

HEALTHY AGING WORKGROUP MEETING

August 28, 2018

Maura Rossman, M. D., Health Officer
Howard County Health Department

Steven C. Snelgrove, President
Howard County General Hospital

Kelly L. Kesler, M.S., C.H.E.S.®, Director
Howard County Local Health Improvement Coalition



Promote. Preserve. Protect.

Howard County LHIC

Local Health Improvement Coalition

PURPOSE & AGENDA

GOAL: At the end of this meeting, workgroup members will be made aware of FY 18 progress towards the Healthy Aging Strategic Plan objectives and will identify and finalize the topics and scope for FY 19 provider, caregiver and community educational initiatives within Howard County.

AGENDA:

- Welcome & Introductions
- Member Announcements
- Work Group Member Job Action Review
- FY 18 Data Reporting
- Overview of Healthy Aging Educational Opportunities Suggestions
- Healthy Aging Education Event Strategy Discussion
- Next Steps for full work group and full work group meeting wrap-up

Member Announcements

7TH ANNUAL MARYLAND LIVING WELL EVIDENCE-BASED TRAINING ACADEMY



WHEN:
Thursday, September 6, 2018
8:00 AM—3:30 PM

WHERE:
MedStar Harbor Hospital
Baum Auditorium
3001 S. Hanover Street
Baltimore, MD 21225

MARYLAND
LivingWell
CENTER of EXCELLENCE

SAVE THE DATE

**CONTINENTAL
BREAKFAST AND
LUNCH WILL BE
PROVIDED**



**FOR MORE
INFORMATION
PLEASE
CONTACT:**

Wendy Farthing
wmf@macinc.org

2018 Champions of Change Conference



Capacity-Building Workshops To Improve Quality of Service

- Building Your Race and Equity Lens
- Authentic Community Engagement
- Homelessness 101
- Community Change through Collective Impact

Workshop Facilitators

- Tamarack Institute
- Associated Black Charities
- National Alliance to End Homelessness

Thursday, September 13, 2018, 8:30 am– 4:30 pm

Sheraton Columbia Town Center Hotel

Registration Fee \$35 (Continental Breakfast and Lunch Included)

CEUs Available

Register at: championsofchange2018.eventbrite.com

For more information or if you need this flier in an alternate format, or need accommodations to attend this event, contact 410.313.0221 or mscinfo@howardcountymd.gov.

 Department of
Community Resources and Services

Eating For One



- Bored with meals and want inspiration?
- Looking for shopping, cooking & meal planning tips?
- Meal planning on a budget?

Join us for a fun, interactive workshop!

Date: Thursday September 13, 2018

Time: 10:30-11:30 am

***Place: Elkridge 50+ Center
6540 Washington Blvd, Elkridge 21075
410-313-5192***

To register: Call or Sign Up at the Front desk

This event is free

Guest Speaker: Carla Johnston, MA, MS, CNS, LDN





Advance Care Planning

Free

3rd Thursday of the month • 3-7 p.m.

Walk-In • HCGH Wellness Center

Receive free, individual assistance with your advance care planning. Our staff will help you think through your care wishes, complete an advance directive and electronically store your documents for providers to easily access. Having your advance directive on file at the hospital allows providers to follow your wishes if you are ever at the hospital and unable to communicate.

An advance directive is a legal document that assigns a health care agent, a person who would speak for you should you be unable to communicate for yourself. It can also include a living will, which is a document that communicates your health care wishes. Learn more about advance directives at www.speakeasyhoward.org.

Walk-in, first-come, first-serve, Registration is not required for this program.

For more information, contact Karen Shelton:

kshelto7@jhmi.edu

Phone: 443-518-6684

Fax: 410-720-8786



Program is held in the HCGH Wellness Center, 10710 Charter Drive, Medical Pavilion at Howard County, Suite 100, Columbia

START LIVING WELL TODAY!

Living a **HEALTHY** Life with **CHRONIC PAIN**

Good health is imperative to your quality of life.

This Chronic Pain Self-Management Program is designed for people who have a primary or secondary diagnosis of chronic pain.

ELKRIDGE 50+ CENTER

6540 Washington Blvd., Elkridge 21075

WEDNESDAYS • 1:00 - 3:30 PM

October 17, 24, 31 AND November 7, 14, 21

Course materials will be provided, which can also be purchased on-site for a nominal fee.

To achieve the most benefits from this program,
we encourage a commitment to attend all six sessions.

TOPICS INCLUDE:

- Managing Symptoms and Challenges
- Exercising for Strength and Flexibility
- Taking Medications Appropriately
- Evaluating Treatment Options
- Balancing Activity and Rest
- Achieving Goals



To register or for more information, contact:

JEN LEE

jlee@howardcountymd.gov

410-313-5940 (VOICE/RELAY)

If you need accommodations to attend or need this information in an alternate format, contact Maryland Access Point at 410-313-1234.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/livingwell

COMMUNITY FORUM ON THE OPIOID HEALTH CRISIS

Help End the Opioid Epidemic and Save a Life!

Wednesday, October 24, 2018, 7PM-8:30PM
Slayton House, 10400 Cross Fox Lane, Columbia, MD 21044



Did you know that, in 2018, 228 people in Howard County experienced an opioid overdose, including 43 fatalities?

Wilde Lake Community Association Health & Wellness Committee will present a Panel of Experts to discuss how the opioid health crisis is impacting our community. The panel presentation will be followed by Q&A.

- Liesele Wood, Behavioral Health Outreach Prevention Coordinator, Howard County Health Department
- Dr. Anthony Massey, MD, Psychiatrist, Gladstone Psychiatry
- Joan Webb-Scornaienchi, HC DrugFree's Executive Director
- Earl Matthews, Person in Recovery

Registration is encouraged but not required. To register click the following link: <https://www.eventbrite.com/e/community-forum-on-the-opioid-health-crisis-tickets-48875742662> Questions? Contact Laura Torres at lmt4941@yahoo.com.

WILDE LAKE
COMMUNITY ASSOCIATION



Work Group Job Action Review

FY 18 Data Reporting

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FY 18 DATA REPORTING – STEPPING ON

- Office on Aging and Independence

<u>FY18 Course Offerings & Locations</u>	<u>Enrollment Capacity</u>	<u>Enrollment per Location</u>
Gateway Building	15	15
Alta Regency	15	12
Miller's Grant	15	15
Elkridge 50+ Center	15	10
Totals	60	52

FY 17 Enrollment Capacity: 75

FY 17 Total Enrollment: 54

FY 18 Participation%: 87%

FY 17 Participation%: 72%

FY 18 DATA REPORTING – REMEMBERING WHEN

- Howard County Department of Fire and Rescue Services

	FY17 BASELINE	FY18
Number of Individuals Educated	1368	1045
Number of Home Safety Visits Completed	70	438

FY 18 DATA REPORTING – VIRTUAL DEMENTIA TOUR

● Office on Aging and Independence

FY18 Course Offerings & Locations	Enrollment Capacity	Enrollment per Location
50+EXPO at Wilde Lake High School	34	38
Ellicott City 50+ Center	14	13
LHIC members at OAI Office	14	7
Ellicott City 50+ Center	14	14
Ellicott City 50+ Center	14	10
CAC Employee Health Fair at Slayton House	14	21
Ellicott City 50+ Center	14	13
Reach High School	14	11
Totals	132*	127*

FY 17 Enrollment Capacity: 150

FY 17 Total Enrollment: 140

FY 18 Participation%: 96.2%

FY 17 Participation%: 93.3%

* - An additional 44 individuals were trained at staff events for a total of 171 individuals trained. However, staff events aren't factored into participation totals

FY 18 DATA REPORTING – POWERFUL TOOLS FOR CAREGIVERS + MEMORY CAFÉ

● Powerful Tools for Caregivers

FY18 Course Offerings & Locations	Enrollment Capacity	Enrollment per Location
HoCo DCRS Health and Wellness Division	12	12
HoCo DCRS Health and Wellness Division	12	9
Totals	24	21

FY 17 Enrollment Capacity: 48

FY 17 Total Enrollment: 26

FY 18 Participation%: 87.5%*

FY 17 Participation%: 54.2%

- - One class cancelled due to low enrollment

● Memory Café

	FY17 BASELINE	FY18
Number of Individuals Engaged	360*	325**

*12 sessions; 30 per session

**13 sessions; 25 per session

HEALTHY MEETING STRETCH BREAK

Take Your
Break 

<https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

PROVIDER/COMMUNITY EDUCATION OPPORTUNITIES SELECTION AND PLANNING DISCUSSION



Community/Caregivers

Providers

Work
Group

FY19 CONTINUING EDUCATION OPPORTUNITIES

- FY 19 Expected Outcomes:

Falls Prevention

- 1 Work group education opportunities
- 1 Provider education opportunities
- 2 Caregiver education opportunities
- 2 Community Education Opportunities

- Potential topics

- Opioid/Pain Management for aging populations
- Mental Health and Suicide in Aging Populations
- Nutrition and Alzheimer's/Brain Health
- Nutrition Across the Lifespan (with emphasis on Bone Health)
- Substance Use Issues Among Older Adults
- Financial and Legal Planning for the future

- FY 19 Expected Outcomes:

Alzheimer's and Dementia

- 1 Work group education opportunities
- 1 Provider education opportunities
- 2 Caregiver education opportunities
- 2 Community Education Opportunities

COMMUNITY MEMBER TRAINING/SYMPOSIA OPPORTUNITIES

Health Condition	Topic	Presentation Content
Alz/Dementia	Socialization	
Alz/Dementia	Mental Health and Suicide	
Falls	Physical Activity	
Falls	Nutrition and Bone Health	

CAREGIVER TRAINING/SYMPOSIA OPPORTUNITIES

Health Condition	Topic	Presentation Content
Alz/Dementia	Future Planning	
Alz/Dementia	Socialization	
Falls	Physical/Cognitive Activity	
Falls	Nutrition	

PROVIDER TRAINING/CEU OPPORTUNITIES

Health Condition	Topic	Presentation Content
Alz/Dementia	Mental Health and Suicide	
Falls	Nutrition	

WORK GROUP MEMBER TRAINING/CEU OPPORTUNITIES

Health Condition	Topic	Presentation Content
Alz/Dementia	Substance Use and Pain Management	
	Mental Health and Suicide	
Falls	Substance Use and Pain Management	

NEXT STEPS AND MEETING WRAP-UP

September Full LHIC

Thursday, September 27

8:30 a.m. – 10:30 a.m

Healthy Aging Work Group Meeting

Tuesday, October 23

2:30 p.m. – 4:00 p.m.

Barton A & B