcy Austin, Russell Moy, Adriana Orsi, Debbie Button.**