

Healthy St. Mary's Partnership
HEAL Action Team
February 28, 2018 from 1:00 – 2:00 p.m.
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Jenna Guzman – St. Mary's County Health Department (SMCHD), Linda Fry – Church of Ascension, Clara Brooks – St. Mark Bread of Life Food Pantry, Leone Tucker – St. Mary's College of Maryland (SMCM), Kathy Faubion – St. Mary's County Libraries (SMCL), Christina Allen – community member, Isabel Robinson – United Healthcare, Beena Khetpal – MedStar Shah Associates, Lori Norton – SMCHD, Donnell Douglas – SMCHD, Sue Veith – Department of Economic Development (DED), Rebecca Jackson – SMCHD, Elizabeth Okundaye – Student at SMCM, Intern for Community Development Coordination.

2. **More to Explore:** Jenna gave a brief overview and history of the *More to Explore* program for new members, more information is available online at: <http://healthystmarys.com/more-to-explore/>. Our account balance is currently at \$340.00 so we are now in **recruitment mode for sponsors** (sponsorship funding pays for printing hardcopy booklets, maintaining/replacing broken MTE signs and markers, and prizes). MOC manages the funds for the HEAL team and all donations are tax deductible. Donated items for prizes are also welcome. Sponsor letters with sponsorship forms were distributed – this package is available for you to download and print at: <http://healthystmarys.com/wp-content/uploads/2018/03/More-to-Explore-Sponsor-Package-2018.pdf>. Team members were encouraged to mail these or drop them off to any local businesses and organizations that may be willing to sponsor or donate prizes. Prizes should be oriented toward fitness, health, youth and families (e.g., a basketball hoop w/ball, gift certificate for kayak rentals, sports gear, gift certificate to Dick's Sporting Goods, etc.).
 - a. **Sign-ups for Sponsor Outreach (please follow up on these and report back at next meeting):**
 - i. Clara Brooks – St. Mark Bread of Life Food Pantry
 - ii. Isabel Robinson – United Healthcare
 - iii. Christina Allen – Corn Crib Studio & Homestead
 - iv. Nat Scroggins – MOC: **Confirmed** donation of \$160.00 to bring the current account balance to \$500.00
 - v. Jenna Guzman – will mail letters from HEAL to the following sponsors from previous years: Healthiest Maryland Businesses, Patuxent Adventure Center, College of Southern Maryland
 - vi. Andrea Hamilton – MedStar St. Mary's Hospital & Community Alcohol Coalition



- vii. Christi Bishop – Recreation & Parks: **Confirmed** gift certificates to participate in local programs, sports, camps, etc.
- b. Kathy provided a quick update from the Libraries. While the More to Explore passport can be used year round to explore our county, the More to Explore challenge will run as a part of the summer reading program (**June 18- August 25**). Both adults and youth can sign up this year at their local library to participate online through the Beanstack program. The libraries kept the leftover small participation prizes that were provided last year by the Community Alcohol Coalition and will continue to offer them this year.
- c. **Additional Action Item** – Collecting/switching the “online codes” from each site. Team members signed up to go out to the various More to Explore sites and pickup or switch the secret codes. **You will need a Phillips head screwdriver to remove the code. Do not remove the green More to Explore site placard – ONLY remove/switch the black secret code (a fitness word).**

i. Signed Up:

Name	Park	Code to collect/switch	Physical location
Andrea	Cardinal Gibbons Chancellors Run St. Mary’s City Home Grown Market Point Lookout	Balance Stretching Warm Up Flexibility Training	Playground Playground Gift shop In building Nature center/camp
Sue	Dorsey 5 th District Bagget St. Mary’s River State Park	Conditioning Plateau Kinesiology Intervals	Playground Main entrance Behind pavilion, sign Sue has this one*
Jenna	Great Mills Canoe Piney Point	Endurance Body Mass Index	Entrance sign Ship display
Lori	Greenwell Sotterly	Mobility Aerobics	Office Behind visitors center by the playground
Nat	Lancaster	Cardiovascular	Memorial area, sign
Beena	7 th District St. Clements	Glucose Repetition	Main Entrance Sign Boat Display
Rebecca	Town of Ltown Port of Leonardtown Wharf	Nutrition Strength Lifestyle	By Fuzzy’s Market Landscaping bed/park Entrance sign on left near the trail
Kathy	SMC Libraries	Ltown: Breathe CH: Stamina Lex: Kinetic	Circulation desks



Unassigned	Miedzinski (under construction?) Elms Beach		
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- ii. **Please collect your codes by the next HEAL team meeting on March 28.** You have three options: 1. Switch the codes between the sites you signed up for (**make sure to note what code ended up at what site so that the information the library has in the online system is accurate**), 2. Bring the codes to the next HEAL team meeting, or 3. Drop your collected codes off at the Recreation & Parks office (in an envelope marked Christi Bishop). THANK YOU!!! ☺

3. Discussion: Team Priorities for 2018: The team had an open discussion about what topics, projects and initiatives they wanted to focus on in the upcoming year. The discussion centered on the following topics, which were supported by the members present:

- a. **Complete Streets** (Leads: Sue Veith & Christina Allen)
 - i. Mapping/color coding accessible bike routes
 - 1. Getting developed walking maps onto the HSMP website!!
 - ii. Grant applications for local projects (DED looking into a State Hwy. grant)
 - iii. Policy – Pass a local resolution
 - 1. Current legislation at the state level may positively impact
 - iv. Transportation projects underway by Community Development Corporation and Access to Care Team (Tri-County Council lead)
- b. **Cold storage for local pantries/donated produce** (Leads – TBD)
 - i. Sue shared information on a Farmers Market Development project in Charlotte Hall that may include cold storage space that can hold donated produce for local pantries
 - ii. Discussion on outreach to local farmers: connect with them at the county fair in September? Need to develop basic information on donating fresh produce to local pantries (when, what, where, why and how) – also include information on SNAP.
 - 1. Needs from HEAL Team
 - a. Develop & distribute a survey to local food pantries: What do you need to store healthy foods & produce, what challenges do you face when storing/distributing these healthy foods, how do you currently connect with farmers for donations, etc. **Not assigned – will brainstorm questions at an upcoming meeting and develop survey.
 - b. Advocacy for this to be included in the plans for funding & development **Use survey data to inform advocacy.



- iii. Discussion on raising awareness on how to cook with healthy, in season veggies. Share materials/recipes with pantries or at farmers markets. United Healthcare can coordinate cooking demos for the community. There will be a nutrition demo at the MOC Community Wellness Day event this weekend (details below under **Other Business**).
 - c. **Community Gardens** (Leads TBD):
 - i. Sue will continue to provide updates on the Lexington Park project
 - ii. There may be an opportunity to partner with CSM/Leonardtown on a “spontaneous gardening” project
 - d. **Action Items:**
 - i. **Sue** - Schedule a presentation from the Community Development Corporation/ Vicki Volk on current projects (transportation, complete streets, community garden, etc.) & how the HEAL team can get involved
 - ii. **Christina** – Will bring any information she has on bike routes project & CSM trail project to share with the group at an upcoming meeting
- 4. Other Business:**
- a. Vendors needed for the MOC Community Health Awareness Day this Saturday on March 3: <http://healthystmarys.com/wp-content/uploads/2018/03/Community-wellness-Day-Flyer-2018.pdf>
 - b. HEAL team organizations can table the Easter Festival on March 24 (write free per Christi Bishop on registration form): <http://healthystmarys.com/wp-content/uploads/2018/03/2018-Vendor-Letter-and-Application.pdf>
 - c. Vendors needed for the Lexington Park Art/Cherry Blossom Festival on April 8: <https://lexleader.net/lex-park-artspark-cherry-blossom-fest-set-april-8>
- 5. Partner Updates**
- a. St. Mark Bread of Life Food Pantry will be running a healthy food drive at the Easter Festival on March 24 – Please spread the word!
 - b. CSM has opened their walking trail with fitness stations
 - c. Christina may be looking for volunteers soon to help mark trails at the new Snow Hill park, more info to come.
 - d. United Healthcare has reintroduced dental coverage for Medicaid clients.
 - e. East Run Medical Center is now open! Information on the ribbon cutting and available services will be issued by MedStar St. Mary’s soon!
- 6. 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
- 7. Upcoming HEAL Team Meetings:**
- a. March 28, 2018 from 1:00 – 2:00 p.m. at Health Connections.

