

Healthy St. Mary's Partnership  
HEAL Action Team  
July 25, 2018 from 1:00 – 2:00 p.m.  
Health Connections, MedStar St. Mary's Hospital

**Minutes**

- 1. Attendance:** Margaret Holmes – St. Mary's County Health Department (SMCHD), Kathy Faubion – S. Mary's County Libraries (SMCL), Isabel Robinson – United HealthCare (UHC), Khalia Brittingham – MedStar St. Mary's Hospital (MSMH), Lori Norton – SMCHD, Christi Bishop – Recreation and Parks, Jenna Guzman – SMCHD, Vanessa Price – Land Use and Growth Management (LUGM), Sydney Summerday – Tri-County Youth Services Bureau (TCYSB), Erin Carney – University of Maryland Extension, Linda Fry – Church of Ascension Food Pantry, Silvia-Antonia Rus – SMCHD, Nat Scroggins – Minority Outreach Coalition (MOC), Kyle Kebaugh – College of Southern Maryland (CSM), Sue Veith – Department of Economic Development (DED), Jacquie Heaney – SMCHD
- 2. More to Explore:** There had been complaints about signs being missing, however, signs are accounted for and people are just not seeing them. There has been a lot of people reaching out via Facebook this year. There are 892 online registrants with 25 completions so far. The paper books were very popular this year, so it is good to continue having them printed. We will need to continue to look for donations to cover this cost in upcoming years. There have been a handful of "completion pages" turned in from the paper books so far. Christi will pull the winners for the prizes when she returns to the office on September 3. The water bottles donated by UHC will be distributed to the libraries to add to their prize bins.
- 3. ArtsPark:** The ArtsPark survey has been taken down and the data was sent to Viki Volk for her team to start the next stages in the planning process. The team briefly reviewed the survey [results](#). The Community Development Corporation is applying for a \$40,000 Rural Maryland Council Grant. If awarded, this grant will provide funds for safety improvements (tree removal and vegetation management) needed for a bicycle/pedestrian trail adjacent to the ArtsPark. The Community Development Corporation has asked the HEAL team to write a letter of support for this grant which is due by Friday, July 27, 2018. Sue handed out a draft letter and asked for revisions and approval. Jenna will also write a letter of support from the Health Department.
- 4. Community Gardens:** Sue has been in contact with former County Commissioner Cindy Jones. She is willing to spearhead the project and Sue will work with her and the master gardeners to keep moving forward.



5. **Food Drives:** We discussed the food shortage at some of our local pantries at the June meeting. The team is interested in doing a push for local businesses/events to have Healthy Food Drives suggestions included: PAX River NAS, the opening of the new playground, Employee Wellness Day on September 27, the NAACP's back to school event at the library, reaching out to T-Bone and Heather of Star 98.3, the county fair, and the HSMP Annual Meeting. Jenna and Jacquie will work on a press release encouraging local businesses and organizations to host healthy food drives and announce that the HEAL team table at the 2018 HSMP Annual Meeting will double as a healthy food drive.
  - a. The HSMP website has a Healthy Food Drive [page](#) which has a how to, examples of healthy food donations, and the customizable Healthy Food Drive flier.
  
6. **2018 HSMP Annual Meeting**
  - a. **Thursday, September 13, 2018 from 1:00 – 5:00 p.m.** at the Southern Maryland Higher Education Center
  - b. Register Now: <https://hsmpannual2018.eventbrite.com>
  - c. All table [applications](#) are due no later than **5:00 p.m. on Tuesday, July 31, 2018.**
  - d. The team took time at the end of the meeting to review the posters from last year and make suggestions for the HEAL team table at the Annual Meeting.
  - e. The HEAL team breakout session will be Sugar Free Kids MD thanks to United HealthCare's sponsorship. Other topics include harm reduction, medical cannabis in Maryland, using communications & social media to engage youth, and the impact of the internet and digital communications technologies on health.
  
7. **Partner Updates**
  - a. Recreation and Parks' summer camps are in full swing. [Registration](#) is still open for weeks 7, 8, and 9.
  - b. Summerstock's Mary Poppins will be this weekend at Great Mills High School. [Tickets](#) are available online.
  - c. Construction on the new Wieck begins on July 26, weather pending.
  - d. The CSM Fitness & Nature [Trail](#) is now open at the Leonardtown campus.
  - e. The CSM Wellness & Aquatics Center will be closed in late August for renovations.
  - f. If your company or organization is interested in becoming a Healthiest Maryland Business you can visit their [website](#) or contact our regional coordinator, [Angela Deal](#), for more information.
  - g. LUGM is working to start two planning studies: a study of bus stops in Calvert & St. Mary's counties and a study on the ArtsPark.
  - h. Starting on July 1, UHC's Medicare plans will now cover dental fillings.
  - i. The Southern Maryland Mission of Mercy free dental [clinic](#) will be on July 27 & 28 at North Point High School.
  - j. Charlotte Hall Library now has a little free [pantry](#)!



- k. SMCHD offers breast, cervical, and colorectal cancer [screenings](#) for uninsured and underinsured residents.
- l. SMCHD also offers an Asthma Control [Program](#) for children and adolescents ages 2-18 which includes free home visits and an environmental assessment.
- m. Smoking Cessation [classes](#) will be starting back up at the beginning of August.
- n. MOC will host a free diabetes awareness [workshop](#) called “The Road to Health.” The program will meet monthly beginning on August 21.
- o. The free 2018 Summer Lunch and Learn [Program](#) will continue through August.
- p. Health Connections Classes being offered this fall
  - i. [Living Well](#) begins on September 13 at East Run and October 15 at Health Connections.
  - ii. [Living Well with Diabetes](#) begins on September 11 at Health Connections.
  - iii. [Simple Changes](#) begins September 19 at Health Connections.

## 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](mailto:stmaryspartnership@gmail.com)

## 9. Upcoming Meetings:

- a. HEAL team: **August 22, 2018 from 1:00 – 2:00 p.m.** at Health Connections.

