

Healthy St. Mary's Partnership
HEAL Action Team
February 27, 2019 from 1:00 – 2:00 p.m.
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Isabel Robinson – UnitedHealthCare (UHC), Nick Williams – student at St. Mary's College of Maryland, Clara Brooks – St. Mark's Bread of Life Food Pantry, Kathy Arnold – St. Mary's County Government, Nat Scroggins – Minority Outreach Coalition (MOC), Linda Fry – Church of Ascension Food Pantry, Erin Carney – University of Maryland Extension (UME), Sue Veith – St. Mary's County Department of Economic Development (DED), Brian Abell – Southern Maryland Tennis Foundation, Andrea Hamilton – MedStar St. Mary's Hospital (MSMH)
2. **More to Explore:**
 - a. We are now in **recruitment mode for sponsors**. Our account balance is currently 0. 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/2019/02/MTE-Sponsorship-Package-2019.pdf>.
 - i. Sign-ups for Sponsor Outreach:
 1. Andrea Hamilton – MedStar St. Mary's Hospital (copies or paper)
 2. Nat Scroggins – Minority Outreach Coalition
 3. Clara Brooks – Bread of Life & The Smith Foundation
 4. Isabel Robinson – UnitedHealthCare Community Plan
 5. Brian Abell – Southern Maryland Tennis Foundaiton & St. Mary's County Tennis Association
 6. Jacquie Heaney – will mail letters to the following sponsors from previous years: Healthiest Maryland Businesses, Community Alcohol Coalition, Patuxent Adventure Center, College of Southern Maryland, and Corn Crib Studios
 - b. Christy has been in contact with the libraries and they are on board again this year. She informed them that we will not be changing the code words this year. Last year there were 878 people signed up and 22 completers. Andrea passed around the packet of locations for people to sign up to go make sure both the plaque and the code words are there and confirm what the code word is at each site.
 - i. Cardinal Gibbons – Andrea Hamilton
 - ii. Chancellors Run – Nat Scroggins
 - iii. Historic St. Mary's City – Nick Williams
 - iv. Lancaster park – Nat Scroggins
 - v. Miedzinski Park – Jacquie Heaney
 - vi. Nicolet Park – Linda Fry
 - vii. Point Lookout State Park – Andrea Hamilton
 - viii. 7th District Park – Kathy Arnold



- ix. St. Clements Island Museum – Kathy Arnold
- x. St. Mary’s County Libraries – Erin Carney
- xi. Port of Leonardtown – Erin Carney
- xii. **We still need people to check the following locations. Please email [Jacquie](#) if you plan to check one of these sites:**
 - 1. College of Southern Maryland Leonardtown Campus
 - 2. Dorsey Park
 - 3. Elms Beach Park
 - 4. 5th District Community Park
 - 5. Great Mills Canoe/Kayak Launch
 - 6. Greenwell State Park
 - 7. Home Grown Farm Market
 - 8. John V. Bagget park at Laurel Cove
 - 9. Myrtle Point Park
 - 10. Piney Point Lighthouse, Museum, & Historic Park
 - 11. Sotterley Plantation
 - 12. St. Mary’s River State Park
 - 13. Town of Leonardtown
- c. The team discussed whether or not to print booklets this year. The team decided to update the one pager and use that instead of the booklet. Suggestions to update the one pager included making it three columns (location – possibly with address, site amenity symbols, and space for the marker rubbing). Sue looked up a water proof paper that we could print on called Rite in the Rain.

3. Healthy Meeting Toolkit

- a. Jacquie is working on edits to the Healthy Meeting Toolkit and will arrange for a committee meeting to review.
- b. A sign-up sheet was passed around for team members to write down the names of caterers they are aware of in the county so that we can reach out to see if they have/or are willing to add a healthy menu option.
 - i. Caterers Listed:
 - 1. Quality Street – Andrea Hamilton will reach out
 - 2. Baileys Catering
 - 3. Sunshine Catering
 - 4. Personalized Touch Catering
 - 5. Grocery Stores
 - 6. Apple Spice Junction in La Plata (brings up the question of whether or not we will include caterers from outside the county)
 - 7. Phyllis Washington Catering – Clara Brooks will reach out
 - ii. If you know of other caterers or would like to reach out to one of the ones listed above please contact [Jacquie](#).

4. Easter Festival

- a. We are hosting a Healthy Food Drive at the Easter Festival on April 6 from 11:30 – 4:00 p.m. at the fairgrounds. Clara is arranging for volunteers to man the table. Jacquie will



provide a table cloth and Customizable Food Drive Flyers to hand out. Please share the [flyer](#) for this healthy food drive with your organization and on social media.

5. Team Priorities and Recruitment in 2019

- a. The team reviewed the Healthy Eating & Active Living section of the Healthy St. Mary's 2020 and stated what their organization does for each goal. Andrea will provide these notes to Jacquie for evaluation of current progress towards goals.

6. Partner Updates

- a. The Health Department has been awarded a grant to promote Walking in St. Mary's County. They will be updating the "Get Out and Walk! A St. Mary's Guide to Walking for Fun and Fitness," promoting the walking maps, and promoting existing walking campaigns. If you are interested in participating in the planning team for this project, please email [Jacquie](#). The team will most likely meet before or after the HEAL team meetings.
- b. The 2019 HSMP Annual Meeting will be on September 19, 2019 at the Higher Education Center. It will be an all-day meeting this year (~8:30 a.m. – 3:00 p.m.). We are looking for HEAL speaker ideas.
- c. There will be a presentation/update on the Feed St. Mary's Project on Monday, March 18 from 6:00 – 7:00 p.m. in the Chesapeake Building in Leonardtown. All team members are encouraged to attend.
- d. April is Minority Health Month. The theme this year is Active and Healthy. Nat is planning a meeting with community leaders – more information to come.
- e. Erin has an upcoming Diabetes Awareness Research Project.
- f. Erin will be completing a needs assessment in the county and will be looking to schedule interviews with team members.
- g. The Southern Maryland Food Council is having a [Kick-Off event](#) on April 24 in La Plata.
- h. The House of Refuge is having a food distribution on March 23 from 10:00 a.m. – 12:00 p.m.
- i. [The Mission](#) on Great Mills Rd is looking for donations for the homeless community.
- j. The County Government will have a farmer's market on the county government grounds in Leonardtown this Spring. More information to come.
- k. Nicholas Williams is a student at St. Mary's College of Maryland and is looking to work on a project to see which groups in St. Mary's county have insufficient access to healthy food options and for what various reasons. After identifying these at-risk populations he would like to work with the community members to focus on producing sustainable solutions to food stability problems (such as providing transit or allowing food stamps at farmers markets). Contact [Nick](#) for more information on this project.

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: March 27, 2019 from 1:00 – 2:00 p.m. at Health Connections.

