



## Howard County Local Health Improvement Coalition

Healthy Aging Work Group Meeting

05/28/2019 – 2:30 - 4:00 pm

Barton A & B

### Minutes

#### Members Present:

Jillian Anderson, Howard County General Hospital  
Jennifer Asher, HC Commission on Aging  
Karen Basinger, UM Extension  
Malarie Burgess, HC Office on Aging and Independence  
Patricia Dugan, Columbia Association  
Wendy Farthing, MAC, Inc.  
Karen Isailovic, The Root Studio  
Ashok Kapur, Hawkeye MedTech Inc.

Tracy Novak, Howard County General Hospital  
Christopher Moore, HC Office on Aging and Independence  
Andrea Raid, HC Health Department  
Jim Sanders, The Village in Howard  
Charles Smith, HC Dept. of Community Resources and Services  
Heidi Weiss-Beedie, HC Health Department

#### Guests Present:

#### Staff Present:

Reena Rambharat, HCLHIC Program Coordinator  
Kelly Kesler, HCLHIC Program Director

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Kelly Kesler called the meeting to order at 2:35 pm. Participants, new members and guests introduced themselves.	
<b>Approval of Minutes and Announcements</b>	<p>Kelly Kesler, HCLHIC Director, asked for any corrections to the minutes from the February 26, 2019 meeting. A motion to accept the minutes as written was made by Tracy Novak and seconded by Jim Sanders.</p> <p>Group members shared announcements about upcoming programs and activities.</p> <p>Kelly Kesler shared the upcoming ACEs training being provided for all HCLHIC members.</p>	<p>Minutes from the previous meeting will be available one week prior to the next meeting date at <a href="http://www.hclhic.org/membership/meeting-portal">http://www.hclhic.org/membership/meeting-portal</a>.</p> <p>Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming events: <a href="http://www.hclhic.org/news-events/hclhic-and-partner-events/month.calendar/">http://www.hclhic.org/news-events/hclhic-and-partner-events/month.calendar/</a>. To request an event be added to the HCLHIC</p>

	<p>Participant feedback on the March 28, 2019 Brain Health Seminar with Dr. Carson Smith and Dr. Paul Abosh was discussed.</p> <p>Results of the “Virtual Meeting” format survey following the February work group meetings was discussed and plans for a second phase of piloting “virtual meeting” formats in response to feedback from the June 2018 Coalition Member Survey were discussed.</p>	<p>Community calendar contact <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>.</p> <p>A follow-up email was sent to work group members following the meeting with links and information including:</p> <ul style="list-style-type: none"> <li>• <a href="#">Hope on the Horizon Event</a></li> <li>• <a href="#">Alzheimer’s Association Educational Sessions</a></li> <li>• <a href="#">Good for Your Head and Heart Series</a></li> <li>• <a href="#">Powerful Tools for Caregivers</a></li> <li>• <a href="#">Virtual Dementia Tours</a></li> <li>• <a href="#">Chronic Disease Self-Management Programs (Diabetes, Hypertension, Pain)</a></li> <li>• <a href="#">Time Bank and Skill Share Fair and Swap</a></li> <li>• <a href="#">Fresh Conversations Program</a></li> </ul> <p>Coalition members are encouraged to register to participate in the HCLHIC ACEs training scheduled on June 12, 2019 from 1-2 p.m. at <a href="#">Adverse Childhood Experiences (ACEs) webinar</a></p>
<p><b>Presentations</b></p>	<p>Officer Clifton Macer, Senior Liaison for The Howard County Police Department and John Derwent from the Dancel Y in Ellicott City were unable to attend the work group meeting.</p>	<p>Both speakers will be contacted regarding the August work group meeting.</p>
<p><b>Baltimore Longitudinal Study on Aging Overview and Discussion</b></p>	<p>Kelly Kesler provided the group with a brief overview of the Baltimore Longitudinal Study on Aging (BLSA) including the following:</p> <ul style="list-style-type: none"> <li>• <a href="https://youtu.be/YqNYZCOPBY4">https://youtu.be/YqNYZCOPBY4</a></li> <li>• <a href="https://www.nia.nih.gov/research/labs/blsa">https://www.nia.nih.gov/research/labs/blsa</a></li> </ul> <p>Group members discussed potential broad goals for using the BLSA to further engage the Coalition in promoting prevention and Healthy Aging across all the HCLHIC priority areas (Access to Care, Behavioral Health, Healthy Weight, Healthy Aging).</p>	<p>Work group members that would be interested in being a part of an action group to plan a special BLSA Coalition/Community forum are asked to contact Kelly Kesler at <a href="mailto:kkesler@howardcountymd.gov">kkesler@howardcountymd.gov</a>.</p>

# Howard County LHIC

Local Health Improvement Coalition



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	Work Group members indicated that they were in support of further investigating a special event to bring BLSA researchers to present to the HCLHIC.	
<b>Wrap Up and Adjournment</b>	The work group meeting was adjourned at 3:55 p.m. Work Group members were asked to provide input and feedback to the virtual meeting experience by completing the survey emailed to them following the meeting.	

## Future Meeting Dates:

### Work Group

August 27, 2019; 2:30 – 4:00 pm – Barton A & B  
November 19, 2019; 2:30 – 4:00 pm – Barton A & B

### FULL HCLHIC

June 27, 2019; 8:30 am – 10:30 am Susquehanna Room

Respectfully submitted by  
Kelly Kesler, M.S., C.H.E.S.®  
Director, Howard County Local Health Improvement Coalition