

Healthy St. Mary's Partnership
HEAL Action Team
August 22, 2018 from 1:00 – 2:00 p.m.
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Jacquie Heaney - St. Mary's County Health Department (SMCHD), Kathy Faubion - St. Mary's County Library (SMCL), Clara Brooks - St. Mark Bread of Life Food Pantry, Linda Fry - Church of Ascension Food Pantry, Beena Khetpal - MedStar Shah Associates, Sydney Summerday - Tri-County Youth Services Bureau (TCYSB), Christina Allen - community member, Sue Veith - St. Mary's County Department of Economic Development (DED), Andrea Hamilton - MedStar St. Mary's Hospital (MSMH)
2. **More to Explore**
 - a. The program ends on August 25. Christi will pull the prize winners names when she returns from vacation on September 4. The passports were very popular this year, so we should be looking for sponsors for next year to continue to buy them. The libraries will store the leftover passports and prizes for next year. It was suggested that the passports be available at more locations next year to increase community awareness and ease of access to the program.
3. **ArtsPark**
 - a. The Community Development Corporation (CDC) should be hearing back about the Rural Maryland Council Grant in the next few weeks. This grant would fund the tree removal and vegetation management for a bicycle/pedestrian trail adjacent to the ArtsPark.
4. **Community Gardens**
 - a. The CDC took ownership of a parcel of land around Colony Square in Lexington Park. They are looking to have community gardens and walking paths on this land.
5. **Food Drives**
 - a. The team looked over the draft [press release](#) announcing the healthy food drive at the 2018 HSMP Annual Meeting for any edits needed. The press release also links to the healthy food drive toolkit and encourages people to use the materials to host their own food drive. The flyer is available [here](#).
6. **2018 HSMP Annual Meeting**
 - a. Thursday, September 13, 2018 from 1:00 – 5:00 p.m. at the Southern Maryland Higher Education Center
 - i. Jacquie gave an update on the agenda for the annual meeting. The HEAL breakout session will be about the Sugar Free Kids initiative. It will be a panel discussion promoting children drinking less sugary beverages and having healthy vending options.
 - b. Register Now: <https://hsmpannual2018.eventbrite.com>
 - c. Team Table



- i. Andrea and Sue will touch base with Christi about running the food drive at the table. Andrea will send Sue the posters from last year to finish updating and print.

7. Partner Updates

- a. Christina is partnering with the Patuxent Tidewater Land Trust Trails Group for the Six Deli Loop [Bicycle Trip](#). This is a 27.5 mile biking loop through Southern St. Mary's County. The event will be on September 15 beginning at 10:00 a.m. Contact [Christina](#) for more information.
- b. Christina has also started a group called 'Envisioning our Future through Creativity.' Their website will be live in the next few weeks as well as their Facebook [page](#). The group meets on the 4th Wednesday of every month at 11:30 at the St. Mary's Arts Council Building.
- c. Christina is looking into getting funding for a local [Cycling Without Age](#) Program.
- d. The Church of Ascension Food Pantry is looking into the possibility of hosting short (1-2 hour from start to finish) art projects after meals.
- e. The Facebook page [Art-ery](#) is a good resource for art supply exchanges as well as free art supplies.
- f. Sydney will be participating in the [Back to School Fair](#) at the Lexington Park Library on Saturday, August 25. The fair features informational mini-sessions, school supply giveaways, informational tables about local programs, and the Lions Club will be doing vision screenings.
- g. TCYSB has several after school and weekend activities. You can view their calendar [here](#). They also offer [counseling services](#).
- h. [Walk Maryland Day](#) will be on October 10 this year. The team discussed having a HEAL team sponsored walk that day. Andrea is looking into the possibility of us using the Hospital's outdoor walking path. If anyone would like to be a Walking Leader and schedule a walk at their organization you can register [here](#).
- i. The Lexington Park Rotary is currently looking at a few locations for a food bank in St. Mary's County.
- j. There was a lot of discussion about the need for cooking classes/demonstrations locally as many people do not know how to cook. Kathy has partnered with United HealthCare to schedule a cooking demonstration at the Charlotte Hall Library on September 17 at 3:00 p.m. Register [here](#). MSMH is looking to do cooking demonstrations at East Run Medical Center in 2019.
- k. MSMH has several classes starting soon: [Simple Changes](#) on September 19, Living Well with [Chronic Conditions](#) on September 13 at East Run Center and October 15 at MSMH, and Living Well with [Diabetes](#) on September 11 at MSMH.
- l. MSMH's Walking Path has new signs up and new stencils on the ground to encourage more use.



8. Communications

- a. Share events and news with HSMP partners through the HSMP Newsletter, calendar & social media outlets! Submit information at: <http://healthystmarys.com/newsletter/> or email stmaryspartnership@gmail.com

9. Upcoming Meetings:

- a. All regularly scheduled September meetings are canceled. We encourage everyone to attend the 2018 HSMP Annual Meeting on **September 13**.
- b. HEAL team: October 24, 2018 from 1:00 – 2:00 p.m. at Health Connections.

