

ARTHRITIS COMMITTEE MEETING MINUTES

August 18, 2021

5:00 – 6:00 pm

Committee Members Present

Rachel Pigott (Chair)

Linda Kline

Erika Profili

Salliann Alborn

Committee Members Absent

Dr. Sumit Bassi

Dr. Afton Thomas

Maryland Department of Health Staff Present

Dr. Olubukola Alonge

Members of the public

Adam Hays - Special Olympics of Maryland (SOMD) staff - Healthy messenger that shares experiences related to healthy eating, also a SOMD athlete from Frederick County

Elaina Camacho - SOMD athlete from Anne Arundel County, Health messenger that uses the social media platform. Also sits on the Health and Wellness Committee for Special Olympics.

Kayla Shields - SOMD Director of Healthy Communities

1. Welcome

Rachel opened the meeting with introductions and a welcome to the attendees from the Special Olympics Maryland (SOMD).

2. Discussion

Rachel invited the team from the SOMD to provide a presentation to the arthritis committee which garnered several questions. Below is a summary provided by SOMD that outlines the presentation and provides a response to questions asked.

Healthy Athletes

- Provides free health and wellness screenings to athletes in 7 different disciplines: Healthy Hearing (Audiology), Fit Feet (Podiatry), Special Smiles (Dentistry), Fun Fitness (Physical Therapy), Health Promotion (Preventative Health & Nutrition), Opening Eyes (Optometry), and Mental Health (Strong Minds). Through university partnerships, Healthy Athletes is also a training program for future medical professionals.
- Currently we are looking for health professionals to volunteer and become Clinical Directors for these disciplines.

MedFest

- Helps athletes get off the sidelines and onto the playing field! Recognizing that the required Athlete Medical Form may be a barrier for participation, MedFest provides

current and future Special Olympics Athletes the opportunity to receive a free physical exam to meet the requirements of the necessary medical paperwork for participation.

Health Messenger are SO athletes who are trained to serve as a health & wellness leader, educator, advocate, and role model within their community.

Family Health Forums

- FHF's provide a space for the families and caregivers of people with intellectual disabilities to engage with health professionals, community leaders and social service providers.
- Can be virtual or in-person events

Performance Stations

- Are interactive and educational pop-up events at local and state competitions.
- Performance Stations are designed to educate and activate athletes and their supporters in the tenets of fitness: nutrition, hydration, and physical activity.
- Some Performance Station Topics: Physical Activity, Nutrition, Hydration, Game Day Minds, Competition Readiness, and Local Opportunities
- This is also a great opportunity to explore and promote other topics in the field of health, wellness, and fitness

Healthy Communities

- Takes the principles of Healthy Athletes program and expands them from single events to a steady presence of health and wellness in the lives of our athletes and families. Healthy Communities embrace community partnerships to support an on-going, community integrated approach that facilitates athletes having access to health and well-being services, education, and support every day.

Also attached is a shared document on how to become a Healthy Athletes Clinical Director, Rachel thereafter thanked the SOMD team and Linda for the connection, closed and reopened the committee meeting in alignment with the Open Meetings Act. Public attendees were required to ask for permission before contributing to the meeting. Rachel facilitated the conversation around the creative considerations for Juvenile arthritis that was created in 2021 and the question was asked about if it is considered a long social media post and how would one determine readability? Word works was suggested by Erika as a software that assesses readability level. It was suggested that someone present this question to the HWC. A question was also asked about if MDH has a process for getting materials to an appropriate readability level. Salliann volunteered to help shorten the messaging. Buki provided feedback from Kristi on the availability of a SOP for how creative considerations are completed. Rachel asked the SOMD team about if they can disseminate posts we create on their social media platforms to which they responded, "Yes" '.

3. Next Steps

- Rachel will follow up with the HWC on collaborating with the SOMD including the request for health professionals to volunteer and become Clinical Directors for their identified disciplines.
- Rachel will follow up with the HWC on the question about document readability level.

4. Adjournment

The July minutes were approved after quorum was secured and the meeting was adjourned at 6:00 pm

Next Meeting: September 15, 2021; 5:00 – 6:00 PM (meeting was canceled and rescheduled for November 17, 2021)

Meeting ID

meet.google.com/tox-ivkv-feu

+1 260-333-9558

PIN: 839 234 668#