



## Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

January 24, 2023

11:00am to 12:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Eric Bishop, Howard County Public School System  
 Shannon Blount, Howard County Public School System  
 Marc Burkom, Howard County Department of Recreation and Parks  
 Aaliyah Cash, Howard County Office of Transportation  
 Rachel Filar, HC Dept of Community Resources & Services; Office on Aging and Independence  
 Terri Hansen, HC Dept of Community Resources & Services; Office on Aging and Independence  
 Laura Henderson, Howard County Health Department  
 Julie Kwedar, MDOT – Maryland Highway Safety Office  
 Daneisha Nicholas, Howard County Department of Recreation and Parks  
 Tavia Patusky, Columbia Association  
 Michelle Rosenfeld, HC Dept of Community Resources & Services; Office on Aging and Independence  
 Nikki Savoy, Accessible Resources for Independence, Center for Independent Living  
 Matt Wilson, Howard County Health Department

#### Staff Present:

Natalie Hall, Howard County Health Department  
 Ashton Jordan, Howard County Local Health Improvement Coalition  
 Sonya Lloyd, Howard County Local Health Improvement Coalition  
 Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Ms. Sonya Lloyd, Community Engagement Coordinator for the HCLHIC, called the meeting to order at 11:00 a.m. Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting.	
<b>Announcements</b>	Ms. Lloyd shared that the next full quarterly hybrid LHIC meeting will be on April 20, 2023 at 8:30 - 10:30am. The agenda will be placed on the HCLHIC website.  Ms. Tavia Patusky, Columbia Association, announced Walk with a Doc program progress. The walk takes place on the third Saturday of each month at 9am at Lake Kittamaqundi.	LHIC website: <a href="http://www.hclhic.org">www.hclhic.org</a>  Register for next 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> .  Walk with a Doc program information and meet up location: <a href="https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/">https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/</a>  Email any future announcements to <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>

<p><b>Previous Meeting</b></p>	<p>Ms. Lloyd said that previous meeting minutes can be found on the HCLHIC website. This is the 8th meeting of the Committee and at the last meeting we discussed:</p> <p>a. Mrs. Natalie Hall, HCHD, gave a presentation on Walk Maryland Day and Walktober2022 and thanked LHIC's partners that were involved in the planning and implementation of Walktober2022.</p> <p>b. Shared that MDH has expanded its Walk Maryland Initiative to promote all year long walking.</p>	<p>Movement Minutes: <a href="https://www.hclhic.org/home/meeting/2022?catelid=364">https://www.hclhic.org/home/meeting/2022?catelid=364</a></p> <p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> if you would like a copy of the Walktober 2022 PPT Presentation.</p> <p>To promote a walk on MDH's website any time of the year go to: <a href="https://health.maryland.gov/phpa/cdpc/WalkMD/Pages/WalkMDAbout.aspx">https://health.maryland.gov/phpa/cdpc/WalkMD/Pages/WalkMDAbout.aspx</a></p> <p>LHIC's <a href="#">Physical Activity webpage</a> now includes the MDH link: <a href="#">Create a New Walking Group</a> and/or <a href="#">Join Walking Group</a>.</p>
<p><b>Free and Low-Cost Physical Activity Flyers</b></p>	<p>Mr. Ashton Jordan, HCLHIC Community Engagement Coordinator, created and designed four versions of a free / low cost movement flyer based upon the various audiences that our partners serve.</p> <p>Mr. Jordan also created a QR code that links to a favorites folder in CAREAPP which includes all the free and low-cost movement and exercise programs in Howard County.</p> <p>These draft flyers will be emailed to the group for review with the minutes. After the Committee reviews and make comments, Sonya will email the Committee members the finalized electronic versions to be distributed to their communities.</p> <p>Ms. Laura Henderson, Director of WIC at HCHD, requested copies of the finalized free/ low cost flyers so that she may post throughout the WIC offices.</p> <p>Ms. Shannon Blount, Specialist Health Services Program and Student Well Being at HCPSS, requested copies of the finalized free / low cost flyers to advertise activities to HCPSS staff.</p>	<p>For more information about the Movement Flyers email AJ Jordan, <a href="mailto:ajordan@howardcountymd.gov">ajordan@howardcountymd.gov</a>.</p> <p>To access the Favorites Folder in CAREAPP for all the free and low-cost movement activities: <a href="https://findhcreources.org/v2/favorites/public/reduced-cost-or-free-movement-exercise-programs?utm_medium=share_favorites_link&amp;ref=share_favorites_link">https://findhcreources.org/v2/favorites/public/reduced-cost-or-free-movement-exercise-programs?utm_medium=share_favorites_link&amp;ref=share_favorites_link</a></p> <p>To include a free or low-cost movement activity in CAREAPP, the flyers, or on LHIC's social media website email: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p>
<p><b>Partner Collaborations</b></p>	<p>Ms. Lloyd discussed possible Earth Day / Trails Day partner collaborations with the Movement Committee.</p> <p>Ms. Lloyd recently attended a Celebrate Rails To Trails Day info session with Rails to Trails Conservancy to brainstorm how Movement can promote physical activity this Spring in HoCo especially on Earth Day, April 22nd.</p> <ul style="list-style-type: none"> <li>• Rails To Trails Day is hosted every year on the 4th Saturday of April, this year it's on Earth Day, April 22nd. It's an annual Spring celebration of America's trails. Started by Rails-to-Trails Conservancy in 2013, the celebration encourages people across the country to get outside and enjoy the nation's rails &amp; trail systems.</li> <li>• If you sign up as a partner &amp; host a Celebrate Trails</li> </ul>	<p>Rails to Trails website: <a href="https://www.railstotrails.org/experience-trails/celebrate-trails/">https://www.railstotrails.org/experience-trails/celebrate-trails/</a></p> <p>Rails to Trails event form link to Interactive Map: <a href="https://docs.google.com/forms/d/e/1FAIpQLSeO1vmmBjn11Do5evJZoC5h9M2mq37-851igdWm_ioHf45CWQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSeO1vmmBjn11Do5evJZoC5h9M2mq37-851igdWm_ioHf45CWQ/viewform</a></p> <p>Website for Rail Trail in Savage: <a href="#">Savage Mill Trail   Maryland Trails   TrailLink</a></p>

	<p>Day Event, you can access the Partner Toolkit which includes logos, customizable templates and promotional graphics.</p> <ul style="list-style-type: none"> <li>• Add your event to their Interactive Map showcasing the Celebrate Trails Day events planned around the country. The map will be featured on Rails to Trails website and will be promoted throughout their communications channels</li> </ul> <p>Ms. Lloyd asked the group if any partners had planned movement activities/walking events for Earth Day 4/22? She suggested walking the Savage Mill Rail Trail, 1.2 miles long in Savage, MD.</p> <p>Ms. Tavia Patusky, Columbia Association, said she will check back and let the group know if they have any plans. She said that Columbia Association does do clean-up on Earth Day.</p> <p>Ms. Terri Hansen, HC Dept of Community Resources &amp; Services; Office on Aging and Independence, liked the idea of the Rails to Trails Day, suggesting we add a service component to include cleaning up a portion of the trail.</p> <p>Ms. Hansen said that she can connect with the Office of Sustainability for preservation efforts along the trails such as planting that could be done. Up Cycle is a non-profit organization that does work in this area and she mentioned that there are grants out there to assist with this to tie into exploring the trails.</p> <p>Greenfest is happening at Howard Community College on April 15, 2023 and might be a good option to promote.</p>	<p>Greenfest:  <a href="https://www.howardcountymd.gov/community-sustainability/greenfest">https://www.howardcountymd.gov/community-sustainability/greenfest</a></p>
<p><b>Physical Activity Updates</b></p>	<p>Ms. Michelle Rosenfeld, 50+ Fitness Coordinator with the Howard County Department of Community Resources &amp; Services; Office on Aging &amp; Independence and the Movement Group Co-Chair, discussed OAI's physical activity updates since COVID-19 began in 2020.</p> <p>Discussion ensued on how to increase physical activity participation within Howard County.</p> <p>Ms. Daneisha Nicholas, Howard County Department of Recreation and Parks, said that Rec and Parks can provide limited financial assistance to Howard County residents who qualify. Ms. Nicholas will see about sharing a list of activities that are free and low cost.</p>	<p>Michelle Rosenfeld's email:  <a href="mailto:mrosenfeld@howardcountymd.gov">mrosenfeld@howardcountymd.gov</a></p> <p>Daneisha Nicholas's email  <a href="mailto:dnicholas@howardcountymd.gov">dnicholas@howardcountymd.gov</a></p>

<p><b>Next Steps &amp; Wrap-up</b></p>	<p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>• Movement Workgroup’s next steps is to plan activities with partners to encourage movement all year.</li> <li>• Will send out the meeting minutes in the next week and include the free / low cost movement flyers.</li> <li>• Review HCLHIC website’s Physical Activity page</li> <li>• The next meeting will be in mid-March and a doodle poll will be sent to determine best times to meet.</li> </ul> <p>The meeting ended at 12pm and the next meeting will be in March 2023.</p>	<p>Ms. Lloyd will send out the doodle poll in early March. Email Ms. Lloyd with any questions:  <a href="mailto:sloyd@howardcountymd.gov">sloyd@howardcountymd.gov</a></p>
--	---	--

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