

**Loudoun Health Council Meeting
Loudoun County Government Center**

April 8, 2010, 2:30 p.m.

In Attendance: Dr. Mohammad Yahya Alvi, Stephanie Cross, Donna Fortier (for Susan Carroll), Elyse Galik, Mary Ganger, David Goodfriend, Carol Hodgson, Mary Kealy, Lovely Lall, Tom Maynard, David Milam, John Morgan, Judith Randal, Alan Shapiro, and Mindy Williams,.

Absent: Dinah Ditton, James Green, Leann Micheals, Joseph Pozzo, Heidi Raymer, and Elaine Walker.

Guests: Alexandra Bernier, Brittany Stackpoole, Courtney Zamostry, (all Marymount University nursing students), and Beth Wiseman (Loudoun County Public Library)

Welcome:

Mindy Williams welcomed everyone.

There were four handouts for this meeting:

1. Agenda
2. Draft minutes from the March 11, 2010 Health Council
3. A 4/7/2010 draft proposal outlining Loudoun Health for Live Day activities
4. A facility floor map of Rust Library in Leesburg

Public Comments:

None.

Amendments or Deletions to Agenda:

None.

Approval of Minutes:

A corrected version of the minutes from the March meeting of the Loudoun Health Council was approved.

New Member Introduction

Lovely Lall, a new member of the Health Council, was introduced and provided a brief overview of her background. Dr. Goodfriend advised that all Health Council positions are now filled.

Loudoun Health For Life Initiative:

- Council Chair Mindy Williams thanked the group for their recent work on health fair ideas and reviewed the draft event outline. The fair will take place at Rust Library in Leesburg on June 26th, from 11:00 a.m. to 3:00 p.m.
- Dr. Goodfriend advised that in his recent contact with the Town of Leesburg representatives, they sounded optimistic about supporting this event. Town

assistance will be needed for Ida Lee Recreation Center participation, parking, and possibly traffic direction.

- Council members discussed the various ideas contained in the draft event outline and approved the outline with some additional activities noted (e.g., Master Gardeners program, bariatrics and nutritionist information, yoga, faith-related cultural foods information, and possibly vaccinations offered).
- Beth Wiseman advised that the lobby of Rust Library could accommodate approximately 10 resource tables in addition to numerous tables in the library's main meeting room. The library will provide tables and chairs.
- The draft health fair outline was approved.

Trans-Fat Action Item

The Council postponed further work on this item for the next few months in order to allow broader discussion of it and to maintain maximum focus on the upcoming health fair.

New Business:

None.

Summary of Action Items/Final Comments:

1. A number of Council members were asked or committed to follow up on various planned fair activities and provide further details and commitments to Mindy Williams as soon as possible:

- Dr. David Goodfriend – senior activities and vaccinations, faith-based cultural food
- David Milam – contact Loudoun Parks and Recreation to determine their level of participation, availability of a tent for outside activities, child activity passports
- Marymount students – portable rock wall and Marymount student participation
- Carol Hodgson – cooking demo
- Judith Randal – Master Gardener participation
- Donna Fortier and Mary Ganger (Loudoun and Reston Hospitals) – nutritionist, health videos, screenings, IPATH participation
- Dr. Mary Kealy – Loudoun County Public School videos
- Leann Michaels – Loudoun-based fitness groups (e.g., Lifetime Fitness, etc.)
- Dr. Alan Shapiro – Inova bariatrics program
- Lovely Lall – Yoga classes

2. Mindy Williams appealed to all members to be present and assist with event coordination on the day of the health fair.

Next Meeting: Thursday, May 13, 2010, at 2:30 p.m. This meeting will be held in the Lovettsville Room at the Loudoun County Government Center.

These minutes were approved at the May 13, 2010 Health Council meeting

