

WELCOME! We Will begin shortly!!

Participants will be muted upon entry.

When the line is opened, please mute yourself during discussion/questions if not speaking

Please use the Chat Box to submit questions and share announcements!



This meeting will be recorded...Presentation and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

[@hclhic](https://twitter.com/hclhic)

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Howard County Local Health Improvement Coalition

Full Coalition Meeting

July 19, 2023

Howard County LHIC
Local Health Improvement Coalition



Promote. Preserve. Protect.

www.hclhic.org

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GOAL & AGENDA

GOAL: Present Air Quality, Asthma and Chronic Obstructive Pulmonary Disease initiatives, and Medically Tailored Meals in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

AGENDA:

- A. Welcome & Introductions
- B. HCLHIC Updates
- C. Air Quality, Asthma & Chronic Obstructive Pulmonary Disease Presentation
- D. Medically Tailored Meals through Moveable Feast
- E. Member Announcements, Resource Sharing & Networking
- F. Next Steps and Wrap-up

WELCOME & OPENING REMARKS

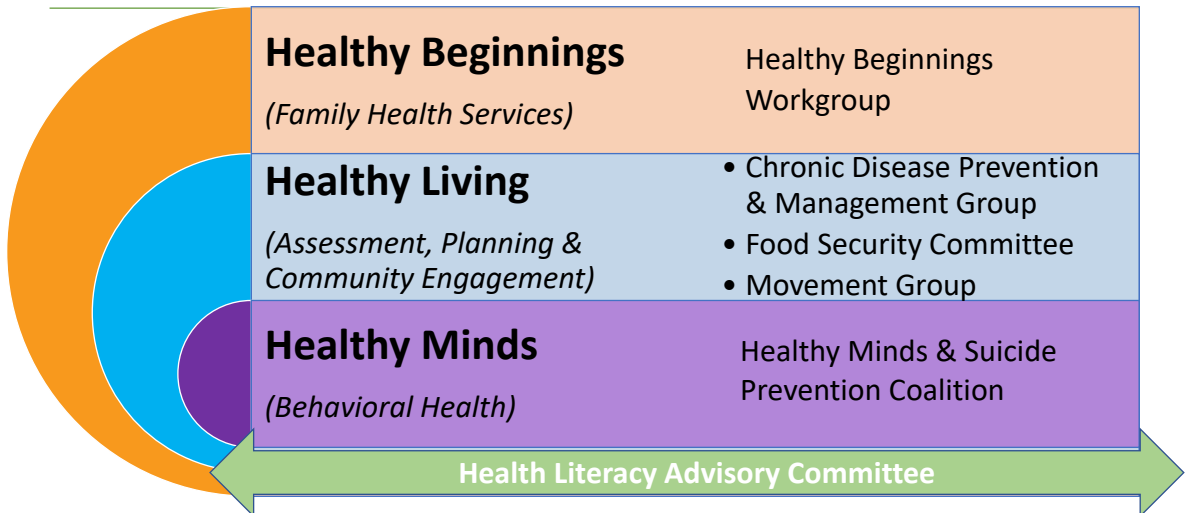
Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department
Johns Hopkins Howard County Medical Center
Board of Health

HCLHIC UPDATED WORKGROUPS



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HCLHIC WORKGROUP UPDATES

- **New Group – Healthy Beginnings** (exact name To Be Determined)
- Chronic Disease Prevention & Management Group
- Food Security Committee
- Health Literacy Advisory Committee
- Healthy Minds & Suicide Prevention Coalition
- Movement Group

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CAREAPP

July 1, 2022 - June 30, 2023:

10,000 users conducted over 23,000 searches within CAREAPP's network of 2,611 resources.

Getting Started:

- [Tip Sheets](#)
- Findhelp Live Monthly Webinars
 - [101 \(Program Navigation\) Training](#)
 - [201 \(Program Management\) Training](#)

COMING SOON:

CAREAPP Phone APP



CAREAPP

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Local Health Improvement Coalition

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Air Quality, Asthma & Chronic Obstructive Pulmonary Disease


JaKaiya Frisby
Manager, American Lung Association


Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

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 **American Lung Association.**

Howard County CARES (COPD & Asthma Resources with Educational Support)

JaKaiya Frisby
Manager, Health Promotions

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Overview

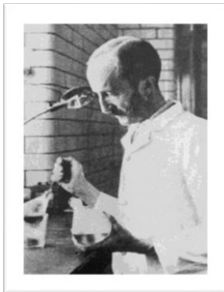
- About the American Lung Association
- Air Quality
- Howard County Data
- Resources for Patients and Caregivers
- Resources for Schools
- Resources for Healthcare Providers



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History of the American Lung Association

1904
National Association for the Study and
Prevention of Tuberculosis founded



Edward Livingston Trudeau
"Father" of the ALA

1907
1st Christmas Seal
campaign launched



Emily Bissell
Creator of the American Christmas Seal
"Mother" of the ALA



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American Lung Association

Lung.org

Change Language



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Air Quality Index

Index Value	Name	Color	Advisory
0 to 50	Good	Green	None
51 to 100	Moderate	Yellow	Unusually sensitive individuals should consider limiting prolonged outdoor exertion
101 to 150	Unhealthy for Sensitive Groups	Orange	Children, active adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion
151 to 200	Unhealthy	Red	Children, active adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else should limit prolonged outdoor exertion
201 to 300	Very Unhealthy	Purple	Children, active adults, and people with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else should limit outdoor exertion
301-500	Hazardous	Maroon	Everyone should avoid all physical activity outdoors.



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Air Quality

Air Quality Forecast

Today (Thursday)	Tomorrow	Friday	Saturday
126 Unhealthy for Sensitive Groups	87 Moderate	87 Moderate	87 Moderate

Primary Pollutant
The pollutant currently has the highest AQI in the area.

OZONE 84 Moderate

PM2.5 33 Good

Current Air Quality

Columbia, MD
Suburban DC Reporting Area

84 NowCast AQI OZONE

Forecast AQI Today Tomorrow More

Unhealthy for Sensitive Groups Moderate

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Air Quality

American Lung Association

Shop Blog LUNG FORCE Help & Support Login

Call the Lung HelpLine Ask a Question

Search TRANSLATE MD

Lung Health & Diseases Quit Smoking Clean Air Research & Reports Policy & Advocacy Get Involved DONATE

Home > Clean Air > Clean Air Outdoors > 10 Tips to Protect Yourself from Unhealthy Air

10 Tips to Protect Yourself from Unhealthy Air

1. Check daily air pollution forecasts in your area.
2. Avoid exercising outdoors when pollution levels are high
3. Use less energy in your home
4. Do not burn wood or trash
5. Do not allow anyone to smoke indoors

American Lung Association

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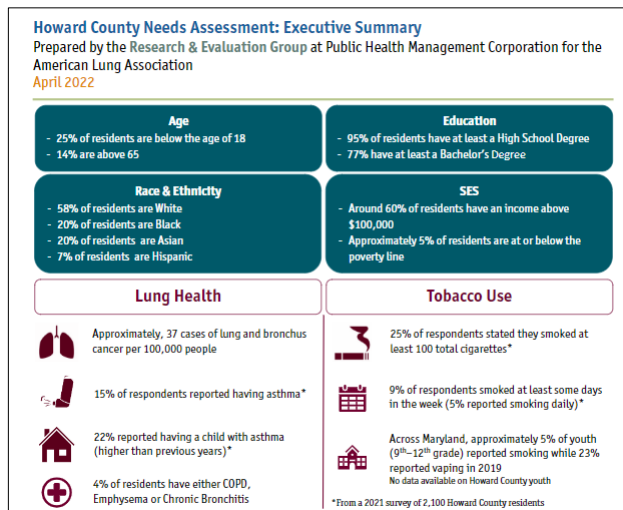
Howard County Asthma and COPD Data



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CARES (COPD & Asthma Resources with Educational Support)

The American Lung Association, with the assistance of a local endowment will be implementing interventions in Howard County, Maryland to address the increase in asthma prevalence and assist with the current rate of COPD .

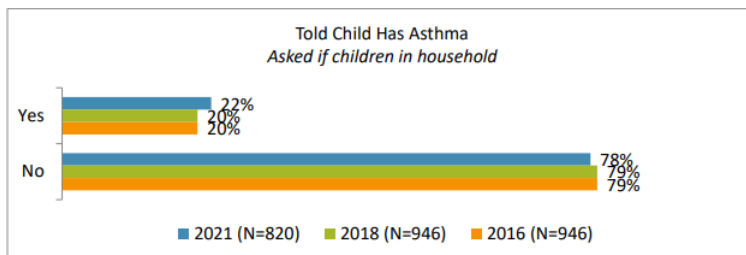


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Percent of Households Reporting Child Has Dr Diagnosed Asthma

CHILDREN WITH ASTHMA

The number of children that have been diagnosed with Asthma remained consistent between 2018 and 2021.



Q8.7C. Has a doctor or other health care provider ever told you that any child in your household had Asthma?

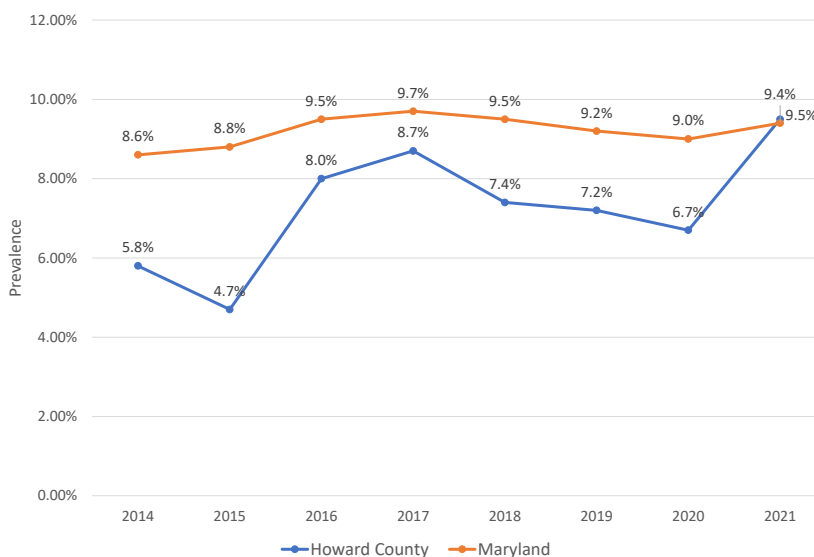
Individuals are much less likely than other income groups, except high earners, to have a child diagnosed with asthma if they make less than \$50K in annual income.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	10%	26%	26%	26%	20%
No	90%	74%	74%	74%	80%

Source: Howard County Health Assessment Survey, 2021.

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Prevalence of Doctor-Diagnosed Adult Asthma - Current, Age-Adjusted

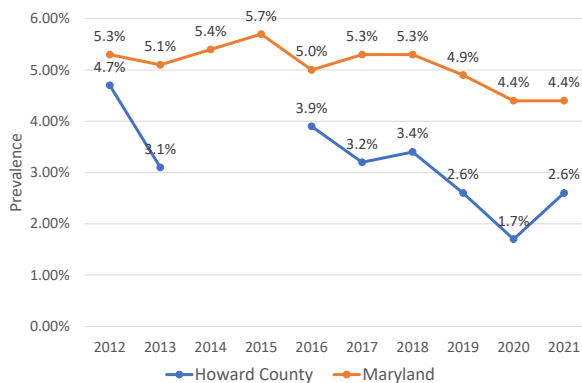
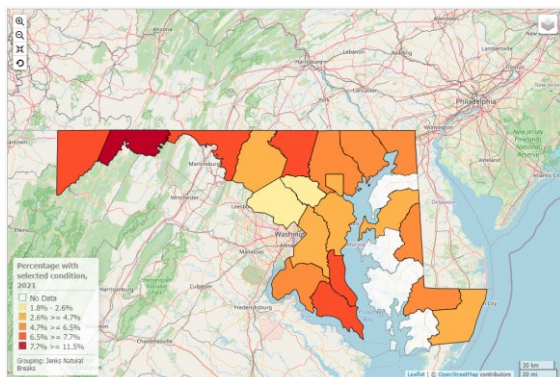


Data Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS).

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Prevalence of Doctor-Diagnosed COPD, Age-Adjusted, 2021

Howard = 2.6%
Maryland = 4.4%



Data Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS).

Resources for Patients and Caregivers

Asthma Basics



Program designed to help participants learn more about asthma and proper management of the disease; offered as an online module, in person workshop and live webinar.

- **Upcoming live webinar July 21st, 2023**
11:00 am - 12:30 pm CT

This program will teach participants:

- To recognize and manage triggers,
- The value of an asthma action plan, and
- How to recognize and respond to a breathing emergency.



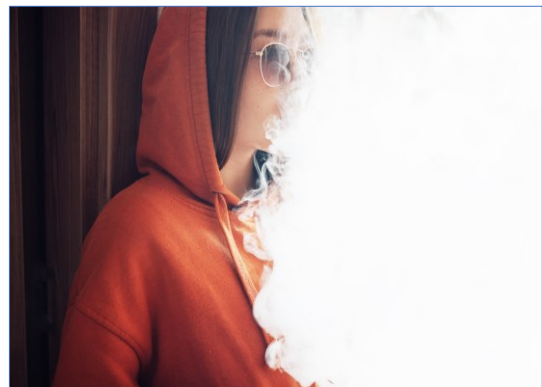
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Tobacco Basics

Free online course covering five learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S.

In this course participants will learn:

- The difference between tobacco products
- The effects of tobacco use
- Nicotine dependence
- Proven policies that protect the public from the toll of tobacco
- Programs available to help all tobacco users successfully quit for good



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COPD Basics

A self-paced online learning module to help people learn more about COPD. The program is ideal for people who have recently been diagnosed with COPD, their families and healthcare providers such as nurses, physicians and respiratory therapists.

COPD Basics teaches participants about:

- COPD risk factors and prevention
- How to recognize the symptoms and diagnosis COPD
- The latest medications and treatment for the disease



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Better Breather's Club

Columbia, MD
Better Breathers Club - Columbia, MD

WHEN
Better Breathers Club

WHERE
Bain 50+ Center
Columbia, MD (view on map)

CONTACT
Cheree Peirce
cheree2be@yahoo.com
202-297-3773

Support group for individuals with lung disease to learn better ways to cope with and manage their disease while connecting with others living through similar experiences.

BBC Howard County

- 3rd Tuesday of the month, 2:30 – 3:30 pm



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Better Breather's Club Member Quotes

"It is a wonderful way to ask questions about COPD that you don't get to do elsewhere. They have a place where you can interact with others to ask questions. It makes you feel you are not alone in having a breathing problem. It is a friendly environment and open to suggestions for speakers. Great club."

"Better Breathers Club provides a support group for people dealing with lung disease. Members can share their experiences which may help another member gain more understanding of what is happening to them or identify issues to discuss with their doctors. It's always helpful and powerful to share information."

"Better Breathers has helped me stay focused on the problem and how to deal with it for a better quality of life."



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Breathe Well Live Well



Adult asthma self-management program that teaches participants ways to take better control of their asthma in order to live active, healthy lives.

The program includes sections devoted to:

- Understanding your asthma
- Building your asthma support team
- Taking asthma medications
- Using tools for daily self-management
- Following good health habits



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Freedom from Smoking



Smoke cessation program that uses activities and tools to help you understand your own relationship with tobacco and focuses on **how** to quit, not **why** to quit.



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Environmental Improvements for COPD and Asthma

Virtual home assessment program for individuals with poorly controlled asthma or COPD. Participants will learn more about their disease signs and symptoms, medications, receive a disease management plan and remediation supplies to reduce triggers.

Program evaluation shows **Environmental Improvements for COPD and Asthma:**

- 1.Reduces asthma symptoms during the day and at night
- 2.Reduces school absences
- 3.Decreases hospitalizations and emergency department visits
- 4.Provides a return on investment of \$2.19 for every \$1.00 invested by reducing health care costs



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Resources for Schools



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Open Airways for Schools



Proven and effective evidence-based asthma self-management program for children ages 8 – 11.

Children who complete OAS can:

- Take steps to prevent asthma symptoms.
- Recognize the symptoms of asthma when they first occur and carry out appropriate management steps.
- Discuss and solve asthma-related problems with parents, medical professionals, teachers and friends.
- Feel more confident about taking care of their asthma daily.



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Kickin' Asthma



Fun and interactive program teaching asthma self-management skills to children ages 11 -16.

Teaches participants:

- Recognizing and avoiding asthma triggers
- Proper medication use
- Detecting the warning signs of an asthma emergency



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Resources for Healthcare Providers



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COPD Educator Course

Professional education course designed to inform healthcare professionals such as respiratory therapists, internal medicine nurses or care managers, guidelines-based COPD care.

14 Hours of Continuing Education for Healthcare Professionals!

COPD Diagnosis and Management

Smoking Cessation

Spirometry

Oxygen Therapy

Pulmonary Rehabilitation

Medication & Delivery Devices



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Asthma Educator Institute

The Asthma Educator Institute is a three partial-day preparatory course for those qualified to take the National Board for Respiratory Care (NBRC) Certified Asthma Educator (AE-C) examination and for individuals who want to implement asthma guidelines-based care. The curriculum aligns with the NBRC Candidate Handbook.



- Virtual Live Stream or On-Demand options
- Includes: Topic presentations by expert faculty in the field of asthma, case reviews, medicine device review and demonstrations, downloadable resources, a demonstration device toolkit, and networking opportunities
- CEU/CME credits available for a variety of healthcare professionals



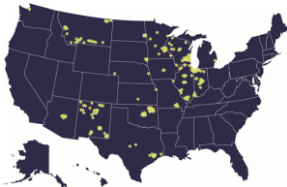
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Enhancing Care for Children with Asthma

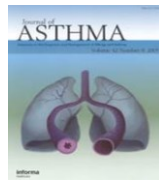
Quality improvement program designed to develop clinic systems that facilitate and ensure high quality asthma care in clinics.

- Initial results published in the [Journal of Asthma](#) (May 2018) revealed a significant improvement in six key indicators:
 - Severity rating
 - Patient self-assessment, such as Asthma Control Test
 - Controller medications
 - Spirometry to confirm the diagnosis of asthma and ongoing management
 - Written asthma action plan
 - Patient asthma education

~480 Clinics in 18 States



Proven & Published



Winner:
American Lung
Association
2019 Innovation Award



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Scholarships Available!

The CARES project is offering a limited number of scholarships to individuals in Howard County, Maryland that are interested in becoming trained facilitators or participating in professional educational courses for **free** (\$300-\$400 value)! See a list of courses and trainings eligible for scholarships below:

- Open Airways for Schools
- Kickin' Asthma
- Breathe Well Live Well
- Freedom From Smoking
- COPD Educator Course
- Asthma Educator Institute

The Howard County CARES program is designed to address the increase in prevalence and disparities associated with asthma and COPD rates in Howard County, Maryland. The American Lung Association, with the assistance of a local endowment, will be implementing interventions in Howard County, Maryland to address the increase in asthma prevalence and assist with the current rate of COPD.



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Contact Information

JaKaiya Frisby
Manager, Health Promotions
Jakaiya.Frisby@lung.org
202-481-7664
American Lung Association
(Washington D.C.)



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**For additional information or questions contact
lhic@howardcountymd.gov**

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BREAK – 10 MINUTES



Medically Tailored Meals through Moveable Feast

Alison Gerber
Nutrition Program Manager,
Howard County Office on Aging and Independence

July 19, 2023



Home Delivered Medically Tailored Meals Program

<https://www.howardcountymd.gov/aging>



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AGENDA

- Senior Nutrition Program Overview
- Medically Tailored Meals Program
- Registration Process



Office on Aging & Independence

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INTRODUCTION

The Office on Aging & Independence promotes the full inclusion of persons with disabilities, addresses the needs of an increasingly diverse cultural community, and supports the desires of our residents to remain independent as they grow older. Our commitment to a No Wrong Door approach makes it easier for older adults, caregivers, adults with disabilities and their families to find the services they need.



PRESENTER



Alison Gerber

Nutrition Program
Manager

SENIOR NUTRITION PROGRAM

Older Americans Act



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Senior Nutrition Program

Office on Aging & Independence



- Nutrition services are authorized under Title III-C of the OAA. Designed to promote the general health and well-being of older individuals, the services are intended to:
 - Reduce hunger, food insecurity and malnutrition of older adults
 - Promote socialization of older individuals
 - Promote the health and well-being of older people

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Congregate Meals

Office on Aging & Independence

- Meals and related nutrition services in congregate settings with the goal of helping to keep older Americans healthy and prevent the need for more costly medical interventions
- In addition to serving healthy meals, the program presents opportunities for social engagement, information on healthy aging, and meaningful volunteer roles, all of which contribute to an older individual's overall health and well-being.

Let's Do Lunch!

JOIN US FOR A MEAL AT THE 50+ CENTERS!

We are excited to welcome you to dine with us at the Howard County 50+ Centers!

WE LOOK FORWARD TO SEEING YOU!

Bain 50+ Center
5470 Ruth Keaton Way, Columbia • 410-313-7213
MONDAYS, TUESDAYS, WEDNESDAYS and FRIDAYS
Mondays: Korean Meals Only

Elkridge 50+ Center
6540 Westinghouse Boulevard, Elkridge • 410-313-5192
TUESDAYS and THURSDAYS

Ellicott City 50+ Center
3421 Frederick Road, Ellicott City • 410-313-1400
TUESDAYS, WEDNESDAYS and THURSDAYS

North Laurel 50+ Center
3411 Whiskey Bottom Road, Laurel • 410-313-0380
WEDNESDAYS, THURSDAYS and FRIDAYS

Glenwood 50+ Center
2401 State St., St. Charles, MD 21173
MONDAYS, WEDNESDAYS and FRIDAYS

HOME DELIVERED MEALS
The Howard County Office on Aging and Independence partners with Meals on Wheels (MOW) of Central Maryland to provide home delivered meals to eligible individuals. Eligibility is based on age, mobility and food access. To determine eligibility and sign up, contact MOW at 410-558-1002.

REGISTRATION
For details or to sign up, call or stop by the front desk at the 50+ Center of your choice!

PRESENTED BY THE
Howard County
Office on Aging and Independence
www.howardcountymd.gov/aging

If you need this information in an alternate format, or need accommodations to participate, contact the HOWARD COUNTY NUTRITION LINE at 410-313-3690 (voice/relay).

Home Delivered Meals

Office on Aging & Independence

- Home delivered meals for older individuals and their spouses of any age. Home-delivered meals are often the first in-home service that an older adult receives, and the program is a primary access point for other home- and community-based services.
- The program often serves frail, homebound, or isolated individuals who are age 60 and over, and in some cases, their caregivers, and/or persons with disabilities.

MEALS ON WHEELS
CENTRAL MARYLAND
"You dine a meal!"

Nutritious, fresh, prepared meals delivered to your home. Eat better with Meals on Wheels!

For those unable to cook or grocery shop for themselves - due to age, disability or illness, look to Meals on Wheels for dependable, friendly service.

More than a meal™ services may include:

- Grocery shopping assistance
- Daily wellness calls & check-ins
- SNAP screening & enrollment
- Kibble Connection Pet Food!

To learn more, call (410) 558-0827
Apply online at mealsonwheelsmd.org/client-application

Medically Tailored Meals (MTM)

Office on Aging & Independence

- Medically tailored meals (MTM) are meals approved by a Registered Dietitian Nutritionist (RDN) that reflect appropriate dietary therapy based on evidence-based practice guidelines.
- Meals are recommended by a RDN based on a nutritional assessment and a referral by a health care provider to address a medical diagnosis, symptoms, allergies, medication management and side effects to ensure the best possible nutrition-related health outcomes.



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Medically Tailored Meals (MTM)

Office on Aging & Independence

FOOD IS MEDICINE



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Benefits of MTM

Office on Aging & Independence

A growing body of evidence shows that MTMs are an extremely effective response for individuals with complex health profiles, generating rapid and significant impacts on both health outcomes and lower costs.

70%

Reduction in emergency department visits of dually eligible individuals

72%

Reduction in admission to skilled nursing facilities

56%

Reduction in inpatient hospital admissions

16%

Net decrease in healthcare costs

[Seth A. Berkowitz et al., Association Between Receipt of a Medically Tailored Meal Program and Health Care Use, JAMA, \(2019\)](#)

[Seth A. Berkowitz et al., Meal Delivery Programs Reduce the Use Of Costly Health Care In Dually Eligible Medicare And Medicaid Beneficiaries, HEALTH AFFAIRS, \(2018\).](#)

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MTM for Howard County

Office on Aging & Independence

- Moveable Feast, a nonprofit organization located in Baltimore, is the vendor for the home delivered meals.
- Meals are delivered once per week and includes 6 frozen entrees + milk, bread, and fruit.
- Available meal options include heart healthy, diabetic, kidney-friendly, soft low, lactose, no red meat, and no seafood.



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Eligibility Criteria for MTM

Office on Aging & Independence

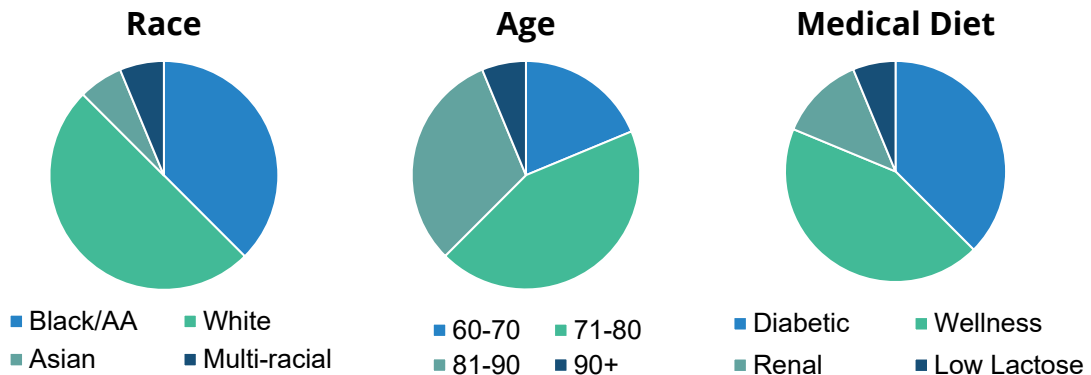
- ❑ Howard County resident and age 60 and older
- ❑ Diagnosis of a chronic disease such as diabetes, heart disease, heart failure, or kidney disease.
- ❑ Mostly homebound with limited mobility
- ❑ Limited access to food or difficulty preparing meals

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Howard County Client Demographics

Office on Aging & Independence



***16 clients enrolled since October 2022**


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Referral Process

Office on Aging & Independence

- Direct clients to contact Maryland Access Point (MAP) of Howard County to be screen for eligibility. If client qualifies then MAP will complete referral.
- Moveable Feast receives referral and contacts client to select medical diet and set up delivery.



Announcing a new pilot program to assist older adults...



Home Delivered
Medically Tailored
MEALS PROGRAM

YOU MAY QUALIFY FOR THIS PROGRAM IF YOU:

- 1) Live in Howard County and are age 60 or older.
- 2) Have been diagnosed with a chronic disease such as diabetes, heart disease, heart failure, or kidney disease.
- 3) Are mostly homebound with limited mobility.
- 4) Have limited access to food and/or difficulty preparing meals.

PROGRAM DETAILS

- Delivered once a week: six frozen entrees, plus milk, bread and fruit provided by Moveable Feast.
- Someone must be home to receive the delivery.
- Available meal options include heart-healthy, diabetic, kidney-friendly, soft, low-lactose, no red meat, no seafood.
- Participants have the opportunity to donate to the cost of this service; no program fee required.


FOOD IS MEDICINE!

To be **screened for eligibility**, contact Maryland Access Point (MAP) of Howard County at 410-313-1234 (VOIC/RELAY).

For general information, contact Alison Gerber at 410-313-3506 or agerber@howardcountymd.gov

Please note: this pilot program has been developed in partnership with the Howard County Office on Aging and Independence and Moveable Feast. **There is limited space available.**

If you need this information in an alternate format, contact MAP for accommodations.





Questions

Office on Aging & Independence



THANK YOU

Alison Gerber, Nutrition Program Manager

410-313-3506 (voice/relay)

agerber@howardcountymd.gov

9411 Whiskey Bottom Rd

Laurel, MD 20723

www.howardcountymd.gov/aging

Facebook, Instagram, Twitter & YouTube

@HoCoCommunity



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Member Announcements, Resource Sharing and Networking

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

@hclhic

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POP-UP FARMER'S MARKET

At Howard County Health Dept.

Tuesday, July 11th - 11a-1p
Friday, August 11th - 10a-12p
Tuesday, Sept. 12th - 11a-1p

Cash, cards, SNAP, eWIC & WIC FMNP accepted

Welcome to HoCo WALKTOBER 2023



Howard County—Let's Walk, Roll, Ride, MOVE!
When: October 1 - 31, 2023

Join the Howard County Local Health Improvement Coalition and Partners for Walktober 2023. Come celebrate our State's official exercise of walking/moving for physical activity and improved health for all ages and abilities.

Don't miss out! Join us, enjoy 4 weeks of fun!

- A variety of walking/moving events across the County on the calendar! howardcountymd.gov/walktober
- Walk on your own with 1-mile maps of County parks: bit.ly/LHICwalkingmaps

Howard County LHIC
Local Health Improvement Coalition



Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

@hclhic

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Columbia Community Care
presents
 in collaboration with
Howard County Ohana

Will you rise with the roses?

ESSENTIAL RESOURCES DAY

FREE EXPUNGEMENT CLINIC



Join us for an amazing day of Speakers, Workshops, Activities, Film Screenings, Resources, Vendors, & a Free Expungement Clinic!

Health, Healing, Freedom & Liberation
 Through the arts, movement, activism, non-western practices and more!

Refreshments and lunch provided. Transportation and childcare provided if needed.

REGISTER

Wilde Lake Interfaith Center
 10431 Twin Rivers Rd,
 Columbia, MD 21044

July 29th, 2023 | 10am to 4pm

Please text (443) 583-4479 or email columbiacommunitycare@gmail.com if you are in need of transportation or child care.

UNITY IN THE COMMUNITY RESOURCE FAIR

Saturday, July 29
 11:00 AM TO 3:00 PM
FREE ADMISSION!
East Columbia Library Park
 6600 Cradlerock Way, Columbia 21045

FAMILY SERVICES AND COMMUNITY RESOURCES
 MUSIC BY LOCAL DJ • MOON BOUNCES
 FOOD GIVEAWAYS • ARTS AND CRAFTS • RAFFLES AND PRIZES

FUN FOR THE WHOLE FAMILY! JOIN US FOR UNITY IN THE COMMUNITY!

Howard County
 Community Resources and Services 410-313-6400 (hrsc@hclhc.org)
www.howardcountymd.gov/dors

SUPPORTED BY THE
DCRS Collective Impact Partnership

If you need this information in an alternate format, contact the Department of Community Resources and Services at 410-313-6400 (voice/relay).
 If you need accommodations to participate, make your request at least one week in advance.
 — THIS INFORMATION IS NEITHER SPONSORED NOR ENDORSED BY HOPSS OR THE SCHOOLS —

Howard County LHIC
 Local Health Improvement Coalition

www.hclhc.org

@hclhc

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Howard County
 Office on Aging & Independence

Older Adult Mental Health Forum

Tuesday, July 25 (virtual)
 11 a.m. – 12:30 p.m.

The topic for the July session is:
Traumatic Brain Injury and the Older Adult.
 Traumatic brain injury is a growing concern for older adults with unexpected and far-reaching consequences. Please join us for an expert speaker. Questions welcome. See registration link below.

Speaker:
 Anastasia B. Edmonston, MS, CRC
 Traumatic Brain Injury Partner Grant Coordinator
 Office of Older Adults,
 Long Term Services and Supports
 Maryland Behavioral Health Administration

Register here:
 Older Adult Mental Health Forum
 Tuesday, July 25
 11 a.m. - 12:30 p.m.
 Registration Link (Webex):
<https://bit.ly/3D4DaQM>

Please share this announcement with your networks!
 We look forward to seeing you in July!

For additional information please contact:
 Karen Hull, Mental Health Program Coordinator
 Howard County Office on Aging & Independence
 410-313-7466 (voice/relay)/khull@howardcountymd.gov

If you need this document in an alternative format, call 410-313-1234 (voice/relay).
 If you need accommodations to participate, please call at least one week in advance.




**National Night Out – August 1st at
 Wilde Lake Middle School**

Howard County LHIC
 Local Health Improvement Coalition

www.hclhc.org

@hclhc

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Chronic Disease Self-Management Education Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Johns Hopkins Howard County Medical Center.

<h4>Chronic Disease Self-Management Workshops</h4> <p>6 week community based workshops to help people manage their ongoing health conditions and improve individual's self-management skills.</p>	<h4>Diabetes Self-Management Workshops</h4> <p>6 week community based workshops to help people manage their diabetes reduce the complications associated with diabetes.</p>
<h4>Tobacco Cessation Classes</h4> <p>Weekly individual and group sessions at locations throughout Howard County open to anyone who lives, works or goes to school in Howard County.</p>	<h4>Cancer Support Groups</h4> <p>Weekly/monthly professional led support groups to help cancer survivors work through the feelings and challenges they've experienced with other people who have gone through similar experiences.</p>

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For more on these programs and additional chronic disease self-management programs, use your cellphone camera and aim at the QR code here!





Chronic Disease Self-Management Education Programs

<h4>Chronic Disease Self-Management Workshops</h4> <ul style="list-style-type: none"> Tuesdays September 12th thru October 17th 2023 <ul style="list-style-type: none"> 6:00 PM - 8:30 PM Virtual Wednesdays October 25th thru December 6th <ul style="list-style-type: none"> 6:00 PM - 8:30 PM Conference Call 	<h4>Diabetes Self-Management Workshops</h4> <ul style="list-style-type: none"> Wednesdays, July 12th thru August 16th 2023 <ul style="list-style-type: none"> 12:00 PM - 12:30 PM Conference Call Wednesdays, September 13th thru October 18th 2023 <ul style="list-style-type: none"> 12:00 PM - 12:30 PM Conference Call
<h4>Smoking Cessation Classes</h4> <ul style="list-style-type: none"> Offered in the following formats <ul style="list-style-type: none"> 2 week/2 module classes Single Session Group/Individual Class Virtual For dates and times call the number below <ul style="list-style-type: none"> 410-313-6265 	<h4>Cancer Support Groups</h4> <ul style="list-style-type: none"> 2nd Monday every month <ul style="list-style-type: none"> Breast Cancer 6:30 PM - 8:00 PM Virtual Last Monday every month <ul style="list-style-type: none"> GYN Cancer 1:00 PM - 2:15 PM Virtual

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Mental Health & Suicide Prevention Programs

<h4>Mental Health First Aid (MHFA) Training</h4> <p>Virtual training to teach others how to assist someone experiencing a mental health or substance use crisis.</p>	<h4>Suicide Prevention & Intervention Programs</h4> <p>Virtual QPR (Question, Persuade, Refer) training and support to help individuals recognize the warning signs of suicide in others and in themselves and take preventative steps.</p>
<h4>Opioid Overdose Response Training</h4> <p>Training for individuals to learn how to administer Narcan, the opioid reversing medicine, and how to save a person's life from a possible overdose caused by an opioid.</p>	<h4>Mental Health Support Groups</h4> <p>Monthly trained family member-led support groups for people living with mental illness, or the family and friends of people living with mental illness. Hosted by National Alliance on Mental Illness (NAMI) of Howard County.</p>

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For more mental health and suicide prevention programs use your cellphone camera and aim at the QR code here!




Crossing Guards Urgently Needed

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JOIN US FOR OUR 2023 SERIES
IPRO QIN-QIO
Local Interactive Network of Knowledge Sharers (LINKS)

THE POWER OF PARTNERSHIP

Individually, you can impact the health of your community. But working collectively, that impact grows exponentially. People who share a common direction and sense of community can achieve goals quicker and easier through mutual support and synergistic activities.




Thursdays 3:00 – 4:00 PM
PLEASE REGISTER BELOW

Initial sessions were held February 16th and May 18th. Please register for the remaining sessions below.


During each session, we will review a focused topic and

- Consider the importance of this health concern
- Explore opportunities for community-based organizations to engage and support community health in this area
- Share challenges and best practices to expand reach and impact community health (Topics Subject to Change)

August 17 - Links Session 3:
Supporting Individuals with Opioid Use Disorder




November 16 - LINKS Session 4:
Supporting Individuals with or at Risk for Diabetes



This material was prepared by IPHO (2019-2021), a Quality Improvement Network, Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Names represented in this material do not necessarily reflect the official views or policy of CMS or IPHO, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or IPHO. Publication # 120299-0000-2023-07-18-1000 - 10/2023 (2)

LEADERS OF TOMORROW YOUTH CENTER
1:1 ARTS MENTORING



ARTS- EXPOSURE ENRICHMENT EXPERIENCE ENGAGEMENT.

Our measurable outcomes include youth and their families having more access to resources, contributing more positively in their schools and neighborhoods, and having the ability to express themselves in creative ways that are positive and promote healing.

TOPICS INCLUDE:
 Dance, Theatre, Music, Creative Writing, Art, Fashion, Cosmetology, and more!

PARTNERSHIPS

LTYC is pleased to administer its 1:1 Arts Mentoring program with the help and support of the Department of Social Services to positively impact youth.

Contact Aleisa Fries, 1:1 Coordinator
 1on1@LTYC.NET | WWW.LTYC.NET

PROGRAM OUTCOMES

- Leadership Development Through the Arts
- Increased Self Esteem and Confidence
- Community Engagement
- Career and College Planning

ACCEPTING NEW REFERRALS!

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MEMBER ANNOUNCEMENTS

Please share any updates by typing them into the Chat Box.

You may also unmute your microphone to speak.

Thank you!

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NEXT STEPS & WRAP UP

2023 Quarterly Hybrid Full Coalition Meetings:

[Register](#)

- October 19, 2023, 8:30-10:30am

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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Thank you

LHIC Team

LHIC@howardcountymd.gov

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