

Healthy St. Mary's Partnership
HEAL Action Team
December 4, 2019 from 1:00 – 2:00 p.m.
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Andrea Hamilton – MedStar St. Mary's Hospital (MSMH), Brian Abell – Southern Maryland Tennis Foundation, Sue Veith – St. Mary's County Department of Economic Development, Stephanie Scharmen – St. Mary's County Health Department (SMCHD), Stephanie Freeman – SMCHD, Miriam Dyson – community member, Nat Scroggins – Minority Outreach Coalition (MOC), Kathy Faubion – St. Mary's County Library (SMCL), Kyle Kebaugh – College of Southern Maryland (CSM), Rebecca Floyd – Aetna, Brittany-Jae Inman – Greater Baden Medical Services (GBMS), Erin Jewell – University of Maryland Extension (UME), Cindy Tomlinson – St. Mary's County Government (SMCG), Jacquie Heaney – SMCHD
2. **Co-Chair Elections**
 - a. The team voted for the new HEAL team co-chairs. The 2020 Steering Committee members will be announced in the December 19 newsletter.
3. **Walk St. Mary's**
 - a. The Get Out and Walk! books are ready for distribution! Let Jacquie know if you'd like some for at your organization.
4. **Healthy Meeting Toolkit**
 - a. The toolkit is complete and [available online](#). The team discussed that there was initial interest from caterers to be included in the toolkit, but they did not respond to follow up calls or emails. The team decided to keep the toolkit as is and have a link available on the website for caterers to reach out if they are interested in being included.
5. **Complete Streets**
 - a. Sue spoke with John Deadrick after our October meeting. He will attend a meeting in early 2020 to discuss Complete Streets. We will be working as a team to put together a Complete Streets "package." At the recent Steering Committee meeting Dr. Brewster suggested that we put together a policy and presentation and have herself and pertinent department heads from the county present it to the commissioners. Jacquie and Sue will work on drafting a policy for the January meeting. If you would like to help with this please contact [Jacquie](#).
 - b. There was a panel event held last night at St. Mary's College of Maryland on Transportation, Trails, and Community Design. The news article write up on the event can be found [here](#).
 - c. There was discussion as to what the team can do to support this policy and how to get the community involved. The following ideas were discussed:
 - i. Learn more about [Complete Streets](#).
 - ii. Take pictures and/or make note of walking and biking issues you come across in the county (e.g. something blocking the sidewalk, no shoulder, etc.).



- iii. Start discussing Complete Streets with community members and encourage them to show their support to the Commissioners [here](#).
- iv. Make comments on the upcoming Airport Innovation District Master Plan.
- v. Support the creation of a Bike & Pedestrian Advisory Committee.

6. Partner Updates

- a. With the nice weather the Tennis Association was able to play outside on the court into December this year!
- b. The YMCA Exploratory Committee has decided to move forward with a Lexington Park location.
- c. Willows Recreation Center is now open!
- d. Aetna's Baby Shower in November in Charles County was very successful. Rebecca is looking for ways to partner with organizations in St. Mary's in 2020.
- e. The Aspen Institute College Excellence Program named CSM as one of 150 community colleges eligible to compete for the \$1 million [Aspen Prize for Community College Excellence](#).
- f. Kyle recently compiled data for usage of the Leonardtown Wellness & Aquatics Center in FY19. The facility was used by 568 community members with the user average being 33 visits per year – 43% of users were male and 57% were female, and 60% of community members using the facility were age 41 or older.
- g. University of Maryland Extension will be offering Food Safety classes in 2020 targeting home cooks and volunteers. Contact Erin for more information.
- h. Miriam is looking to do a community garden for her capstone project and is looking at a community forest design so there is less upkeep. She will present to the team in the Spring.
- i. The Office of Minority Health and Health Disparities' Health Equity Conference is tomorrow.
- j. SMCHD recently released the St. Mary's County [2019 Health Status Report](#).
- k. Health Connections will have a new Living Well with Diabetes class starting up at East Run in January and another starting in March.
- l. Health connections is offering a Simple Changes class beginning in March and has several support groups that meet regularly. Check out their schedule [here](#).

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

8. Upcoming Meetings:

- a. HEAL team: Wednesday, January 22, 2020 from 1:00 – 2:00 p.m. at Health Connections, MedStar St. Mary's Hospital.

