

# Healthy Eating & Active Living Action Team Meeting

Wednesday, May 27, 2020 1:00 - 2:00 p.m.



# Agenda

1. Introductions
2. More to Explore
3. Complete Streets
4. Healthy Food Drives
5. Public/Private Partnerships
6. Resource Guide
7. Partner Updates



# Introductions

- Shannon Heaney - Co-Chair
- Brian Abell - Co-Chair
- Jacquie Heaney - Co-Chair
- Cindy Tomlinson
- Lynn Mejia
- Nat Scroggins
- Stephanie Freeman



# More to Explore

- Virtual? Beanstack - images created to promote passive park activities while getting codes
- One Pager & full booklet available on website
- New signs? Get update from Christi & Andrea
- Start Date - July
- Run through end of September



# Complete Streets

- St. Mary's Metropolitan Planning Organization Unified Planning Work Program FY 2021
  - Complete Streets Regional Analysis
  - Outcome: Complete Street plan with standards, policies, and guidelines for Calvert and St. Mary's



# Healthy Food Drives

- Feed St. Mary's Open
- SMCPS Drive-Up Lunch Service
- St. Mary's Caring Take-and-Go Meals & Pantries at Main & Satellite Sites
- Local Food Hotline - 240-895-7000
- Promote healthy food donations to the local food pantries as they are requesting donations currently
- United HealthCare - masks - Jacquie give St. Mary's Caring contact info



# Public/Private Partnerships (PPPs)



HEAL Action Team Endorsement of an HSMP General Policy to Advocate for PPPs to Increase Fitness and Recreation Programs, Service Providers & Indoor Facilities?

HEAL Action Team Agreement to Send Letter to the County's YMCA Exploratory Committee in Support of Bringing YMCA of the Chesapeake programs and facilities to the Lexington Park area? - Exploratory Committee Meeting June 3 @ 6 pm

SportsPlex Feasibility Study

PPPs Advocacy Plan for 2020 and 2021

The team unanimously voted to add PPS to the HSMP advocacy agenda and to write a letter of support for the YMCA - this will now move forward for approval from the HSMP Steering Committee.

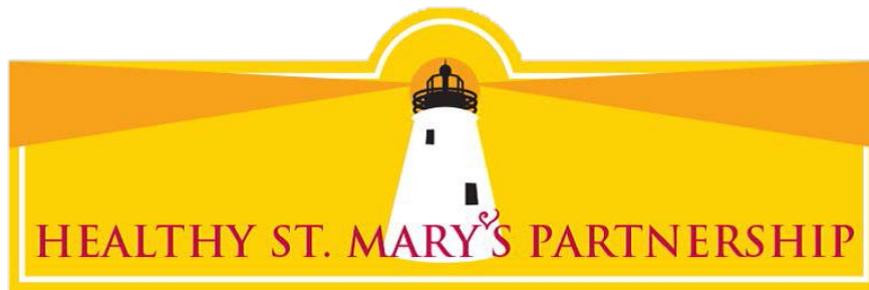
# Resource Guide



- Recreation & Parks Virtual Recreation Library:  
<https://www.stmarysmd.com/docs/virtuallibrary.pdf>
- What information should be in HEAL's online Database detailing fitness, recreation and other active living programs, providers and facilities?
- Can we list both current virtual offerings & future in-person activities?
- Can we include reopening & recovery resources in the online Guide?
- Categorized list of available fitness opportunities
- Google Sheet - Name, address, links to website/social media, reopening plans, categorize by offering & by virtual/outdoor/indoor - Brian will start & then we will share with partners

# Partner Updates

- Brian - US Tennis Association banned USTA programs through May 31; Offering small group programs starting June 15 through SOMD tennis
- Lynn - United HealthCare Community Plan creating resource list for people with food, rent assistance, educational resources, etc.; Sending food to members; Reaching out to FQHC to address their needs - donations of masks, hand sanitizer; piloting virtual fitness events & virtual wellness seminars
- Cindy - working from home. We have been offering a variety of webinars to our employees including Relaxation Techniques, Health Eating, etc., We are working on offering a virtual fitness challenge through our health insurance partner. Employees and their family members can earn points for steps, fitness activities, acts of gratitude, and taking and logging two minute timeouts to stretch and decompress
- For local COVID-19 information visit [smchd.org/coronavirus](https://smchd.org/coronavirus) or call the Call Center - 301-475-4911
- More to come on Community Health Assessment & HSMP Annual Meeting
- Nat - working to promote contact tracing flyer in the community
- Shannon - Safe Routes to School - pushed to July 1, 2021 start date - Full year grant
- Diabetes grant for HEAL team action in FY21
- Stephanie - working from home!



# Communications

- Submit event and news updates/information at:  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: Healthy St. Mary's Partnership
  - Twitter: @HealthyStMarys



# Upcoming Meetings

- June 24, 2020 3:00 p.m. with call in option

