

WELCOME! We Will begin shortly!!

All participants are muted upon entry.

Please use the Chat Box to submit questions and share announcements!

Please raise your Virtual Hand before unmuting to speak.



This meeting will be recorded...Presentation and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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Local Health Improvement Coalition

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Howard County Local Health Improvement Coalition

Full Coalition Meeting

January 18, 2024

Howard County LHIC
Local Health Improvement Coalition



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GOAL & AGENDA

GOAL: Present updates and discuss the University of Maryland's Horowitz Center for Health Literacy Consumer Health Information Hub efforts and Workgroup activities in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

AGENDA:

- A. Welcome & Introductions
- B. HCLHIC 2023 Year in Review
- C. Maryland's Consumer Health Information Hub
- D. HCLHIC Updates & Discussion
- E. Member Announcements, Resource Sharing & Networking
- F. Next Steps and Wrap-up

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &
Johns Hopkins Howard County Medical Center

HCLHIC 2023 - Year In Review

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2023 FULL LHIC PRESENTATIONS – 1 of 2

January

- Healthy Lifestyle in Residential Communities Summary
- Community Based Interventions for Suicide Prevention: Community Engagement and Partnerships Program

April

- Howard County Community Food & Nutrition Security Survey
- Howard County Health Department Community Health Worker (CHW) Program

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2023 FULL LHIC PRESENTATIONS – 2 of 2

July

- Air Quality, Asthma & Chronic Obstructive Pulmonary Disease Presentation
- Medically Tailored Meals through Moveable Feast

October

- CAREAPP Dashboards: Measuring Engagement & Impact
- Howard County’s Maternal & Infant Health Update

2023 NACo Achievement Award



Summer Health Fairs – Mobile Home Parks



Video: <https://www.youtube.com/watch?v=r7xmDJ71B4Y>

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Maryland Department of Health Funding

- **Food Security Grant**
 - Year 1 (2022): \$20,000
 - Year 2 (2023): \$19,400
- **Disability Inclusion Grant**
 - Year 1 (2023): \$25,000
 - Year 2 (2024): \$15,000



Media Release

Media Contact:
Lisa M. de Hernández
Director of Communications & Public Information
W: 410.313.6353 M: 410.428.7294
lisademendez@howardcountymd.gov

FOR IMMEDIATE RELEASE
February 21, 2023

Howard County Local Health Improvement Coalition Receives State Funding to Continue Food Security Initiatives

Columbia, MD – The Howard County Local Health Improvement Coalition (LHIC) has received a \$19,400 award from the Maryland Department of Health’s Center for Chronic Disease Prevention and Control to implement activities aimed at addressing food security in Howard County identified by an LHIC committee during the first year of the project. The funds are in addition to those received in 2022 to support the establishment of the LHIC food security committee and the development of a work plan to address the needs of the community.

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Media Release

FOR IMMEDIATE RELEASE
April 4, 2023

Media Contact:
Lisa M. de Hernández
Director of Communications & Public Information
W: 410.313.6353 M: 410.428.7294
ldehernandez@howardcountymd.gov

Helping Residents to Locate Food Resources, the Howard County Local Health Improvement Coalition Launches an Interactive Food Map

Columbia, MD – The Howard County Local Health Improvement Coalition (LHIC) has developed an interactive Food Connection Map to assist residents in locating food resources available throughout the County. The map can be found on the LHIC website here: <https://www.hclhic.org/foodmap>.



Howard County LHIC
Local Health Improvement Coalition



Howard County Food Connection Map



SCAN the QR code or VISIT [hclhic.org/foodmap](https://www.hclhic.org/foodmap) to find low-cost, accessible food and nutrition resources in the County.
 ESCANEE el código QR o VISITE [hclhic.org/foodmap](https://www.hclhic.org/foodmap) para encontrar recursos alimenticios y nutricionales accesibles y de bajo costo en el condado.
 SCANNEZ le code QR ou VISITEZ [hclhic.org/foodmap](https://www.hclhic.org/foodmap) pour trouver des ressources alimentaires et nutritionnelles accessibles et peu coûteuses dans le comté.

QR 코드를 스캔하거나 [hclhic.org/foodmap](https://www.hclhic.org/foodmap)을 방문하여 카운티 안에서 저렴하고 접근성이 좋은 식품 및 영양 자원을 찾아보십시오
 扫描二维码或访问 [hclhic.org/foodmap](https://www.hclhic.org/foodmap) 以在该县寻找低成本、可获得的食物和营养资源

Visit [hclhic.org](https://www.hclhic.org) or call 410.313.6204 for more information.



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SCAN QR CODE FOR COMMUNITY PROGRAMS AND SERVICES.

Howard County Local Health Improvement Coalition
8930 Stanford Blvd.,
Columbia, MD 21045
www.hclhic.org
Social Media: @hclhic
Facebook | Twitter | Instagram
Updated: 04/2023

Food Pantries and Hot Meals COLUMBIA



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Local Health Improvement Coalition

<p>Celebration Church Food Pantry 6080 Foreland Garth Columbia, MD 21044 410-997-2088 Open: Fridays 5:30pm to 6:30pm</p>	<p>FISH of Howard County 6132 Nest Side Columbia, MD 21045 410-964-8660</p>	<p>Luminus Network for New Americans Food Pantry Luminus Network 5999 Harpers Farm Road Columbia, MD 21044 410-992-9823 By appointment only</p>	<p>Unitarian Universalist Congregation Little Free Pantry Owen Brown Interfaith Center 7246 Cradlock Way Columbia, MD 21045 410-381-0097</p>
<p>Columbia Community Care Food Pantries:</p> <p>Long Reach Village Center 8775 Cloudleap Court Columbia, MD 21045 443-583-4479 Open: Saturdays 10am to 12pm</p>	<p>Howard Community College Fueling Dragons Food Pantry 10301 Little Patuxent Parkway Columbia, MD 21044 443-538-4950 Hours vary based on academic term Current students only</p>	<p>Rachell L. Gray Community Foundation Inc. Food Pantry 10750 Little Patuxent Parkway Columbia, MD 21044 443-796-5382 Pantry - Open: 2nd Saturday each month 10am-12pm Produce - Open: 3rd Saturday each month 10am to 12pm</p>	<p>Washington-Ghanaian SDA Church Food Pantry 6080 Foreland Garth Columbia, MD 21045 443-774-0080 Open: 1st Friday each month</p>
<p>The Barn 5853 Robert Oliver Place Columbia, MD 21045 443-583-4479 Open: Saturdays 10am to 12pm</p>	<p>Howard County Food Bank & Food Pantries Community Action Council 9385 Gerwig Lane, Suite J Columbia, MD 21046 410-313-6185 Open: Tuesday 1pm to 4pm; Wednesday 1pm to 7pm; Thursday 1pm to 4pm; Saturday by appointment only 9am to 1pm</p>	<p>S.A.F.E. Emergency Food Pantry Gluten-Free and Allergy-Friendly Food Only 5770 Patuxent Woods Drive, Suite 316 Columbia, MD 21046 443-741-3060 Open: 3rd Saturday each month 10am to 12pm or by appointment</p>	<p>St. John's Baptist Church Food Pantry St. John's - Harper House 5495 Cedar Lane Columbia, MD 21045 410-992-6977 Open: 3rd Saturday each month</p>
<p>Wild Lake Interfaith Center 10431 Twin Rivers Road Columbia, MD 21044 410-992-5879 Open: Saturdays 10am to 12pm</p>	<p>Community Cupboard Pantry Bridgeway Community Church 9179 Red Branch Road STE C Columbia, MD 21045 410-992-6832 Open: 2nd & 4th Saturdays each month 9:30am to 11:30am; Sundays after the 9:45am service</p>	<p>Long Reach Little Free Pantry Long Reach Village Center 8775 Cloudleap Court Columbia, MD 21045 410-730-8113</p>	



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School Community Gardens



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Video: <https://youtu.be/BejmsdKAEM>

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Welcome Spring Planting Party!

Free Community Event at Owen Brown Place!

Plant Your Own Vegetable Container Garden

Saturday, May 20, 2023

2:00PM - 4:00PM

Free Vegetable, Herb and Flower Seedlings

Free Soil and Garden Grow Bag or Box

Free Food Tasting and Planting Demonstration

Free Giveaways & Resources

For more information, contact:
Tina Roman at 410-381-9544 or
 troman@enterpriseresidential.org



Video: <https://youtu.be/uAvF1T8zylY>






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Mobile Market at Deep Run Elementary School



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Food Security Roundtable Sessions



Link to Report: <https://www.hclhic.org/community/data>

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Walktober 2023



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Current Engagement

- [HoCoHealth Podcast](#) on Food Insecurity
- [Food Pantry Spotlight Series](#)
- Columbia Association:
 - [Change in Columbia Speaker Series](#)
 - [Community Quilt](#)
- Individual Members: 629
- Organizational Members: 222



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Maryland's Consumer Health Information Hub

Leah Richey, MPH
UMD Horowitz Center for Health Literacy



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2022 Maryland law - HB1082

- Maryland Consumer Health Information Hub
 - Effective July 1, 2022
 - Funding began July 1, 2023
 - Designates Horowitz Center for Health Literacy as Hub



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Key elements of the law

- Requires state & local agencies to use **plain language** in public communications about health, safety, health insurance & social services benefits
- Promotes language access
- Recognizes health literacy as critical public health & health systems infrastructure & essential to health equity



Hub Partners

- State & local government agencies
- Hospitals & health systems
- Organizations - non-profit & community-based including those that serve their diverse neighbors
- Educators
- Elected officials
- Community Health Workers (CHWs)



Hub products

- Criteria, certifications, best practices
- Recommendations
- Training & educational sessions
- Templates & model language
- Reports



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Networking

Who has the same issues?

Who is working on solutions?

Who can help me?



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Information sharing

Who has training & tools?

Which approaches work best?

Is anyone else struggling with this?



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Professional development

Which information & skills do I need?

How do I learn to do this?

How do I get feedback & help?



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Work to date

- Attend LHIC meetings
- One on one meetings
- Communication resources
- Technical assistance by request
- Plain language checklist
- Language access tools
- Website evaluation tools



Other Helpful Resources

CDC COMMUNICATION PLAN TEMPLATE

Use this planning tool to identify the key elements of a strategic communication activity.

Consumer Health Information Hub Resources

Consumer Health Information Hub

Updated November 2023

The Hub team is finding, adapting and creating health literacy resources for health information communicators and consumers in Maryland. On this page, you'll find guidelines, tools, and research to help with writing, visuals, and more. For general health literacy resources, check our [resource page](#).

Maryland Specific Resources

MARYLAND CLEAR WRITING AND PLAIN LANGUAGE CHECKLIST

The Hub's State and Local Agency Workgroup created this plain language checklist based on one from the Maryland Health Benefit Exchange. Applying this checklist to revise existing content or write new content will help agencies comply with the plain language requirements in the Hub's...

ADVANCING LANGUAGE ACCESS TOOLKIT

The Baltimore City Mayor's Office of Immigrant Affairs (OIA) created this toolkit that can be a model to help counties and cities comply with federal and state language access mandates. Learn how language access leaders and bilingual employees, among other strategies, help ensure language access for diverse populations.

211 MARYLAND

This database resource connects Marylanders to health and human resources in their county. Marylanders can get information in 13 different languages online or over the phone. The 211 website is managed by the Maryland Information Network.

INTERPRETATION SERVICES POSTER

Use this graphic to help identify language needs and bridge language gaps in your community. You can display this poster in public-facing areas, such as front desk areas, and use it to connect Marylanders with interpretation services or qualified bilingual staff.

➤ Hub resources

- Hub is finding, adapting, and creating health literacy resources
- Resources section includes guidelines, tools, and research to help with writing, visuals, and more

[Hub resources](#)



- Literacy**
- Write to convey a sense of audience that is inclusive
 - Use personal pronouns to speak directly to the reader, such as "your benefits" rather than speaking about the reader in third person as in "the insured."
 - Use active voice and a friendly, conversational tone. Contractions are okay.
 - Draft paragraphs with short, simple sentences.
 - Avoid jargon and acronyms. Spell out unfamiliar acronyms and define or explain.

Calls

- Maryland Clear Writing and Plain Language Checklist***
- The Maryland Consumer Health Information Hub law requires state and local agencies to use plain language in public communications about health, safety, health insurance, and social services benefits information. Plain language is a set of techniques that help the audience understand the first time they read or hear the information.

This checklist will help you see if your content is written in plain language and presented in ways that are clear and actionable. You can use the checklist for any written content. Writing clearly will help the Maryland public understand what agencies are trying to communicate.

Design

- Who is the audience for this content?

Select

- When reviewing your content, take these three steps.
- 1. Look Carefully**

- Read through the content and the checklist. The more items you can check, the more likely the audience will understand and take action on the content.
- Are there terms that readers don't typically use in every day speech? If so, try and replace these words with more common words.

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health

User-c

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Checklist: Use as a guide to be sure your content is clear and actionable for the intended audience.

Audience Focus

- Choose titles or visuals so readers know what the content is about at a first glance.
- Choose titles, visuals, and introductory words so the audience knows who the content is for at a first glance.
- Begin with the most important message and order topics in ways that make sense to the audience.



Plain language checklist

- Developed by MD workgroup
- Based on public agency experience
- Use guide to ensure your content is clear and actionable for your intended audience

[Plain Language Checklist](#)

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Health Literacy for CHWs training modules

- Developed with and for CHWs
- Build CHW health literacy knowledge and skills to help community members find, understand, and use health information and services

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1.1 Actionable items

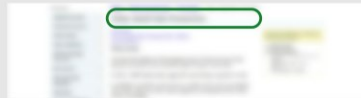
Title

When people scan webpages, they often only read the title to figure out if the content is relevant to them. Make your title as specific as possible to help people know what the content is about at first glance.

Tips to get started

- Create a title focused on the needs and wants of your users.
- Verbs can fuel action and tell your users what to do. Try starting your title with a verb (Example: Find help and treatment for your addiction).

Example of title



Recommendations

Before	After
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.	Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Website review

- Developed using research-based health literacy practices
- Use review to inform revision process and ensure users can find, understand and use your information

[Web content review tool](#)

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Upcoming Meetings and Events

Monthly Webinars

JANUARY 22, 2024 @ 10AM PLAIN LANGUAGE BASICS

Keep it simple in the new year with plain language! Dr. Cynthia Baur introduces tips and tricks to make sure your audience understands your message the first time they see or hear it. [Click here to register!](#)

FEBRUARY 5, 2024 @ 10AM INTRO TO DATA VISUALIZATION

Join us for an introductory session to the field of data visualization. We'll cover basic principles of "data viz," how to determine which chart to use for the data you have, and tips to help your audience get the data message you are trying to share. [Click here to register!](#)

MARCH 4, 2024 @ 10AM OVERVIEW OF HEALTH LITERACY FOR CHWS TRAINING MODULES

Community health workers (CHWs) are trusted information sources, cultural brokers, and valued care partners, but first and foremost, they are communicators. Learn about the Hub's training modules that help CHWs build communication and connection skills to more effectively serve their clients. [Click here to register!](#)

Webinars

- First Monday of the month @ 10am
- Highlight Hub & partner resources

[Webinars](#)

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Thank you!

Leah Richey
lsrichey@umd.edu



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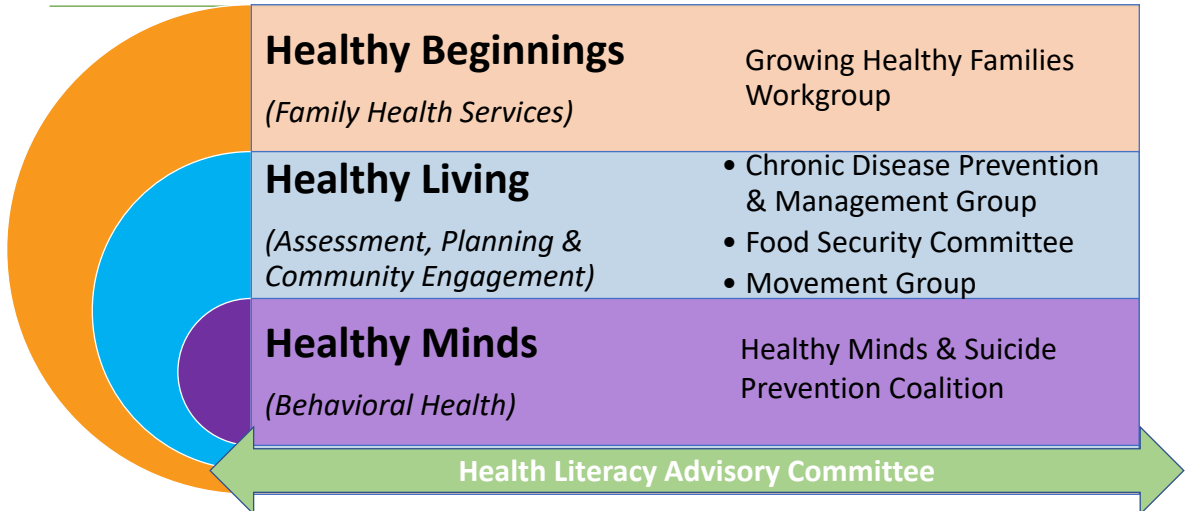
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For additional information or questions contact lhic@howardcountymd.gov

BREAK – 10 MINUTES



HCLHIC WORKGROUP UPDATES



Please use the Chat Box or Raise your Hand to ask questions

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For additional information or questions contact
lhic@howardcountymd.gov

Member Announcements, Resource Sharing and Networking

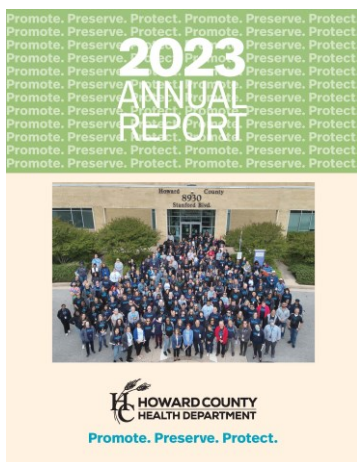
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Howard County Health Department Annual Report



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Healthy Howard County Campaign



- The Healthy Howard campaign provides tips that you can use to improve your health.
- Flyers available in six languages: English, Chinese, French, Korean, Spanish and Russian

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Building A Healthier Maryland Survey



Tell us what health issues matter most to you

Community Survey link: <http://bit.ly/HealthierMD23>

Partner Survey link: <https://bit.ly/HealthierMD23PHA>

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Johns Hopkins Howard County Medical Center

Childbirth & New Parent Education

To register, visit hopkinshoward.org/babyclasses

Class fees are per couple and include an instructor-led course (either in-person or virtual via Zoom) and a self-paced, online class.

<p>Childbirth Preparation and Birthing Center Tour: In-Person</p> <p>Our childbirth instructor will provide an overview of childbirth preparation, demonstrate breathing and relaxation techniques, and lead an in-person tour of the Birthing Center.</p> <p>\$100</p>	<p>Breastfeeding</p> <p>Mothers and their partners will learn to navigate breastfeeding during the first six to eight weeks after birth.</p> <p>\$40</p>	<p>Free Support Groups</p> <p>New Moms Support Group: Meet for support, referrals, guest speakers, parenting topics and connect with other new mothers of babies up to 5 months old. 8-week session</p> <p>New Parents Support Group: For parents of babies up to 5 months old, learn about parenting topics, community resources and share experiences with other new parents. 4-week session instructor-led class.</p> <p>Free</p>
<p>Bundle: Childbirth Preparation/ Birthing Center Tour/ Breastfeeding: In-Person</p> <p>Participate in two classes and take an in-person tour of the Birthing Center Tour on the same day at a discounted price.</p> <p>\$130</p>	<p>Infant Care</p> <p>Our nurse will discuss infant care and newborn behavior, safety and health.</p> <p>\$70</p>	<p>Birthing Center Tour: Virtual</p> <p>Our nurse will answer your questions and discuss hospital services, pre-registration and more. Does not include a live video tour.</p> <p>Free</p>
<p>Bundle: Infant Care/ Breastfeeding Bundle</p> <p>Participate in two classes on the same day at a discounted price.</p> <p>\$100</p>	<p>Infant & Toddler Safety and Childproofing</p> <p>Learn about car and sleep safety, childproofing/injury prevention, consumer product safety and emergency preparedness.</p> <p>\$80</p>	

For more information contact HCGH-J2B4@jhmi.edu or 410-740-7801





Howard County CHILD CARE FAIR

CONNECTING families to Howard County EARLY CHILDHOOD PROGRAMS:

- Family Child Care
- Child Care Centers
- Infant Programs
- Summer Camps
- School-Age Programs
- Co-op Nursery Schools
- Preschools

Sunday, January 28, 2024
 North Laurel Community Center
 9411 Whiskey Bottom Road, Laurel 20723
 10:00 AM to 1:00 PM

Registration is highly recommended, especially in the event of inclement weather notifications. We look forward to seeing you there!

Registration link: <https://2024childcarefair.eventbrite.com>

Parents and caregivers will have the opportunity to speak directly with representatives from the many child care programs throughout the county. To help in the selection process, professional parent educators from the Office of Children and Families will present "How to Choose an Early Childhood Program."



Howard County
 Office of Children and Families
www.howardcountymd.gov/children
 For more information, call the CARE Line at 410-313-2273 (voice/relay) or email children@howardcountymd.gov.

If you need this information in an alternate format, or need accommodations to participate, call 410-313-1943 (voice/relay).

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The HopeWorks Self-Care & Social Justice Project

Family Care: Preparing for Pregnancy & Parenthood

Join us for a workshop about preparing for pregnancy, parenthood, and cultivating a strong and healthy start for babies

Preparing for Pregnancy & Parenthood
 Saturday, January 27, 2024
 1pm to 3pm
 via Zoom

Register at: HopeWorksOH.org/events



facilitated by Megan Williams of Peaceful Perinatal

a workshop for pregnant people, those considering pregnancy, parents, and professionals who work with people during the perinatal period
 a free and public event but pre-registration is required

Howard County Seed Share



Join us for the 2nd annual Seed Share!

A seed exchange is a great opportunity to acquire new varieties, save money, and reduce seed waste, while learning and sharing with fellow gardeners. Free demonstrations and information will also be available.

You do not have to bring any seeds to participate in this event. All ages and experience levels welcome, from those who have never gardened but would like to those who have grown flowers and veggies for years.

Events include:

- Backyard Composting Workshop
- Winter Seed Sowing Demonstration
- Children's activities
- Ask-a-Master Gardener
- Bay-Wise sustainable gardening information

If you would like to share seeds, you can drop your seeds off at one of our three locations, from January 1-18:

- HCL Miller Branch (9421 Frederick Rd, Elkott City)
- HCL ElkrIDGE Branch (6540 Washington Blvd, ElkrIDGE)
- Community Ecology Institute (8000 Harvest Tuleman Ln, Columbia)

In partnership with:



Howard County Seed Share

Saturday, January 20
 SHOW DATE FEB 10 2-4 pm

HCL Miller Branch
 9421 Frederick Road
hclibrary.org

Scan QR code for more information:



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BECOME A COMMUNITY NAVIGATOR



Join the Maryland Food Bank and fight hunger in your community

We cannot end hunger without addressing its underlying causes.

Learn how to address the root causes of food insecurity through access to government benefits (like SNAP) and community resources.



We need community navigators to help us expand our impact. We're looking for people who want to go out into their community and help their neighbors. We're looking for people who like to talk to people. People who will listen and understand what barriers to food security a neighbor is facing and will connect them to services that can help them overcome those challenges.

NAVIGATORS RECEIVE

- Weekly stipend
- Access to food resources
- Training in benefits navigation, customer service and other job skills
- A flexible schedule

WE ASK

- That you are at least 18 years of age
- That you are ready to learn new skills and engage with your community
- For a commitment of 6 to 10 hours per week for 12 weeks

TO LEARN MORE AND TO APPLY
Send us an email expressing your interest to snapteam@mdfoodbank.org



FRESH PRODUCE

2024

**Monday
January 8th
February 12
March 11th**

4:00pm - 6:00pm

**6327 Meadowridge Road
Elkridge, MD 21075**

Rachel L. Gray Community Foundation
rlcommunityfoundationhelp.org
443-796-5162




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Chronic Disease Self-Management Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Johns Hopkins Howard County Medical Center.

<p style="text-align: center;">Chronic Disease Self-Management Workshops</p> <p>6-week classes to help people learn how to control their chronic disease (medical problems that last a long time)</p>	<p style="text-align: center;">Diabetes Self-Management Workshops</p> <p>6-week classes to help people control diabetes and learn ways to deal with its symptoms</p>
<p style="text-align: center;">Tobacco Cessation Classes</p> <p>Weekly individual and group classes to help people who want to quit tobacco. Open to anyone who lives, works, or goes to school in Howard County.</p>	<p style="text-align: center;">Cancer Support Groups</p> <p>Weekly and monthly gatherings to offer support, encouragement, and comfort for cancer survivors</p>

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Visit www.FindHCResources.org or use your cellphone camera and aim at the QR code for more programs.





Chronic Disease Self-Management Programs

<p style="text-align: center;">Chronic Disease Self-Management Workshops</p> <ul style="list-style-type: none"> • Tuesdays, January 2nd thru February 6th 2024 <ul style="list-style-type: none"> • 4:00 PM - 6:30 PM • 6540 Washington Blvd, Elkridge, MD 21075 • Thursdays, February 1st thru March 7th 2024 <ul style="list-style-type: none"> • 6:00 PM - 8:30 PM • Virtual 	<p style="text-align: center;">Diabetes Self-Management Workshops</p> <ul style="list-style-type: none"> • Tuesdays, January 9th thru February 13th 2024 <ul style="list-style-type: none"> • 12:30 PM - 12:30 PM • Conference Call • Wednesday, February 21st thru March 27th 2024 <ul style="list-style-type: none"> • 1:00 PM - 3:30 PM • 7070 Cradlerock Way, Columbia, MD 21045
<p style="text-align: center;">Smoking Cessation Classes</p> <ul style="list-style-type: none"> • Offered in the following formats <ul style="list-style-type: none"> • 2 week/2 module classes • Single Session Group/individual Class • Virtual • For dates and times call the number below <ul style="list-style-type: none"> • 410-313-6265 	<p style="text-align: center;">Cancer Self-Management Workshops</p> <ul style="list-style-type: none"> • Wednesdays, February 7th thru March 13th 2024 <ul style="list-style-type: none"> • 9:30 AM - 11:30 AM • 11065 Little Patuxent Pkwy, Ste. 150 Columbia, Maryland 21044

Howard County LHIC
Local Health Improvement Coalition

Visit www.FindHCResources.org or use your cellphone camera and aim at the QR code for more programs.



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I AM Series by the Public Health Workforce at Maryland Centers for Independent Living

I AM

A monthly series hosted by Maryland CIL's Public Health Workers

I AM - PREPARED
Monday, January 29
2:00 - 3:30 pm

This program is funded by the Maryland Public Health Funds

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Have an idea for improving traffic safety in your Maryland community?

If you have a project or activity aimed at reducing deaths and injuries on Maryland roads, we want to hear from you!

Traffic safety grants are available to help:

- Prevent drunk and drugged driving, distracted driving, speeding and other aggressive driving behaviors
- Improve pedestrian and bicyclist safety through educational programs
 - Increase seat belt and car seat use
 - Decrease motorcyclist crashes
- Improve the quality of traffic crash data

be the driver who saves lives

ZeroDeathsMD.gov/grants

Howard County
Office of Transportation

Transportation Open House

Tuesday, January 30, 2024 from 4:30 to 7:30PM*
 6751 Columbia Gateway Drive, Columbia, MD 21046

MDOT **Howard County** **RTA** **Howard County** **FLASH**
 Department of Public Works Department of Public Works Police Department

*Inclement Weather Date: February 6, 2024

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Movement & Exercise Programs

Howard County LHIC
Local Health Improvement Coalition

<p>Fun Run with Feet First Sports</p> <p>Join our weekly Fun Run every Thursday at Feet First Sports. We meet at 5:45 pm and run at 6 pm. Choose your distance (2, 3, 4, or 6 miles). Call 410-992-5800 for more information.</p>	<p>Walk with East Columbia Branch Library</p> <p>Let's walk together every Monday at 9:30 am. Meet outside in front of the East Columbia Library. Call 410-313-7700 for more information.</p>
<p>Monday Morning Meanderings</p> <p>Group walk at Lake Elkhorn hosted by The Village in Howard. Meet at the dock at 10:00 am every Monday. Call 301-980-0622 for more information.</p>	<p>Walk with a Doctor</p> <p>Talk with a Doctor while walking. Meet 9 am on the 3rd Saturday each month at Lake Kittamaquundi. Call Columbia Association at 410-381-0526 for more information.</p>



For more physical activity programs visit <https://findhcreources.org/> or aim your phone at the QR code!



Older Adult Mental Health Forum
Tuesday, January 23, 2024 (virtual)
TIME CHANGE: 1:00 p.m.- 2:30 p.m.

Meet the Maryland Department of Aging Cognitive and Behavioral Health Specialist

For the January meeting we welcome new MDOA Cognitive and Behavioral Health Specialist, Mark Tesoro, MSW. His presentation will cover the State's new initiatives for responding to cognitive and behavioral health issues in older adults, innovative strategies to address concerns around dementia, and plans to build the capability of the aging network.

Registration Link:

Older Adult Mental Health Forum
Tuesday, January 23
1:00 p.m. - 2:30 p.m.
Registration Link (Webex):

<https://bit.ly/3RShZiO>

For additional information please contact:

Karen Hull, Mental Health Program Coordinator
Howard County Office on Aging & Independence
410-313-7466 (voice/relay)/khull@howardcountymd.gov

If you need this document in an alternative format, call 410-313-1234 (voice/relay).
If you need accommodations to participate, please call at least one week in advance.

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Mental Health & Suicide Prevention Programs

<p>Mental Health First Aid (MHFA) Training</p> <p>Online training about how to help someone having a mental health or substance use emergency.</p>	<p>Suicide Prevention & Intervention Programs</p> <p>Online QPR (Question, Persuade, Refer) training to learn the warning signs of suicide and ways to potentially stop a death by suicide.</p>
<p>Opioid Overdose Response Training</p> <p>Training about the warning signs of an opioid overdose and the use of Narcan, a medicine given to someone who has overdosed on opioids.</p>	<p>Mental Health Support Groups</p> <p>Monthly support groups for people living with mental illness and their family and friends.</p>



Visit www.FindHCRresources.org/ or use your cellphone camera and aim at the QR code for more programs.



Howard County LHIC
Local Health Improvement Coalition



HEALTHY MINDS & SUICIDE PREVENTION COALITION



Zoom meetings held the first Thursday of every other month from 2pm -3pm

Are you interested in:

- Mental Health
- Suicide Prevention
- Helping Others
- Working with a Group

Join our Coalition Today!

If you would like to join the coalition, please email us at LHIC@howardcountymd.gov

Contact Us:

- 410-313-6360
If in crisis call 988 or 911
- <https://www.hclhic.org/>
- 8930 Stanford Blvd,
Columbia, MD 21045

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www.hclhic.org

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MEMBER ANNOUNCEMENTS

Please share any updates by typing them into the **Chat Box**.
You may also unmute your microphone to speak.

Thank you!

NEXT STEPS & WRAP UP

2024 Quarterly Hybrid Full Coalition Meetings:

[Register](#)

- April 18, 2024 at 8:30 - 10:30am
- July 18, 2024 at 8:30 - 10:30am
- October 17, 2024 at 8:30 - 10:30am

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov



Thank you

LHIC Team

LHIC@howardcountymd.gov

Howard County LHIC

Local Health Improvement Coalition



Promote. Preserve. Protect.

www.hclhic.org

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