


# Chronic Disease Action Team Meeting

Tuesday, April 27, 2021

# Agenda

1. Introductions
  2. Eat, Live, and Be Healthy Webinar Series
  3. More to Explore
  4. 2021 Team Priorities
  5. LHIC Diabetes Grant Update
  6. Partner Updates
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# Attendance

- Lori Norton - St. Mary's County Health Department (SMCHD)
- Nat Scroggins - Minority Outreach Coalition
- Erin Jewell - University of Maryland Extension
- Japan Bhalja - SMCHD
- Nancy Stone - SMCHD
- Kathy Faubion - St. Mary's County Library
- Sue Veith - Department of Economic Development
- Brian Abell - Southern Maryland Tennis Foundation
- Stephanie Freeman - SMCHD
- Andrea Hamilton - MedStar St. Mary's Hospital
- Stephanie Thomas - SMCHD
- Jessika Hall - SMCHD
- Lynn Mejia - UnitedHealthcare Community Plan
- Angela Brochu - NAS Patuxent River
- Synda Chase - CareFirst Community Plan
- Omonigho Olumese - Department of Social Services
- Keri Reed - Cedarville University FNP student
- Michele Gaskill - Seedco
- Michelle Pottinger - SMCHD
- Caitlin Kirkpatrick - SMCHD
- Sherrise De Baugh - College of Southern Maryland
- Bree Burandt - SMCHD
- Jacquie Heaney - SMCHD

# Eat, Live, and Be Healthy Webinar Series

- Upcoming Schedule:
  - Real Food Studio Healthy Meal Prep Class - April 29 @ 6:00
  - UHC Lunchtime Zumba Break - May 7 @ 12:00
  - Working to schedule Fit U Training 360 for June or July
- First event (Health Connections Mindful Eating Seminar) had over 35 attendees!
  - Recording and slides are available on the website
- Great response to the press release/eventbrite
- Any new presentation ideas?
  - Jacquie - look back through email to get back to Erin
  - Master Gardeners - doing plant clinics virtually with library right now & exploring Three Notch Trail virtual class as well
    - Could piggyback with Herbs/spices classes through UME
  - Michele Gaskill - has a presentation ready for value/access to health insurance
- Kathy will see about getting events added to the library calendar

# More to Explore

- Booklet is updated and ready to go to printers
  - Already available on the website
- R&P checked all of the signs - need 2 replaced
- Library - potentially able to hand out booklets or one-pagers through school lunch program this summer
  - Library opening for regular hours May 3
- Things to discuss:
  - Dates?
    - Launch June 5
    - Finish up right as school is starting - September 5.
  - Will look into sending home flyer to parents through Peachjar and include in library ads for summer reading
  - Anyone able to help with printing one pagers or posters for libraries?
    - Sue will print 1 poster for each library
  - Should we do a press release?
    - The team decided yes.
- Nat offered for us to use the virtual Juneteenth celebration on June 19 to help launch the program.

# 2021 Team Priorities

Anything else we'd like to work on?

- Turn resource guide developed by HEAL last year into an asset map
- There was discussion around outreach to targeted populations (specifically our Spanish speaking and African communities)
  - UME can provide translation of materials/reasonable accommodations for programs
  - CSM has ESL classes available
  - HSMP has done targeted outreach to spanish speaking community through ATC action team previously
  - Lynn is fluent in spanish - their materials are all available in spanish
- Wellness Challenge
  - Set monthly challenge and provide materials on that topic throughout the month
  - MSMH used to do something similar - Andrea will look into this to see if we can see the old materials
  - Include tobacco as part of the challenges
- Trainings for healthcare providers on cultural competency/health disparities
  - Andrea can reach out to hospital to see what is offered/participation data

# LHIC Diabetes Grant

- **Webinar Series**
  - We do have funding for speakers if needed
- **ALIVE-PD Program**
  - Slots purchased, will launch once communications campaign is finalized and ready to go
- **Communications Campaign**
  - Social media image
  - Postcard
- **FoodPlay**
  - Should we look at offering over the summer or beginning of school year?
    - The team decided on sooner rather than later! Gives stuff for kids over the summer. Also discussed potentially doing a viewing of the presentation as part of the webinar series.
- **Hoping to have a table at the fair - this will all depend on what the fair looks like this year.**

# Partner Updates

- SOMD Tennis Foundation - in full force now for late spring and summer
- Municipal Planning Organization released draft plan and is [seeking comments](#) through the 30th
- MSMH is offering an Online Diabetes Prevention Program - HALT. Call Health Connections at 301-475-6019 to register. Potential to add Living Well with Diabetes workshop if there's enough interest.
- Summer reading starts June 19 and ends August 14!
- Erin is hosting a [Mindfulness program](#) virtually with the Lexington Park Library on May 12 from 6:30 - 7:30.
- NAS Health Clinic is doing vaccinations at the clinic building and had vendor tables to advertise local services. Connect with [Angela](#) if you have any materials to include on these tables!
- [Farmers Markets](#) in the county are open in full swing May 1 (both California and Home Grown). North County Farm Market is underway - they have broken ground.

# 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

- Tuesday, May 25, 2021 from 1:00 - 2:30 p.m.