



**Howard County Local Health Improvement Coalition**

Movement Workgroup Meeting

October 3, 2022

10:00am to 11:00am

Virtual via Zoom

**Minutes**

**Members Present:**

- Shannon Blount, Howard County Public School System
- Marc Burkom, HC Dept of Recreation and Parks
- Lisa DeHernandez, HC Health Department
- Samantha Downs, Dancel Y
- Terri Hansen, HC Dept of Community Resources & Services; Office on Aging and Independence
- Laura Henderson, HC Health Department
- Jennifer Lee, HC Dept of Community Resources & Services; Office on Aging and Independence
- Tavia Patusky, Columbia Association
- Nikki Savoy, Accessible Resources for Independence, Center for Independent Living
- Cynthia Spriggs, Maryland Department of Transportation
- Robin Stimson, Columbia Association
- Matt Wilson, HC Health Department

**Staff Present:**

- Natalie Hall, HC Health Department
- AJ Jordan, HC Local Health Improvement Coalition
- Sonya Lloyd, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Natalie Hall, Howard County Health Department (HCHD), called the meeting to order at 10:00 a.m. Natalie provided a welcome to members in attendance.	
<b>Walktober Highlights and Open Discussion</b>	Mrs. Hall <ul style="list-style-type: none"> <li>- Reviewed the Walktober 2022 events webpage.</li> <li>- Encouraged members to join a walk or two listed on the website. HCHD Community Engagement staff will be attending the Zumba Party in Pink at the Bain Center on Friday, October 14<sup>th</sup>.</li> <li>- The LHIC will be emailing out Walktober2022 post event surveys. Please fill out surveys on your Walktober2022 event(s).</li> <li>- Asked Movement group members to take photos at their Walktober events and share with LHIC staff.</li> </ul>	Walktober webpage: <a href="https://www.howardcountymd.gov/walktober22">https://www.howardcountymd.gov/walktober22.</a>  Walktober2022 post-event survey: <a href="https://www.surveymonkey.com/r/HCHDWalktober2022">https://www.surveymonkey.com/r/HCHDWalktober2022</a>  Email Walktober2022 event photos and attendance numbers to LHIC staff at <a href="mailto:LHIC@howardcountymd.gov">LHIC@howardcountymd.gov.</a>

	<ul style="list-style-type: none"> <li>- Asked Movement group members to take attendance at Walktober2022 event they hosted/planned and to email these numbers with LHIC staff.</li> <li>- Mrs. Hall said the Walktober initiatives was shared to the following places: the HCPSS webpage: <a href="#">News   Community News and Programs (hcpss.org)</a>, the OAI Newsletter, HCHD media release, LHIC Social Media pages, LHIC Digest, and Howard County Building video monitors.</li> </ul> <p>Ms. DeHernandez</p> <ul style="list-style-type: none"> <li>- Will pick up the Columbia Association pathway walking maps on Tuesday. These will be used in the goody bags to be given out to walk participants.</li> </ul> <p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>- Two additional events were added to the Walktober webpage now totaling 17 events. Last year, 27 events were listed.</li> <li>- Received WIC pens and orange bags from Rec and Parks. Will make goody bags from donated items.</li> </ul> <p>She and Mrs. Hall will give out bags to participants at various Walktober events.</p>	
<p><b>Member Announcements</b></p>	<p>Ms. Lloyd</p> <ul style="list-style-type: none"> <li>- The next LHIC Full Coalition hybrid meeting is October 20<sup>th</sup> in the Heroes Room at HCHD and online.</li> </ul> <p>Ms. Downs</p> <ul style="list-style-type: none"> <li>- Is the newest Movement Workgroup member, she is the Fitness Director for the Dancel Y in Ellicott City.</li> <li>- The Dancel Y is hosting a Walktober2022 event on October 29th – Happy Healthy Halloween.</li> </ul> <p>Ms. Stimson</p> <ul style="list-style-type: none"> <li>- Shared Columbia Association’s Change in Columbia Speaker Series – What it Means to Be “Healthy” on October 19th.</li> </ul> <p>Mr. Wilson</p> <ul style="list-style-type: none"> <li>- Said he will post the Columbia Association event on the Walktober2022 website.</li> </ul> <p>Ms. Spriggs</p> <ul style="list-style-type: none"> <li>- Shared the link to register as a sole mate for the BWI Trails walk on Thursday, Oct 13th at 1pm.</li> <li>- Said to search for PBEAT Walk for fun and sign up.</li> </ul> <p>Ms. Hansen</p> <ul style="list-style-type: none"> <li>- Said she will be at the following Walktober2022 events and will take pictures and get attendance</li> </ul>	<p><a href="#">Register</a> for the Full LHIC Meeting on October 20, 2022 at 8:30am (hybrid).</p> <p>Visit the Dancel Y for more information about the event: <a href="https://ymaryland.org/locations/dancel-y">https://ymaryland.org/locations/dancel-y</a>.</p> <p>Visit <a href="https://ColumbiaAssociation.org/change">ColumbiaAssociation.org/change</a> for more information about the Change in Columbia event.</p> <p>PBEAT Walk for Fun sign up: <a href="https://JoinWalkingGroup.cognitofirms.com">Join Walking Group (cognitofirms.com)</a></p>

# Howard County LHIC

Local Health Improvement Coalition



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	numbers: Encore on October 4th and Miller's Grant on October 30th.	
<b>Next Steps &amp; Wrap-up</b>	Meeting ended at 10:30 a.m. The next meeting: TBD	Ms. Lloyd will send out a Zoom meeting invite along with meeting minutes.

Respectfully submitted by  
Sonya Lloyd  
Community Engagement Coordinator  
Howard County Local Health Improvement Coalition