

Healthy St. Mary's Partnership
HEAL Action Team
July 24, 2019 from 1:00 – 2:00 p.m.
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Nat Scroggins – Minority Outreach Coalition (MOC), Sue Veith – Department of Economic Development (DED), Erin Carney – University of Maryland Extension (UME), Andrea Hamilton – MedStar St. Mary's Hospital (MSMH), Leah Moses – MSMH Intern, Stephanie Scharmen – St. Mary's County Health Department (SMCHD), Brian Abell – Southern Maryland Tennis Foundation, Linda Fry – Church of Ascension Food Pantry, Clara Brooks – St. Mark Bread of Life Food Pantry, Kathy Faubion – St. Mary's County Libraries (SMCL), Jacquie Heaney – SMCHD
2. **More to Explore**
 - a. There have been a few more complaints of people not being able to find signs. The team discussed the possibility of doing periodic checks throughout the program next summer or making sure we check for a sign once someone reports not being able to find it.
 - b. The program ends on August 17, after which we will pull the winner to come pick up their prizes at the Health Department.
3. **Healthy Meeting Toolkit**
 - a. Jacquie is working on finalizing all of the resource pages and will have drafts available in August. The goal is to roll out the toolkit at the Annual Meeting in September.
 - i. Resource pages edited from original NANA toolkit:
 1. Making Healthy Choices Easier
 2. Cooking Techniques
 3. Swappable Items
 4. Physical Activity Ideas
 5. Sample Tobacco-Free Policy
 6. Sample Healthy Meeting Policy
 7. Nutrition Standards
 8. Sustainability Tips
 - ii. External Resources to link on webpage:
 1. Original NANA Healthy Meeting Toolkit
 2. MyPlate
 3. Healthiest Maryland Businesses
 4. SMCHD Safe Food Handling page
 5. UME Food & Nutrition Page
 6. Spark People Nutrition & Fitness pages
 7. Dietary Guidelines
 8. Feed St. Mary's
 9. Healthy Food Drives page
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.

5. Complete Streets

- a. St. Mary's County is working on updating the Sustainable Communities Applications for Lexington Park and Charlotte Hall. A goal in the updated application is to have a complete streets policy for the county. This has been a long term goal of the HEAL team. John Deatruck for the Department of Public Works has offered to sponsor the request to the County Commissioners and will help us through the process. Sue will invite John to a HEAL meeting to begin work on this initiative.

6. HSMP Annual Meeting & Scavenger Hunt

- a. The team discussed what to include on our team table at the Annual Meeting. Andrea and Sue will update the posters with info on team initiatives. We will take donations for the Healthy Food Drive and include copies of the Food Drive Toolkit and the Healthy Meeting Toolkit on the table. We will also have racks for flyers/trifolds on the table.
Action Item: Please bring any materials about your programs/organization that you would like included on the table to the August meeting.
- b. The team solidified the clues for the Scavenger Hunt. Sue will create the clue cards which the team decided will be made available along with a flyer for the Scavenger hunt by the food trucks at lunch time.
 - i. Stop A: What is the last word on the Take the Healthy Meeting Pledge page of the Healthy Meeting Toolkit? (Healthy Meeting Toolkit cover and pledge page laminated)
 - ii. Stop B: What is the number to call for referrals to Community Services (Network of Care flyer laminated)
 - iii. Where is the Tobacco 21 event being held? (T21 Town Hall flyer laminated)
 - iv. List 1 of the locations that offers all 3 language services (Spanish Speaking Provider, Onsite Translator, and Language Line). (Spanish Speaking Resource Guide laminated)
 - v. September is National _____ Awareness Month. (Walk SMC Social Media Toolkit Laminated)
 - vi. Fill out your HSMP membership form and turn it in at the registration desk.
 - 1. The person at the registration desk will stamp the clue cards and then they will be placed in the drop box.
 - 2. 2 winners will be drawn at the end of the day (cards that are drawn will be checked for accuracy before announcing winners)

7. Partner Updates

- a. The Southern Maryland Tennis Foundation will be doing outreach and providing hands-on activities at the PRC Drive-In Family Event on August 2 and the Leonardtown Beach Party on the Square on August 3.
- b. Summer Reading is in full force at the libraries.
- c. The St. Mary's County Fair is quickly approaching. If you are interested in having a table in the UME building (old auditorium) please contact [Erin](#).
- d. SMCHD has released the 2019 St. Mary's County [Opioid Crisis Response Plan](#).



- e. [Registration](#) is open for the 2019 HSMP Annual Meeting!
 - f. The Tobacco Free Living Action Team is hosting a [Tobacco 21 Town Hall](#) on September 26 at the St. Mary's County Fair Grounds.
 - g. The Behavioral Health Action Team is hosting a [Youth Mentoring Round Table](#) on August 29 at the Lexington Park Library.
 - h. MSMH has a Diabetes Self Management Class running right now at East Run Medical Center and will start a class at Health Connections at the end of September. They will also be starting a new cycle of the Pre-Diabetes program in September. 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
- 9. Upcoming Meetings:**
- a. HEAL team: August 28, 2019 from 1:00 – 2:00 p.m. at Health Connections.
 - b. 2019 Healthy St. Mary's Partnership Annual Meeting: September 19, 2019 from 8:30 a.m. – 3:00 p.m. at the Southern Maryland Higher Education Center.

