



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

March 28, 2023

12:00pm to 1:00pm

Virtual via Zoom

Minutes

Members Present:

Linda Ashburn, Howard County Health Department
Eric Bishop, Howard County Public School System
Marc Burkom, Howard County Recreation and Parks
Shannon Blount, Howard County Public School System
Lisa DeHernandez, Howard County Health Department
Rachel Filar, HC Dept of Community Resources & Services; Office on Aging and Independence
Laura Henderson, Howard County Health Department
Julie Kwedar, MDOT – Maryland Highway Safety Office
Daneisha Nicholas, Howard County Recreation and Parks
Tavia Patusky, Columbia Association
Anna Piccirilli, Boys and Girls Club of Metropolitan Baltimore
Nikki Savoy, Accessible Resources for Independence, Center for Independent Living
Matt Wilson, Howard County Health Department

Staff Present:

Natalie Hall, Howard County Health Department
Sonya Lloyd, Howard County Local Health Improvement Coalition
Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Ms. Sonya Lloyd, Community Engagement Coordinator for the HCLHIC, called the meeting to order at 12:00 p.m. Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting.	
Announcements	Ms. Lloyd shared that the next full quarterly hybrid LHIC meeting will be on April 20, 2023 at 8:30 - 10:30am. The agenda will be placed on the HCLHIC website. Howard County Greenfest is on April 15, 2023 at Howard Community College. 2023 Spring Festival at Oakland Mills Interfaith Center is April 22 nd . The Howard County Health Department will be there from 12 to 5pm giving COVID shots and sharing resources.	LHIC website: www.hclhic.org Email future announcements to lhic@howardcountymd.gov Register for next LHIC meeting: https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207

<p>Previous Meeting</p>	<p>Ms. Lloyd said that previous meeting minutes can be found on the HCLHIC website. At the last meeting we discussed:</p> <p>Michelle Rosenfeld, 50+ Fitness Coordinator at OAI and Movement co-chair, shared Physical Activity updates at OAI and the changes that occurred before, during and after the COVID 19 pandemic.</p> <p>Movement Group’s Free and Low-Cost Physical Activity flyers.</p>	<p>Previous meeting minutes can be found: https://www.hclhic.org/home/meeting/2022?catelid=364</p> <p>Michelle Rosenfeld’s email address is: mrosenfeld@howardcountymd.gov</p>
<p>Movement Activity Flyer Details</p>	<p>Mr. AJ Jordan, HCLHIC Community Engagement Coordinator, created four versions of a free / low cost movement flyer based upon the various audiences that our partners serve: youth, women, older adults, and families. All the flyers include the website to CAREAPP and a QR code that links to a favorites folder with additional movement and low-cost / free physical activities in CAREAPP.</p> <p>Ms. Lloyd asked the Movement Group members to share and promote these flyers widely on social media, on bulletin boards, within their groups and networks. The goal is to update these flyers quarterly with the seasons: Spring, Summer, Fall and Winter, with a rotating listing of physical activity events based on time of year.</p> <p>Ms. Tavia Patusky, Columbia Association, asked where are these flyers located, in case any of the information changes? Ms. Lloyd said these flyers can be found on the LHIC’s Physical Activity webpage. The flyers will be shared as attachments in an email when the minutes are emailed.</p> <p>Ms. Shannon Blount, Howard County Public School System (HCPSS), asked how many people were attending these physical activity events listed on the flyer? Ms. Blount said she shared the flyers with the Employee Wellness people at the HCPSS and shared with all the wellness reps and departments. She saw it posted in the school newsletter.</p> <p>Ms. Patusky gave a Walk with a Doc program progress update. She stated that there were three participants for the March Walk and said it depends upon Physician promotion and the weather on how many people attend. The walk takes place on the third Saturday of each month at 9am at Lake Kittamaquindi.</p> <p>Ms. Blount suggested promoting the flyers at Howard County Public Library. Ms. Lloyd said she reached out to her contact at ElkrIDGE Library and is waiting to hear back.</p> <p>Ms. Lloyd asked Ms. Laura Henderson, Howard County Health Department WIC, to email her the contacts for Howard County Public Library so she can reach out to promote the Movement flyers.</p> <p>Ms. Henderson asked about translating the flyers into Spanish. Ms. Lloyd said there were a few budget constraints with the translation of the flyers into Spanish.</p>	<p>For more information about the Movement Flyers email LHIC: lhic@howardcountymd.gov.</p> <p>To access CAREAPP: https://findhresource.org.</p> <p>CAREAPP Physical Activity Favorites Folder: https://hocopublic.findhelp.com/v2/favorites/public/reduced-cost-or-free-movement-exercise-programs</p> <p>To include a free or low-cost movement activity in CAREAPP, on the Movement flyers, or in LHIC’s calendar, please email: lhic@howardcountymd.gov</p> <p>LHIC’s Physical Activity webpage: https://www.hclhic.org/healthy/physical-activity</p> <p>Walk with a Doc information and meet up location: https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/</p>

	<p>Ms. Natalie Hall, Howard County Health Department, suggested tracking how well these physical activity programs are doing and then from that date, translate the flyer into other languages.</p>	
<p>Boys & Girls Club of Metropolitan Baltimore</p>	<p>Ms. Lloyd introduced Ms. Anna Piccirilli, Regional Director for Eastern Shore and Howard County Boys and Girls Club of Metropolitan Baltimore.</p> <p>Ms. Piccirilli shared her screen to show some PPT slides about the organization. She said there are five Boys and Girls Clubs in Baltimore City, three on the Eastern Shore and one in Howard County at Laurel Woods Elementary School.</p> <p>The Boys and Girls Club of Metropolitan Baltimore is an out of school-time provider that inspires every young person to reach their full potential. The organization serves 700 people annually across the nine Club locations. The programs that are offered include educational projects with STEM, math. As well as good character and leadership programs, sports and recreation, the arts, health and wellness activities including nutrition and healthy habits.</p> <p>The children arrive after school and are either dropped off or walk to the building. The Boys and Girls Club also offers homework help and tutoring. The children are served dinner and a snack provided by Maryland Food Bank. The Club was at DoodleHatch last Summer in Columbia and served forty-five children in Columbia from 16 different schools.</p> <p>The most recent school just opened in November at Laurel Woods Elementary School and currently serves thirty kids in a standalone building with the target age range being six to twelve years old. Ms. Piccirilli said they are Interested in expanding and offering additional programs at other schools in Howard County.</p> <p>Ms. Blount asked if the Boys and Girls Club held programs every day of the week during the school year? She also asked what the costs to the families are?</p> <p>Ms. Piccirilli said the club is free to all children, there is no cost to attend. Paid staff work closely with the principal to identify the first thirty kids that would benefit the most from the program and then expand it to a first come / first serve basis. The only requirement is that parents must attend an orientation.</p> <p>Ms. Piccirilli said the program runs until 6pm every weekday. Some activities include: Power Hour, Jeopardy games, Triple Play – Health and Wellness in the gym, in which the kids try a different sport each day with teambuilding. Ms. Piccirilli said the Club hopes to expand with two summer camp offerings this year with one camp in Columbia and one in Ellicott City. They are trying to hire bilingual staff and hope to have them start by Summer. The Summer Camps are free and run from July 3rd to August 11th</p>	<p>Email Ms. Anna Piccirilli at apiccirilli@bgcmetroaltimore.org.</p> <p>Access the Boys and Girls Club website: Boys and Girls Club of Metropolitan Baltimore.</p>

	<p>from 9am to 4pm.</p> <p>Ms. Hall asked Ms. Piccirilli to share the Boys and Girls Club Summer camp information with the LHIC to help promote via Social Media. She also asked if transportation is provided and if their summer camps were ever done in residential communities?</p> <p>Ms. Piccirilli said transportation is only provided by the parents. She said yes, they have held Summer camps in residential communities in the past. All staff positions for the Summer camps are paid.</p> <p>Ms. Piccirilli said they are happy to attend any Community Events in Howard County.</p>	
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<p>Walk Maryland Day MDH Updates</p>	<p>Ms. Lloyd discussed Walk Maryland Day updates from MDH. She and Ms. Hall have been attending bi-monthly Walk Maryland Day planning meetings led by Ms. Christa Thornton at Maryland Department of Health (MDH).</p> <p>At the previous meeting in February 2023, MDH discussed the creation of a Community Toolkit for Walk Maryland Day, wherein MDH would put together a quarterly walking initiative newsletter. It would include the following information: walking tips based on the seasons, how to stay safe and active all year round, and a calendar of physical activity events in the state of Maryland. This toolkit / newsletter would be digital and come out four times a year: January, April, July, and October.</p> <p>Ms. Blount asked who is the target audience? How can we target specific community members?</p> <p>Ms. Hall said this is targeted to everyone. The State received feedback from attendees not knowing about Walk Maryland Day until a week before the day. The goal is to keep people moving all year long on a bigger scale across the state of Maryland and to also include Howard County events and share resources. The community that would receive this information would be the public schools, and 50+ centers with seniors along with others.</p> <p>Ms. Hall is hoping that MDH will create a link to share social media posts, so that we don't have to create them on our end. At the next meeting we will ask Ms. Thornton for a list of the organizations that MDH will be sending the Toolkit/Newsletter to. The hope is that the state will on more of this project.</p> <p>Ms. Patusky, said the Toolkit should have the intention of having humans walk on this day. The toolkit should focus on the immediate feel good benefits of walking and have messaging on the mental health benefits of moving and walking. The messaging should target everybody with the immediate benefit of feeling better after moving. Ms. Patusky likes the idea of a Newsletter vs a Toolkit. She suggested having a Messaging of the Day and/or Walking Whys!</p>	
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	<p>recommendation of different ideas to implement on that day to move. It could possibly a 10-minute digestible movement plan.</p> <p>Ms. Henderson likes the idea of having a calendar of walking events. She would like to see a nice diverse offering of different ages, abilities, groups, and times of the days. Seasonal events and activities are nice as well.</p>	
LHIC'S Physical Activity Webpage	<p>Ms. Lloyd quickly ran through and reviewed the LHIC's Physical Activity Page to gather any feedback. The webpage has the following items listed:</p> <ul style="list-style-type: none"> • Youth Activity Guide • The Walk Maryland – Registration Tool (Created by MDH), which can be used to start a New Walking Group and/or Join an Existing Walking Group. • Movement Flyer. • Movement Resources – Any other suggestions/additions? <p>Ms. Blount asked if the LHIC webpage can show different languages for the webpage. Ms. Lloyd said yes in the top right corner you can change the language of the webpage.</p>	<p>Access LHIC's Physical Activity Webpage: https://www.hclhic.org/healthy/physical-activity.</p>
Next Steps & Wrap-up	<p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> • She will send out the meeting minutes in the next two weeks and include the free / low cost movement flyers. • The next meeting will be at 12pm on May 23, 2023 via Zoom or in-person walking meeting. Ms. Lloyd opened the floor up to see if anyone was interested in meeting in person to talk and walk. • Ms. Patusky and Ms. Henderson were in agreement with walking during the next Movement meeting and suggested Lake Elkhorn. Ms. Hall asked people to place in the chat where they are located. • Mr. Eric Bishop, Howard County Public School System (HCPSS), suggested walking by the Board of Education and walk to Whole Foods. He is located at the building next to the Board of Education. <p>The meeting ended at 1pm.</p>	<p>Email Ms. Lloyd with any questions: slloyd@howardcountymd.gov</p>

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