

Healthy St. Mary's Partnership  
HEAL Action Team  
May 22, 2019 from 1:00 – 2:00 p.m.  
Health Connections, MedStar St. Mary's Hospital

**Minutes**

1. **Attendance:** Christi Bishop – Recreation & Parks (R&P), Shannon Heaney – St. Mary's County Health Department (SMCHD), Clara Brooks – St. Mark's Bread of Life, Rachel Nussberger – Tri-County Youth Services Bureau (TCYSB), Nat Scroggins – Minority Outreach Coalition (MOC), Isabel Robinson – UnitedHealthCare (UHC), Kathy Arnold – St. Mary's County Government, Kyle Kebaugh – College of Southern Maryland (CSM), Andrea Hamilton – MedStar St. Mary's Hospital (MSMH), Erin Carney – University of Maryland Extension (UME), Sue Veith – Department of Economic Development (DED), Jacquie Heaney - SMCHD
2. **More to Explore**
  - a. There were some last minute monetary donations which allowed us to stock up on prizes and giveaways for the next few years. We are also going to be able to print some booklets for each of the libraries as well as the one-pagers.
3. **Healthy Meeting Toolkit**
  - a. Jacquie provided a draft of the Healthy Meeting Toolkit main document (there will be supplementary resources available online). The team went through and suggested edits to the design, wording, and ordering of the toolkit. Jacquie and Sue will work on making these edits over the next month and bring it back for the June meeting for final review.
4. **Walk St. Mary's**
  - a. The [website](#) has been created and currently shows off the official logo for Walk St. Mary's. The signs for each of the parks have been finalized (3 different designs – 20 signs total). One half of the sign is focused on the R&P community Standards and the other half is Walk St. Mary's (benefits of walking, walking safety, and get out and walk). There is a QR code on the Walk St. Mary's portion of the signs which links to the webpage.
  - b. Christi provided a draft of the Walk St. Mary's social media toolkit. The toolkit includes images and suggested posts for each month of the next year. She will send out a digital version of the toolkit once it has officially been approved. She is asking that HEAL members share the monthly post on their social media accounts to help spread the word about the campaign.
  - c. The last major project for Walk St. Mary's is finalizing the booklet. Bill, the graphic designer, is making a front page and template for the booklet. We will send out a draft of the booklet once it is complete for team members to review and bring comments to the team meeting.
5. **HSMP Annual Meeting Scavenger Hunt**
  - a. Sue brought a map of the Higher Ed Center which designates a ¼ mile outdoor loop with 6 stations. The team discussed laminating a clue card to place at each of the locations and printing the map on a quarter sized sheet of paper. During breaks in between sessions and



lunch, attendees will visit each of the clue cards and then complete the task listed. Once all 6 tasks are complete, attendees will return their completed scavenger hunt card to the HEAL team table to be entered for prize drawings. At the June meeting, we will solidify the 6 clues. Jacquie will bring a bucket/basket to the Annual Meeting to put completed scavenger hunt cards in.

- b. Prizes:
    - i. Kyle will donate 2 punch passes for the CSM Wellness & Aquatics Center
    - ii. Christi will put together a fitness basket with the Walk St. Mary's grant funding
    - iii. Sue will reach out to Joe Anderson about donating a gift basket of farm fresh items.
    - iv. Home Grown Farm Market tokens?
- 6. Juneteenth Healthy Food Drive**
- a. Jacquie passed out flyers. She will be at the HSMP table collecting the donations. If anyone is interested in sitting at the table for any portion of the event please email her. Andrea will reach out to Linda Fry to arrange for pick-up of donations at 7:30 p.m.
- 7. Partner Updates**
- a. TCYSB is solidifying their summer programming. Check [here](#) for updates.
  - b. CSM got approval from Leonardtown to begin the grant process for 3 pickle ball courts and body weight equipment at the entrance to the Nature & Fitness Trail.
  - c. The County Commissioners approved a regular part-time wellness and safety officer position for the county. This will be a grade 7 position with 32 scheduled hours per week. Keep an eye out for the position to open soon.
  - d. UHC's dental benefit is going up to \$750 on July 1 for Medicaid members.
  - e. UHC's Community Advisory Committee Meeting is June 5 from 12:00 – 2:00 p.m. at St. Mary's County Health Department. Email [Isabel](#) for more information.
  - f. SMADC selected St. Mary's County for the [Regional Agricultural Center](#).
  - g. A grant application has been submitted to complete the trail extension that would connect to Home Grown Farm Market.
  - h. The Tri-County Council and partners are currently working on a tri-county bike plan that would include maps of suggested bike routes.
  - i. R&P has been doing ADA park inspections over the past year and are now moving onto the next step of making improvements.
  - j. R&P is beginning the accreditation process.
  - k. MSMH is offering a Living Well with Diabetes class in partnership with the Minority Outreach Coalition and St. Mary's Caring Soup Kitchen at East Run Medical Center beginning July 9. Call [Health Connections](#) for more information.
  - l. MSMH is offering a Simple Changes Diabetes Prevention Course beginning in September for FREE.
  - m. East Run Dental in the East Run Medical Center is opening soon once equipment is approved by the state.



**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. HEAL team: June 26, 2019 from 1:00 – 2:00 p.m. at Health Connections.
- b. 2019 Healthy St. Mary's Partnership Annual Meeting: September 19, 2019 at the Southern Maryland Higher Education Center.

