

## Howard County Local Health Improvement Coalition

Healthy Lifestyle (HL) Workgroup Meeting

September 18, 2025

1:00 PM – 2:00 PM

Virtual via Zoom

### Minutes

#### Co-Chair Present:

Michelle Rosenfeld, Howard County Office on Aging and Independence (OAI)

#### Members Present:

Andrea Dulanto, Maryland Hunger Solutions

Carla Gates, Reclaiming HEALTH Learning Lab

Claudet Miranda Zambrano, Maryland Hunger Solutions

Emily Luyo, Priority Partners Managed Care Organization (MCO)

Erin Ashinghurst, Accessible Resources for Independence

Heater Sites, Office on Aging and Independence

James Barnett, Community Member

Jorge Johnson, Community Action Council

Kara Griggs-Goldheim, American Heart Association

Marlene Orantes, Horowitz Center for Health Literacy

María José Candanoza, Howard County Health Improvement Coalition

Miriam Anderson, Howard County Local Health Improvement Coalition

Nancy Moreno, Howard County Local Health Improvement Coalition

Nikki Savoy, Accessible Resources for Independence

Rachel Filar, Office on Aging and Independence

Reena Rambharat, Howard County Health Department

Rosemarie Jiménez-Rosales, Howard County Local Health Improvement Coalition

Samuel Wilson, International Monetary Fund

Shannon Blount, Howard County Public School System

Tavia Patusky, Columbia Association

Yekatit Bezooayehu, Howard County Health Department

Zitao Weng, Korean Community Service Center of Greater Washington

#### Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition

Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Stephanie Foster, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Ashton Jordan, Howard County Local Health Improvement Coalition, called the meeting to order at 1:00 PM.	Members are encouraged to review the past minutes available at: <a href="https://www.hclhic.org/home/meeting/2025?catId=370">https://www.hclhic.org/home/meeting/2025?catId=370</a>
<b>Announcements</b>	<p>Ashton Jordan provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> <li>• The next HCLHIC Quarterly hybrid meeting is on October 16, 2025, at 9 AM. It will be hybrid, and refreshments will be available for in-person attendees.</li> <li>• Reasonable Accommodations Repairs Grant is open for applications. <ul style="list-style-type: none"> <li>○ Contact Betsy Hein at <a href="mailto:bhein@arinow.org">bhein@arinow.org</a> or call 443.713.3910</li> </ul> </li> <li>• Office on Aging and Independence offers programs and services that support healthy aging, independent living, reduce isolation, and promote dignity, choice, and cultural inclusion.</li> <li>• Dance Fitness Classes <ul style="list-style-type: none"> <li>○ Every Monday at 6:00 PM and Saturday at 9:00 am each month. From April 28th through October 25th, 2025.</li> </ul> </li> </ul>	<p>Members can register for upcoming LHIC meetings here: <a href="https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtcreator">https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtcreator</a></p> <p>Members interested in applying for the Reasonable Accommodations Repairs Grant can Contact Betsy Hein at <a href="mailto:bhein@arinow.org">bhein@arinow.org</a> or call 443.713.3910.</p> <p>Members can find more information on aging independently here: <a href="https://www.howardcountymd.gov/aging-independence">https://www.howardcountymd.gov/aging-independence</a></p> <p>Members interested in Dance Fitness Class can attend here: Every Monday at 6:00 pm and Saturday at 9:00 am each month. From April 28th through October 25th, 2025. St. John the Evangelist Catholic Church, 10431 Twin Rivers Rd., Columbia, MD 21044.</p>
<b>Food Council, Food Bank, Movement Updates</b>	<p>Updates to the workgroup were as follows:</p> <ul style="list-style-type: none"> <li>• Ms. Bezooayehu, provided Food Council updates. <ul style="list-style-type: none"> <li>○ Announced as the new Food Council Coordinator for Howard County Health Department</li> </ul> </li> </ul>	Members can view the Howard County 2025 Walktober Calendar here: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a>

	<ul style="list-style-type: none"> <li>○ Began identifying steering committee members and will host first meeting in October</li> <li>○ Farmers focus group was a great success and well attended</li> <li>● Mr. Johnson provided Food Bank Updates <ul style="list-style-type: none"> <li>○ Workgroup members were asked if they could share their holiday meal giveaways so that the Food Bank can create a flyer resource</li> </ul> </li> <li>● Ms. Rosenfeld provided Movement updates <ul style="list-style-type: none"> <li>○ Walktober events will be hosted at each 50+ center</li> </ul> </li> </ul>	
<b>Maryland Hunger Solutions, Supplemental Nutrition Assistance Program (SNAP) Presentation Updates</b>	<p>Andrea Dulanto and Claudet Miranda Zambrano from Maryland Hunger Solutions provided a presentation on SNAP. The presentation covered the following topics</p> <ul style="list-style-type: none"> <li>● Who Maryland Hunger Solutions is</li> <li>● Food Insecurity vs Hunger</li> <li>● What is SNAP</li> <li>● Where to use SNAP</li> <li>● What you can/cannot purchase with SNAP</li> <li>● SNAP Eligibility</li> <li>● SNAP Application Process</li> <li>● Recertification/Redetermination/Renewal</li> <li>● Maryland Benefit Review (MBR) Form</li> <li>● Change Report Form</li> <li>● H.R. 1 impacts to SNAP</li> <li>● Maryland Hunger Solutions Training Opportunities <ul style="list-style-type: none"> <li>○ SNAP 101 – Introduction to SNAP</li> <li>○ SNAP 102 – Application Assistance on MD Benefits</li> <li>○ ABAWD Basics – Understanding Able-Bodied Adults Without Dependents (ABAWD)</li> </ul> </li> </ul>	<p>Members can access the upcoming Maryland Hunger Solutions Training Opportunities here:  <a href="https://www.mdhungersolutions.org/training-and-outreach/">https://www.mdhungersolutions.org/training-and-outreach/</a></p> <p>Members can access the upcoming Maryland Department of Human Services SNAP Manual here:  <a href="https://dhs.maryland.gov/supplemental-nutrition-assistance-program/food-supplement-program-manual/">https://dhs.maryland.gov/supplemental-nutrition-assistance-program/food-supplement-program-manual/</a></p>

	Inquiries were made about SNAP eligibility and what should/should not count as expenses. Maryland Hunger Solutions presenters mentioned that guidance on those decisions mostly stem from the Maryland Department of Human Services SNAP Manual.	
<b>Diabetes Communications Campaign Grant Overview and Graphic Review</b>	Mr. Jordan briefly shared that the HCLHIC was award grant money to disseminate healthy lifestyle messages to increase awareness of prediabetes/diabetes and enrollment in SNAP benefits. He mentioned that Partners use a HCLHIC form to request printed campaign materials available in English, Spanish, Chinese, and Korean.	Members interested in requesting printed Diabetes SNAP campaign materials can visit this link: <a href="https://docs.google.com/forms/d/e/1FAIpQLScwbQg-gIld-GCMp_pT-Jmbiuy2MnyRz0tCggabE4aLJ8zKw/viewform">https://docs.google.com/forms/d/e/1FAIpQLScwbQg-gIld - GCMp_pT-Jmbiuy2MnyRz0tCggabE4aLJ8zKw/viewform</a>
<b>Maryland Falls Prevention Updates</b>	<p>Ashton Jordan mentioned that the Howard County Local Health Improvement Coalition is a part of the Maryland Falls Free Coalition. He guided the group through a review of the recent updates from the Maryland Falls Free Coalition meeting.</p> <p>Updates included:</p> <ul style="list-style-type: none"> <li>• Maryland Department of Aging Website includes information on: <ul style="list-style-type: none"> <li>○ Longevity Ready Maryland</li> <li>○ Maryland Access Point (MAP)</li> <li>○ Medicare Support</li> <li>○ Caregiver and Dementia Support</li> <li>○ Ombudsman Services</li> <li>○ Rights and Protections</li> <li>○ Housing Services</li> <li>○ Durable Medical Equipment Re-use</li> <li>○ And more!</li> </ul> </li> <li>• The National Council on Aging website includes <ul style="list-style-type: none"> <li>○ Falls Prevention Resources for Professionals</li> <li>○ Falls Prevention Awareness Week Toolkit</li> </ul> </li> </ul>	<p>Members can view the Maryland Department of Aging (MDoA) Website here: <a href="https://aging.maryland.gov/Pages/default.aspx">https://aging.maryland.gov/Pages/default.aspx</a></p> <p>Members can view the National Council on Aging website here: <a href="https://www.ncoa.org/">https://www.ncoa.org/</a></p> <p>Members interested in National Council on Aging Falls Prevention for Professionals can find information here: <a href="https://www.ncoa.org/professionals/health/prevention/falls-prevention/">https://www.ncoa.org/professionals/health/prevention/falls-prevention/</a></p> <p>Members can view the National Council on Aging Falls Prevention Awareness Week Toolkit here: <a href="https://www.ncoa.org/page/fall-s-prevention-awareness-week-toolkit/">https://www.ncoa.org/page/fall-s-prevention-awareness-week-toolkit/</a></p>
<b>HCLHIC Falls Prevention 2025 Updates</b>	<p>Ashton Jordan reviewed updates made to the HCLHIC website Falls Prevention resources.</p> <p>Updates Included:</p>	Members can view the HCLHIC Older Adult webpage here: <a href="https://www.hclhic.org/healthy/older-adult">https://www.hclhic.org/healthy/older-adult</a>

	<ul style="list-style-type: none"><li>• Classes shared by members of the Planning Committee were added to the Older Adult HCLHIC webpage for community members to register for</li><li>• HCLHIC and OAI participated in the Falls Prevention Kick-off at Parkview at Ellicott City<ul style="list-style-type: none"><li>○ Provided resources and information to older adults at higher risks for falls</li></ul></li></ul>	
<b>Maryland Walktober Updates</b>	<p>Ashton Jordan mentioned that the Howard County Local Health Improvement Coalition is a part of the Walk Maryland Day Planning Committee. He guided the group through a review of the recent updates from the Walk Maryland Day Planning Committee Meeting.</p> <p>Updates included:</p> <ul style="list-style-type: none"><li>• Maryland Department of Transportation (MDOT) website has been updated<ul style="list-style-type: none"><li>○ MDOT website houses information on 2025 Walkinars and Walk Maryland Day</li><li>○ New graphics and flyer available</li></ul></li><li>• Partners interested in promoting Walk Bike &amp; Roll to School initiatives can learn how to by visiting the <a href="http://walkbiketoschool.org">walkbiketoschool.org</a> website</li></ul>	<p>Members can view the MDOT website here: <a href="https://mdot.maryland.gov/tso/pages/Index.aspx?PagelId=136">https://mdot.maryland.gov/tso/pages/Index.aspx?PagelId=136</a></p> <p>Members can access the Walk/Bike to School website here: <a href="http://www.walkbiketoschool.org/">http://www.walkbiketoschool.org/</a></p>
<b>HCLHIC Walktober 2025 Updates</b>	<p>Ashton Jordan shared that there are around 119 events that populate the Howard County 2025 Walktober Calendar. Thank you to all partners who have added events or promoted to the community!</p>	<p>Members can view the Howard County 2025 Walktober Calendar here: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p>
<b>Next Steps &amp; Wrap-up</b>	<p>Next meeting will be on December 18, 2025, at 1:00 PM.</p> <p>Ashton Jordan adjourned the meeting at 2:00 PM.</p>	

Respectfully submitted by:  
Ashton Jordan, MSPH  
Community Engagement Coordinator  
Howard County Local Health Improvement Coalition