

**Howard County Local Health Improvement Coalition**

Movement Virtual Meeting

September 21, 2022

12:00 pm – 1:00pm

Virtual via Zoom

**Minutes**

**Members Present:**

- Linda Ashburn, HC Health Department
- Marc Burkom, HC Dept of Recreation and Parks
- Lisa DeHernandez, HC Health Department
- Laura Henderson, HC Health Department
- Julie Kwedar, MDOT, Maryland Highway Safety Office
- Jennifer Lee, HC Dept of Community Resources & Services; Office on Aging and Independence
- Daneisha Nicholas, HC Dept of Recreation and Parks
- Michelle Rosenfeld, HC Dept of Community Resources & Services; Office on Aging and Independence
- Nikki Savoy, Accessible Resources for Independence, Center for Independent Living
- Matt Wilson, HC Health Department

**Staff Present:**

- Natalie Hall, HC Health Department
- Sonya Lloyd, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Natalie Hall, Howard County Health Department (HCHD), called the meeting to order at 12:00 p.m. Natalie provided a welcome to members in attendance.	
<b>Walktober Highlights and Open Discussion</b>	<p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Reviewed the Walktober 2022 events on the webpage: <a href="https://www.howardcountymd.gov/walktober22">https://www.howardcountymd.gov/walktober22</a></li> </ul> <p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>- Two additional events were added to the Walktober page totaling 15 events. Last year, 27 events were listed.</li> </ul> <p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Walktober flyers are now translated into Korean, Chinese and Spanish.</li> <li>- Any giveaways of promotional materials you'd like to donate i.e. keychains, lip gloss, hand sanitizers, water bottles, pens, t-shirts, lanyards.</li> </ul> <p>Ms. Savoy</p>	<p>Email Sonya Lloyd at <a href="mailto:sloyd@howardcountymd.gov">sloyd@howardcountymd.gov</a> for donation of giveaways. She will coordinate pickup/drop off.</p> <p>Ms. Lloyd will email the translated Walktober flyers to workgroup members plus the minutes later this week.</p> <p>Movement Workgroup is in need of a Second Co-Chair. Email Natalie Hall <a href="mailto:nhall@howardcountymd.gov">nhall@howardcountymd.gov</a> if you would like to be a Co-Chair.</p>

	<ul style="list-style-type: none"> <li>- Said that ARI can donate nice pens with stylus for the giveaways.</li> </ul> <p>Mr. Burkom</p> <ul style="list-style-type: none"> <li>- Said that Recs and Park can donate drawstring bags. He will drop off bags at Ascend One HCHD on Friday 9/23.</li> </ul> <p>Ms. Henderson</p> <ul style="list-style-type: none"> <li>- Said she will check to see if she can donate WIC promotional items. Limited due to being federally funded grant with very specific restrictions.</li> </ul> <p>Mr. Wilson</p> <ul style="list-style-type: none"> <li>- Gave an update on HCPSS website. He could not add the events to HCPSS because need HCPSS approval first to post.</li> </ul> <p>Ms. Rosenfeld</p> <ul style="list-style-type: none"> <li>- Emailed Eric Bishop at HCPSS for approval to post events on their website. She is meeting on Wednesday, September 28<sup>th</sup> to discuss further. Mrs. Hall will try to attend as well.</li> </ul> <p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Announced Michelle Rosenfeld as the Co-Chair for the Movement Workgroup.</li> </ul>	
<p><b>Brainstorm Future Events</b></p>	<p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Opened the floor to brainstorm about future events planning for November, December, and January.</li> </ul> <p>Ms. Savoy</p> <ul style="list-style-type: none"> <li>- Shared an idea for future winter events. To partner with Maryland Technology Accessibility Program (MDTAP).</li> <li>- MDTAP offers accessible gaming days which includes movement such as WII, laser tag, Meta, and Virtual Reality. MDTAP has technology that can assist with people with limited range of motion and other accessibility needs and is inclusive of everybody.</li> <li>- ARI is partnering with MDTAP for future game nights and can borrow technology such as gaming kits at their library.</li> </ul> <p>Ms. Henderson</p> <ul style="list-style-type: none"> <li>- Mentioned an inexpensive option for advertising our events. Mary Lou, the contact from JM Gask, can create advertisements on folders that go home with HCPSS students. The cost is \$200 to add on front of</li> </ul>	<p>MDTAP website:  <a href="https://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx">https://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx</a>   <a href="http://www.jmgaske.com">www.jmgaske.com</a> Mary Lou 443-286-7747, Marylou@jmgaske.com</p>

	<p>student folders. Potential option to advertise with all HCPSS and can target different groups of schools.</p> <p>Ms. Nicholas</p> <ul style="list-style-type: none"><li>- Possible involvement of incorporating reindeer games in movement events/physical activity.</li></ul> <p>Mrs. Hall</p> <ul style="list-style-type: none"><li>- Shared the possibility of keeping the Walktober website up and converting it to an all year movement events page/group. An avenue to promote events.</li></ul> <p>Ms. Savoy</p> <ul style="list-style-type: none"><li>- Said events are already listed on the LHIC Events Calendar. We should try to minimize duplication of work. Possible idea is to link from the Walktober page and transfer to the LHIC calendar so they can see what else is there during the rest of the year.</li></ul> <p>Ms. Rosenfeld</p> <ul style="list-style-type: none"><li>- Mentioned doing a Fitness Passport. Visiting participating partners and doing a movement activity. Can look at things seasonally, i.e a Winter Passport, keeping older adults during the colder months. Said exercise falls off, keep them motivated during the Winter. 12 Days of Fitness.</li></ul> <p>Ms. Hall</p> <ul style="list-style-type: none"><li>- Said we could include the Fitness Passport at Walktober events next month.</li><li>- Would any organizations be able to offer a free class or a free membership for a month if they complete the Passport?</li></ul> <p>Ms. Rosenfeld</p> <ul style="list-style-type: none"><li>- Said can do a credit or a raffle with completion of passport (need approval). Can use within the county.</li><li>- Still offering virtual fitness classes with a pass for \$38 a month.</li><li>- Can offer a pop-up class (option to offer virtually).</li></ul> <p>Ms. Savoy</p> <ul style="list-style-type: none"><li>- Liked the Passport idea. Ms. Savoy was wondering if we can offer the service via Zoom for people who have barriers that cannot attend in person?</li></ul> <p>Ms. Nicholas</p>	
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	<ul style="list-style-type: none"> <li>- Said that Rec and Parks are mostly in-person classes, but a few are virtual. Therapeutic Rec is doing a few virtual classes.</li> </ul> <p>Ms. Henderson</p> <ul style="list-style-type: none"> <li>- WIC hosted 2 events for participants last month, 1 at North Laurel Community Center. Currently brainstorming for events outdoors in Spring 2023.</li> <li>- Potential Ideas: Mommy and Me, Daddy and Me or Family and Me. Possible 5-minute walk, stretch etc.</li> <li>- Engage and invite other groups for a Community Event.</li> </ul> <p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Please share any spaces that are available for use by the Movement Group for future events.</li> </ul>	
<b>Member Announcements</b>	<p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>- The next LHIC Full Coalition hybrid meeting is October 20<sup>th</sup> in the Heroes Room at HCHD and online.</li> </ul> <p>Ms. Nicholas</p> <ul style="list-style-type: none"> <li>- Mentioned the Fall Festival being held at the North Laurel Community Center with Rec and Parks on October 15<sup>th</sup>. Resource tables, demos and exercises of pickleball, play area, yoga demonstration.</li> </ul> <p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>- HC Autism Walk Every Step Counts at Centennial Park is on October 1<sup>st</sup>. Howard County Health Department is participating in the walk as a team. LHIC Coalition members are invited to join the HCHD Team.</li> </ul> <p>Mrs. Hall</p> <ul style="list-style-type: none"> <li>- Encouraged Movement Workgroup members to join one of the Walktober walks.</li> <li>- 50+ East Columbia Center Walk on October 3<sup>rd</sup></li> <li>- 50+ Ellicott City Center Walk on October 4<sup>th</sup></li> <li>- 50+ North Laurel Center Walk on October 5<sup>th</sup></li> <li>- Monarch Mills Community Walk on October 6<sup>th</sup></li> <li>- 50+ Glenwood Center Walk on October 6<sup>th</sup></li> <li>- 50+ Bain Center Walk on October 7<sup>th</sup></li> </ul>	<p><a href="#">Register</a> for the Full LHIC Meeting on October 20, 2022 at 8:30am (hybrid).</p> <p>Join HCHD Team Walk for the HC Autism Society Every Step Counts Event on Oct 1<sup>st</sup>: <a href="#">Team Fundraiser Howard County</a>.</p> <p>All the Walktober events can be found here:  <a href="https://www.howardcountymd.gov/walktober22">https://www.howardcountymd.gov/walktober22</a>.</p>
<b>Next Steps &amp; Wrap-up</b>	<p>Meeting ended at 12:40pm.  The next meeting: Monday, October 3, 2022 at 10am to 11am.</p>	<p>Ms. Lloyd will send out a Zoom meeting invite.</p>

Respectfully submitted by  
Sonya Lloyd  
Community Engagement Coordinator  
Howard County Local Health Improvement Coalition