



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

May 23, 2023

12:00pm to 1:00pm

Virtual via Zoom

Minutes

Members Present:

Shannon Blount, Howard County Public School System
 Allison Calkins, Howard County Office of Transportation
 Michelle Clark, Howard County Health Department
 Natalie Hall, Howard County Health Department
 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:

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, Howard County Local Health Improvement Coalition (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.	LHIC website: www.hclhic.org
Announcements	<p>Ms. Lloyd shared the following announcements:</p> <p>Howard County Family Wellness Day is on Sunday, June 4th from 8am to 2pm at Centennial Park.</p> <p>DCRS Unity in the Community Resource Fairs are on June 17th, 11am to 3pm at Laurel Woods ES and on July 29th at East Columbia Library from 11am to 3pm. Both are free events with resources, physical activity, & food giveaways.</p> <p>There are changes to the Howard County Public School System (HCPSS) start times starting in the Fall 2023-2024 Academic Year. Some school bus riders and walkers will be impacted by bus changes and some kids will be walking or biking further distances to school.</p> <p>Ms. Tavia Patusky, Columbia Association (CA), announced various outdoor programming at CA including a free concert series and movies, Dancing Under the People Tree at the Lakefront. Ms. Patusky, also mentioned Monday nights in</p>	<p>Email any future announcements to lhic@howardcountymd.gov</p> <p>Register for the next LHIC meeting: https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</p> <p>Contact Valerie Mathis at DCRS if interested in tabling at the DCRS Unity in the Community events on June 17th and/or July 29th: vmathis@howardcountymd.gov</p> <p>Email Brian Nevin to collaborate with HCPSS to promote healthy, safe walking options: brian_nevin@hcpss.org</p> <p>Resources to create a walking</p>

	<p>June events that include alternating free Yoga and Bootcamps at the Chrysalis. CA is putting together a free outdoor calendar for the Summer and will share with the Movement Group when it becomes finalized.</p>	<p>school bus: https://www.walkbiketoschool.org/beyond/year-round-biking-and-walking/walking-schools-bus/</p> <p>Columbia Association Lakefront Events: https://columbiaassociation.org/annual-events/lakefront-live/</p>
<p>Previous Meeting</p>	<p>Ms. Lloyd said that previous meeting minutes can be found on the HCLHIC website. At the last meeting:</p> <p>Ms. Anna Piccirilli, Regional Director for the Boys and Girls Club of Metropolitan Baltimore, gave a presentation about the Club serving as an out of school time provider for 700 children annually across nine Club locations.</p> <p>The Movement Group reviewed LHIC’s Physical Activity website and discussed the free and low-cost flyers and their continued promotion within the community.</p> <p>Ms. Hall and Ms. Lloyd have been attending Walk Maryland Day planning sessions led by Christa Thornton at Maryland Department of Health (MDH). MDH is developing a Maryland Statewide Walking Plan that will include a Maryland Walking Newsletter. Stay tuned for more information.</p>	<p>Previous meeting minutes can be found: https://www.hclhic.org/home/meeting/2022?catelid=364</p> <p>Access the Boys and Girls Club website: Boys and Girls Club of Metropolitan Baltimore.</p> <p>Email Ms. Anna Piccirilli: apiccirilli@bgcmetrobaltimore.org.</p> <p>LHIC’s Physical Activity webpage: https://www.hclhic.org/healthy/physical-activity</p> <p>Access the Movement flyer: https://www.hclhic.org/Content/Upload/page/45e45042-b3e9-413d-9cf5-bf87f7dd7801.pdf</p>
<p>Bike to Work Presentation</p>	<p>Ms. Lloyd introduced Ms. Allison Calkins, the Transportation Demand Management Specialist within the Office of Transportation in Howard County Government, who gave a presentation on Bike Month in May.</p> <p>Ms. Calkins described what Transportation Demand Management does which looks at the roadways and pathways that are most efficient by promoting biking, walking, biking, and using public transportation. One of the key components of the Downtown Columbia Plan, which created the Downtown Columbia Partnership (DTCP), was to develop and implement alternative options for people to move around to and from downtown Columbia.</p> <p>Ms. Calkins said they created BikeAround Downtown based on the previous CA Archives event called Bike About. The goal is to show how bikeable and walkable downtown Columbia is but still covers East and West of highway 29.</p> <p>DTCP completed a walk audit to ensure pedestrian access is more accessible and created a Complete Streets plan. The two main events for Bike Month in May are the Bike to Work Day on Friday, May 19th, and the BikeAround Downtown Block Party on Saturday May 6th. Both bike events were hosted at Azlon Park.</p>	<p>The two bike to work events in May: Bike2 Work Day Pit Stop and BikeAround Downtown Block Party</p> <p>Email Allison Calkins with questions: acalkins@howardcountymd.gov</p> <p>Website information for non-profit, Bike HoCo: https://bikehoco.org/</p>

	<p>Ms. Calkins discussed a non-profit organization, Bike HoCo, which is a local bicycling advocacy group that DTCP partnered with recently. Bike HoCo created a Bike Corral to encourage biking to community events. DTCP began sponsoring bike corrals in 2023 at various events.</p> <p>Ms. Calkins said there is no longer a bike share system in Downtown Columbia, it was previously a pilot program. There is nothing currently for equitable access to bikes. DTCP is exploring a possible e-bike rebate programs that are happening throughout the country. Ms. Calkins said she has seen recumbent and accessible bikes for physically challenged adults at various events.</p> <p>Ms. Calkins said there is a plan to expand bus service to Catonsville to connect with the MTA system. In the next three years, Montgomery County Flash Bus Service will be expanded into the Downtown Columbia area. The Office of Transportation is in the end phases of a Transit Development Plan that is done every 5 years. Ms. Calkins said that all Howard County Middle and High School students can ride the RTA for free.</p> <p>Ms. Calkins listed DTCP community events in 2023:</p> <ul style="list-style-type: none"> • Car Free Day – September 22, 2023 • BikeAround Downtown – September 23-24, 2023 • Culinary Walking Tour for Walktober – October 15, 2023 • 3rd Annual Cranksgiving, A Food Drive on Two Wheels – November 4, 2023 	
<p>Walktober Planning</p>	<p>Ms. Lloyd gave a fifteen-minute presentation recapping Walktober2022. She shared the following information:</p> <ul style="list-style-type: none"> • Maryland designated walking as the state exercise on October 1, 2008. • Governor Hogan declared October 5th as Walk Maryland Day. • During the entire month of October, Maryland celebrates walking and calls the month Walktober. • The Howard County Movement Group helps plan and promote walking events with a calendar and an event interest form on hosting a walk / move event. <p>This year, Movement hopes to expand and promote even more walk/move events in Howard County with the goal of over 30 plus events and additional incentives.</p> <p>Ms. Natalie Hall, Movement Co-Chair, discussed Walktober2023 incentives. HCHD purchased 500 black fanny packs with the Walktober logo and HCLHIC’s URL, as well as 500 reflective arm bands. Ms. Hall said it would be great if any other organizations ordered giveaway items or would like to donate incentive items to Walktober2023. Ms. Hall said if there is anything we could put our Walktober logo on when promoting walks on social media, flyers, incentive items, that would be great.</p> <p>Ms. Reena Rambharat, Director, HCLHIC, said there will be</p>	<p>Previous Walktober 2022 website: Howard County 2022 Walktober website.</p> <p>Email lhic@howardcountymd.gov if you would like to donate incentive items for Walktober2023.</p>

an online request form that people can fill out requesting incentive items for their walks.

Ms. Shannon Blount, Howard County Public School System (HCPSS), said she can distribute the Walktober flyers at Back-to-School events and PTA meetings at the beginning of the school year, late August, or early September. She will pass the flyers on to the Communications Department at HCPSS. Ms. Hall said we will promote Walktober on the HCPSS event website and possibly the HCPSS Weekly Newsletter.

Ms. Rambharat said we will have translated copies of the Walktober2023 flyers in English, Spanish, Chinese and Korean. She said we will have a QR code/weblink on the flyer and the social media graphic to bring people to the Calendar of Events on the Walktober2023 webpage.

Ms. Rambharat said, Anna Hunter the Communications person with Rec and Park, is the contact for placing Walktober information in the Fall Activity Guide. She is also the contact to get the Walktober graphic on the TV screens in Meadowbrook, Roger Carter Center etc.

Ms. Hall said we need to promote Walktober2023 at Howard County Public Libraries (HCPLS), possibly on an upcoming events bulletin board and maybe on their website. Ms. Lloyd said she will reach out to her library contacts to see that this is promoted.

Ms. Rambharat mentioned all the Howard County 50+ Centers doing walks and promoting walks for all age groups. Reach out to organizations to help promote or inspire groups to create walks.

Ms. Tavia Patusky, Columbia Association, said there are plenty of 5K and 10K walks like the Food Market 10K on October 1st, Walktober Fest 5 miler on October 22nd. It would be great if we could add / share information at these walks to promote. Ms. Patusky is going to reach out to the various races to see if any of the organizations would like to be added to the HCLHIC Walktober Calendar. She will reach out to various races including the HCC Race and Food Market and the 5 Miler.

Ms. Nikki Savoy, Accessible Resources for Independence, Center for Independent Living (ARI) will reach out to MDOD for information on accessible exercise/movement/sports that they are doing in October.

Ms. Rambharat mentioned the Howard County Autism Society Walk in October to see if we can partner with them again this year.

Ms. Blount, HCPSS, said what about partnering with an animal organization to do a walk where people can bring their dogs, i.e., Walk for Paws. She will look into it and reach

	<p>out to some of those organizations if they wanted to be part of Walktober.</p> <p>Ms. Patusky said she will reach out to different Columbia Association villages to see if they are doing any walk or clean-up that involves walking to co-brand with Walktober. She will talk with Danika about co-branding any health and wellness tips for social media to co-brand online. Ms. Rambharat said it would be a great way to highlight the CA trails. She also said some fun things to do like a scavenger hunt that Parks and Rec did in the past.</p> <p>Ms. Hall said can we partner with the HCPSS with the influx of children walking and biking to school with all the changes. Ms. Calkins said Howard County Dept of Transportation is already working on safety messaging and tips on walking/biking to school and are starting this in the Summer. Ms. Calkins said looking at bike safety, teach walking school buses, purchasing additional safety lights, tweaking the bus routes to get to school, trail safety/pathway locations possibly doing field visits.</p> <p>Ms. Blount said is there a way to make signs up for the CA trails to make it more fun to walk, and ensure they are safe. Ms. Hall agreed we need to make the walking paths more fun.</p>	
<p>Next Steps & Wrap-up</p>	<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 week. • The next meeting is scheduled for 12pm on July 25, 2023, via Zoom. However, we will probably be meeting sooner than that date and will likely start meeting once a month. An updated invitation will be sent out in the next week. <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