

HEALTHY AGING WORKGROUP MEETING

August 27, 2019

Andrea Raid, Delegate
Howard County Health Department

Kelly Kesler, Director
Howard County Local Health Improvement Coalition

Christopher Moore, Delegate
Howard County Community
Resources and Services



Promote. Preserve. Protect.

Howard County LHIC

Local Health Improvement Coalition

PURPOSE & AGENDA

GOAL: By the end of this meeting, work group members will be familiar with the Dancel Y in Ellicott City's Healthy Aging initiative and discuss 2018 Howard County Health Assessment Survey data as related to work group priorities and goals for coalition engagement.

AGENDA:

- Welcome & Introductions
- Approval of Minutes & Member Announcements
- Guest Presentations
- 2018 HCHAS Data
- Next Steps and wrap-up

RECAP OF LAST MEETING – JUNE 2019 ANNOUNCEMENTS

From June:

- Adult Dental Waiver
 - MDAC Letter
 - Provider Meetings
- BLSA
 - April 30th Full Coalition Event

Current Announcements:

- YMCA Open Doors
- Alzheimer's and Dementia Community Forum
- Out of the Darkness Walk
- Walk to End Alzheimer's
- NAACP Elder Empowerment Summit
- Other

OPEN TO ALL

As a cause-driven, charitable organization, we value the practice of inclusion for all.

If you are unable to participate in Y membership, programs or services due to financial hardship, we encourage you to apply for our Open Doors financial assistance program*.

Go to ymaryland.org/opendoors to get started.



*The Y is deeply committed to raising the funds necessary to remove income as a barrier to meaningful Y experiences. The availability of Open Doors funds is dependent on charitable donations. Please give if you can at ymaryland.org.

The Y.™ For a better us.

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MEMBER ANNOUNCEMENTS

A Moment to Honor

Sponsored by **Seniors Together**

Thursday, August 29
10:30am – 11:30am
Ellicott City 50+
Great Room II
FREE

An annual program of remembrance and honoring. Includes a short presentation, quiet reflection, music, individual sharing, and an uplifting group commemorative activity.

Open to everyone. Light refreshments follow. For more information regarding the program, please call Karen Hull, 410.313.7466. Register at the EC50+ front desk by August 26.

Call Maryland Access Point at 410.313.1234 if you need this flyer in an alternate format. To request a sign language interpreter or other accommodations to participate, call one week in advance.



Get Ready to Repair!

Learn basic D.I.Y. skills at the Time Bank Skill Share Fair! Get simple fixes from Repair Café gurus hosted by Transition Howard County.

FREE and OPEN to the public!
Saturday, September 7 • 1-4pm
 HCLS ElkrIDGE Branch
 9640 Washington Blvd, ElkrIDGE • 410-313-9277 • hclibrary.org

Questions about time banking? Visit Columbia.TimeBanking.org or call 410-654-4021. Register your broken item at Dana@hclhc.org.

Repair Café Fix-It Fair
 1-4pm.....Bring your broken items: small appliances, bicycles, computers/devices, furniture/wood, clothing/sewing, jewelry, lamps and more.

Time Bank Skill Share Fair
 1pm.....Rope Baskets 101
 1:30pm.....Sock Darning
 2pm.....Origami: Let's Make a Bird
 2:30pm.....Bugs That Bite
 3pm.....Ask a Fixer: Simple D.I.Y. Repair Hints
 Basic drywall repair, simple caulking, wallpaper removal tips, crazy glue do's and don'ts

Time Bank Project Tables
 noon-4pm.....Bugs That Bite and CA open space programs; plastic bag sleeping mats; origami; T-shirt bags — bring your old T-shirts!



Howard County Community Forum



THURSDAY, SEPTEMBER 12 / 6-8 P.M.

Banneker Room / George Howard Building
3430 Court House Drive / Ellicott City, MD 21043

Learn about Alzheimer's, dementia and memory loss at this community-focused listening session. Hear about the basics of Alzheimer's and available local resources, services and programs. Bring a friend and share your thoughts about how the Alzheimer's Association and the Howard County Office on Aging and Independence can help support you in your journey. Light refreshments will be provided.

Register online at bit.ly/howardcf or call 800.272.3900

To request ADA accommodations to participate, call 410-313-5955 one week in advance.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

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 Department of Community Resources and Services

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MEMBER ANNOUNCEMENTS

A DYNAMIC, EVIDENCE-BASED PROGRAM FOR CAREGIVERS

Are you a CAREGIVER, or do you know someone who is?

Powerful Tools FOR Caregivers

Howard County Office on Aging and Independence
Department of Community Resources and Services

This six-week series of 90-minute classes offers caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

If you or someone you know is a caregiver, we encourage you to register today!

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

2019 FALL PROGRAM OPPORTUNITIES

September 10 THROUGH **October 15**
6:00 to 7:30 pm

— SIX CONSECUTIVE TUESDAYS —

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City 21042

September 25 THROUGH **October 30**
6:00 to 7:30 pm

— SIX CONSECUTIVE WEDNESDAYS —

Office on Aging and Independence
9830 Patuxent Woods Drive, Columbia 21046

*\$0 Fee Covers All Materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov

Do YOU know what living with dementia is really like?

Take a walk in their shoes with the Virtual Dementia Tour®



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

This workshop, which offers a hands-on experience that simulates dementia, and includes a debriefing and educational segment, has been created to offer assistance and practical tools to help those who care for someone with dementia. The Virtual Dementia Tour® is a life-changing experience — a brief, yet powerful, journey — that will provide insight and empathy to help anyone understand the realities of life with this debilitating disease. The program is clinically proven, evidence-based, and a proven source of education resulting in better care for individuals.

FALL 2019 SCHEDULE

Tuesday, September 17 • 6:00 to 8:00 pm
East Columbia 50+ Center
6600 Cradlerock Way, Columbia 21045

SPACES ARE LIMITED FOR THIS INNOVATIVE PROGRAM.
Schedule YOUR Personal Tour TODAY for this Insightful Journey!

Tuesday, November 12 • 6:00 to 8:00 pm
Howard County Office on Aging and Independence
9830 Patuxent Woods Drive, Columbia 21046

Howard County Office on Aging and Independence
Department of Community Resources and Services

If you need this information in an alternate format, contact Maryland Access Point at map@howardcountymd.gov or 410-313-1234. If you need accommodations to participate, contact the office at least one week in advance.

TO REGISTER OR FOR MORE INFORMATION

EMILY LECLERCQ

map@howardcountymd.gov

410-313-5917 (VOICE/RELAY)

www.howardcountymd.gov/aging

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The Alzheimer's Association in partnership with the Howard County Office of Aging and Independence is presenting educational programs addressing the most common questions about Alzheimer's disease, communication and behavior. Join us at one or more of the sessions below.
REGISTER ONLINE www.alz.org/CRF
OR BY CALLING 800.272.3900

Classes at the following locations from 6:00 - 7:30 p.m.

EAST COLUMBIA 50+ CENTER 6600 CRADLEROCK WAY COLUMBIA, MD 21045	ELLCOTT CITY 50+ CENTER 9401 FREDERICK ROAD ELLCOTT CITY, MD 21042
10 WARNING SIGNS ON ALZHEIMER'S TUESDAY, MARCH 19, 2019	10 WARNING SIGNS ON ALZHEIMER'S TUESDAY, MARCH 26, 2019
LIVING WITH ALZHEIMER'S: EARLY STAGE FOR CARE PARTNERS AND PEOPLE WITH DEMENTIA TUESDAY, JUNE 18, 2019 <i>Pre-screening required</i>	LIVING WITH ALZHEIMER'S: EARLY STAGE FOR CARE PARTNERS AND PEOPLE WITH DEMENTIA TUESDAY, JUNE 25, 2019 <i>Pre-screening required</i>
EFFECTIVE COMMUNICATION STRATEGIES TUESDAY, SEPTEMBER 24, 2019	EFFECTIVE COMMUNICATION STRATEGIES TUESDAY, OCTOBER 1, 2019
UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR TUESDAY, DECEMBER 3, 2019	UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR TUESDAY, DECEMBER 10, 2019

Howard County Office on Aging and Independence
Department of Community Resources and Services
Howard County LHIC
Local Health Improvement Coalition

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MEMBER ANNOUNCEMENTS

**Howard County NAACP
Elder Empowerment Summit**
Self-Care: Loving You and Loving Others

NAACP

**Saturday
September 28, 2019
10am - 2pm**

**North Laurel Community Center
9411 Whiskey Bottom Road
Laurel, MD 20723**

FREE
ADMISSION

Continental Breakfast
Light Lunch
Expo with Community Resource Partners
Blood Pressure Screenings

Taking Care of yourself is a critically important part of taking care of others.

- Exercise wisely and successfully over the age of 50
- Exercise to better health
- Learn where you can access valuable resources when caring for your loved one either at home or in a program
- Learn the actions to maintain a healthy brain road map

Hosted by:





Register Here: <https://www.eventbrite.com/e/3rd-annual-naacp-elder-empowerment-summit-tickets-65759461319>

Scan QR Code Or Visit [eventbrite.com](https://www.eventbrite.com) and search for **2019 Elder Empowerment Summit**

For more information call: (443) 347-3760

A few of Our Expo Community Partners:

- Howard County Health Department
- Howard County Office on Aging and Independence
- Howard County Local Health Improvement Coalition
- Office of Workforce Development

howardcountynaacp.com

Walk to Fight Suicide



Howard County Out of the Darkness Walk
Sept. 28, 2019 from 10 am to 1 pm
Lake Elkhorn, Columbia

Register at afsp.org/howardco



To join the Howard County Health Department team visit: <https://afsp.donordrive.com/team/219536>

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MEMBER ANNOUNCEMENTS



Howard Walk to End Alzheimer's
Ellicott City
Centennial Park - 10000 Route 108
Saturday, September 28, 2019
9:00 a.m.

Register online: act.alz.org/howardwalk



To join the Howard County Department of
Citizen Resources and Services Team
HoCoDCRS visit: act.alz.org/goto/HoCoDCRS



Howard County Walk to End Alzheimer's
September 28, 2019
Centennial Park
10000 Route 108, Ellicott City, MD 21042
Registration begins at 9am

Step by step directions to join a team:

Go directly to the team link at act.alz.org/goto/HoCoDCRS

or

click on: <https://www.alz.org>

click on: Walk to End Alzheimer's

click on "find a team" and enter **HoCoDCRS**

Click on: **HoCoDCRS**

Options:

- Join Team (and fundraise under your name)
- Donate to a Team Member.
- Donate to the Team

For more information contact *Allyson Yospe*
410-561-9099, ext. 1849
abyospe@alz.org



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WALK MARYLAND DAY 2018 OUTCOMES & 2019 PLANNING



**WALK
MARYLAND
DAY IS OCT. 2**

Want to participate? You can either:

- 1) Become a Walking Leader by registering at <http://bit.ly/WalkMDDay>
- 2) Host a walk by registering at <http://bit.ly/WalkMDDay>
- 3) Walk on your own or with a friend
- 4) Join a walking event listed on the Walk Maryland Day website at <http://bit.ly/WalkMaryland>

To learn about Walk Maryland Day visit <http://bit.ly/WalkMaryland>

Co-sponsored by:
Maryland Department of Health
Maryland Department of Aging
Prince George's County Planning Department
CalvertHealth



2018

- 10- Howard County Walking Leaders registered including the following Coalition groups- HCHD, HCGH, Columbia Association, UMD Extension, Local Children's Board, East Columbia 50+ Center, Winter Growth, Inc.-Columbia
- Statewide there were over 100 registered walking leaders and walks, over 80 schools, and more than 4,000 walkers
- HCLHIC Virtual Walk- 33 Individuals signed up with a total of 269,616 steps /127.66 miles reported
 - SB Team: 93,422 steps / 44.23 miles
 - LW Team : 176, 194 steps / 83.43 miles
- The total steps for the Health Department on Walk MD Day were 584,949 steps/276.96 miles and total of 1954 miles in 7 days. That equals walking almost to Salt Lake City, Utah!!!!

2019

- Virtual Coalition Event
- Redefining walking for inclusivity

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HCLHIC STRATEGIC GOALS FOR ACCESS TO CARE

FY 18-20 Priorities: Reduce Alzheimer's and dementia-related emergencies and fall-related deaths in Howard County

FY 18-20 Goals:

By June 30, 2020, participation in evidence-based programs will be increased by 20%.

By June 30, 2020, 20% of HCLHIC partner organizations will be engaged in communicating Alzheimer's and dementia-related resources; and, falls prevention, adaptive device resources, and awareness of services for priority populations.

YEAR TWO OUTCOMES

Powerful Tools for Caregivers:

14.1% increase in participation to capacity over FY 17 baseline of 54.2%

Memory Café

2.2% increase in participation to capacity over FY 17 baseline of 100%

Virtual Dementia Tour

8.3% increase in participation to capacity over FY 17 baseline of 93.3%

21.7% increase over FY 17 baseline of HCLHIC partner organizations engaged in Alzheimer's Other Dementia's Awareness

Stepping On:

(34.3% increase in participation to capacity over FY 17 baseline of 72%)

Better Balance:

(2.3% decrease in participation to capacity over FY 18 baseline of 84.1%)

Remembering When:

(309.3% increase over FY 17 baseline of 75 home safety visits); 2,491 Educated *grant funding for this program ended in January 2019.

30.1% increase over FY 17 baseline of HCLHIC partner organizations engaged in Falls Prevention/Future Planning Awareness.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



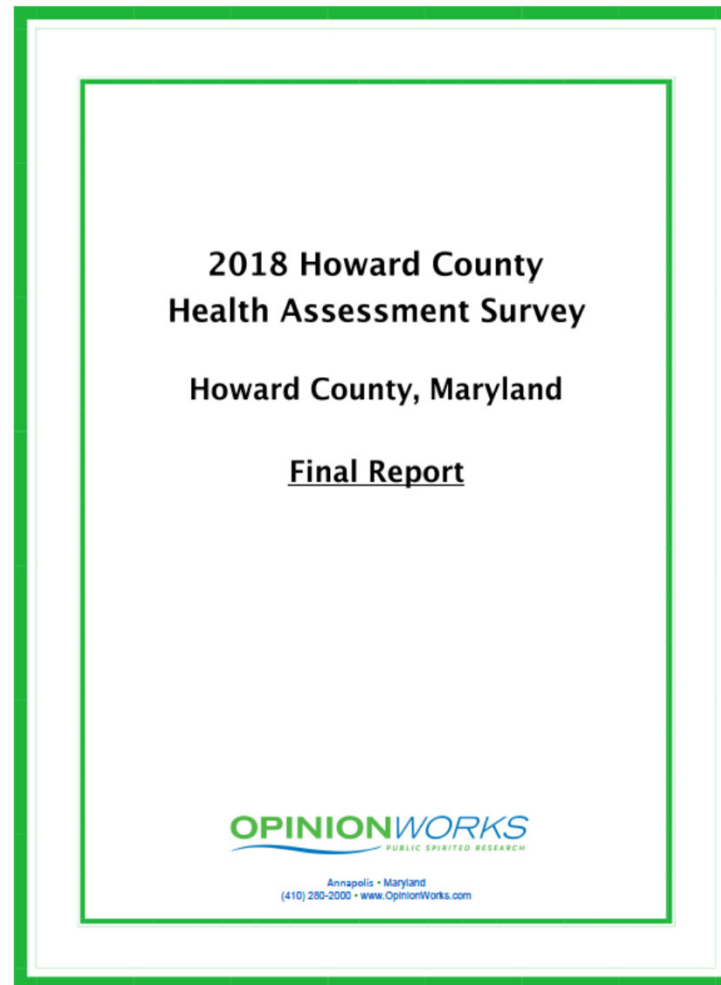
Big Brothers Big Sisters
at the Y

The Dancel Y in Ellicott City

Howard County Local Health Improvement Coalition

Healthy Aging Work Group Meeting 8/27/19

2018 HCHAS DATA



<https://www.howardcountymd.gov/Departments/Health/Reports-Data>

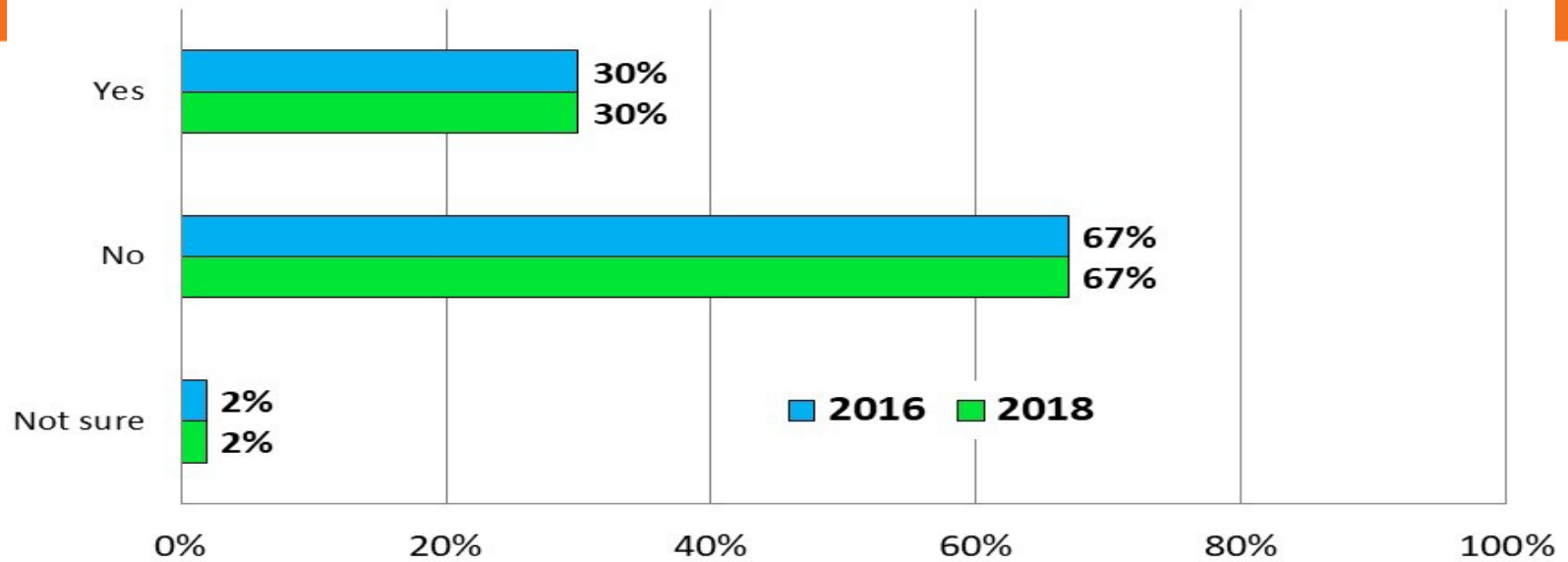
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Advance Directives

Asked of all respondents



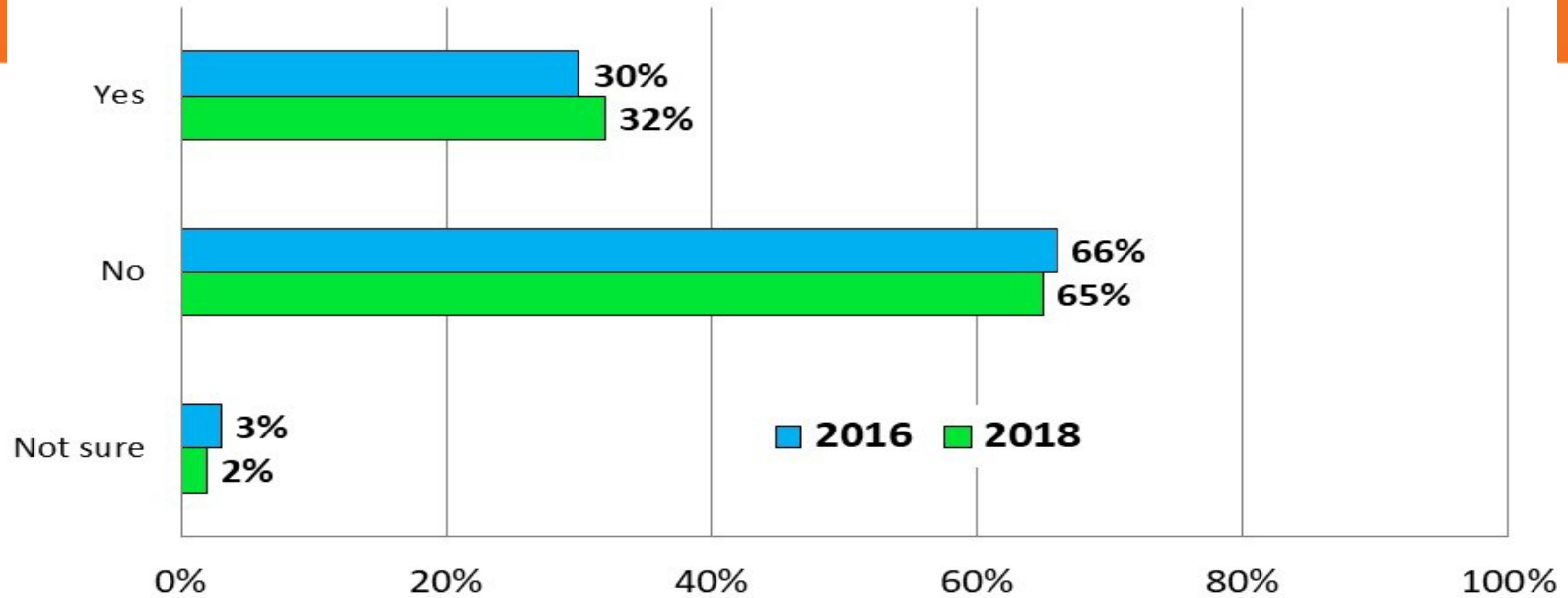
ACP1. Do you currently have a signed advance directive?
(Not asked in 2012 and 2014)

- 30% of Howard County residents said they have a signed advance directive based on this description: “Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. This is not a will by which you dispose of property, but is how you communicate decisions about the type of health care you would like to receive if you are unable to speak for yourself.” This is identical to the number recorded in 2016.
- Residents are more likely to have an advance directive if they live in West County, are over age 55, are White, earn more than \$150,000, or are widowed.

2018 Howard County Health Assessment Survey Report of Findings

Health Care Agent

Asked of all respondents



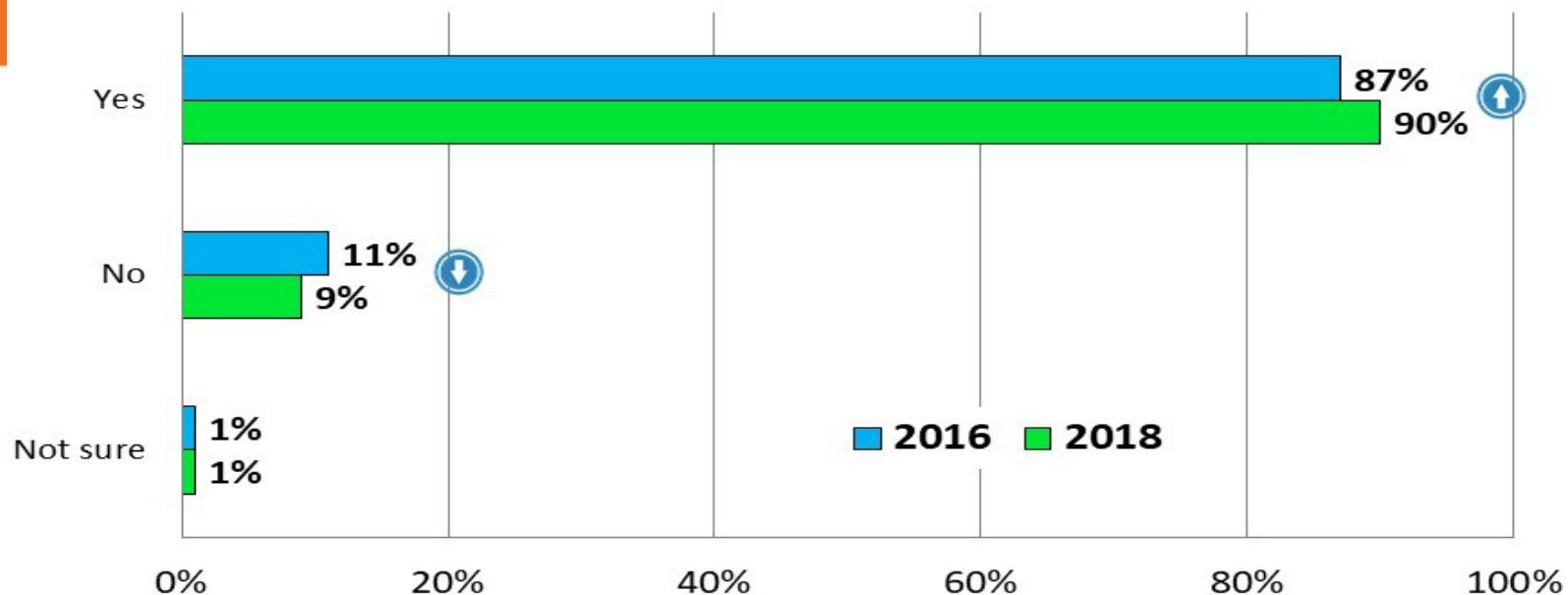
ACP2. Do you currently have a signed document naming your health care agent?
(Not asked in 2012 and 2014)

- 32% of residents said they had designated a health care agent based on this description: “A health care agent, often called a ‘proxy,’ is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive.” This is somewhat greater than the 30% in 2016.
- Residents are more likely to have named a health care agent if they are over age 55, are White, earn more than \$200,000, or are retired.

2018 Howard County Health Assessment Survey *Report of Findings*

Conversation with Agent

Asked if respondent has a signed document naming their health care agent



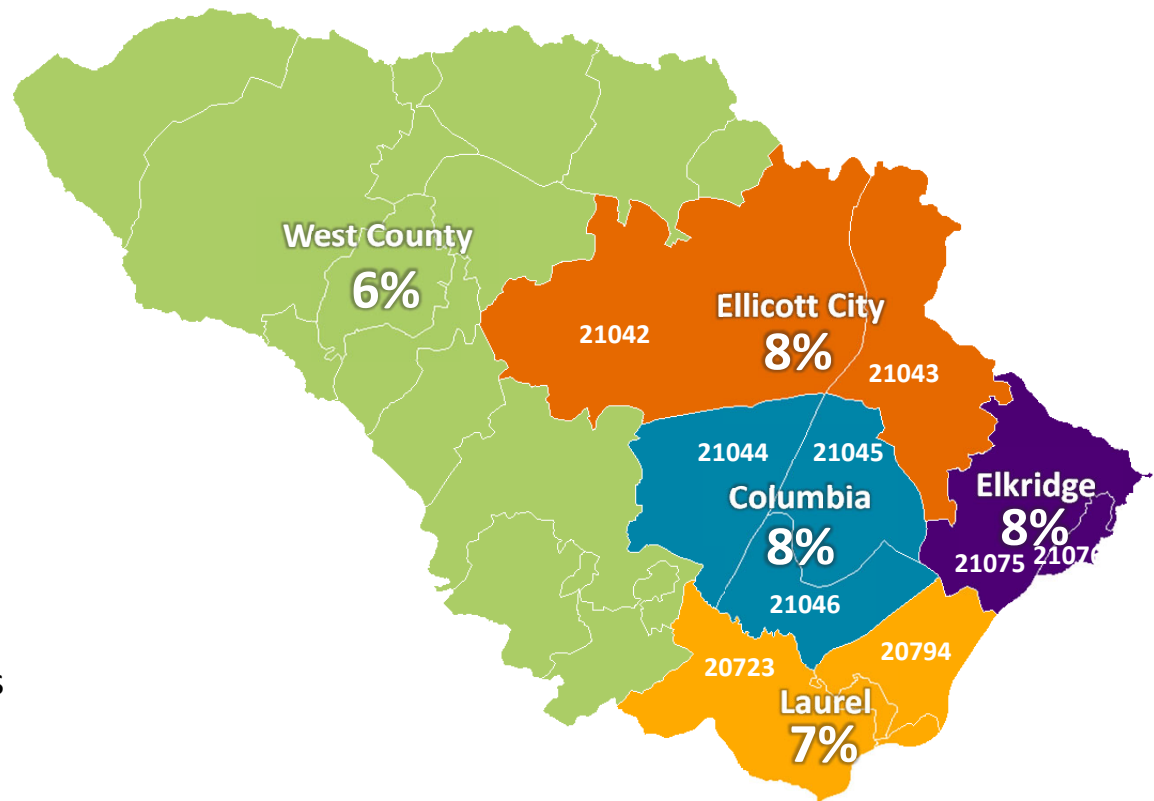
ACP3. Have you had a conversation with your named agent to communicate your care wishes?
(Not asked in 2012 and 2014)

- 90% said they have had a conversation with agent to communicate their care wishes, an increase from the 87% reported in 2016. 9% said they have not had that conversation, while the small remainder were not sure. In 2016, 11% said they had not had such a conversation.
- Conversations are more common among White and Hispanic residents, upper-income households, and among married or divorced and separated residents.

2018 Howard County Health Assessment Survey Report of Findings

DIABETES: Survey respondents reporting having been told by a doctor, nurse, or other health professional that they have diabetes* [Overall: 8%]

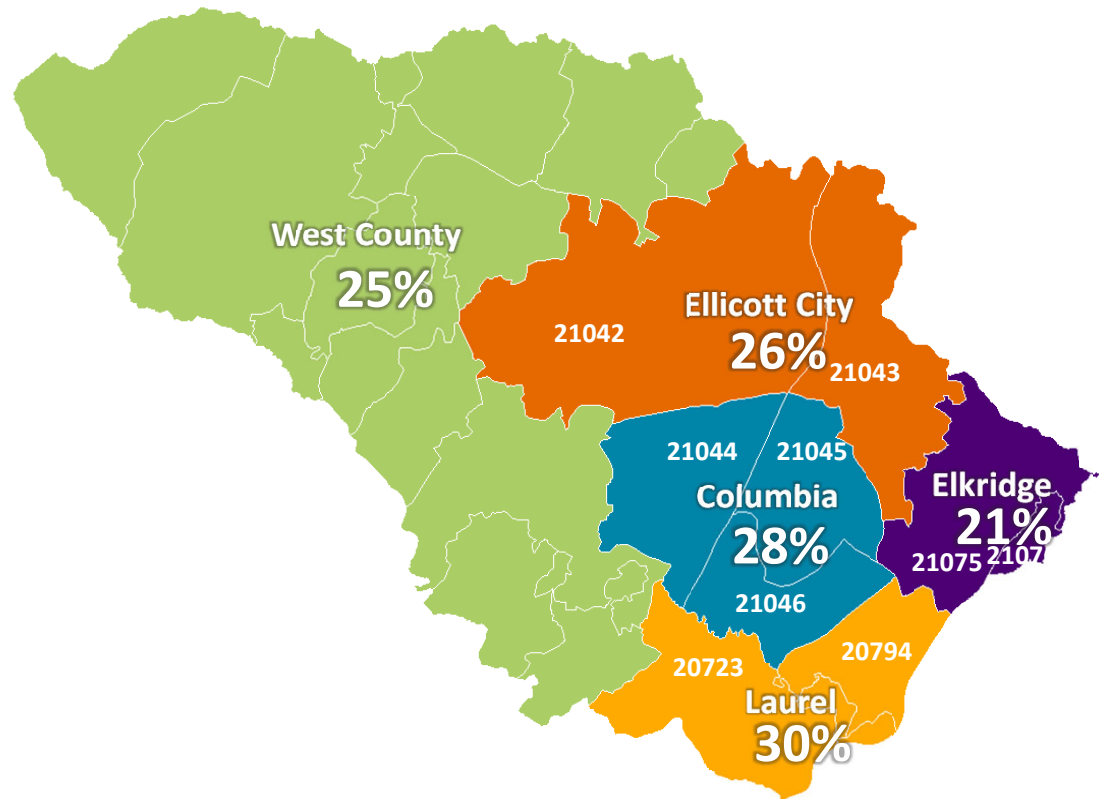
- Residents are more likely to have been told they have **diabetes** if they are age 55 or above, have no children in the household, or are retired.
- Residents are more likely to have been told they have **pre-diabetes** or borderline diabetes if they are age 55 or above, or are obese.
- Those earning less than \$50,000 were the most likely to have been told they have diabetes prior to the age of 30, though the median age of diagnosis is near 50 for all income groups.
- Those earning between \$100,000 - \$149,999 were more likely than others to be taking insulin or other medication to help with their diabetes.



Data Source: Howard County Health Assessment Survey, 2018. *Excludes females told only during pregnancy.

HYPERTENSION: Survey respondents reporting having been told by a doctor, nurse or other health professional that they have high blood pressure [Overall: 27%]

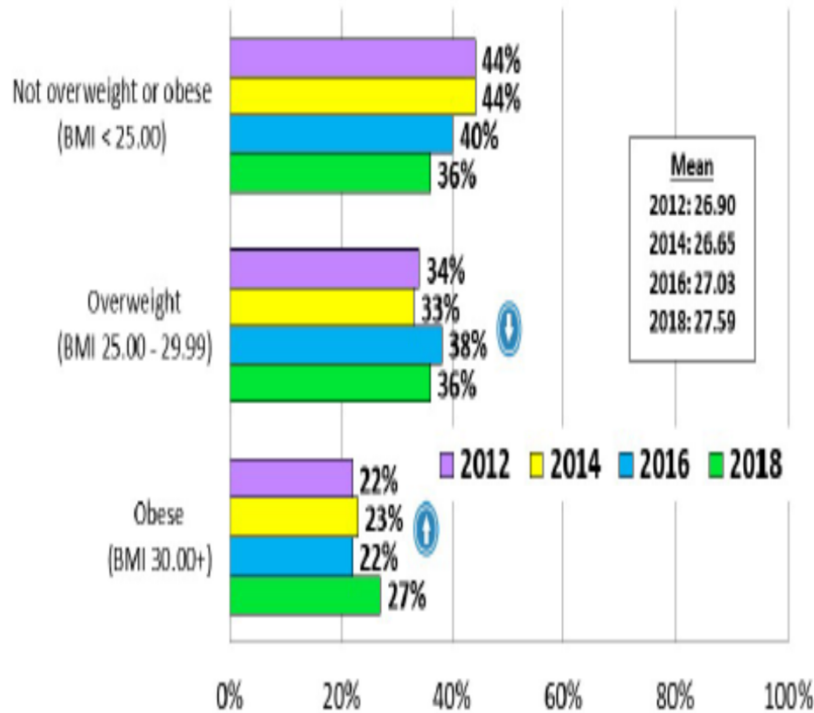
- Residents are more likely to have been told by a medical professional that they have high blood pressure if they are over age 55 or if they are retired.
- Residents who have been told they have high blood pressure are more likely to take medication the older they are, or if they are married or widowed.
- Residents are more likely to have been told their blood cholesterol is high if they are male, over age 55, or have no children in their household.
- Those less likely to be taking cholesterol medication are under age 45, identify as Hispanic or Asian, or have children in their household.



Data Source: Howard County Health Assessment Survey, 2018. *Excludes females told only during pregnancy.

BMI

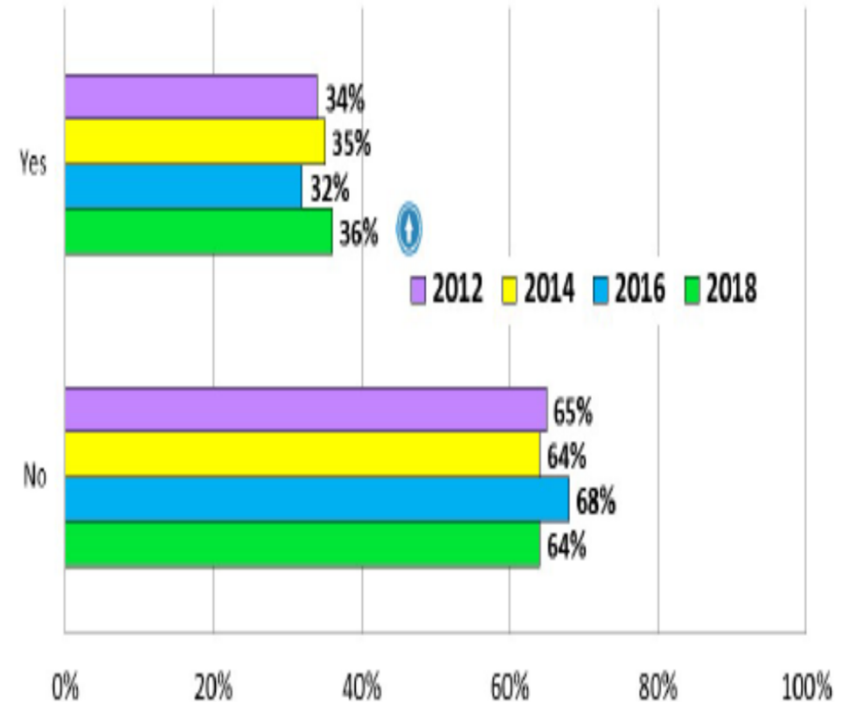
Asked of all respondents



Body Mass Index Calculation based on Q8.11 (weight) and Q8.12 (height).

Advised by Doctor to Lose Weight

Asked of all respondents



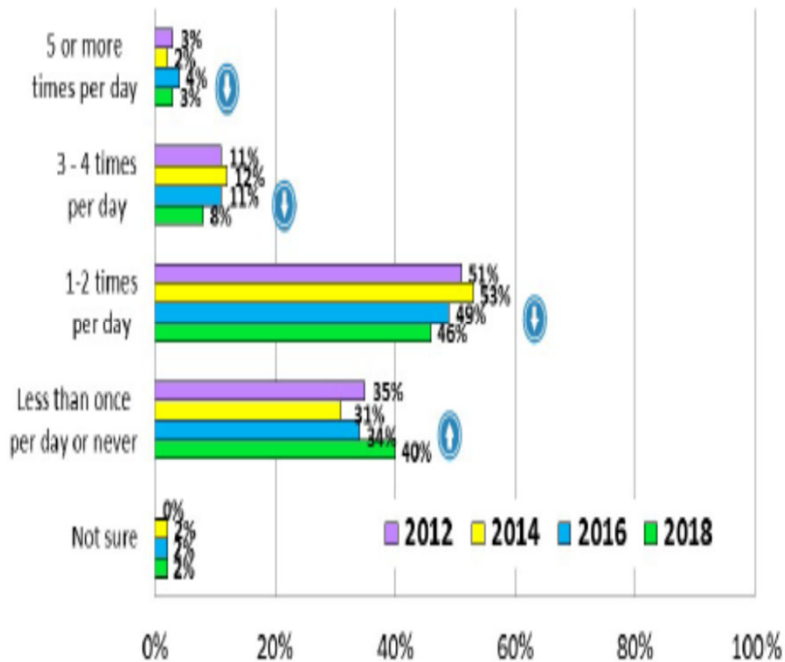
Q8.12A. Have you been advised by your doctor in the last five years to lose weight?

2012 and 2014 wording: Have you ever been advised by your doctor to lose weight?

- Based on survey questions about residents' height and weight, together, 63% of the County's adult population is overweight or obese, which is up from 60% in 2016 and 56% in both 2012 and 2014.
- The average BMI for the County is 27.59, which has also increased from 2014 and 2016.
- Residents are more likely to have been advised by a doctor to lose weight if they are between the ages of 55 and 74, or are divorced or part of an unmarried couple.

Eating Fruit

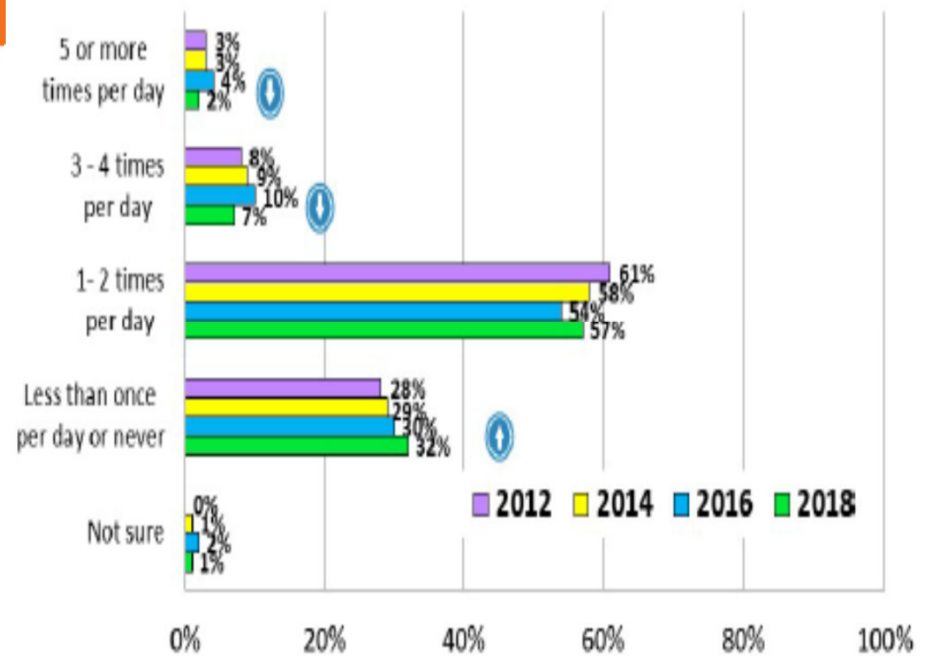
Asked of all respondents



Q9.2R. During the past week, not counting juice, how many times did you eat fruit? Count fresh, frozen, or canned fruit.

Eating Vegetables

Asked of all respondents



Q9.4R. During the past week, how many times did you eat vegetables that were not fried? Do not include rice or other grains.

- Daily fruit consumption is significantly lower in households earning less than \$100,000 a year, and among residents who are divorced, widowed, never married, or part of an unmarried couple.
- African-American residents, people living in households earning less than \$50,000 per year, and widowed or never married residents are less likely to eat vegetables daily.

- Residents are more likely to have been told they have COPD if they are age 65 or above, or if they are retired.
- There is evidence that alcohol consumption is somewhat more frequent in older residents, particularly those over the age of 55. Alcohol consumption also seems to be more common and somewhat more frequent among high-income residents.
- Residents are more likely to have smoked at least 100 cigarettes in their life if they are over age 55, or are unemployed or retired.
- Older residents are more likely to have tried smoking and quit. Though the differences are not statistically significant, the current smoking rate appears higher the younger one is. In terms of employment status, unemployed residents are much more likely than others to smoke currently.
- While the incidence of physical activity for exercise is lower among older residents, those who do so, exercise more frequently than other age groups. That phenomenon is duplicated among lower- income residents.

SUMMARY - NEEDS

Key points:

- Continued effort to increase participation to capacity
- Host-site and facilitator recruitment
- Referrals

DISCUSSION QUESTIONS

Questions – Host Sites:

1. How do we increase diversity among host-sites in Howard County?
2. How do we inform and engage community members in programs?

WRAP UP AND NEXT STEPS

FULL HCLHIC MEETING

09/26/2019

8:30 - 10:30am

Non-Profit Collaborative of Howard County

HEALTHY AGING WORK GROUP MEETING

11/19/2019

2:30 - 4:00pm

Howard County Office on Aging and Independence