

Howard County Local Health Improvement Coalition

Healthy Aging Work Group Meeting
February 26, 2019, 2:30 p.m. – 3:30 p.m.
Teleconference
<https://zoom.us/j/6112541255>
Meeting ID: **611-254-1255**
+1 929-436-2866

Minutes

Members Present:

Jillian Anderson, Howard County General Hospital	Ted Meyerson, American Association of Retired Persons
Jennifer Asher, HC Commission on Aging	Andrew Monjan, Transition Howard County
Courtney Barkley, HC Office on Aging and Independence	Christopher Moore, HC Office on Aging and Independence
Michael Bianca, Merrill Lynch	Andrea Raid, HC Health Department
Renee Bitner, HC Health Department	Cyndi Rogers, Winter Growth Inc.
Patricia Dugan, Columbia Association	Kathy Wehr, HC Office on Aging and Independence
Mary McGraw, The Village in Howard	Heidi Weiss-Beedie, HC Health Department
Elizabeth Menachery, HC Health Department	

Guests Present:

Staff Present:

Sharif Braxton, HCLHIC Program Coordinator
Reena Rambharat, HCLHIC Program Coordinator
Kelly Kesler, HCLHIC Program Director

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Sharif Braxton called the meeting to order at 2:31 pm. Participants and guests introduced themselves. “Virtual Meeting” format for meeting was introduced in response to feedback from Coalition Member Survey conducted June 2018. Teleconference housekeeping items were discussed.	
Approval of Minutes and Announcements	Members were asked to share any announcements from their organizations.	Minutes from the previous meeting will be available one week prior to the next meeting date at http://www.hclhic.org/membership/meeting-portal . Group members are encouraged to provide event information for inclusion on the HCLHIC website and to

	<p>Group members shared announcements about upcoming programs and activities.</p> <p>Courtney Barkley from the Office on Aging and Independence shared that there will be a Healthy Aging related event being held at the Elkridge 50+ Center on May 17th from 9:30 a.m. – 2:00 p.m. Multiple sessions will be held including a presentation on brain health. The group will be informed as more information becomes available.</p>	<p>visit the site for information on upcoming events: http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/. To request an event be added to the HCLHIC Community calendar contact lhic@howardcountymd.gov.</p> <p>A follow-up email was sent to work group members following the meeting with links and information including:</p> <ul style="list-style-type: none"> • <u>Alzheimer’s Association Educational Sessions</u> <ul style="list-style-type: none"> East Columbia 50+ Center 6-7p.m. March 19th - 10 Warning Signs on Alzheimer’s June 18th - Living with Alzheimer’s: Early Stage for Care Partners and People with Dementia September 24th - Effective Communication Strategies December 3rd - Understanding and Responding to Dementia-Related Behavior Ellicott City 50+ Center 6-7p.m. March 26th - 10 Warning Signs on Alzheimer’s June 25th - Living with Alzheimer’s: Early Stage for Care Partners and People with Dementia October 1st - Effective Communication Strategies December 10th - Understanding and Responding to Dementia-Related Behavior • <u>Office on Aging and Independence Head and Heart Series</u> <ul style="list-style-type: none"> East Columbia 50+ Center 1-2:30 p.m. May 29th - Minding Our Mind: The Primary Driver for Quality of Life June 5th - Besting Our Brain: the Most Precious Organ June 12th Peace in the Presence: Strategies to Combat Stress Elkridge 50+ Center 10-11:30 a.m. May 29th Minding Our Mind: The Primary Driver for Quality of Life June 5th Besting Our Brain: the Most Precious Organ June 12th Peace in the Presence: Strategies to Combat Stress • Powerful Tools for Caregivers • Virtual Dementia Tours • Incorporating Advance Care Planning Into Health Care Settings
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		<ul style="list-style-type: none"> • Chronic Disease Self-Management Programs (Diabetes, Hypertension, Pain) • April 27th Drug Take Back Day
<p>FY19 Midpoint Review and Updated SHIP Data and Preliminary 2018 HCHAS Findings</p>	<p>Kelly Kesler briefly reviewed select Healthy Aging Program progress for Powerful Tools for Caregivers, Virtual Dementia Tours, Memory Cafes, and Remembering When.</p> <p>Mr. Braxton provided drafted updates to the 2018 HCHAS data related to diabetes and hypertension prevalence across age and presented the newest SHIP data for diabetes, hypertension, Falls and Alzheimer’s and other Dementias.</p>	<p>The presentation from the meeting and supporting materials are available in the meeting portal: http://www.hclhic.org/membership/meeting-portal</p>
<p>HCLHIC Educational Action Group Upcoming Programming</p>	<p>Kelly Kesler provided the group with an update on the work of the Educational Initiative Action Group that was convened within the Healthy Aging Work Group and discussed resulting collaborative initiatives:</p> <ol style="list-style-type: none"> 1. Grief and the Older Adult Provider Education program in partnership with the Howard County Office on Aging and Independence. https://bit.ly/2WLEd1B 2. Stepping Up Your Nutrition and Stepping On cross promotion through Healthy Weight and Access to Care Work Groups linkages March 7: https://bit.ly/2SLxari March 29: https://bit.ly/2Se3Y7g April 6: https://bit.ly/2VdpLy3 <p>Stepping On March: https://bit.ly/2SO7TwS April: https://bit.ly/2EiDGx0 May: https://bit.ly/2BKuD6j</p>	<p>Targeted follow-up with strategic work group members will be initiated by the Program Coordinator. Work group members interested in participating in the action group are also encouraged to contact Sharif Braxton, Program Coordinator at: sbraxton@howardcountymd.gov.</p> <p>Work Group members are asked to support the educational initiatives by:</p> <ol style="list-style-type: none"> 1. Promoting programs across stakeholders and community audiences 2. Referral to programs and promotion of evidence-based programs 3. Consideration of serving as a host site for classes and/or providing opportunity for staff to be trained as facilitators 4. Inform HCLHIC Program Coordinator about current organizational efforts and engagement in falls prevention activities

	3. MD Falls Coalition Education to work group in May 2019	
HCHD Psychogeriatric Coordinator	Heidi Weiss-Beedie, the new Psychogeriatric Coordinator for the Bureau of Behavioral Health at the Howard County Health Department gave an overview of the services provided through that program.	For more information about Psychogeriatric Services, contact Heidi Weiss-Beedie at 410-313-5711 or via email to: hweissbeedie@howardcountymd.gov For information or services related to mental/behavioral health in the aging population, contact Health Hughes, Older Adult Behavioral Health Preadmission Screening and Resident Review (PASSR) Specialist at 410-768-5522 or via email to hhughes@aamentalhealth.org
Wrap Up and Adjournment	The work group meeting was adjourned at 3:32 pm. Work Group members were asked to provide input and feedback to the virtual meeting experience by completing the survey emailed to them following the meeting.	

Future Meeting Dates:

Work Group

May 28, 2019; 2:30 – 4:00 pm – Barton A & B

FULL HCLHIC

April 25, 2019; 8:30 am – 10:30 am Potomac/Severn

June 27, 2019; 8:30 am – 10:30 am Susquehanna Room

Respectfully submitted by
Sharif Braxton
Program Coordinator, Howard County Local Health Improvement Coalition