

Howard County Local Health Improvement Coalition

Healthy Lifestyle (HL) Workgroup Meeting

June 23, 2025

1:00 PM – 2:00 PM

Virtual via Zoom

Minutes

Co-Chairs Present:

Carrie Ross, Community Action Council of Howard County

Michelle Rosenfeld, Howard County Office on Aging and Independence

Members Present:

Chris Miller, Johns Hopkins Howard County Medical Center

Connie Ford, Howard County Health Department

Daniel Besseck, Howard County Fire and Rescue

Danielle Clifford-Earles, Office on Aging and Independence

Juan Albertorio, Cycling Without Age

Lois Joellenbeck, Howard County Health Department

María José Candanoza, Howard County Health Department

Marlene Orantes, Horowitz Center for Health Literacy

Nikki Savoy, Accessible Resources for Independence

Rachel Filar, Office on Aging and Independence

Reena Rambharat, Howard County Health Department

Tavia Patusky, Columbia Association

Vanda Lerdboon, Howard County Health Department

Xingxing Liu, Korean Community Service Center of Greater Washington

Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition

Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Stephanie Foster, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Ashton Jordan, Howard County Local Health Improvement Coalition, called the meeting to order at 1:00 PM.	Members are encouraged to review the past minutes available at: https://www.hclhic.org/home/meeting/2025?catelid=370
Announcements	Mr. Jordan provided the following announcements to the workgroup:	Members can register for upcoming LHIC meetings here:

	<ul style="list-style-type: none">• The next HCLHIC Quarterly hybrid meeting is on July 17, 2025, at 9am. It will be hybrid, and refreshments will be available for in-person attendees.• The Office of Children and Families will host a Celebrating Fatherhood: Strengthening the Father-Child Bond webinar June 30, 2025 at 6:00pm.• Priority Partners MCO is hosting a Summer Weight Loss Challenge from July 11 – August 15. <p>Workgroup members provided the following announcements:</p> <ul style="list-style-type: none">• Mr. Albertorio shared the trailer for the film Cycling Without Age. Further he shared info about Ability Cycling offering the Charlotte’s Tandems Us Program.• Ms. Clifford-Earles shared that applications are being accepted for the Senior Farmers Market Nutrition Program.	<p>https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddttdcreator</p> <p>Members interested in attending the Celebrating Fatherhood: Strengthening the Father-Child Bond webinar can register here: https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/152508?onlineSiteId=0&from_original_cui=true&fbclid=IwY2xjawLGMsXleHRuA2FlbQIxMABicmlkETFTaHowT1hzWlVJQ2JUaWxpAR7epWZST7V_Otsz79ZUK-6vNv5OA_nvIjNmtSfkv_jeOqxEwo2GG0NC4QU_Qg_aem_r-TxjhtXY-1Hir3_ehfWaQ</p> <p>Members interested in the Summer Weight Loss Challenge can register here: https://www.ppmco.org/get-free-support/health-wellness-classes/summer-weight-loss-challenge/</p> <p>Members can view the Cycling Without Age trailer here: https://www.youtube.com/watch?v=0ggeqOvygEY</p> <p>Members interested can get more information on Ability Cycling’s offering of the Charlottes Tandems US Program here: https://abilitycycling.com/cycling-without-age-howard-county/</p>
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<p>Food Council, Food Bank, Movement Updates</p>	<p>Updates to the workgroup were as follows:</p> <ul style="list-style-type: none"> • Ms. Brute, provided Food Council updates. <ul style="list-style-type: none"> ○ Interview process has begun for a Food Council Coordinator • Ms. Ross provided Food Bank Updates <ul style="list-style-type: none"> ○ Introduced the innovative "Growing Together" program, a comprehensive farm-to-school initiative designed to increase fresh produce accessibility for students and families. • Ms. Rosenfeld provided Movement updates <ul style="list-style-type: none"> ○ Howard County will host their own Senior Olympics at the Bain 50+ Center this summer. • Ms. Miller shared that Johns Hopkins Howard County Medical Center will host another Pink Pathways this year focusing on comprehensive women's health services and education. 	<p>Members interested in the Senior Olympics can get more information here:</p> <p>https://www.howardcountymd.gov/aging-independence/senior-olympics</p> <p>Members interested in the Pink Pathways event can get more information here: https://pink-pathways2024.events.hcgh.hopkinsmedicine.org/</p>
<p>Community Container Garden and Walking Group Updates</p>	<p>Maribet Rivera-Brute provided the following updates on Community Container Garden and Walking Group</p> <ul style="list-style-type: none"> • Community Container Garden <ul style="list-style-type: none"> ○ Partnerships between LHIC, Enterprise Residential and the Community Ecology Institute has led to a large seedling distribution event for residents from Owen Brown Place and Parkview Columbia. • Walking Groups <ul style="list-style-type: none"> ○ The first walking group was held at Legacy at Twin Rivers with around 35 	

	<p>adult participants and 50 in attendance in total.</p> <ul style="list-style-type: none"> ○ There are plans to continue walking groups in other Enterprise Residential properties. 	
<p>Walktober 2024 Review/Interest in Walktober and Falls Prevention Planning Committee 2025</p>	<p>Mr. Jordan presented the results of Howard County's 2024 Walktober initiatives. There were 72 events that were organized by 17 organizations with 2 cancellations, 1,137 participants, and 3,176 miles walked. We received feedback from event organizers and discussed key takeaways:</p> <ul style="list-style-type: none"> • Participants had a great time and enjoyed the community aspect of the walks. • Giveaways were popular. Water bottles and wristbands were a hit. • There was significantly increased participation from last year. • Great way to network with current and prospective volunteers. • All event organizers will plan to host their event (or a similar one) next year. • Early outreach gave more time for organizers to plan walk/move events. • Consistent promotion led to higher participation rates. • Future outreach to Howard County schools through the PTSA's so they can plan walks. • Setting up a way to complete post event surveys immediately after the move event can improve data gathering efforts. <p>Event organizers included:</p> <ul style="list-style-type: none"> • HC Office on Aging & Independence, • HC Dept. of Rec and Parks, • Monarch Mills, • Feet First Sports, • Howard County Office of Transportation, • The Village in Howard, • East Columbia Branch Library & 50+ Center, 	

	<ul style="list-style-type: none"> • Running Brook Elementary School, • Harpers Choice Middle School, • Long Reach Community Association, • Howard County Autism Society, • Howard Community College, • Neighbor Ride, • CFIN: A Community of Families in Nature, • Cycle2Health, • Columbia Association, • Bullseye Running, <ul style="list-style-type: none"> ○ Howard County Health Department <p>Mr. Jordan asked workgroup members to share any movement based events or classes upcoming or scheduled for October. Workgroup members shared the following:</p> <ul style="list-style-type: none"> - Ms. Rosenfeld shared that 50+ Centers will continue to hold at least one Walktober event at each center. - Ms. Patusky shared that Columbia Association will continue with another Trunk or Treat event as well as their Walk with a Doc initiative. <p>Mr. Jordan will send an email to all partners who participated in Walktober 2024, requesting any events they would like added to the calendar for this year.</p>	
Healthy Lifestyle Breaking Down Barriers Screening	<p>Mr. Jordan presented the first video of the Breaking Down Barriers series. The Breaking Down Barriers video series provides an opportunity to see and hear about real life barriers HoCo residents face as well as well what in the county helped them get over or through those barriers. Mr. Jordan emphasized that the series will also interview Howard County Community Based Organization leaders. This offers the perspective of how organizations in the county help residents over come barriers to health and wellness.</p>	<p>Members can follow the Breaking Down Barriers series here:</p> <p>https://www.youtube.com/playlist?list=PLxMJFCTHuPTYyVHL6KJ0Aq2XUjiSOgPqM</p>

Next Steps & Wrap-up	Next meeting will be in September 16 2025 at 1:00 pm. Ashton Jordan adjourned the meeting at 2:00 PM.	
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Respectfully submitted by:
Ashton Jordan, MSPH
Community Engagement Coordinator
Howard County Local Health Improvement Coalition