



**ACCESS TO CARE WORKGROUP MEETING**

June 5, 2019

Shanika Cooper, Delegate  
Howard County Health Department

Tara Butler, Delegate  
Howard County General Hospital

Kelly Kesler, Director  
Howard County Local Health Improvement Coalition

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**PURPOSE & AGENDA**

**GOAL:** By the end of this meeting, work group members will identify learning objectives for the Fall 2019 Full Coalition presentation on the Baltimore Longitudinal Study on Aging and goals for coalition engagement.

**AGENDA:**

- Welcome & Introductions
- Member Announcements
- Adult Dental Waiver Program
- Baltimore Longitudinal Study on Aging
- Event Planning
- Next Steps and wrap-up

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**MEMBER ANNOUNCEMENTS**

**LivingWell**  
Chronic Pain Self-Management

Howard County Department of Community Resources and Services  
Six Senses • June 21 thru August 27 • 4:00 to 6:30

**STEPPING! YOUR NUTRITION**

Friday, June 14, 2019  
1:00 to 3:30 pm  
The Lutheran Village at Miller's Grant  
800 Miller's Lane, Ellicott City, MD 21042

**HOPE ON THE HORIZON**  
Alzheimer's and Related Dementias Forum

TUESDAY, JUNE 4 • 6 to 8 pm  
Ellicott City 50+ Center  
2401 Proctor Road, Ellicott City 21042

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## ACES WEBINAR

- June 12, 2019
- The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.
- For more information on the study: <https://bit.ly/2Nf2V6e>
- Goal: Provide HCLHIC Members with an overview of ACEs for future discussion and integration of applicable theory into work group actions that support health promotion and chronic disease prevention.

### Adverse Childhood Experiences Webinar

The Howard County Health Department Local Health Improvement Coalition (HCLHIC) and the Bureau of Behavioral Health present a **FREE** live webinar.

**Adverse Childhood Experiences (ACEs)** are traumatic or stressful experiences, that occur during childhood or adolescence.

**June 12, 2019**  
1:00 PM – 2:00 PM

Approximate fee required  
To register, visit: [www.hclhlc.org](http://www.hclhlc.org)


**Objectives of the Webinar**

- Learn about ACEs
- Understand how ACEs affect neurological development
- Recognize core factors that build strong communities

Contact Trishna Rameshwar with questions at [trishna@howardcountyl.gov](mailto:trishna@howardcountyl.gov) or 410-313-6573

**Howard County LHC**

L.H. Carter Center  
1100 Westwood Blvd.  
Columbia, MD 21046  
410.313.6500



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## HOWARD COUNTY PUBLIC SCHOOL SYSTEM 2019 Summer Meals Program

*Surf into summer with free meals!*

The Howard County Public School System is pleased to announce its participation in the 2019 Summer Food Service Program. Summer meals will be provided to all children ages 18 years and under without charge. Acceptance and participation requirements for the Program are the same for all children regardless of race, color, national origin, sex, age, or disability. Parents or guardians do not need to apply to get free summer meals for their children. They can simply bring their child to the safe summer meal site(s). There will be no discrimination in the course of the meal service. **Free summer meals will be provided at the following sites and times as follows:**

School Sites	Address	Dates	Time
Abellton HS	6920 Frestown Road, Columbia	June 25-August 16	12:30-1:30 p.m.
Deep Run ES	6925 Old Waterloo Road, Elkridge	June 25-August 16	12:30-1:30 p.m.
Ducketta Lane ES	6501 Ducketta Lane, Elkridge	June 25-August 16	12:30-1:30 p.m.
Hammond HS	6600 Outfords Road, Columbia	June 25-August 16	12:30-1:30 p.m.
Mayfield Woods MS	7950 Red Barn Way, Elkridge	June 25-August 16	12:30-1:30 p.m.
Oakland Mills MS	9540 Kilmanjaro Road, Columbia	June 25-August 16	11:30 a.m.-12:30 p.m.
Stevens Forest ES	6045 Stevens Forest Road, Columbia	June 25-August 16	12:30-1:30 p.m.
Woods Lake MS	10465 Cross Fox Lane, Columbia	June 25-August 16	1-2 p.m.

Mobile Sites	Address	Dates	Time
Howard HS (Parking Lot)	8700 Old Annapolis Road, Ellicott City	June 25-August 21	1:15 - 2:15 p.m.
Jaffers Hill ES (Parking Lot)	6000 Tamar Drive, Columbia	June 25-August 21	11:30 a.m.-Noon
Shepley Luck ES (Parking Lot)	1370 Old Stone Court, Columbia	June 25-August 21	12:30-1:30 p.m.
Swansfield ES (Parking Lot)	5810 Cedar Lane, Columbia	June 25-August 21	11:30 a.m.-Noon
Wide Lake Tennis Club (Parking Lot)	10499 Cross Fox Lane, Columbia	June 25-August 21	12:15-12:45 p.m.

Community Sites	Address	Dates	Time
Howard County Library Program East Columbia Branch	8600 Gravelbrook Way, Columbia	June 25-August 21	Noon-1:30 p.m.
North Laurel Community Center	3411 Whiskey Bottom Road, Laurel	June 25-August 21	Noon-1:30 p.m.

The Summer Food Service Program is funded by the U.S. Department of Agriculture (USDA), through the Maryland State Department of Education (MSDE) and is an extension of the National School Lunch Program, which is designed to guarantee eligible children free and nutritious breakfasts and lunches during the school year. Meals served will be healthy and will follow USDA nutrition guidelines. All meals will be served on a first-come, first-served basis, and all meals must be eaten on-site. No portion of the meals may be taken out of the meal being served and meals may not be any portion of a child's meal. Small children must have adult supervision. The days/hours of operation and start/end dates may vary, based on participation levels. For more information, please contact the Howard County Public School System, Food and Nutrition Services at 410-313-6743. This institution is an equal opportunity provider.

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## HCPSS 2019 SUMMER MEALS

The following was shared by Brian Ralph, Director of Food and Nutrition Services for HCPSS with the Healthy Weight work group on 5/30/19:

- The HCPSS 2019 Summer Meals Program would help alleviate the nutritional gap and make meals accessible at no charge to all children 18 years of age and under.
- Free, healthy meals that meet Federal nutrition guidelines will be provided to all children attending summer school at approved eligible sites, <https://hcpss.nutrislice.com/menus-eula>
- In order for schools to receive free summer meals, at least 50 percent of students attending the summer school must be eligible to receive free and reduced-price meals.

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**SUMMER MEAL SITES**

**CLOSED ENROLLMENT SITES**

- If summer school sites that are not eligible for free summer meals operate as Open Sites, then free meals may be offered to all summer school students, regardless of the 50 percent FARMS eligibility requirement.
- Summer school sites that do not qualify for free summer meals based on enrollment eligibility criteria may be offered snacks.

**OPEN ENROLLMENT SITES (15)**

- Free summer meals will be provided to all children ages 18 years and under without charge.
- Acceptance and participation requirements for the Program are the same for all children regardless of race, color, national origin, sex, age, or disability.
- Parents or guardians do not need to apply to get free summer meals for their children. They can simply bring their child to the safe summer meal site(s).
- There will be no discrimination in the course of the meal service.
- The days/hours of operation and start/end dates at these sites may vary, based on participation levels.
- Free meals will be provided on a first-come first-served basis.
- Mandatory USDA and MSDE regulations will be followed.

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**WEEKEND SUMMER MEALS**

- HCPSS is collaborating with the community and County government to allow summer meals to be provided through Roving Radish/Weekend Warriors.
- Free weekend snack packs are being planned for students and families at 4 sites:
  - Deep Run ES
  - Stevens Forest ES
  - Oakland Mills MS
  - Howard County Library System – East Columbia Branch.
- This program will run from June 25 to August 16, 2019 and meals would be provided on Fridays between 1:30 p.m. and 2:30 p.m. in school parking lots

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**HCLHC MEMBER ENGAGEMENT IN THIS PRIORITY**

**HCLHC GOAL:** *Provide referral/linkage to free/low-cost nutrition education and services through community partnerships and evidence-based programs for priority populations*

**HCPSS GOAL:** *To reduce hunger and food insecurity for students during the extended summer. (Provide 80,000 meals in Summer 2019)*

- Coalition members are asked to engaged by sharing information with stakeholders, through outreach campaigns, including but not limited to promotional materials, use of social media, news releases, public service announcements, etc.
- The more people know about the 2019 Summer Meals Program, the more children will participate.

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**ADULT DENTAL WAIVER WAIVER**

- In fiscal year 2016, Maryland adults made 42,327 emergency department visits for chronic dental conditions, with an average charge of \$537 per visit, or a total charge of \$22.7 million.
- These visits represent almost two percent of overall emergency room costs. Medicaid paid for 53 percent of those visits, even though Medicaid participants only account for 15 percent of the adult population in Maryland - likely the result of a lack of consistent adult dental coverage in the Medicaid program.
- On May 15, 2018, Governor Hogan signed Senate Bill 284—Maryland Medical Assistance Program – Dental Coverage for Adults – Pilot Program (Chapter 621 of the Acts of 2018) into law (<https://mmcp.health.maryland.gov/Pages/1115-HealthChoice-Waiver-Renewal.aspx>).
- The statewide pilot program will serve individuals between the ages of 21 and 64 who are dually eligible for both Medicare and Medicaid. The Department estimates approximately 38,510 participants are eligible to gain dental coverage under the pilot. Dual eligible individuals do not currently receive dental benefits through Medicaid and coverage for dental services through Medicare is extremely limited.
- The proposed dental package includes coverage for diagnostic, preventive, and restorative services in addition to extractions.
- **Meaning for Howard County- Discussion**

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

National Institute on Aging's Baltimore Longitudinal Study of Aging (BLSA) is America's longest-running scientific study of human aging. The study began in 1958 and women have been studied since 1978.

**The BLSA measures:**

- Changes that occur over the aging process.
- Biological, behavioral, genetic, and environmental factors that account for these changes. This helps researchers understand why the effects of aging differ in different individuals.
- Potential predictors and risk factors for specific diseases, frailty, and other end-points reflecting success or failure to adapt to aging.
- Possible targets for interventions that may positively affect aspects of the aging process and prevent age-related diseases.
- Factors that predict healthy aging across the life span.

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

The BLSA's longitudinal design helps investigators piece together a more accurate picture of normal aging by looking at the same individuals over time which reduces external influences.

*"Imagine comparing two people, one who has lived through two wars and the other who was raised in a peaceful and prosperous society. How each aged might be different, but the effect of age alone would be difficult to sort out."*

The BLSA is an observational study- Unlike a clinical trial, no interventions (like drugs, exercise, or other lifestyle changes) are tested in the BLSA.

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

Researchers measure physical and cognitive changes associated with aging in real time among a dedicated group of BLSA participants who come in for testing at regular intervals over the course of their lives. More than 3,200 volunteers have made the lifelong commitment to be part of the research.

- participants under age 60 are assessed every 4 years
- Participants aged 60 to 79 years come every 2 years
- participants aged 80 and older are assessed annually

During the assessment, they receive comprehensive health, cognitive, and functional evaluations that take nearly 3 days to complete.

A consortium of scientists collects and analyzes data from this study population with the aim of characterizing normal and exceptional aging, along with age-related health issues, such as frailty.

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

<https://youtu.be/YqNYZCOPBY4>

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

Two major conclusions can be drawn from the BLSA data:

- 1. Changes that occur with aging do not inevitably lead to diseases such as diabetes, hypertension, or dementia.** A number of disorders that typically occur in old age are a result of disease processes, not normal aging.
- 2. No single, chronological timetable of human aging exists.** We all age differently. In terms of change and development, there are more differences among older people than among younger people. Genetics, lifestyle, and disease processes affect the rate of aging between and within all individuals.

Source: <https://www.nia.nih.gov/research/labs/blsa>

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**BALTIMORE LONGITUDINAL STUDY ON AGING AND HOWARD COUNTY LOCAL HEALTH IMPROVEMENT EFFORTS**

How can we use the BLSA, and other data to further engage the Coalition in promoting PREVENTION across all of the HCLHIC priority areas (Access to Care, Behavioral Health, Healthy Weight, Healthy Aging)?

- Chronic Disease Self-Management (including chronic pain)
- Mental Health, Suicide Prevention, Substance Use Disorder
- Prevention through nutrition and physical activity
- Falls prevention, Alzheimer’s and other dementias, Caregiver support

<https://www.youtube.com/watch?v=S6uJ8AN9baA>

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**NEXT STEPS AND MEETING WRAP-UP**

June Full LHIC Susquehanna

Thursday, June 27  
8:30 a.m. – 10:30 a.m.

ACEs Webinar

Wednesday, June 12  
1:00 p.m. – 2:00 p.m.

Work Group Meeting

Tuesday, August 20  
9-10:30 a.m.  
HCHD, Barton A & B

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