



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

January 23, 2024

11:00 a.m. to 12:00 p.m.

Virtual via Zoom

Minutes

Members Present:

- Renee Bitner, Howard County Health Department
- Samantha Downs, The Y in Central Maryland, Dancel Y in Ellicott City
- Natalie Hall, Howard County Health Department
- Tavia Patusky, Columbia Association
- Michelle Rosenfeld, Howard County Department of Community Resources; Office of Aging and Independence
- Terri Taylor, Howard County Fire and Rescue Services; Howard County Safe Kids
- Shannon Ward, Community Member, Public Health Professional
- Toni M. White-McCoy, BOOM Shake Fitness
- Matt Wilson, Howard County Health Department

Staff Present:

- Ashton Jordan, Howard County Local Health Improvement Coalition
- Sonya Lloyd, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:01 a.m.</p> <p>Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting. She shared the goal of this meeting was to plan, create and promote falls prevention initiatives to improve the health of the Howard County community.</p> <p>Ms. Lloyd stated that the meeting will be recorded for note-taking purposes and requested everyone introduce themselves and share any goals they might have for this new year, whether its physical activity related or not.</p>	<p>LHIC website: https://www.hclhic.org/</p>
Announcements	<p>Ms. Lloyd shared that the next full quarterly LHIC meeting will be hybrid at 9:00 a.m. on Thursday, April 18, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Ms. Lloyd said that the Movement group has a new logo that can be used year-round. She asked that members place it on their physical activity flyers and websites to help promote healthy activity in Howard County. Ms. Lloyd also shared the new Movement flyer and pointed out that the new logo was on the bottom left corner.</p> <p>Ms. Lloyd announced that Priority Partners offers a free,</p>	<p>Previous LHIC meeting minutes: https://www.hclhic.org/home/MeetingYears/357</p> <p>Register for next full LHIC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</p> <p>National Girl & Women in Sports Day details: https://www.howardcountymd.go</p>

	<p>virtual class: “Wise Steps to Prevent Falls” that discusses the importance of falls prevention and how to identify fall hazards within the home. The class is Thursday, January 25, 2024 from 12 pm to 1 pm.</p> <p>Ms. Lloyd shared that Howard County Recreation and Parks is hosting a free event: <i>National Girls and Women in Sports Day</i> on February 4, 2024, at 11am at the North Laurel Community Center. This event is part of a national movement celebrating the achievements and contributions of girls and women in sports.</p> <p>Ms. Michelle Rosenfeld, Howard County Office of Aging, and Independence, announced a kick-boxing class called “<i>Kick Out Cancer</i>” at Bain 50+ Center to raise money for the Claudia Mayer/Tina Broccolino Cancer Resource fund, on February 7, 2024 at 8:45 am. They are accepting \$5 donations to attend the class.</p> <p>Ms. Tavia Patusky, Columbia Association (CA), is hosting a Valentine’s Day Blood Drive at the Supreme Sports Club from 9 am to 3 pm on February 14th. Can register on the Red Cross website to schedule a blood donation.</p>	<p>v/ngwsd</p> <p>Email Michelle Rosenfeld about the <i>Kick Out Cancer</i> event: mrosenfeld@howardcountymd.gov</p> <p>Columbia Association Valentine’s Day Blood Drive details: https://columbiaassociation.org/</p> <p>Email any future announcements to lhic@howardcountymd.gov</p>
<p>Previous Meeting</p>	<p>Ms. Lloyd said that previous meeting minutes can be found on the LHIC website. At the last meeting, Ms. Lindsay Hall, LHIC Public Health Intern, presented the results of Howard County’s 2023 Walktober initiatives. Ms. Hall said there were 47 events hosted by 18 organizations with 2 cancellations, 787 participants, and 2,409 miles walked. We received feedback from event organizers and discussed key takeaways.</p>	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2023?catId=364</p> <p>Email lhic@howardcountymd.gov with questions.</p>
<p>Falls Prevention</p>	<p>Ms. Lloyd introduced the idea of promoting falls prevention resources and activities in 2024. In the past, the LHIC created a falls prevention flyer and compiled falls prevention resources. Movement Group will review the previous flyers and resources and update them to share with the community.</p> <p>Ms. Lloyd said that Howard County recently released the 2023 Howard County Health Report Card which included information on falls in Howard County. Howard County Health Department’s (HCHD) Epidemiologists noticed that falls continue to be a problem among 65 years and older with 2,752 falls recorded last year, which averages about 52 per week.</p> <p>Ms. Lloyd said that Bernadette Bindewald, an Epidemiologist with the HCHD, will present additional falls data in Howard County at the next Movement meeting in March.</p>	

<p>Falls Assessments</p>	<p>Ms. Lloyd introduced Ms. Renee Bitner, Assessments and Nurse Monitoring Supervisor, Access to Healthcare Services, HCHD, to discuss what her team of nurses do when they visit clients to assess their ability to live independently at home. The nurses check many things, including fall hazards, risk of falling, and falls prevention.</p> <p>Ms. Bitner stated that she oversees a team of 13 nurses plus 2 administrative staff. The nurses assess Howard County residents struggling to live independently at home. This free no-cost program receives most of their referrals from Maryland Access Point (MAP), and some from Johns Hopkins Howard County Medical Center. Anyone can request an assessment. Once a referral is received, the nurse visits the client's home and meets with the client and their support person. The nurse conducts a comprehensive assessment including mood and behaviors, medications, physical needs, psychiatric needs, and health struggles including falls histories.</p> <p>Ms. Bitner said that in 2023 over 1,600 in-home assessments for Howard County residents was completed. Many of the clients are 50 years and older, however they do see people of all ages. After a client is eligible, they are enrolled in a program in which they receive nurse monitoring services in the home. All clients are eligible for a paid in-home caregiver through a state funded program. The nurses check on the caregiver and the client to make sure quality care is being provided.</p> <p>Ms. Bitner said they have 870 nurse monitoring clients with numbers continuing to grow. Many of the nurses refer their clients to the Howard County Loan Closet in the King's Contrivance area. The Loan Closet provides free medical equipment to any Howard County resident. All clients have a supports planner / case manager that oversees the care of the client.</p>	<p>Renee Bitner's email: rbitner@howardcountymd.gov</p> <p>MAP assistance phone number: 410-313-1234</p> <p>Howard County Loan Closet website: https://www.howardcountymd.gov/disability-services/loan-closet-equipment</p>
<p>Fitness Data Summary</p>	<p>Ms. Lloyd introduced Michelle Rosenfeld, 50+ Fitness Coordinator, Howard County Department of Community Resources, Office of Aging, and Independence (OAI). Ms. Rosenfeld discussed fitness data from the 50+ Center programs. She said that many of their clients are aging in place and taking fitness classes. OAI offers a Go 50+ Fitness Pass to anyone 50 and over. Assessments are completed before the client works out and are at no cost to the member.</p> <p>Ms. Rosenfeld shared that in 2022, OAI had 624 memberships registered for the Go 50+ Fitness Pass and 827 memberships in 2023. Ms. Rosenfeld said that people like these passes because its affordable, the clients don't feel intimidated attending, and their physician has directed them to start attending a gym.</p> <p>Ms. Rosenfeld said OAI started a Group Exercise Pass at the Ellicott City 50+ Center in 2015. This program has</p>	

	<p>since expanded to the other 50+ Centers. The pre-pandemic numbers were 145 people registered. In 2022, the number drastically reduced due to COVID-19 and only 55 people utilized this pass. At the end of 2023, the numbers grew to 105 people registered.</p> <p>Ms. Rosenfeld said that many people who use the Group Exercise Pass previously took classes at other gyms. The class offerings are balance, strength, yoga, Pilates, seated classes, and barre classes. Individual classes are \$5.50 to \$6.50 a class. The most popular classes are the strength training classes like weightlifting. The mind / body classes such as yoga comes in second.</p> <p>Ms. Rosenfeld mentions that the <i>Better Balance</i> class is partially funded by a grant and requires pre-screening through OAI's health and wellness department. This class is donation based with several of the centers teaching this class.</p>	
<p>Fall Prevention Priority</p>	<p>Ms. Lloyd reviewed the Movement Action plan with the workgroup members. She posed the question: What goals and objectives should the workgroup add to the Action Plan to address falls in Howard County. Falls Prevention week is September 22 to 28, 2024. Falls Prevention Day is September 22, 2024. What can the Movement group do that week?</p> <p>Ms. Rosenfeld suggested the group could either do a big event for falls prevention week or else little events hosted by individual partners throughout the week (like the Walktober concept). The goal is to promote each other's events during falls prevention week and place the new Movement logo on the flyers. Ms. Lloyd suggested the potential for a Balance class at OAI that week with resources set-up on falls prevention. Ms. Rosenfeld is interested discussing more about that idea.</p> <p>Ms. Patusky, CA, said they serve lots of community members 65 and older and is interested in targeting an older population in September. CA is hosting Walk with a Doc on Saturday, September 21, 2024 and can focus on a fall's prevention themed walk that day and share resources. Lakefront Live runs into September and potential opportunities to promote falls prevention theme.</p> <p>Ms. Toni M. White-McCoy, BOOM Shake Fitness, said she teaches fitness classes at the North Laurel Community Center, the average participant is between 50 years old and 70 years of age. Ms. White-McCoy is Interested in promoting falls prevention with her clients, their friends, and family members.</p> <p>Ms. Terri Taylor, Howard County Fire and Rescue Services; Howard County Safe Kids, said she is happy to promote falls prevention resources with the community.</p>	<p>Falls Prevention Day: https://www.holidaycalendar.io/holiday/falls-prevention-awareness-day</p> <p>Fire and Fall Prevention website: https://www.howardcountymd.gov/fire-and-rescue-services/fire-and-fall-prevention</p> <p>Email lhic@howardcountymd.gov with any fall prevention resources.</p>

	<p>She said the Mobile Integrated Health team goes out in the community and does assessments for clients. It's a Fire & Fall Prevention Program for the elderly, in which, a walkthrough of the client's house is conducted, and the following is assessed: smoke alarms, fall hazards, and fire escape plan. Clients can contact the HC Fire Dept. through their website for a free home safety visit. Ms. Taylor said they focus on falls in all ages, as it's the leading cause of injury in every age group.</p> <p>Ms. Lloyd shared two previous LHIC falls prevention flyers and infographics with the group that need to be updated. She said she will work on updating these flyers and all the fall prevention resources. She hopes to share this with the group at the next meeting.</p>	
Next Steps & Wrap-up	<p>Ms. Lloyd wrapped up the meeting with the following: the next meeting will be Tuesday, March 19, 2024 at 11 a.m. to 12 p.m. The meeting ended at 11:58 a.m.</p>	

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