December 2, 2024

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities within your network and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to lhic@howardcountymd.gov.

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* The Next Full HCLHIC meeting will be January 16 at 9 am. Register [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator).
* Howard County Office on Aging & Independence extends 50+ Center hours. **Monday-Thursday 8:30 am-7:30 pm, Friday 8:30 am-4:30 pm, and Saturday 8:30 am-12 pm**.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Howard County Executive Calvin Ball Releases Age-Friendly Five-Year Progress Report. Click [here](https://www.howardcountymd.gov/aging-independence/age-friendly-howard-county) to learn more.
* Howard County Executive Calvin Ball Celebrates Opening of Expanded Behavioral Health Unit at County’s Only Hospital. Click [here](https://www.youtube.com/watch?v=adNKUOz1cbE) for more information.
* Howard County Executive Ball Celebrates Innovative Healthy Food Partnership with Howard County Public School System. Click [here](https://www.flickr.com/photos/hocogov/albums/72177720322325143/) to learn more.
* Festive Friday Family Fun Returns to the Downtown Columbia Lakefront. Click [here](https://columbiaassociation.org/events/calendar/) for more information.
* Project Holiday - HCHD is partnering with County Department of Community Resources and Services (DCRS) to host Project Holiday for the assembly and distribution of the holiday gift giveaway bags for older adults in assisted living facilities, nursing homes and others who would not otherwise receive a gift. Click [here](https://www.howardcountymd.gov/projectholiday) for more information.
* COVID-19 Rapid Tests - The federal government is again providing FREE rapid COVID-19 test kits. Every household is eligible to order four at-home test kits. Visit [www.covidtests.gov](http://www.covidtests.gov) to order yours.

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# FUNDING OPPORTUNITIES

**Title:** 2025 Medical Reserve Corps Operational Readiness Awards

The National Association of County Health Officials (NACCHO) is now accepting applications for the 2025 Medical Reserve Corps (MRC) Operational Readiness Awards which provide funding to MRC units to develop their emergency response capabilities. Eligible MRC units can apply for either a $5,000 or $10,000 award through the competitive selection process.

**Applications Deadline:** Applications accepted throughDecember 6, 2024. Click [here](https://www.naccho.org/blog/articles/2025-ora-applications?utm_source=MagnetMail&utm_medium=email&utm_term=cboylin%40naccho%2Eorg&utm_content=NFW%2010%2D4%2D24&utm_campaign=News%20from%20Washington) to learn more.

**Title:** Cycle 1 2025 -- Improving Mental and Behavioral Health Applicant Town Hall

**Description:** This opportunity aims to fund studies comparing two or more approaches for prevention, diagnosis, treatment or care delivery related to mental and behavioral health conditions.

**Applications Deadline:** December 11, 2024, 12:00 pm – 1:00 pm Click [here](https://www.pcori.org/events/2024/cycle-1-2025-improving-mental-and-behavioral-health-applicant-town-hall) to learn more.

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# EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES AND SUPPORT PROGRAMS

Events below may not be hosted or provided by HCLHIC. If you have any questions about

these events, please contact the event organizers directly.

##  HEALTHY BEGINNINGS

**Title:** Supporting your Child’s Development: Recognizing Needs, Maximizing Potential, and Finding Your Resources

**Description**: This training will help participants to:

* Understand what effective family and parental support means and its benefits.
* Learn strategies on how to meaningfully utilize resources to meet your child’s developmental needs.
* Recognize areas of potential within your child and how to embrace them (4) and learn how to seek and utilize available resources.

**Dates and Time:** December 4, 12:00 pm - 1:00 pm EST. For more information and register, click [here](https://www.ppmd.org/event/supporting-your-childs-development-recognizing-needs-maximizing-potential-and-finding-your-resources/).

**Title:** NACCHO's Virtual Learning Collaborative for the Inclusion of Maternal and Child Health (MCH) Populations in Emergency Preparedness and Response

**Description**: NACCHO is currently recruiting members for a Virtual Learning Collaborative (VLC) comprised of MCH and EPR staff that aims to increase the capacity of LHDs to prioritize MCH populations in emergency preparedness, response, recovery, and mitigation efforts at the local level through interactive training modules.

The Virtual Learning Collaborative will begin in January 2025 and go through July 2025. Please find a full description of time commitment, membership expectations, and application instructions [here](https://www.naccho.org/blog/articles/new-recruiting-for-nacchos-virtual-learning-collaborative-for-the-inclusion-of-mch-populations-in-emergency-preparedness-and-response).

**Deadline to Apply:** December 16, 2024, at 11:59 pm PST. Application instructions [here](https://www.naccho.org/blog/articles/new-recruiting-for-nacchos-virtual-learning-collaborative-for-the-inclusion-of-mch-populations-in-emergency-preparedness-and-response?x-craft-preview=A8dhnkLpoK&token=LnhYgneh2sy36_5nh1xi3yOu-jWYrhTm).

**Title:** Adventure Day at KidSpace

**Description**: When schools are out, join us for a day of games, arts and crafts, swimming, roller skating (SSC only), and hours of fun active play! **You don't have to be a CA or KidSpace member to join!** Pizza lunch is also included.

**Date and Time:** December 23, 2024, at 9 am EST. Register [here](https://columbiaassociation.org/community-program/kids/adventure-day/).

# HEALTHY LIVING

**Title:** Health Literacy Insights for Strengthening Access, Services, and Care

**Description:** This webinar focuses on how we can increase people’s access to health information, services and care through attention to critical characteristics of our health organizations and systems.

**Dates and Time:** December 2, 2024, 10:00 am - 5:30 pm. Click [here](https://umd.zoom.us/meeting/register/tJYsc-igrz8jEtxoFKSPAyxHfHZbM7EdaipW#/registration) to learn more.

**Title:** Person-Centered Care Planning for People with Multiple Chronic Conditions

**Description:** This webinar will discuss findings from the PCCP4P project, including a high-level overview of models and approaches to providing person-centered care planning (PCCP) for people with multiple chronic conditions (MCCs).

**Dates and Time:** December 3, 2024, 1 pm EST. Click [here](https://umassmed.zoom.us/webinar/register/WN_qXFbgcg3QQee0amdXV8nqA#/registration) to register.

**Title:** World Aids Day Virtual Summit

**Description:** Highlights include discussions on HIV testing for trans and non-binary individuals, insights into HIV in the aging population and a syndemic approach to testing. Don't miss inspiring talks, updates and community discussions!

**Date/Time:** December 5, 12:00 pm – 2 pm**.** Click [here](https://www.airmeet.com/e/fc98f5a0-8fda-11ef-af51-fb6a70da4c61?utm_source=NACCHO&utm_medium=Partner&utm_term=NACCHO&utm_content=NACCHO&utm_campaign=NACCHO) to register.

**Title:** Managing Diabetes Webinar

**Description:** Priority Partners is holding this workshop that gives you the tools and resources to better understand and manage diabetes. Gain a better understanding of blood sugar and how to manage it, as well as how to prevent health complications and manage sick days. Learn about the impact of diabetes on mental health and why you should follow the recommended care plan.

**Date/Time:** December 5, 1:00 pm – 2:00 pm**.** Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/managing-diabetes-2/) to register.

**Title:** Building Systems for Comprehensive Dementia Care

**Description:** Learn about the Guiding an Improved Dementia Experience (GUIDE) Model and how public health agencies can support its local implementation, with a focus on family caregiver support and education. Discover ways to connect with health systems in the GUIDE pilot, build community-clinical partnerships, and enhance dementia care for underserved communities.

**Date/Time:** December 9**,** 11:00 am-12:00 pm EST.Click [here](https://umn.zoom.us/webinar/register/WN_ZghapWP3RS6AWHQMvTTaNw#/registration) to learn more.

**Title:** Zyn and Nicotine Pouches: What Local Tobacco Control Officials Need to Know

**Description:** By the end of this webinar, viewers will receive a high-level introduction of Zyn and nicotine pouches and their health effects, take a retrospective look at how Zyn and nicotine pouches grew on the market, and understand how Zyn and other nicotine pouch products are regulated.

**Date/Time:** December 9**,** 3:00 pm EST.Click [here](https://naccho.zoom.us/webinar/register/WN_NMJjV_i4SFyVK6yiIxO7Hg#/registration) to learn more.

**Title:** Data and Strategies for Disability Equity and Inclusion

**Description:** This webinar will discuss ways to center those with disabilities in our latest webinar this December.

**Date and Time:** December 10, 2024, 3:00 pm. Register [here](https://uwmadison.zoom.us/webinar/register/1517319705131/WN_HVvflys1R1Sr2zwLbUA5Fw#/registration).

**Title:** Sharing Progress of Community Partnerships

**Description:** Leaders in community advocacy and healthcare will discuss how they collectively share progress from their equity collaboration and report on impact both internally and to the broader community.

**Date and Time:** December 16, 2024, 1:00 pm - 2:30 pm. Register [here](https://meetattheintersection.org/keep-going-sharing-progress-of-community-partnerships/).

**Title:** Health Seminar - Mythbusters: Exercise and Nutrition

**Description:** “MythBusters – Breaking down Barriers and Myths of Exercise and Nutrition” – Join MythBusters, Certified Personal Trainer and Occupational Therapist - Roxanne Hartman and Certified Nutrition Coach and Fitness Coordinator - Sherri Lively, as they break down the misconceptions that you have about fitness and nutrition.

**Date and Time:** December 17, 2024, 12:00 pm – 1:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143013?onlineSiteId=0&from_original_cui=true).

**Title:** Dealing with Holiday Emotional Eating

**Description:** This time of year, the combination of holiday stress and the availability of holiday treats may increase emotional eating. Join this webinar to learn strategies to help manage holiday emotional eating.

**Date and Time:** December 18, 2024, 11:00 am - 11:45 am. For more information and to register, click [here](https://register.gotowebinar.com/rt/8338307399549002325).

**Title:** Healthy Holidays

**Description:** Join Priority Partners for their Healthy Holidays webinar!

* Learn how to make healthier meal choices during the holiday season.
* Identify foods to avoid and foods to enjoy!
* Learn how to bake healthy holiday treats using smart substitutions.
* Get tips for staying active during the holiday season.

**Date and Time:** December 18, 2024, 12:00 pm - 1:00 pm. For more information and to register, click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/).

**Title:** Let's Get Physical

**Description:** Join Priority Partners for their Let's Get Physical webinar!

* Could you use some encouragement to help you increase physical activity and incorporate it into your daily life?
* Learn the benefits of physical activity, how to overcome barriers to being more active and how proper nutrition fuels physical activity.
* Learn how to develop a well-rounded exercise plan.

**Date and Time:** December 19, 2024, 12:00 pm - 1:00 pm. For more information and to register, click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/lets-get-physical/).

**Title:** Living Well Workshops

**Description:** The Living Well Workshops are presented through the collaborative efforts of the Howard County Health Department (HCHD), Howard County Office on Aging and Independence (OAI), and the Johns Hopkins Howard County Medical Center (JHHCMC).

**Date/Time:** Now open through December**.** Click [here](https://acrobat.adobe.com/id/urn%3Aaaid%3Asc%3AUS%3A482816b9-f39a-4bbb-a995-294b50290f98?viewer%21megaVerb=group-discover) to learn more.

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# HEALTHY MINDS

**Title:** Ease Your Mind with Mindfulness

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| **Description:** Holiday anxiety can easily turn this most joyful time of year into a stressful time. Manage holiday anxiety with practical mindfulness tips presented in this webinar. |
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**Date and Time:** December 2, 2024, 11:00 am - 11:30 pm. Register [here](https://register.gotowebinar.com/rt/9168377105868587870).

**Title:** Holiday Happiness

**Description:** The most wonderful time of the year can quickly turn into the most stressful time of the year without proper preparation for the onslaught of stressors. In this presentation, you'll understand how to identify stress and recognize triggers to create a peaceful environment for yourself amidst holiday chaos.

**Date and Time:** December 4, 2024, 11:00 am - 11:45 am. Register [here](https://register.gotowebinar.com/rt/8338307399549002325).

**Title:** Sleep Well for your Workday

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| **Description:** How well are you sleeping? This class will give you the tools and resources to create a better work-sleep balance.  |

**Date and Time:** December 4, 2024, 11:3 0am - 12:00 pm. Register [here](https://www.ppmco.org/get-free-support/health-wellness-classes/sleep-well-for-your-workday/).

**Title:** Tides of Change Wellness DBT Training

**Description:** Please join us for a DBT-certified and LCSW-led support class for caretakers, parents and guardians of youth, and any other individuals to address emotional regulation issues that are associated with increased risk of future substance use disorder and other maladaptive behaviors.

**Date and Time:** December 5, 2024, 5:00 pm - 7:30 pm. Register [here](https://www.signupgenius.com/go/20F054AAEAF23A4FF2-51767944-tides).

**Title:** Mental Health Checklist for Happy Holidays

**Description:** This checklist will provide you with the opportunity to identify your holiday stressors, learn easy-to-incorporate holiday stress relievers, and invite more joy into your life during the holidays and beyond.

**Date and Time:** December 9, 2024, 5:00 pm - 7:30 pm. Register [here](https://register.gotowebinar.com/rt/9168377105868587870).

**Title:** Slow Your Holiday Scroll - The Benefits of a Social Media Break

**Description:** Learn strategies to moderate social media use during the holidays - try it as an experiment to see if your overall emotional well-being increases!

**Date and Time:** December 11, 2024, 11:00 am - 11:45 am. Register [here](https://register.gotowebinar.com/rt/8338307399549002325).

**Title:** Managing Stress and Anxiety

**Description:** Increase your knowledge about stress and anxiety and how they affect your health. Identify your individual stressors, learn techniques to reduce stress and anxiety and practice mindfulness.

**Date and Time:** December 12, 2024, 12:30 pm - 1:30 pm. Register [here](https://www.ppmco.org/get-free-support/health-wellness-classes/managing-stress-and-anxiety/).

**Title:** Sleep and Your Heart with Heart Centered Gratitude Meditation

**Description:** This checklist will provide you with the opportunity to identify your holiday stressors, learn easy-to-incorporate holiday stress relievers, and invite more joy into your life during the holidays and beyond.

**Date and Time:** December 16, 2024, 11:00 pm - 11:30 pm. Register [here](https://register.gotowebinar.com/rt/9168377105868587870).

**Title:** Substance Use System Transformation and Integration Network Learning Collaborative

**Description:** The Center for Health Care Strategies (CHCS) is launching the Substance Use System Transformation and Integration Network (SUSTAIN) Learning Collaborative to support state and U.S. territory teams that are planning, developing, or refining SUD-related policies for adults that promote equitable prevention, treatment, or recovery supports. CHCS welcomes applications from all states and U.S. territories to participate in this 12-month collaborative beginning in February 2025**.**

**Application Deadline:** December 20, 2024. Register [here](https://www.chcs.org/project/substance-use-system-transformation-and-integration-network-learning-collaborative/?utm_source=CHCS+Email+Updates&utm_campaign=ed52600b61-CHCS-Monthly-News_Nov24_11%2F26%2F24&utm_medium=email&utm_term=0_-ed52600b61-157228966).

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* Cystic Fibrosis (CF) Parents See Barriers to Daily Physical Activity in Schools. [Link](https://cysticfibrosisnewstoday.com/news/cf-parents-see-barriers-daily-physical-activity-schools/).
* HCPSS is offering “What Your Child Will Learn” Guides. [Link](https://www.hcpss.org/academics/what-your-child-will-learn-guides/)**.**
* The Basics: Read and Discuss Stories (How Do Children Learn to Think) video. [Link](https://www.youtube.com/watch?v=W395EOri4t0).
* Antibiotic Stewardship Helps Protect Newborns in Neonatal Intensive Care Units. [Link](https://pubmed.ncbi.nlm.nih.gov/38835250/).
* U.S. Report Card on Physical Activity for Children and Youth Reveals Continued Low Levels of Physical Activity. [Link](https://paamovewithus.org/wp-content/uploads/2024/11/2024-U.S.-Report-Card-on-Physical-Activity-for-Children-and-Youth_FINAL-11.2024.pdf).
* New Youth Preparedness Toolkit. [Link](https://www.hclhic.org/home/meeting/2024?cateId=366).

## Healthy Living

* Medicare Open enrollment ends December 7. [Link](https://www.howardcountymd.gov/aging-independence/medicare-information-and-counseling).
* Maryland MVA’s Highway Safety Office December Social Media Toolkit. [Link](https://zerodeathsmd.gov/digital-resources/).
* New Release from the HHS Office of Women's Health. [Link](https://www.womenshealth.gov/talkingPPD/about).
* 2024 Medicaid Reimbursement for Dental Care Services by State. [Link](https://www.ada.org/resources/research/health-policy-institute/medicaid-reimbursement-for-dental-care-services).
* Medications That Interfere with the Flu Shot. [Link](https://www.aarp.org/health/drugs-supplements/info-2024/flu-shot-medication-interaction.html?cmp=EMC-DSM-NLC-OTH-DLY-247401-320001-8805452-NA-11182024-TheDailyDeployments-MS1-NA-NA-CLKBT-Health&encparam=8W1TgBrqn8mwcb1tXDruLEdPzBhj6U%2fwrZ%2fY5wHHu8E%3d).
* When Sitting Around Becomes a Health Crisis. [Link](https://dcjournal.com/when-sitting-around-becomes-a-health-crisis/).
* Free COVID Tests Available to Households. [Link](https://covidtests.gov/).
* Nurturing Cogenerational Social Connections Resource Guide. [Link](https://healthyplacesbydesign.org/essential-resources-for-socially-connected-communities/?utm_source=Healthy+Places+by+Design+Subscribers&utm_campaign=6f1076d0c5-EMAIL_CAMPAIGN_2018_04_25_COPY_01&utm_medium=email&utm_term=0_0027e739ba-6f1076d0c5-528703099).

## Healthy Minds

* Highlights From the 2023-2024 Adolescents Brain Cognitive Development (ABCD) Study Webinars. [Link](https://abcdstudy.org/infographics/).
* A Tribute to all Howard County Veterans and Military Members. [Link](https://www.howardcountyveterans.org/parade/).
* Essential Resources for Socially Connected Communities. [Link](https://healthyplacesbydesign.org/essential-resources-for-socially-connected-communities/?utm_source=Healthy+Places+by+Design+Subscribers&utm_campaign=6f1076d0c5-EMAIL_CAMPAIGN_2018_04_25_COPY_01&utm_medium=email&utm_term=0_0027e739ba-6f1076d0c5-528701775).
* Howard Community College Promoting Student Health and Wellness. [Link](https://howardcountymd-my.sharepoint.com/personal/kfoster_howardcountymd_gov/Documents/LHIC/Member%20Resources/Member%20Resources%2011-1-2024.docx).
* Real Talk: Teaching and Leading While BIPOC. [Link](https://urbanedjournal.gse.upenn.edu/archive/volume-18-issue-1-fall-2020/real-talk-teaching-and-leading-while-bipoc).
* Decolonizing Care: Hegemonic Masculinity, Caring Masculinities, and the Material Configurations of Care. [Link](https://journals.sagepub.com/doi/10.1177/1097184X231166900).
* Diverse Mental Health Resources Hub. [Link](https://dosomething.org/article/mental-health-resources).