

Healthy St. Mary's Partnership  
HEAL Action Team  
June 26, 2019 from 1:00 – 2:00 p.m.  
Health Connections, MedStar St. Mary's Hospital

**Minutes**

1. **Attendance:** Anjali Shankar – intern at St. Mary's County Health Department (SMCHD), Grace Akulpe – intern at SMCHD, Misty Bell – intern at SMCHD, Jenna Guzman – SMCHD, Christi Bishop – Recreation & Parks (R&P), Shannon Heaney – SMCHD, Andrea Hamilton – MedStar St. Mary's Hospital (MSMH), Rachel Nussberger – Tri-County Youth Services Bureau (TCYSB), Kathy Arnold – St. Mary's County Government, Rebecca Floyd – Aetna Better Health, Linda Fry – Church of Ascension Food Pantry, Clara Brooks – St Mark's Bread of Life, Stephanie Scharmen – SMCHD, Kyle Kebaugh – College Southern Maryland (CSM), Ashley Milcetic – SMCHD, Sue Veith – Department of Economic Development (DED), Jacquie Heaney – SMCHD
2. **More to Explore**
  - a. The program started on June 17. Jacquie provided copies of this year's passport and Andrea provided copies of the one-page Quick Guide for everyone to see. We currently have 29 prizes bought to split up over the next few years. The team decided to choose 5 winners this year. They will come to SMCHD and pick out of the available prizes. Jenna will take a picture of some of the prize options to share on Facebook. Jacquie will be delivering giveaway prizes to the libraries this week. There have been similar issues to previous years with people not being able to find the code words and messaging the Facebook page – Christi is responding to messages giving clues to the location of the marker.
  - b. Something brought up to consider for the coming years – the plaques are breaking or disappearing on a regular basis. It was suggested that the team consider starting to replace the signs with something more durable. Plaques do not need to have the marker rubbing on them anymore – the only edit that would need to be made to the passports would be to remove the word rubbing from above the boxes on the site pages.
3. **Healthy Meeting Toolkit**
  - a. Jacquie provided another draft of the [Toolkit](#). Please review and let her know if you have any edits. **Action Item:** If you are interested in helping with the resource pages that will be available on the website, please email [Jacquie](#). The goal is to have the Toolkit, resource pages, and website ready for roll out at the Annual Meeting.
4. **Walk St. Mary's**
  - a. The Walk SMC [Social Media Toolkit](#) is complete and ready for use!
  - b. R&P is working to input the content onto the booklet templates. Christi will bring a draft for the team to review once finished.
  - c. The Walk SMC signs are now up at all of the parks. The signs have a QR code that links to the [Walk SMC webpage](#). Christi & Jenna are working to develop content and get the webpage updated.



## 5. HSMP Annual Meeting Scavenger Hunt

- a. The Scavenger Hunt has 6 stops along a ¼ mile loop around the Higher Ed Center. Each stop will contain an instruction to go to an Action Team table and find the clue word. Each attendee at the Annual Meeting will receive a postcard sized Scavenger Hunt page which will have the map on one side and clue word questions on the other. The following clues were created:
  - i. Stop 1 Action: Go to the HEAL table and pick up a Healthy Meeting Toolkit.
    1. Clue: What is the last word on the last page of the Toolkit?
  - ii. Stop 2 Action: Go to the BHAT table and pick up a Network of Care flyer.
    1. Clue: Finish the sentence: Recovery is \_\_\_\_\_
  - iii. Stop 3 Action: Go to the TFL table and pick up a Tobacco 21 Town Hall flyer.
    1. Clue: Where's the event?
  - iv. Stop 4 Action: Go to the Access to Care table and grab a Guide to Spanish Speaking Resources in SMC.
    1. Clue: What does the phone symbol stand for?
  - v. Stop 5 Action: Go see the Walk SMC poster at the HEAL table.
    1. Clue: How many sites are included in the Walk SMC booklet?
  - vi. Stop 6 Action: Fill out your membership form and return it to the registration desk along with this scavenger hunt card.
    1. Clue: ????
- b. Christi picked up 2 prizes for the Scavenger Hunt – insulated bags with a water bottle, resistance bands, and lunch containers. Kyle donated 2 CSM Fitness Center punch passes.

## 6. Partner Updates

- a. The Feed St. Mary's Project will be officially announcing the location of the food bank soon!
- b. Tri-County Council is working on bike route mapping and planning for the Southern Maryland region. This will make SOMD the first Maryland region with a coordinated bike route.
- c. Charles County is writing a grant application for infrastructure to link Three Notch Trail with the Indian Head Rail Trail.
- d. Stephanie is the new Adverse Childhood Experiences Coordinator at SMCHD.
- e. Church of Ascension Food Pantry has partnered with University of Maryland Extension to provide education on topics such as: healthy food choices, farmers market programs, and cooking classes.
- f. Porpoise Creek Farm will have a [produce market](#) on the governmental center campus on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month all summer.
- g. SMC Government is recruiting for a [Wellness & Safety Officer](#).
- h. The St. Mary's County Government Wellness Fair is scheduled for September 26. Jacquie will make sure that HSMP has a table for a healthy food drive.
- i. [Registration](#) is open for the 2019 HSMP Annual Meeting!!
- j. MSMH offers several classes and support groups. They have a [Living Well with Diabetes](#) class starting on July 9 at East Run, a FREE [Simple Changes](#) class starting on September 18 at Health Connections, and a Living Well with Diabetes Class starting in September at Health Connections. Click [here](#) to see their full schedule of offerings.



- k. R&P Summer Camps are in full swing. Waterfront Parks are now charging an entry fee on weekends and holidays.
- l. For the rest of June, SMCHD and the Harm Reduction office are offering free HIV and Hep C testing.
- m. SMCHD is hosting Overdose Response Program classes on July 24 and August 15. Click [here](#) to register.
- n. Anjali, Grace, and Misty are interns at SMCHD this summer and will be focusing on food insecurity in St. Mary's.
- o. TCYSB is offering a small group summer camp for youth in 3<sup>rd</sup> – 8<sup>th</sup> grade from July 15 – August 15. Rachel is looking for interested organizations to come in throughout the program to present to the campers. For more information [email Rachel](#).
- p. Rebecca works with Aetna Better Health and is interested in working with organizations to provide programming in St. Mary's County.

## 7. 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).

## 8. Upcoming Meetings:

- a. HEAL team: July 24, 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.

