



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

September 26, 2023

12:00pm to 1:00pm

Virtual via Zoom

Minutes

Members Present:

- Cindy Burch, Baltimore Metropolitan Council
- Michelle Clark, Howard County Health Department
- Shae English, Howard County Health Department
- Lisa de Hernandez, Howard County Health Department
- Laura Henderson, Howard County Health Department
- Natalie Hall, Howard County Health Department
- Tavia Patusky, Columbia Association
- Michelle Rosenfeld, Howard County Dept of Community Resources; Office on Aging and Independence
- Nikki Savoy, Accessible Resources for Independence
- Klover Tynes, Kloverleaf Dance Academy
- Nakia Weable, Feet First Sports
- Matt Wilson, Howard County Health Department

Staff Present:

- Lindsay Hall, Howard County Local Health Improvement Coalition
- Ashton Jordan, Howard County Local Health Improvement Coalition
- Sonya Lloyd, Howard County Local Health Improvement Coalition
- Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (LHIC), called the meeting to order at 12:02 p.m. Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting. To begin the meeting, Ms. Lloyd asked members to introduce themselves and share what their favorite movement activity to do in the Fall.	LHIC website: https://www.hclhic.org/ and https://www.hclhic.org/home/meeting/2023?catelid=364
Announcements	Ms. Lloyd shared the following announcements: The next full quarterly LHIC meeting will be hybrid at 8:30 a.m. on Thursday, October 19, 2023, at the Howard County Health Department (HCHD) and online via Zoom. In- person attendees will receive a boxed breakfast. Ms. Lloyd share that feedback is needed for CAREAPP. A survey was shared to help express thoughts on the compatibility of the program. With the survey, it will help inform the CAREAPP presentation at our next full LHIC	Email any future announcements to lhic@howardcountymd.gov Previous Meeting minutes: https://www.hclhic.org/home/meetingportal Registration for the next LHIC meeting: https://www.hclhic.org/home/MeetingYears/1

meeting on October 19, 2023.

Ms. Lloyd informed the members that the Howard County National Association for the Advancement of Colored People (NAACP) and the American Red Cross will be sponsoring a blood drive at the East Columbia Branch Library on September 30th from 11:00 am to 2:00 pm.

Ms. Lloyd also shared the new Federal Communications Commission (FCC) Affordable Connectivity Program, that helps connect families and households struggling to afford internet service. Submit an application online.

Ms. Lloyd announced that Food at the Center is teaching a nutritious virtual Caribbean cooking class starting on October 11th at 10:00 a.m. These virtual cooking classes will help people with a family history of diabetes and high blood pressure make healthy food taste good! For more information email Michelle Beadle Holder.

Partners shared the following announcements:

Ms. Michelle Rosenfeld, Office on Aging, and Independence (OAI), shared the upcoming 50+ event: Zumba Gold Party *In-Pink* at the Florence Bain 50+ Center on Monday October 23rd at 10:00 a.m. OAI is partnering with Claudia Mayer / Tina Broccolino Cancer Resource Center of the John Hopkins Medical Center on this event. The resource center will be accepting donations, \$5.00 donation to participate. Swag bags will be given away at the end of the event.

Ms. Tavia Patusky, Columbia Association, shared the new program, Cooper Tracks. This program is for members and non-members, pricing is low for non-members. Cooper Tracks is a lifestyle intervention program that is created by the Cooper Institute in Dallas, Texas that is geared towards the health of the cardiovascular system, immunity, and reconditioning. This program is for those who have been sedentary, want to build immunity, or is coming back to movement. Ms. Patusky said this is an 8-week program where you are moving with other peers, who may have similar chronic conditions, and get supportive movement with one of the Cooper trained trainers. For more information contact Tavia Patusky.

Ms. Patusky also shared about the Physical Activity Alliance, which is a group of individuals who are trying to improve physical activity in the United States and abroad. The Physical Activity Alliance had their first annual event last week. Ms. Patusky attended the event and said there is a lot of great free resources through the alliance for individuals looking for youth movement, support, advocacy, and general resources. Ms. Patusky said that if you are looking for more

CAREAPP Feedback Survey:
https://www.surveymonkey.com/r/CAREAPP_23

Register for next full LHIC meeting:
<https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207>

Howard County NAACP American Red Cross Blood Drive:
https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Howardcountylibrary&cid=siebel&med=email&source=bdc_email&utm_source=siebel&utm_medium=email&utm_campaign=bdc_email

Affordable Connectivity Program Application:
<https://www.affordableconnectivity.gov/>

Virtual cooking class, email Michelle Beadle Holder:
mbholder@foodatthecenter.com

Cooper Tracks and Physical Activity Alliance questions, email Tavia Patusky:
Tavia.patusky@columbiaassociation.org

Cooper Tracks website:
<https://columbiaassociation.org/wellness/an-introduction-to-cooper-tracks/>

Physical Activity Alliance:
<https://paamovewithus.org>

CAREAPP Coordinator, Natalie Hall's Email: nhall@howardcountymd.gov

If you have any other announcements to share with members, please email our team using the email address:
lhic@howardcountymd.gov

	<p>information revolving about the Physical Activity Alliance, please reach out to them.</p> <p>Additionally, Ms. Natalie Hall, HCHD, talked to the endocrinologists at the John Hopkin’s Medical Center, about distributing the CAREAPP post cards in their offices. Ms. Hall shared they will distribute these cards to those with chronic diseases. If you have a program that is not listed in CAREAPP, please contact her.</p>	
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<p>Previous Meeting</p>	<p>Ms. Lloyd has stated previous meeting minutes can be found on the LHIC website. At the last meeting:</p> <p>Ms. Lloyd updated the members on the free/reduced cost Fall and Winter Activities Promotion flyers. She explained that the CAREAPP QR Code on the flyer takes the person to additional free and reduced cost movement/exercise programs on CAREAPP. There are 29 programs listed. If you do not see your program listed, contact Ms. Lloyd.</p> <p>Ms. Lloyd discussed the HCHD Walktober Activity Challenge for staff. Staff will track minutes of physical activity for 4 weeks in October. The bureau with the highest percentage of minutes moved will win a small prize, and the top three individuals with the most amount of time spent being active will also receive a small form of recognition. HCHD’s efforts in creating a Walktober Activity Challenge for staff will hopefully encourage others in the County to follow suit!</p> <p>Ms. Lloyd said Walk Maryland Day is on Wednesday, October 4, 2023. Maryland Department of Health (MDH) has a website listing Walk Maryland Day resource. Walk Maryland Day currently has 51 walk leaders and 78 walkers who joined a walking group. Individuals can create a walk or become a walk leader, or individuals can join a walk as a walker (solemate). Please continue to share the registration links and encourage others to participate.</p> <p>Lastly, Ms. Lloyd shared that Walk to Schools Day is on October 4, 2023. She provided resources for Walk to Schools Day, including the website and a map of Walk to School events by every state in the U.S.. As of right now, Howard County has four schools registered: Laurel Wood Elementary School, Rockburn Elementary School, Running Brook Elementary School, and Dunloggin Middle School.</p>	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2023?catId=364</p> <p>CAREAPP QR code on the flyer link: https://www.findhelp.org/login?redirect_to=%2Fv2%2Fuser%2Ffavorites%3Ffolder_key%3DahJzfnNIYXJjaGJlc nRoYS1ocmRyEwsSBkZvbGRlchiAgKjwlvDgCQw</p> <p>Walk Maryland Day: https://health.maryland.gov/phpa/cdcpc/WalkMD/Pages/WalkMDAbout.aspx</p> <p>Create a walk and/or become a walk leader: https://www.cognitofrms.com/MDH3/CreateNewWalkingGroup</p> <p>Join a walk as a walker (solemate): https://www.cognitofrms.com/MDH3/JoinWalkingGroup</p> <p>Registration for Walk to Schools Day: https://www.walkbiketoschool.org/</p>
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<p>Community of Families in Nature (CFIN) Video</p>	<p>Ms. Sara Smith, Community of Families in Nature (CFIN) Program Coordinator with the Community Ecology Institute, shared a 10-minute video. Ms. Smith is hosting two walks called Move Along CA'S Pathways, which is geared to families with young children. Those who participate in the walk will visit and learn about pollinator gardens managed by CFIN, stopping by lots, and get to know other community members while walking. If interested in signing up for these walks you can visit the CFIN website. For further information and questions about CFIN or the Walktober events, please email Ms. Smith.</p>	<p>Sara Smith's Presentation: https://www.canva.com/design/DAFvVTc2Cnc/PaHlpHQzJQXyWW71K5XRg/watch</p> <p>CFIN Website: www.communityecologyinstitute.org/cfin.html</p> <p>Questions about CFIN or CFIN's walktober events, email Sara Smith: cfin@cei.earth</p>
<p>Walktober Communications</p>	<p>The HCHD Communication's team wrote a Walktober Press Release, titled 'Walktober Website Makes It Easy for Community to Get Moving and Stay Health'. The press release was sent to the media on September 26th. Read the press release in its entirety on LHIC's website.</p> <p>The HCHD also put together a 30 second Walktober public service announcement (PSA) video. The PSA is on the Howard County Walktober website. Please feel free to share the PSA video on your social media outlets. Special thanks to Mr. Matt Wilson and Ms. Lisa de Hernandez, HCHD, for all their hard work.</p> <p>Ms. Lindsay Hall, LHIC, created 12 Walktober social media posts to be shared throughout the month of October on LHIC'S social media platforms. If you would like to use any of these posts including captions and/or images, please email Ms. Hall.</p>	<p>Walktober Media Release: https://www.hclhic.org/membership/media-releases/221</p> <p>Walktober PSA Film: https://youtu.be/CDvo8AOeoxM</p> <p>Questions about Walktober social media posts email Lindsay Hall: Lhall@howardcountymd.gov</p>
<p>Walktober Planning</p>	<p>Ms. Lloyd shared that there are 44 physical activity events on the Walktober website! New events were recently added, including BikeAround Downtown Block Party at Color Burst Park on October 1st, the Downtown Columbia Culinary Walking Tour on October 22nd, Walktober in Long Reach, and Let's Walk and Move with Monarch Mills.</p> <p>Ms. Lloyd said all the promotional items: fanny packs and wrist bands, have been allocated to partners. Additionally, LHIC would love to see your Walktober photos. Please have participants sign the photo release form and email any Walktober event photos to LHIC.</p> <p>LHIC is requesting that Walktober event organizers fill out a survey after each event. Please email pictures and fill out the LHIC Survey no later than Friday, November 9th. The LHIC will compile the survey results and have a Walktober 2023 Summary Presentation at the end of November.</p>	<p>Walktober Event Calendar: https://www.howardcountymd.gov/walktober</p> <p>Questions about promotional items email Lindsay Hall: Lhall@howardcountymd.gov</p> <p>Send event photos to LHIC's Email: LHIC@Howardcountymd.gov</p> <p>Post-event feedback survey: https://forms.gle/fB2aV1EcCRFeiGn56.</p>

<p>Community Partner Updates</p>	<p>Ms. Lloyd invited community partners to share what physical activity events they are planning for October and Walktober.</p> <p>Ms. Rosenfeld shared that OAI is hosting 5 Walktober events. The first is at East Columbia Branch Library on October 2nd and will involve a circuit around the center. Participants will receive refreshments and promotional items. Walk with a Cop will take place at the Elkridge 50+ center on October 4th. At this event, a Howard County Police officer will share tips about walking safely and answer any questions. On October 5th, Morning Stroll will occur at North Laurel 50+ Center at 9:45 a.m. On October 17th, Ellicott City 50+ Center will have a walk. Finally, on October 19th, the Florence Bain 50+ Center will walk around Cedar Lane Park at 11:00 a.m., followed by a healthy boxed lunch. Any questions, email Ms. Rosenfeld.</p> <p>Ms. Nakia Weable, Feet First Sports, shared her weekly Walktober events: Fun Runs with Feet First Sports. Ms. Weable explained these runs have a variety of distances and are flexible with new runners. These Fun Runs are every Thursday at 6:00 p.m. all year long. Cancellations may occur if there is extreme weather condition, or not a safe environment on the running courses.</p> <p>Ms. Weable also discussed the Food Market 10k on Sunday October 1st, as it will kick-off Walktober. This 10k will take place at 7:00 a.m., the course travels through Columbia, and the post-event race party will take place at the Food Market. Lastly, Ms. Weable also shared about a Pub Run in collaboration with Sapwood Cellars Brewery. This run will take place closer to Halloween. Email Ms. Weable with any questions.</p> <p>Ms. Klover Tynes, Kloverleaf Dance Academy, provides services to the youth and is currently piloting adult dance classes. Ms. Tynes is hoping to bring these classes and serves to the community. She is also exploring possible Walktober dance classes to the youth and adults.</p>	<p>Michelle Rosenfeld's Email: mrosenfeld@howardcountymd.gov</p> <p>Nakia Weable's Email: info@feetfirstsports.net</p> <p>Klover Tynes Email: klover@kloverleafdance.com</p>
<p>Next Steps & Wrap-up</p>	<p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> • Minutes will be emailed later this week. • The next meeting will be 12pm on October 31st. <p>The meeting ended at 12:57p.m.</p>	<p>Email Ms. Lloyd with any questions: SLloyd@howardcountymd.gov</p>

Respectfully submitted by,
Lindsay Hall
Public Health Intern
Howard County Local Health Improvement Coalition