



## Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

July 25, 2023

12:00pm to 1:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Michelle Clark, Howard County Health Department  
 Shae English, Howard County Health Department  
 Lisa de Hernandez, Howard County Health Department  
 Rachel Filar, Howard County Office on Aging, and Independence  
 Natalie Hall, Howard County Health Department  
 Laura Henderson, Howard County Health Department  
 Samuel Honablew, Howard County Health Department  
 Julie Kwedar, Maryland Department of Transportation  
 Tricia Mangold, Howard County Health Department  
 Daneisha Nicholas, Howard County Recreation and Parks  
 Tavia Patusky, Columbia Association  
 Shapree Romanoff, Howard County Police Department  
 Terri Taylor, Howard County Fire and Rescue Services  
 Matt Wilson, Howard County Health Department

#### Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition  
 Sonya Lloyd, Howard County Local Health Improvement Coalition

| Topic/Agenda                     | Discussion  | Action / Follow-up   |
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| <b>Welcome and Introductions</b> | Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (LHIC), called the meeting to order at 12:02 p.m. Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting. She asked members to introduce themselves and share creative ways they get moving inside when the weather is too hot, too rainy, or too buggy outside.  |  |
| <b>Announcements</b>             | Ms. Lloyd shared the following announcements:<br><br>The next full quarterly LHIC meeting will be on Thursday, October 20, 2023, at 8:30am at the Howard County Health Department (HCHD) and online via Zoom. In-person attendees will receive a boxed breakfast.<br><br>Ms. Lloyd announced the LHIC now has six total workgroups: Movement, Chronic Disease Prevention & Management Group (CDPMG), Food Security Committee, Health Literacy Advisory Committee (HLAC), Healthy Minds & Suicide Prevention Coalition, and the newest | Email any future announcements to <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a><br><br>Register for next full LHIC meeting: <a href="https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207">https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</a><br><br>Full LHIC meeting minutes: <a href="https://www.hclhic.org/home/meetingportal">https://www.hclhic.org/home/meetingportal</a> |

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|  | <p>group that will focus on maternal and infant health (name to be decided).</p> <p>Mr. Ashton Jordan, LHIC, shared that the next CDPMG workgroup meeting is on August 9, 2023, at 10:00 a.m. HLAC is Friday, September 8<sup>th</sup> from 10am to 11am. Healthy Minds Committee will have their meeting on September 7<sup>th</sup> at 2pm at the HCHD on-site and virtual.</p> <p>Ms. Laura Henderson, WIC Director, HCHD, announced a Pop-Up Farmer Market, at HCHD's Ascend One Building on August 11<sup>th</sup>, 10am-12pm and Sept 12<sup>th</sup>, 11am-1pm. The farmers take all SNAP benefits.</p> <p>Ms. Rachel Filar, Exercise Specialist, Howard County Office on Aging, and Independence (OAI), said OAI is looking to fill vacancies in their fitness class instructors for Better Balance, Age Well, and Arthritis classes.</p>   | <p>To join any other LHIC workgroups email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p> <p>Email Laura Henderson on the Pop-Up Farmer's Market: <a href="mailto:lhenderson@howardcountymd.gov">lhenderson@howardcountymd.gov</a></p> <p>Email Rachel Filar about teaching fitness classes at OAI: <a href="mailto:rfilar@howardcountymd.gov">rfilar@howardcountymd.gov</a></p>  |
| <p><b>Previous Meeting</b></p>                     | <p>Ms. Lloyd said that previous meeting minutes can be found on the LHIC website. At the last meeting:</p> <p>Ms. Emily Phillips, Health Disparities Project Coordinator, Howard County Health Department (HCHD), discussed year 2 of the Community Health Worker (CHW) Program and recruitment efforts. Ms. Phillips and her colleagues are in the process of interviewing all the applicants and have received close to 50 applications.</p> <p>Ms. Lloyd discussed Howard County (HoCo) Walktober 2023 initiatives including the following. The HoCo Walktober2023 website is updated and live and currently lists 6 move events on the website. The Walktober2023 flyers are double-sided with English on one side and either Spanish, Chinese or Korean on the other. Flyers can be requested via the LHIC email.</p> <p>The new HoCo Walktober 2023 Interest letter and social media post is available to share with community organizations. The HoCo Walktober 2023 Interest Form (Google survey) is updated and ready to fill out for an organization hosting or supporting a move event in October and / or interested in receiving fanny packs and arm bands to use at their events.</p> | <p>Movement meeting minutes: <a href="https://www.hclhic.org/home/meeting/2023?catelid=364">https://www.hclhic.org/home/meeting/2023?catelid=364</a></p> <p>Email Emily Phillips with any questions about CHW program: <a href="mailto:ephillips@howardcountymd.gov">ephillips@howardcountymd.gov</a></p> <p>HoCo Walktober2023 website: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p> <p>HoCo Walktober 2023 Interest Form: <a href="https://docs.google.com/forms/d/e/1FAIpQLScIrFyQaWPRmTIRMxFxDdXdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLScIrFyQaWPRmTIRMxFxDdXdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform</a></p> <p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> if you need any flyers or had any questions about HoCo Walktober 2023.</p> |
| <p><b>Walk to School Social Media Campaign</b></p> | <p>Ms. Lloyd introduced Mr. Matt Wilson, Public Affairs Officer, HCHD, gave a sneak peek preview of the HCHD's Walk to School Social Media Campaign for the 2023-2024 Academic School Year. This campaign called Walk to School Staples will begin on August 1, 2023. Three pillars of the campaign are Make It Healthy, Make it Social, Make it Safe, which represent physical activity, positive mental health, and safety tips on walking to school. The Howard County Public School System (HCPSS) will be sharing this campaign within their networks.</p> <p>Mr. Wilson also pulled up the Walk to School graphics. They will be sharing them 1x a week on the HCHD social</p>  | <p>Email Matt Wilson at HCHD: <a href="mailto:mwilson@howardcountymd.gov">mwilson@howardcountymd.gov</a></p> <p>Walk to School Staples Website: <a href="https://www.howardcountymd.gov/health/walk-school-staples">https://www.howardcountymd.gov/health/walk-school-staples</a></p> <p>Email Tavia Patusky at CA: <a href="mailto:tavia.patusky@columbiaassociation.org">tavia.patusky@columbiaassociation.org</a></p>  |

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|   | <p>media and various HCHD Newsletters and other media formats. Ms. Lloyd will also share the graphics with the Movement workgroup and LHIC membership. The graphics are groups of people walking to school on crosswalks, make it cute and fun for the social media campaign.</p> <p>Ms. Terri Taylor, Howard County Fire and Rescue Services (HCFS), has been contacted about the safety aspect of students walking to school. Parents are upset about the bus route changes and the ramifications for the school system with car riders and the safety aspect because people don't want to walk their kids to school. Pedestrian safety is also a concern.</p> <p>Ms. Tavia Patusky, Columbia Association (CA), said at the recent board meeting some questions came up by board members related to students walking on the pathways to access schools. The President of CA spoke with HCPSS Superintendent about this topic. Initial concerns were about students walking to school in the dark. Columbia Village level discussions were about walking school buses.</p> <p>Ms. Natalie Hall, HCHD, said the Howard County Department of Transportation was addressing student safety in walking to school in conjunction with HCPSS. She said to reach out to HCPSS and / or Howard County Department of Transportation for any questions.</p>                     |  |
| <p><b>Howard County Police Department Initiatives</b></p> | <p>Ms. Lloyd introduced Sgt. Shapree Romanoff, Youth Services Division of the Howard County Police Department (HCPD). Sgt. Romanoff talked about the following HCPD initiatives: Youth Engagement Programs, the hiring of more Crossing Guards and Public safety and traffic enforcement initiatives in Howard County.</p> <p>Ms. Romanoff is part of the Youth Engagement section of the HCPD, spoke about crossing guards staffing and employment by the HCPD. The HCPD is hoping to fill 25 crossing guards' positions, part-time work. The first three weeks of school – HASTE assignments. Help with seat belt safety, traffic patterns safety, speed enforcement, child safety laws, pedestrians.</p> <p>Ms. Romanoff said the HCPD has a variety of youth programs being offered to the HC community. HCPD have various camps that are mentorship and leadership programs in the Summer and includes different age groups. One of the camps is the Police Academy camp which teaches about different careers within the Police Department as well as internet safety.</p> <p>Ms. Romanoff spoke about the CAP Program, which is a Pop-Up camp throughout the Summer in various locations within Howard County for four weeks. This camp includes a variety of activities such as fishing, sports activities, video games, and board games. This camp is for</p> | <p>Email Sgt. Shapree Romanoff, HCPD: <a href="mailto:sromanoff@howardcountymd.gov">sromanoff@howardcountymd.gov</a></p> <p>HCPD youth and other programs, visit: <a href="http://www.hcpd.org">www.hcpd.org</a></p> <p>Email Sgt. Samuel Honablew, HCPD: <a href="mailto:shonablew@howardcountymd.gov">shonablew@howardcountymd.gov</a></p> <p>Email Ms. Daneisha Nicholas, HCRP: <a href="mailto:dnicholas@howardcountymd.gov">dnicholas@howardcountymd.gov</a></p> <p>Howard County Recreation and Parks website: <a href="https://www.howardcountymd.gov/rap">https://www.howardcountymd.gov/rap</a></p> |

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|                                 | <p>all school age children, parents are required to be present at this camp. The HCPD provides drinks and snacks. For any questions about various youth programs in the Summer and throughout the year including Teen Court, Youth Advisory Council, and Collison Avoidance Training for teens, please reach out to Sgt. Romanoff.</p> <p>Sgt. Samuel Honablew, HCPD, spoke to the group about National Night Out on Tuesday, August 1<sup>st</sup>. The main event will be at Wilde Lake Middle School from 6p to 9pm. Various organizations, businesses, and faith-based communities will speak about drug prevention, youth groups, and crime prevention. Approximately 500 people attend this event every year. There will be a photo booth, face paint, caricature drawings and food trucks.</p> <p>Ms. Daneisha Nicholas, Howard County Recreation and Parks (HCRP), spoke about July being HC Rec and Parks Month and shared all the free activities happening this month. Art in the Park on Thursday, 7/27 at North Laurel Community Center, Movie Night 7/29 at Roger Carter Community Center from 6pm to 8:30pm, Glow in the Dark Pickleball 7/31 at North Laurel Community Center. All these events are on the Rec and Parks website.</p> |   |
| <b>Walktober Updates</b>        | <p>Ms. Natalie Hall, Community Health Educator/CAREAPP Engagement Coordinator and Movement Co-Chair, led a discussion on HoCo Walktober 2023 planning including the potential of filming a short 30-second PSA video and sharing it on Social Media and with LHIC partners.</p>   | <p>Email Natalie Hall at HCHD: <a href="mailto:nhall@howardcountymd.gov">nhall@howardcountymd.gov</a></p>           |
| <b>Next Steps &amp; Wrap-up</b> | <p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> <li>• She will send out the minutes in the next week.</li> <li>• The next meeting is scheduled for 12pm on August 29, 2023, via Zoom.</li> </ul> <p>The meeting ended at 12:50 p.m.</p>  | <p>Email Ms. Lloyd with any questions: <a href="mailto:slloyd@howardcountymd.gov">slloyd@howardcountymd.gov</a></p> |

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