

Healthy St. Mary's Partnership  
HEAL Action Team  
March 27, 2019 from 1:00 – 2:00 p.m.  
Health Connections, MedStar St. Mary's Hospital

**Minutes**

1. **Attendance:** Jenna Guzman – St. Mary's County Health Department (SMCHD), Lori Norton – SMCHD, Kyle Kebaugh – College of Southern Maryland (CSM), Shannon Heaney – SMCHD, Wanda Mahoney – Charles County Department of Health (CCDOH), Christi Bishop – Recreation & Parks, Clara Brooks – Bread of Life Food Pantry, Nat Scroggins – Minority Outreach Coalition (MOC), Ashley Milcetic – SMCHD, Linda Fry – Church of Ascension Food Pantry, Kathy Arnold – St. Mary's County Government, Erin Carney – University of Maryland Extension (UME), Sue Veith – Department of Economic Development (DED), Cheri Reulet – Tri-County Youth Services Bureau (TCYSB), Isabelle Robinson – UnitedHealthCare (UHC), Andrea Hamilton – MedStar St. Mary's Hospital (MSMH), Beena Khetpal – MedStar Shah Associates, Jacquie Heaney – SMCHD, Kathy Faubion – St. Mary's County Library (SMCL)
2. **More to Explore**
  - a. Christi provided a copy of the current budget/prize list. She is going to use some of the budget from the Walking Grant to buy prizes. The team suggested outdoor games and scooters & helmets as prize ideas. She is also going to buy some items for the giveaway bins at the libraries. Clara provided some prizes and Andrea has the UHC water bottles. The giveaways need to be at the libraries by June 1. This year's More to Explore Program will run from June 17 – August 17. The State Parks staff went through looking for the plaques and found that only 1 was missing; they have also been given information on the program so that they will be able to answer questions from community members throughout the summer. Christi is going to have her staff double check that the plaques are at all of the local parks.
  - b. Jacquie provided a sample of what the one-page quick guide would look like with 3 columns. The team discussed different ideas for altering the one-pager to make it more user-friendly. Ideas included getting rid of the amenities symbols, numbering the amenities at the bottom of the page and having the numbers listed next to the sites, updating the intro section at the top, and including the addresses. Jenna will work on a couple versions of the one-pager for the group to vote on at the next meeting. Jacquie will update the booklet to make it available online.
  - c. The group discussed updating the posters for the library. Sue will print 1 copy for each branch. This is the 5<sup>th</sup> year of More to Explore – we will include this in the press release.
3. **Healthy Meeting Toolkit**
  - a. The first draft of the toolkit is complete. The work group is editing and will meet on April 23 to discuss the edits and a plan for the resource page and caterers. Jacquie passed around the caterer list for anyone to add a caterer to.



#### 4. **Easter Festival**

- a. Jacquie brought table cloths, Healthy Food Drive Flyers, and HSMP membership forms for Clara. Christi suggested Clara and her volunteers show up at 10:30 to set up and man the food drive table, which is located at the entrance of the fairgrounds.
- b. The [Easter Festival](#) is Saturday, April 6 from 11:30 a.m. – 4:00 p.m. at the St. Mary's County Fairgrounds.

#### 5. **Feed St. Mary's**

- a. The Rotary Club hosted a Community Presentation on the Feed St. Mary's Project on March 18. The presentation is available to view on the Feed St. Mary's [Facebook](#). They are currently looking for a 2500 square foot warehouse space in the middle of the county. They also outlined some of the long-term objectives for the project, including: establishing Feed St. Mary's as the lead distributor of health foods in the community, establishing Feed St. Mary's as a 501C3, creating a mobile food bank, and eventually expanding to support projects like a teaching kitchen.

#### 6. **Get Out and Walk St. Mary's**

- a. SMCHD and Recreation & Parks have partnered on a walking grant. The grant requires the development of a Walking Action Plan for the county and implementation of 1 strategy from this plan. Shannon provided a sample Walking Action Plan for the group. Christi provided her current plan for the project including a draft of the updated Get Out and Walk St. Mary's Booklet. The project is going to include a media campaign, community outreach at events to promote the health benefits of walking, and getting new signage for the parks that promote the program.
- b. Christi is asking the HEAL team to help with the media campaign and to help with the development of the Walking Action Plan.

#### 7. **Partner Updates**

- a. The Church of Ascension is having a food distribution event on April 27. They are working with the University of Maryland Extension to provide recipes for items they give out that people aren't familiar with. Someone from extension will be at the Soup Kitchen on May 29 doing demos and providing education.
- b. Phase 2 of CSM's fitness & nature trail is in the works. They are applying for a grant that would give funding for 3 outdoor pickle ball courts and fitness stations throughout the trail.
- c. The County Government is doing a Spring Fitness Challenge.
- d. The Tobacco Free Government Grounds is moving forward after a presentation to the Commissioners on March 26. All County parks will be tobacco-free on September 1 and all government grounds will be tobacco-free on January 1, 2020.
- e. April is [Minority Health Month](#) and the theme is "Active & Healthy!" The Minority Outreach Coalition is hosting a [Community Conversation](#) on April 26 from 11:00 a.m. – 1:00 p.m. at the St. Mary's County Health Department.
- f. Minority Outreach Coalition is offering a summer diabetes program at East Run in July.
- g. Save the Date: The Annual [Juneteenth Festival](#) will be on Saturday, June 15!
- h. The Southern Maryland Food Council is having their [11th Annual Hunger & Resource Day](#) on April 24.



- i. Erin's Diabetes research project is moving forward with classes in May and June. [Email](#) her for more information.
- j. Erin is starting her Needs Assessment on Healthy Living and Nutrition in St. Mary's County.
- k. St. Mary's County library is having their Annual Friends of the Library [Book Sale](#) on March 29, 30, and 31.
- l. Isabelle will be sending out invitations for UHC's Community Advisory Committee Meeting on June 5 from 12:00 – 2:00 p.m. at the St. Mary's County Health Department.
- m. SMCHD is hosting an info session on the Summer Student Academy in Public Health on March 28. For more information on the program, visit [here](#).
- n. The Tobacco Free Living Action Team is hosting an information session of the [Smoke Free Holy Grounds](#) initiative on March 29 for faith-based organizations.
- o. SMCHD is hosting a [Medication and Sharps Collection Event](#) on April 27.
- p. The County submitted a grant application for the Southern Maryland Regional Agriculture Center.
- q. Tri-County Youth Services Bureau is having a community clean-up event for [Global Youth Services Day](#) on April 13. Contact [Cheri](#) for more information.
- r. The Harm Reduction Program is moving into the implementation phase. Their Lexington Park Office will be having a Grand Opening in April. Community members are encouraged to provide feedback on the program [here](#).
- s. Recreation & Parks Summer Camp [Registration](#) is open and filling up quickly!
- t. MSMH's [Simple Changes](#) class start on April 17. Call Health Connections to register.

## 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](mailto:stmaryspartnership@gmail.com)

## 9. Upcoming Meetings:

- a. Healthy Meeting Toolkit small group: April 23, 2019 from 10:00 – 11:00 a.m. at Health Connections.
- b. HEAL team: April 24, 2019 from 1:00 – 2:00 p.m. at Health Connections.
- c. 2019 Healthy St. Mary's Partnership Annual Meeting: September 19, 2019 at the Southern Maryland Higher Education Center.

