



## Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

June 27, 2024

1:00pm to 2:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Daniel Besseck, Howard County Fire and Rescue  
Bernadette Bindewald, Howard County Health Department  
Andrea Bryant, Howard County Office on Aging and Independence  
Matthew Castner, Johns Hopkins Howard County Medical Center  
Rachel Filar, Office on Aging and Independence  
Julie Kwedar, Maryland Highway Safety Office  
Tavia Patusky, Columbia Association  
Michelle Rosenfeld, Howard County Office on Aging and Independence  
Matthew Wilson, Howard County health Department

#### Staff Present:

Janet Afoakwah, Howard County Local Health Improvement Coalition  
Ashton Jordan, Howard County Local Health Improvement Coalition  
Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
<b>Welcome and Introductions</b>	<p>Mr. Ashton Jordan, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 1:00pm.</p> <p>Mr. Jordan provided a welcome to members in attendance and thanked participants for joining the meeting. He shared the goal of this meeting was to discuss older adult awareness activities &amp; falls prevention week updates. Further the workgroup would review Walktober 2024 planning objectives.</p>	<p>LHIC website: <a href="https://www.hclhic.org">https://www.hclhic.org</a> /</p>

<p><b>Announcements</b></p>	<p>Mr. Jordan shared that the next full quarterly LHIC meeting will be hybrid at 9:00am on Thursday, July 18, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Mr. Jordan shared the following announcements:</p> <ul style="list-style-type: none"> <li>• the next full quarterly LHIC meeting will be hybrid at 9:00am on Thursday, July 18, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</li> <li>• Columbia Association in partnership with Merriweather Park hosted Yoga in the Park at the Chrysalis on July 1st, 2024 at 6pm.</li> <li>• Columbia Association Members can register for the Columbia Classic 10k before the price increase on July 31, 2024.</li> <li>• The Howard County Health Department P.E.A.C.E Project is hosting a Doula interest meeting July 9 at 10:30am.</li> </ul>	<p>Register for next full LHIC meeting:  <a href="https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator">https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</a></p> <p>Members interested in Yoga in the Park at the Chrysalis can find more information here:  <a href="https://www.eventbrite.com/e/yoga-in-the-park-june-24-tickets-915471398597?aff=oddtcreator">https://www.eventbrite.com/e/yoga-in-the-park-june-24-tickets-915471398597?aff=oddtcreator</a></p> <p>Members interested in the Columbia Classic 10k can find more information here:  <a href="https://www.ripitevents.com/columbiaclassic10k">https://www.ripitevents.com/columbiaclassic10k</a></p> <p>For more information on the Doula interest meeting members can visit here:  <a href="https://www.eventbrite.com/e/doulas-doughnuts-doula-interest-session-tickets-923043095747?aff=ebdsoporgprofile">https://www.eventbrite.com/e/doulas-doughnuts-doula-interest-session-tickets-923043095747?aff=ebdsoporgprofile</a></p>
<p><b>Previous Meeting</b></p>	<p>Previous meeting minutes can be found on the LHIC website. At the last meeting, Reena Rambharat, HCLHIC, overviewed the plan for falls prevention intervention. Some of those key points being a pilot intervention at Parkview Colonial Landing in ElkrIDGE, consisting of a presentation and door to door outreach, a screening tool to assess impact of education and outreach. Further there was discussion on the falls prevention week plan</p>	<p>Movement meeting minutes:  <a href="https://www.hclhic.org/home/meeting/2024?catelid=364">https://www.hclhic.org/home/meeting/2024?catelid=364</a></p>

	and Walktober 2024.	
<b>Older Adult Awareness Activities Updates</b>	<p>Ms. Michelle Rosenfeld, Office on Aging and Independence (OAI), provided updates on older adult awareness activities in Howard County:</p> <ul style="list-style-type: none"> <li>• Older American’s month older adult expo at newly opened East Columbia 50 + center <ul style="list-style-type: none"> <li>○ 600 attendees 32 vendors Korean culture fitness focused keynote speaker</li> <li>○ Free fitness assessments</li> <li>○ Free fitness demo classes</li> </ul> </li> <li>• Participated in fitness demo collaboration with departments of rec and park in outdoor fitness park at Centennial Park North <ul style="list-style-type: none"> <li>○ QR codes on equipment to start workouts</li> </ul> </li> <li>• Upcoming collaboration with Howard County Police Department for Falls Prevention in July</li> </ul> <p>Ms. Tavia Patusky, Columbia Association, inquired on the location of the outdoor fitness lot. Ms. Rosenfeld shared that the outdoor fitness lot can be found by putting in Centennial Park North in a GPS device. Parking can be found near the newly installed tennis courts.</p> <p>Mr. Jordan, shared that recent Howard County men’s health data shows that men are exercising but there is only around 50% that are participating in strength training. Strength training being beneficial to falls prevention, Mr. Jordan inquired if Michelle promotes strength training with the community members she works with. Ms. Rosenfeld shared that in collaboration with Ellicott City, they offer a group exercise fitness pass. Classes covered under the pass range from focuses on mind &amp; body, strength, and cardio. Further each 50+ center has a gym, that has both cardio and strength pieces, with a low cost yearly membership fee. She also mentioned they have physical therapists come for presentations who stress the importance of strength training for falls prevention.</p> <p>Mr. Jordan inquired if utilization of the group fitness exercise pass is high among Howard County residents. Ms. Rosenfeld affirmed that utilization is high.</p> <p>Ms. Janet Afoakwah, HCLHIC, inquired if the group fitness exercise pass is income-based. Ms. Rosenfeld stated that the pass</p>	

	<p>is not income based. The only requirement is to be 50+ as the gym are located in the 50+ centers.</p> <p>Mr. Jordan inquired Tavia Patusky, Columbia Association (CA), if the CA offers and promotes strength training exercise programs to members. Ms. Patusky shared a couple of the group strength training classes offered at the Columbia Athletic Club specifically:</p> <ul style="list-style-type: none"> <li>• Build your bones</li> <li>• Forever fit</li> <li>• Fit essentials</li> </ul> <p>Tavia shared that most men from their records, are using selectorized strength machines or strength training with a personal trainer.</p> <p>Ms. Rosenfeld suggested running a report through ActiveNet, based on age, to pull up memberships and see which age group has the most memberships/is utilizing strength training services.</p> <p>Ms. Bernadette Bindewald, Howard County Health Department, shared that the contrast in men’s higher physical exercise average and lower strength training average could be due to the fact that the majority of men are physical active outside.</p>	
<p><b>Falls Prevention Week Updates</b></p>	<p>Ms. Reena Rambharat, HCLHIC, provided updates on Falls Prevention week and what LHIC partners are doing in preparation:</p> <ul style="list-style-type: none"> <li>• Partners are coming together to launch a falls prevention pilot intervention at Parkview Colonial Landing in Elkridge</li> <li>• Carly Shilling will provide a presentation on July 16 to be followed on July 22 &amp; 23 by door to door knocking sharing information &amp; resources for falls prevention</li> <li>• 3 month follow up to assess intervention to be shared at future Full LHIC meeting</li> <li>• The HCLHIC website has been updated with general Falls prevention information as well as falls prevention week resources and events</li> <li>• There is a Howard County Falls Prevention Resource favorites folder on CAREAPP</li> <li>• The Falls Myths vs. Facts flyer has been updated and is available online</li> <li>• There is a digital tool available to assess your fall risk called the Falls Free CheckUp</li> <li>• 2024 Falls Prevention Activities information and registration links are available on the HCLHIC website</li> <li>• 2024 Falls Prevention Activities Flyer available for print through the HCLHIC website</li> <li>• Information on Better Balance classes available on HCLHIC website</li> </ul>	<p>Falls Prevention resources and events are available on the LHIC website at: <a href="https://www.hclhic.org/healthy/older-adult">https://www.hclhic.org/healthy/older-adult</a></p> <p>Falls Free CheckUp Digital Tool: <a href="https://www.ncoa.org/tools/falls-free-checkup">https://www.ncoa.org/tools/falls-free-checkup</a></p> <p>Falls Prevention Activities Flyer: <a href="https://www.hclhic.org/Content/Upload/page/8d2031b7-3b45-4d72-9c47-0300c8aacc8.pdf">https://www.hclhic.org/Content/Upload/page/8d2031b7-3b45-4d72-9c47-0300c8aacc8.pdf</a></p>

	Ms. Rambharat iterated that the falls prevention pilot intervention is directly in line with what the US Preventive Services Task Force is recommending for falls prevention among community dwelling adults 65 years or older.	
<b>Walktober 2024 Planning Review</b>	<p>Mr. Jordan, HCLHIC, reviewed planning objectives for Walktober 2024:</p> <ul style="list-style-type: none"> <li>• Michelle would reach out to 50+ center directors for dates for their walking and movement events in October.</li> <li>• Tavia shared that CA will commit to continuing support for the community college 5k walk, Trunk and treat activities with emphasis on physical activities, Walk with a Doc event, the CA Medical Advisory Board will have an event, and even potential participation from the Art center.</li> <li>• Walk Maryland Day will be October 2 <ul style="list-style-type: none"> <li>○ Community Members can register as a “Walk Leader” or “Sole Mate” on the MDOT website</li> </ul> </li> <li>• The MDOT Walktober webpage will be live in mid-July <ul style="list-style-type: none"> <li>○ The weekly “walkinars” information will be available on the MDOT Walktober webpage</li> </ul> </li> <li>• Walktober 2024 Interest Letters have been sent out to partners who hosted events during Walktober 2023 <ul style="list-style-type: none"> <li>○ Those who did not host an event in 2023 can fill out the HoCo Walktober 2024 Interest Form</li> <li>○ The HCLHIC will advertise for event(s) and place event(s) on the Walktober 2024 calendar</li> </ul> </li> </ul> <p>Ms. Reena Rambharat, iterated that this year the Movement Group is focusing on increasing partnership with school communities and Parent Teacher Associations (PTA’s) for students to participate in Walk Maryland Day and Walk/Bike to School Day.</p> <p>Ms. Janet Afoakwah, suggested partnering with faith-based organizations in the community. This may help increase participation across the board.</p>	<p>MDOT Walk Maryland Day Create a Walking Group Link:  <a href="https://www.cognitofor.ms.com/MDH3/CreateNewWalkingGroup">https://www.cognitofor.ms.com/MDH3/CreateNewWalkingGroup</a></p> <p>Walk/Bike to School Day:  <a href="https://www.walkbiketoschool.org/">https://www.walkbiketoschool.org/</a></p> <p>HoCo Walktober 2024 Interest Form:  <a href="https://docs.google.com/forms/d/e/1FAIpQLSf7eHBJkoWBOyuX8U5F86xOd3GzMJg7x6SUDDsKxOSnq7TqVg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSf7eHBJkoWBOyuX8U5F86xOd3GzMJg7x6SUDDsKxOSnq7TqVg/viewform</a></p>
<b>Next Steps &amp; Wrap-up</b>	Mr. Jordan wrapped up the meeting with the following: the next meeting will be on <b>July 25, 2024, at 1pm to 2pm</b> . Mr. Jordan called the meeting to a close at 1:50pm.	Register for next full LHIC meeting: <a href="https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator">https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</a>

Respectfully submitted by  
Ashton Jordan, MSPH  
Community Engagement Coordinator

