



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

May 23, 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
Julie Kwedar, Maryland Highway Safety Office
LaTonya Love, Howard County Health Department
Chimezie Ndukoba, Howard County Health Department
Tavia Patusky, Columbia Association
Anna Piccirilli, Boys & Girls Clubs of Metropolitan Baltimore
Michelle Rosenfeld, Howard County Office on Aging and Independence
Carly Shilling, Howard County Office on Aging and Independence

Staff Present:

Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Ms. Reena Rambharat, Director, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 1:00pm.</p> <p>Ms. Rambharat provided a welcome to members in attendance and thanked participants for joining the meeting. She shared the goal of this meeting was to plan, create and promote falls prevention and Walktober initiatives to improve the health of the Howard County community.</p>	<p>LHIC website: https://www.hclhic.org/</p>

<p>Announcements</p>	<p>Ms. Rambharat 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>Ms. Rambharat shared the following announcements:</p> <ul style="list-style-type: none"> • HCHD and our Doula partner organization MomCares will be hosting the final Diaper Giveaway of the Spring on Tuesday 5/28 from 10am-12pm at the Health Department. • Howard County: Free Prenatal Fitness Classes Presented by Fit4Mom on Tuesdays at Harriet Tubman Cultural Center • Howard County Food Connection Map has been updated with the 2024 Farmers Market Schedule, HCPSS Summer Meal Sites and Mobile Market Stops. • Pop Up Farmer’s Markets at the Health Department (8930 Stanford Blvd., Columbia, MD 21045) on <ul style="list-style-type: none"> ○ Tuesday, July 16th - 11a-1p ○ Friday, August 9th -10a-12p ○ Tuesday, Sept. 17th - 11a-1p ○ Tuesday, Oct. 15th - 11a-1p • Pop Up Farmer’s Markets at the North Laurel Community Center (9411 Whiskey Bottom Road, Laurel, MD 20723) <ul style="list-style-type: none"> ○ Friday, Aug 16th - 10a-12p • Every Monday during summer Fit Dance class with Cris Oviedo of C.O Communications at St. John the Evangelist Catholic Church in Wilde Lake Interfaith Center. • Good Vibes & Voices Concert and event: Join other military families at Rockburn Branch Park June 6 at 6pm. Learn about local resources for service members, veterans, and their families. Enjoy music, entertainment food and fun! • We Promote Health Family Wellness Day on Sunday June 9th <p>Ms. Rambharat opened the floor for other announcements and shared the following event on behalf of LHIC:</p> <ul style="list-style-type: none"> • New LHIC coordinator to start on 6/12/2024. • Movement group will begin to have regular monthly meetings until October instead of bi-monthly to assist in the planning of and coordinating upcoming events. <p>Ms. Patusky shared the following events on behalf of the Columbia Association:</p> <ul style="list-style-type: none"> • Columbia Association Lakefront Live begins July – August once a week. • Mind/Body movement classes. • Summer CA Yoga on Monday nights at 6pm. • Columbia Association, Red Cross and CareFirst hosting Blood Drive on June 26th. <p>Ms. Piccirilli shared the following events from Howard County Boys and Girls Club:</p> <ul style="list-style-type: none"> • Boys and Girls club will be at Howard Community College in 	<p>Register for next full LHIC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</p> <p>Final Diaper Giveaway of the Spring on Tuesday 5/28 from 10am-12pm at the Health Department.</p> <p>Free Prenatal Classes: https://www.eventbrite.com/e/howard-county-free-prenatal-fitness-classes-presented-by-fit4mom-tickets-880163070437</p> <p>Link to the Food Connection Map: https://www.hclhic.org/foodmap</p> <p>Pop Up Farmer’s Markets at the Health Department (8930 Stanford Blvd., Columbia, MD 21045) on</p> <ul style="list-style-type: none"> • Tuesday, July 16th - 11a-1p • Friday, August 9th -10a-12p • Tuesday, Sept. 17th - 11a-1p • Tuesday, Oct. 15th - 11a-1p <p>Pop Up Farmer’s Markets at the North Laurel Community Center (9411 Whiskey Bottom Road, Laurel, MD 20723)</p> <ul style="list-style-type: none"> • Friday, Aug 16th - 10a-12p <p>Summer Dance Fit class details:</p>
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	<p>the fall. Recruitment starts in June. Ages 11-18 and completely free.</p>	<p>https://www.facebook.com/share/v/5rxY9XS87GYjKmXw/?mibextid=K35Xfp</p> <p>Good vibes concert and event: www.HowardCountyMD.gov/goodvibes</p> <p>Family Wellness Day: http://www.wepromotehealth.org/family-wellness-day.aspx</p>
Previous Meeting	<p>Ms. Rambharat said that previous meeting minutes can be found on the LHIC website. At the last meeting, there was a presentation and discussion on Falls data by our Epidemiologist, Bernadette Bindewald discussion. Updates to the Action Plan was also shared and partners shared upcoming events.</p>	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2024?categoryid=364</p>
Falls Prevention Update	<p>Plan Review: Ms. Rambharat provided an overview of the plan for Falls Prevention intervention with the following key points:</p> <ul style="list-style-type: none"> • Pilot intervention at Parkview Colonial Landing in Elkrige with a presentation on July 16th and door-to-door outreach and education of all units between July 22nd – 24th. • A screening tool will be used at the start and 3 months after to assess impact of education and outreach and findings will be shared at following full LHIC meeting. • There will be educational materials provided at the sites. • Partners involved include: OAI, Fire and Rescue, Howard County Medical Center and Health Department. <p>Mr. Castner shared that the MICH team can be available July 22nd – July 23rd with canvassing. Summer students may also be available to assist (College and High school students, some under 18 years old).</p> <p>Falls Prevention Week Plan (September 23 – 27, 2024): Ms. Rambharat opened the floor for discussion related to Falls Prevention webinar and ideas:</p> <ul style="list-style-type: none"> • Webinar: Recorded presentation by Carly Shilling at Parkview on July 16th with the assistance of Michelle Rosenfeld; presentation to be shared during Falls Prevention week. • Potential calendar of activities for the week (similar to Walktober) and promotion at 50+ Centers and by partners: <ul style="list-style-type: none"> ○ Ms. Rosenfeld will send activities to Ms. Rambharat to add to calendar. Balance-based class will be held in lieu of walk in October at centers. ○ Ms. Rosenfeld also shared that physical therapist will come and conduct mini-balance assessments on a 	<p>The 2024 Falls Prevention events are available on the LHIC website at: https://www.hclhic.org/healthy/older-adult</p>

	<p>different day.</p> <ul style="list-style-type: none"> ○ Ms. Bryant stated that Community Living program will do a Falls Prevention and Home Accessibility. Date, time and short description will be sent to Ms. Rambharat to add to calendar. 	
<p>Walktober 2024 Planning</p>	<p>Ms. Rambharat provided a recap of 2023 Walktober.</p> <p>Walktober 2022 vs. 2023:</p> <p>2022:</p> <ul style="list-style-type: none"> • 12 participating organizations • 22 events (2 postponed) <p>2023:</p> <ul style="list-style-type: none"> • 18 participating organizations • 47 events (2 cancelled) • 500 fanny packs and 500 light-up wristbands given to organizations <p>Howard County Organizer Survey:</p> <p>2022:</p> <ul style="list-style-type: none"> • 9 responses • 597 participants • Total Distance - ≈823 miles <p>2023:</p> <ul style="list-style-type: none"> • 16 responses • 787 participants • Total Distance - ≈2,408 miles <p>Pros: Earlier planning meetings, organized e-mails with clean instructions, social media graphics increased and reached out to LHIC and Movement Group partners earlier.</p> <p>Cons: Weather (Tropical storm), Time, transportation to walks and size inclusivity of fanny packs.</p> <p>Key Take-aways: Increased participation, wide variety of events, great networking opportunities, individual participation surveys and popularity of promotional items.</p> <p>Ms. Rambharat gathered partner input for 2024 calendar of events and promotion. She noted that the LHIC has 500 reflective wrist band and 250 clip on safety light as giveaways. The Walktober interest form will go out in the June LHIC Action Alert.</p> <p>The group shared upcoming Planned events: Ms. Rosenfeld shared the following:</p> <ul style="list-style-type: none"> • Each center will have events and summer newsletter will go out. Ms. Rosenfeld will reach out to center directors for dates to include on calendars. 	

	<ul style="list-style-type: none"> • Potential partnership with AARP will be followed up on and results will be shared <p>Ms. Rambharat will reach out to Howard County Medical Center staff who will be coordinating Walktober events. Staff member can complete interest form. Mr. Jordan will coordinate with details. Giveaways, etc.</p> <p>Suggested item – group members should reach out to past participants to see if they will participate this year.</p> <p>Ms. Patusky shared that the Columbia Association (CA) will commit to the following events:</p> <ul style="list-style-type: none"> • Continued support of the Howard Community College 5k walk (raises scholarships). • Trunk or Treat activities at end of October, with emphasis on physical activities (has been popular with children). • Walk with a Doc event. • Art Center participation and will follow up to see if activity will be art related and/or outdoor movement. • CA Medical Advisory Board will have an event (general lifestyle) <p>Ms. Rambharat mentioned that there may be an opportunity to offer vaccines for older adults and children at other events</p> <p>Possibility of walking activity with Howard County Schools (October 9th – Walk to School Day). Ms. Rambharat and Ms. Patusky will reach out to Mr. Eric Bishop.</p>	
Next Steps & Wrap-up	<p>Ms. Rambharat wrapped up the meeting with the following: the next meeting will be on June 27, 2024, at 1pm to 2pm. Interest Forms will follow. Next meeting will have continued discussion on Falls Prevention week and Walktober events. The meeting ended at 1:46 pm.</p>	

Respectfully submitted by LaTonya Love,
Administrative Specialist II
Bureau of Assessment, Planning & Community Engagement,
Howard County Health Department