

## Howard County Local Health Improvement Coalition

Healthy Aging Work Group Meeting  
 August 28, 2018, 2:30 p.m. – 4:00 p.m.  
 Barton A&B

### Minutes

#### Members Present:

Michael Bianca, Merrill Lynch	Andrew Monjan, Transition Howard County
Manuel Evangelista, AAA Physical Therapy	Tracy Novak, HCGH
Bruce Fulton, Neighbor Ride	Sheila Palmiotto, HCHD
William Gretsche, The Village in Howard	Andrea Raid, HCHD
Jill Kamenetz, HC DCRS	Cyndi Rogers, Winter Growth Inc.
Elizabeth Menachery, HCHD	

#### Guests Present:

#### Staff Present:

Sharif Braxton, HCLHIC Program Coordinator  
 Lauren Williams, HCLHIC Program Coordinator  
 Kelly Kesler, HCLHIC Program Director

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	<p>Sharif Braxton called the meeting to order at 2:35 pm. Mr. Braxton shared that the meeting would be recorded for use in producing minutes.</p> <p>Participants and guests introduced themselves.</p>	
<b>Approval of Minutes and Announcements</b>	<p>Members were asked to share any announcements from their organizations.</p> <p>Group members shared announcements about upcoming programs and activities.</p> <p>Andrew Monjan shared that Transition Howard County would be holding a Repair Café at the East Columbia Library on October 13<sup>th</sup> from 1-4 pm.</p> <p>Tracy Novak informed the group that Howard County General Hospital is holding its first State of Health Care in Howard County event on October 5<sup>th</sup> from 7:30 am – 9:30 am at the Johns Hopkins Applied Physics Lab Kossiakoff Center.</p>	<p>Minutes from the previous meeting will be available one week prior to the next meeting date at <a href="http://www.hclhic.org/membership/meeting-portal">http://www.hclhic.org/membership/meeting-portal</a>.</p> <p>Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming events: <a href="http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/">http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/</a>. To request an event be added to the HCLHIC Community calendar contact <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>.</p> <p>Members can register for the State of Health</p>

	<p>Manuel Evangelista of AAA Physical shared:</p> <ul style="list-style-type: none"> <li>• AAA will be holding a free community health fair on October 20<sup>th</sup>. AAA is also looking for additional vendors for the event. To participate email: <a href="mailto:manuel@AAAPhysicalTherapy.com">manuel@AAAPhysicalTherapy.com</a></li> <li>• International Overdose Awareness Day Candlelight Vigil held on August 31<sup>st</sup>.</li> </ul> <p>Sharif Braxton shared copies of the new HCLHIC Chronic Disease Self-Management Program Resource Directory for the fall. Mr. Braxton stated this will be a living document that is regularly updated as classes are formed and announced each quarter. This document is also available on the HCLHIC website at <a href="http://www.hclhic.org/resources/access-to-care-resources">http://www.hclhic.org/resources/access-to-care-resources</a></p> <p>Sharif Braxton shared these additional upcoming events and/or announcements:</p> <ul style="list-style-type: none"> <li>• <a href="#">Living Well Evidence-Based Training Academy</a></li> <li>• <a href="#">Champions of Change Conference</a></li> <li>• <a href="#">Eating for One Workshop</a></li> <li>• <a href="#">Advance Care Planning</a></li> <li>• <a href="#">Medicare Refresher</a></li> <li>• <a href="#">Opioid Crisis Community Forum</a></li> </ul>	<p>Care in Howard County event at <a href="http://bit.ly/abm-2018">http://bit.ly/abm-2018</a>. Space is limited.</p>
<b>Workgroup Member Job Action Review</b>	<p>Kelly Kesler briefly reviewed the workgroup member job action sheet.</p>	
<b>FY 18 Data Report</b>	<p>Mr. Braxton reviewed FY 17 baseline data and FY18 data outcomes for the identified evidenced based programs supporting Alzheimer’s and Dementia (Memory Café, Virtual Dementia Tour, and Powerful Tools for Caregivers) and Falls Prevention (Stepping On, Remembering When).</p>	<p>FY18 Data Outcomes are available in the presentation that can be found at <a href="https://bit.ly/2wJmZe">https://bit.ly/2wJmZe</a></p>
<b>Continuing Education Discussion</b>	<p>Work Group members selected preferred topics for FY19 continuing educating (CE) opportunities for work group members, providers, caregivers and community members.</p> <p>Members selected the following topics for each priority area and audience:</p> <ul style="list-style-type: none"> <li>• Community Members <ul style="list-style-type: none"> <li>○ Alzheimer’s/Dementia: Socialization &amp; Mental Health and Suicide in Older Adults</li> </ul> </li> </ul>	<p>An action group will be convened to plan continuing education strategies for educational topics selected by the work group.</p>

	<ul style="list-style-type: none"> <li>○ Falls Prevention: Physical and Cognitive Activity &amp; Nutrition and Bone Health</li> <li>● Caregivers             <ul style="list-style-type: none"> <li>○ Alzheimer’s/Dementia: Future Planning &amp; Socialization</li> <li>○ Falls Prevention: Physical and Cognitive Activity &amp; Nutrition and Bone Health</li> </ul> </li> <li>● Providers             <ul style="list-style-type: none"> <li>○ Alzheimer’s/Dementia: Mental Health and Suicide in Older Adults</li> <li>○ Falls Prevention: Nutrition and Bone Health</li> </ul> </li> <li>● Work Group Members             <ul style="list-style-type: none"> <li>○ Alzheimer’s/Dementia: Mental Health and Suicide in Older Adults</li> <li>○ Falls Prevention: Substance Use and Pain Management in Older Adults</li> </ul> </li> </ul>	
<p><b>Wrap Up and Adjournment</b></p>	<p>The work group meeting was adjourned at 4:00 pm</p>	

**Future Meeting Dates:**

**Work Group**

October 23, 2018; 2:30 – 4:00 pm – Barton A & B  
 February 26, 2018; 2:30 – 4:00 pm – Barton A & B  
 May 28, 2019; 2:30 – 4:00 pm – Barton A & B

**FULL HCLHIC**

September 27, 2019; 8:30 am – 10:30 am (TBD)  
 January 24, 2019; 8:30 am – 10:30 am (TBD)  
 April 25, 2019; 8:30 am – 10:30 am (TBD)  
 June 27, 2019; 8:30 am – 10:30 am (TBD)

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