

WELCOME! We Will begin shortly!!

All participants are muted upon entry.

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

Please raise your Virtual Hand before unmuting to speak.



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)

1



Howard County Local Health Improvement Coalition

Full Coalition Meeting

April 18, 2024

Howard County LHIC
Local Health Improvement Coalition



Promote. Preserve. Protect.

www.hclhic.org

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

2

GOAL & AGENDA

GOAL: Present updates from Johns Hopkins Howard County Medical Center and Workgroup activities in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

AGENDA:

- A. Welcome & Introductions
- B. Updates from Johns Hopkins Howard County Medical Center
- D. HCLHIC Workgroup Updates & Discussion
- E. Member Announcements, Resource Sharing & Networking
- F. Next Steps and Wrap-up

3

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &
Johns Hopkins Howard County Medical Center

4

Please use the Chat Box or Raise your Hand to ask questions

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

For additional information or questions contact
lhic@howardcountymd.gov

Updates from Johns Hopkins Howard County Medical Center

By Mohammed Shafeeq Ahmed, MD, MBA, FACOG

*President,
Johns Hopkins Howard County Medical Center*

Please use the Chat Box or Raise your Hand to ask questions

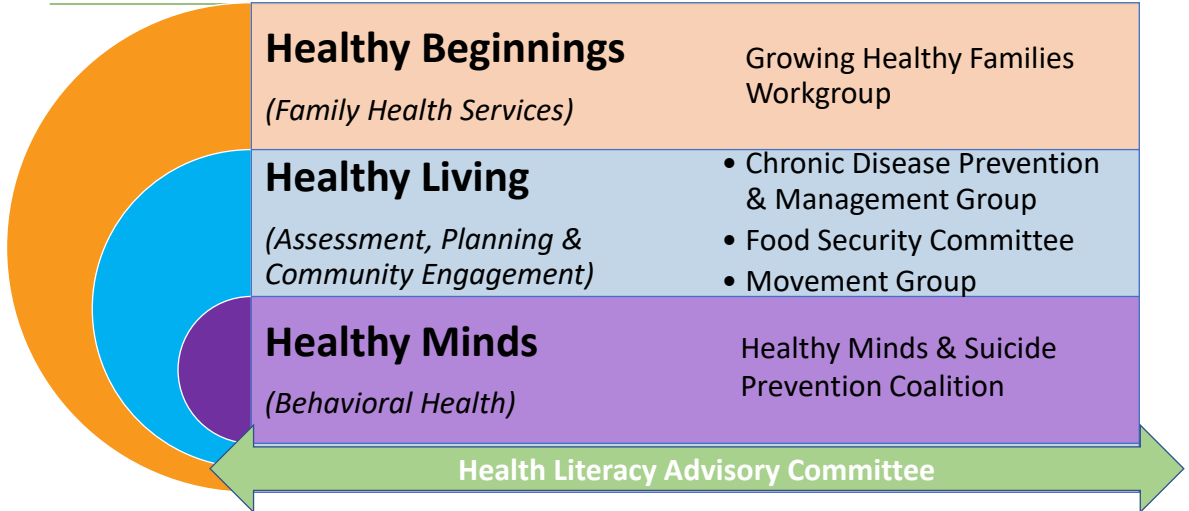
Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

BREAK – 10 MINUTES



HCLHIC WORKGROUP UPDATES



Please use the Chat Box or Raise your Hand to ask questions

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

For additional information or questions contact
lhic@howardcountymd.gov

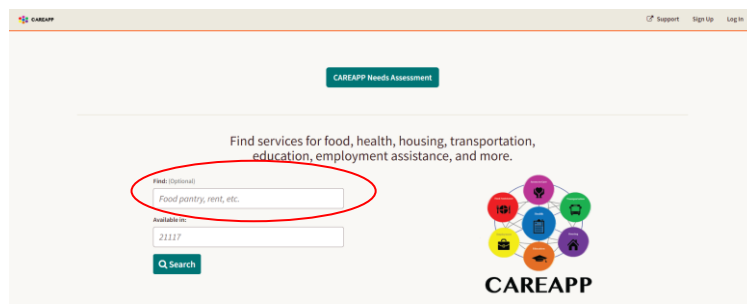
Member Announcements, Resource Sharing and Networking

11

CAREAPP Public Site: New Feature

A keyword search box has been added to the <https://findhcreources.org/> homepage to:

- Allow users to find resources quicker
- Provide insight into the specific needs of Howard County residents



12

Howard Health Survey: Answer the Call



Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

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

13

Howard County Health Department
P.E.A.C.E Project

Black Maternal Health Week 2024
RESTORING JOY THROUGH COMMUNITY CARE



April 20, 2024
10:30am-12:30pm
Elkridge Branch Library

COMMUNITY CARE
PANEL DISCUSSION @ 10:30AM

- RAFFLES!
- PRENATAL MESSAGES!
- SNACKS!

LEARN MORE & REGISTER HERE:



<https://bit.ly/BMHW2024>



Howard County Health Department
P.E.A.C.E Project

MOM Cares

FREE DIAPERS!
FOR HOCO KIDS

10AM - 12PM
WHILE SUPPLIES LAST

- FEBRUARY 27
- MARCH 26
- APRIL 30
- MAY 28



8930 STANFORD BLVD
COLUMBIA, MD
(BACK ENTRANCE)

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org

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

14

Parenting little ones is hard. WE CAN HELP.

The Howard County Family Support Center is **NOW OPEN** at 9790 Patuxent Woods Drive in Columbia 21046!

Howard County
Office of Children and Families
Family Support Center

Family-centered, community-based programming is one phone call away at 310-313-CARE (2273).



MARYLAND FAMILY NETWORK
Leading Maryland's Family Support Centers

Hatchlings: Baby on the Way




Free Dinner Provided
thanks to Howard County Health Department

WHO: Expectant parents

WHAT: Learn more about supporting your baby's development even before they are born through fun, interactive songs and activities. All attendees receive a FREE take-home kit including a book, activities calendar, and song sheet. Dinner will be provided.

WHEN: Wednesday, May 29 at 6 pm

WHERE: HCLS Elkridge Branch
6540 Washington Blvd
Elkridge, MD 21075

Registration required, use QR code or visit hclibrary.org > classes & events tab



HOWARD COUNTY LIBRARY SYSTEM
Public Education for All

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org @hclhic

15




HEALTHY KIDS DAY®
April 20 | Free to the Public

Join us from 10 AM - 1 PM at the Dancel Y in Elliccott City for healthy, fun activities for kids and families.

Distasta Course
Family Zumba
Rockwell
Moonbounce and more!

Activities vary by location.

For a better us! PEANUTS

The Dancel Y in Elliccott City | 4331 Montgomery Rd, Elliccott City, MD | 410-465-4334



AAACR
AFRICAN AMERICAN ASSOCIATION OF CANCER RESEARCHERS

JOIN US!
Saturday
April 27, 2024
10:00 am to 2:00 pm

HEALTH EXPO

SAKE ELLICOTT MIDDLE SCHOOL
6690 CHADLEROCK WAY
COLUMBIA, MD

Health Expo will feature the following:

- Free Health Screenings
- Blood Drive
- Youth Basketball & Life Skills Clinic
- Music and Line Dancing
- Nutritional & Wellness Workshops
- Exercise Demos
- Voter Registration
- Door Prizes
- Kids Activities (Face Painting, Moonbounce and more!)

L.O.V.E & BASKETBALL
RAY SYDNOR
Ray Sydnor is a former NFL player for the Philadelphia Eagles and Pittsburgh Steelers.


A.J. ALI
TV Host, Filmmaker & Author

And other celebrities including former NBA and NFL athletes

Howard County LHIC
Local Health Improvement Coalition




www.hclhic.org @hclhic

16



MOBILE MARKET


LINDADEN FOUNDATION'S MOBILE MARKET
NOURISHING YOUR FUTURE ON A BUDGET!






WHY IT'S NOT FREE, BUT IT'S FAIR!

- **SUSTAINABILITY:** CONTINUOUS SERVICE FOR THE COMMUNITY.
- **VALUE:** QUALITY FRESH PRODUCE AT UNMATCHED PRICES.
- **EMPOWERMENT:** INVESTING IN A HEALTHIER TOMORROW.




PRE-ORDER YOUR NUTRITION BUNDLE TODAY!

| | | |
|---|--|---|
| <p>2024 CALENDAR:</p> <p>APRIL 27</p> <p>MAY 4 & 18</p> <p>JUNE 1 & 15</p> <p>JULY 6 & 20</p> <p>AUG 3, 17</p> <p>SEPT 7, 21</p> <p>OCT 5, 19</p> <p>NOV 23</p> | <p>SMALL: ONLY \$25 FOR 2-3 PEOPLE/WEEK.</p> <p>LARGE: JUST \$25 FOR 5-6 PEOPLE/WEEK.</p> <p>JOIN US!</p> <p>LOCATION: BRYANT WOOD ELEMENTARY, PARKING LOT. WHEN: EVERY 1ST & 3RD SATURDAY, 11AM - 1230 PM. PAYMENTS: CASH, CREDIT, DEBIT.</p> <p>MORE THAN JUST FOOD:</p> <ul style="list-style-type: none"> • NUTRITION EDUCATION: MAXIMIZE YOUR BUNDLE'S POTENTIAL. • COMMUNITY GROWTH: HELP US REACH AND SERVE MORE. • FREE EXTRAS: SUPPLEMENTAL PANTRY ITEMS FOR YOU. <p>FIND US AT: 5450 BLUE HERON LN, COLUMBIA, MD 21044. BUILDING A HEALTHIER, STRONGER COMMUNITY TOGETHER!</p> <p>OUR MOBILE MARKET IS SUPPORTED BY: HOWARD COUNTY INNOVATION GRANT, ST FRANCIS CHURCH OF FULTON, MIKEANDMELCRUISEIN.COM, AND MORE</p> |  |
|---|--|---|



MOBILE MARKET


MERCADO MÓVIL DE LA FUNDACIÓN LINDADEN
¡ALIMENTANDO TU FUTURO CON UN PRESUPUESTO LIMITADO!

¿POR QUÉ NO ES GRATIS, PERO SÍ ES JUSTO?

- **SOSTENIBILIDAD:** SERVICIO CONTINUO PARA LA COMUNIDAD.
- **VALOR:** PRODUCTOS FRESCOS DE CALIDAD A PRECIOS INIGUALABLES.
- **EMPODERAMIENTO:** INVERTIR EN UN MAÑANA MÁS SALUDABLE.

¡PREORDENA TU PAQUETE DE NUTRICIÓN HOY!

| | | |
|---|--|---|
| <p>2024 CALENDAR:</p> <p>APRIL 27</p> <p>MAY 4 & 18</p> <p>JUNE 1 & 15</p> <p>JULY 6 & 20</p> <p>AUG 3, 17</p> <p>SEPT 7, 21</p> <p>OCT 5, 19</p> <p>NOV 23</p> | <p>PEQUEÑO: SOLO \$25 PARA 2-3 PERSONAS/SEMANA.</p> <p>GRANDE: SOLO \$25 PARA 5-6 PERSONAS/SEMANA.</p> <p>¡¡¡¡UNETE A NOSOTROS!!!</p> <p>UBICACIÓN: ESTACIONAMIENTO DE BRYANT WOODS ELEMENTARY. ¿CUÁNDO?: CADA 2DO Y 4TO SÁBADO, DE 3-5 PM. PAGOS: EFECTIVO, TARJETA DE CRÉDITO, TARJETA DE DÉBITO.</p> <p>MÁS QUE SOLO ALIMENTO:</p> <ul style="list-style-type: none"> • EDUCACIÓN NUTRICIONAL: MAXIMIZA EL POTENCIAL DE TU PAQUETE. • CRECIMIENTO COMUNITARIO: AYÚDANOS A LLEGAR Y SERVIR A MÁS PERSONAS. • EXTRAS: ARTÍCULOS ADICIONALES PARA TU DESPENSA. <p>¡ ENCÉNTRANOS EN: 5450 BLUE HERON LN, COLUMBIA, MD 21044. ¡CONSTRUYENDO JUNTOS UNA COMUNIDAD MÁS SALUDABLE Y FUERTE!</p> <p>EL MERCADO MOBILE RECIBE APOYO DE: HOWARD COUNTY INNOVATION GRANT, ST FRANCIS OF ASSISI FULTON, MIKEANDMELCRUISEIN.COM, Y MÁS</p> |  |
|---|--|---|

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org @hclhic

17



Older Adult Mental Health Forum
Tuesday, April 23, 2024 (virtual)
1:00 p.m. - 2:30 p.m.

Treatment of the Behavioral/Psychological Symptoms of Dementia

Speaker:
Dr. Christopher Marano
Director, Division of Geriatric Psychiatry and Adult Acute Care
University of Maryland School of Medicine
Associate Director of Residency Training
University of Maryland/Sheppard Pratt Psychiatry Residency

Registration Link:
Older Adult Mental Health Forum
Tuesday, April 23
1:00 p.m. - 2:30 p.m.
Registration Link (Webex):
<https://howardcountymd.webex.com/webex/join/joinMeeting?meetingid=61eb68a18dfc7df2a4f6d9beed92e>

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.



Montessori Dementia Care
Grant funds from the Maryland Department of Aging and the Maryland Department of Health

FREE* Training & Certification: 8 CEUs

FREE* 8-hour training program on Montessori skills.
Includes handouts, exercises & certification.
Qualifies for 8 CEUs from Loyola University and NCTRC.
This continuing education session content was pre-approved by NCTRC.
This training empowers professional & family caregivers to effectively communicate, interact and motivate for quality care.

Choose 3-hour Sessions in March, April, May & June:

| | | |
|--------------|------------|-------------|
| March 6 & 13 | May 1 & 8 | June 1 & 8 |
| April 4 & 11 | May 4 & 11 | June 6 & 13 |
| April 6 & 13 | | |

All Sessions on Zoom.
Saturday on-site option with lunch and tour of Dementia Learning Lab.

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org @hclhic

18

OAI
Creating Community.
Cultivating Connections.
Howard County Office on Aging and Independence Showcase

Howard County
Office on Aging and Independence

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to the scheduled event.

East Columbia 50+ Center
6610 Cradlerock Way
Columbia, MD 21045

THURSDAY, MAY 2ND
2 PM TO 6 PM

LUNCH and LEARN with US...

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

MEDICARE FRAUD

Join the Howard County Senior Medicare Patrol (SMP) for a free, important lunch and learn event!

Medicare fraud experts will share information about trending scams and tips on how to detect, report and protect yourself from Medicare fraud and abuse.

Meet County Resource Specialists, grab some fun giveaways, and pick up helpful reference materials.

Wednesday, April 24
11:00 a.m. to 1:30 p.m.

Elkridge 50+ Center
6540 Washington Boulevard
Elkridge 21075

An on-site, complimentary lunch will be provided to all registered attendees.

To reserve your spot and lunch, register no later than April 15. Call 410-313-5192 (medicare), scan the QR code above, or go to <https://oh.hcp.smp.medicare.gov>.

Presented in partnership with the Howard County Office of Consumer Protection and Maryland Access Point.

SHIP
State Health Insurance Assistance Program
Navigating Medicare

If you need accommodations to participate, or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (mcpa@hcu.gov) or map@howardcountymd.gov.

Howard County
Office on Aging and Independence

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org @hclhic

THERAPEUTIC CONNECTIONS

Funded By:
HOWARD COUNTY HEALTH DEPARTMENT

TOTAL LOVE PROJECT TLP

The purpose of the training series is to teach parents effective parenting skills that create an atmosphere of warmth and mutual respect. Integrated in this approach parents will learn expectations, needs of children for successful experiences, and direct expression of feelings.

Presentation Dates/Times:

- February 29th 6PM-8PM**
Trauma Informed Parenting
- March 21st 6PM-8PM**
Realistic Expectations
- April 23rd 6PM-8PM (NEW DATE)**
Showing Understanding and Parent Messages
- May 29th 6PM-8PM**
Structuring and Reinforcement
- June 27th 6PM-8PM**
Boundaries and Consequences

Presenter: Maisha Davis, LCSW-C

Event Registration

Questions Call: (301) 456-0870

Website Us www.therapeutic-connections.net

NAMI Peer-to-Peer
National Alliance on Mental Illness

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Howard County MD, the local affiliate of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning April 24, 2024 and ending on June 12, 2024. The class will be virtual on Zoom, Wednesdays from 6:30-8:30pm.

Participant Perspectives



"NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself."

"The biggest thing I gained from this class was to become my own advocate and best friend."

"Seeing my peers' strength and dedication to their recovery was personally meaningful."

Contact us to register for NAMI Peer-to-Peer!

NAMI Howard County MD
National Alliance on Mental Illness

Kristen Moore
NAMI Howard County MD
9650 Santiago Rd, Suite 1
Columbia, MD 21045
410-772-9300
kmoore@namihowardcountymd.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Howard County is an affiliate of NAMI Maryland. NAMI Howard County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

Howard County LHIC
Local Health Improvement Coalition

www.hclhic.org @hclhic

Medication & Sharps Disposal Convenient Drive-Thru Event

Saturday April 27 • 10 a.m. - 2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

HCDrugFree Wilde Lake Village Center Parking Lot
5305 Village Center Drive, Columbia 21044

Volunteers Needed

Seeking students, adults, and medically-trained adults.
Spend some time making a difference in Howard County.
Community service hours available for students.

Medication Lockbox Giveaway!

We have 100 medication lockboxes to give away for FREE!

\$44 value. First come, first served. Limit 1 per vehicle.



HCDrugFree.org

Funded by the Howard County Health Department, MDH, SAMHSA, and Howard County Police. Medication Lockboxes provided by the Howard County Public School System.

Maryland
DEPARTMENT OF HEALTH

Understanding and Preventing Suicidal Behavior: Compassionate Approaches and Practical Tools for Parents and Caregivers

Aaron Weiner, Ph.D., ABPP

MEMBER ANNOUNCEMENTS

**Please share any updates by typing them into the Chat Box.
You may also unmute your microphone to speak.**

Thank you!

NEXT STEPS & WRAP UP

2024 Quarterly Hybrid Full Coalition Meetings:

[Register](#)

- July 18, 2024 at 8:30 - 10:30am
- October 17, 2024 at 8:30 - 10:30am

Presentations 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)

23



Thank you

LHIC Team

LHIC@howardcountymd.gov

Howard County LHIC
Local Health Improvement Coalition



Promote. Preserve. Protect.

www.hclhic.org

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

24