



Chronic Disease Action Team Meeting

Tuesday, October 26, 2021

Attendance

- Zemaria Frank - St. Mary's County Health Department (SMCHD)
- Stephanie Freeman - SMCHD
- Stacey Morgan - SMCHD
- Jacquie Wells - SMCHD
- Brain Abell - Southern Maryland Tennis Foundation
- Suha Ansari - SMCHD
- Michelle Pottinger - SMCHD
- Erin Jewell - University of Maryland Extension
- Morgan Jones-Axtell - Legal Resource Center for Public Health Policy
- Nancy Stone - SMCHD
- Cindy Tomlinson - St. Mary's County Government (SMCG)
- Synda Chase - CareFirst BlueCross BlueShield Community Health Plan of Maryland
- Andrea Hamilton - MedStar St. Mary's Hospital (MSMH)
- Caitlin Kirkpatrick - SMCHD
- Lynn Mejia - UnitedHealthCare Community Plan
- Sherrise De Baugh - College of Southern Maryland
- Lori Norton - SMCHD
- Tammy Halterman - Calvert County Health Department

Agenda

1. Introductions
2. Eat, Live, and Be Healthy Webinar Series
3. More to Explore
4. Physical Activity Asset Map
5. 2022 Wellness Challenge
6. Partner Updates

Eat, Live, and Be Healthy Webinar Series

- The last scheduled webinar for the Eat, Live, and Be Healthy Webinar Series was “Healthy Eating Through the Holidays” on Thursday, October 21st.
 - The webinar was hosted by HSMP and Medstar St. Mary’s Hospital - Health Connections. Click here to [watch](#) the playback.
 - The speaker, Catherine Dowling, focused on healthy eating for Thanksgiving, Christmas, and other holidays throughout the year where we may overeat and provided great feedback.
- Any ideas for November and December for Eat, Live, and Be Healthy Webinar Series? HSMP doesn’t have any events currently planned for the upcoming months.
 - A possible idea would be to provide a fitness class during the holiday season. Does anyone have connections with local trainers or gyms that would partner with us?
 - There was a suggestion to reach out to the Senior Activity Centers for referrals of folks that can host fitness classes.
 - We should consider classes that are inclusive related to various fitness levels and mobility.
 - Andrea suggested that HSMP consider hosting a webinar for managing stress during the holidays, as related to overall health and wellness.
 - Jacquie & Zemaria will work to schedule final events of the year.

More to Explore

- We will start planning for the 2022 More to Explore program in January..
- During the month of October, Zemaria chose and contacted 5 winners who have all picked up their prizes



Physical Activity Asset Map

- Google Earth Project
 - Zemaria has finished the [Physical Activity Asset Map](#)
 - Zemaria and Jacque will review the map during the upcoming month. We will check that all resources were moved over from the spreadsheet and make any other necessary changes.
- Discussion
 - According to our Physical Activity Map, where do we see that there are gaps in services?
 - Gap in Chaptico area compared to California
 - Hollywood/Mechanicsville area is empty
 - Down South looks empty as well - the team noted that there are more parks down this direction that we should add to the map.
 - Three Notch Trail spans a large portion of the county - can we get the trail to overlay on the map?
 - What does the Physical Activity Map not show?
 - Accessibility - Activities that are and aren't accessible for those with a disability.
 - Resources by age group
 - Cost
 - Hours of Operation
 - The team discussed if there is a way to highlight resources by price point and target population (i.e. free, less than \$10, etc, handicap accessible, for children, membership required, etc.)
 - Public water access points (both recreational water sports and swimming beaches)

Physical Activity Asset Map (cont.)

- What input have you received from community members in regards to physical activity in the community?
 - Community members have a lack of awareness of facilities that are available in the communities.
- **Action Item:**
 - Please think about what recommendations we can offer to increase access to physical activity resources in the community.
- HSMP will write a brief report about the various assets and noted gaps in the county after the map is finalized.
- Brian shared the below resource:
 - [Why Exercise Is More Important Than Weight Loss for a Longer Life](#)

2022 Wellness Challenge

- The team review the final plan for the challenge.
 - The goal is to solidify major topics now and then we can iron out the details of the monthly events and tracking form on a quarterly basis so that we aren't scheduling events too far in advance.
 - It was discussed that we should encourage participants to commit to the entire challenge and refer back to previous month's topics/events throughout the year..
- We will create a separate email list through Mailchimp for the wellness challenge.
 - We will send out emails with resources and weekly reminders to track.
- **Action Items:**
 - Review the plan and provide feedback, event ideas, and resources to Jacquie and Zemaria at stmaryspartnership@gmail.com.
 - Please let us know if you are able to donate a prize.
 - Think about what the best method for participants to log their competition of the challenge is.

Partner Updates

- The St. Mary's County Recreation & Parks department is seeking public input for the Land Preservation, Park & Recreation Plan that is updated every 5 years. There are several [ways to participate](#).
- St. Mary's County Government is hosting an October virtual fitness challenge that will run through December. Upcoming flu clinic being planned in November for county employees.
- MedStar St. Mary's Hospital's Diabetes Prevention Program will resume next year in March. Diabetes self management will resume in March as well. Stroke and Parkinson's support groups are currently being provided. Contact Health Connections for more information.
- Maryland SNAP-Ed position was filled at University of Maryland Extension by Christine Allred, who previously worked for 4H. Erin will be on maternity leave beginning November/December time frame.
- Lynn is moving and will no longer be with UnitedHealthCare Community Plan as of November 1. She will be reached out to her boss before she leaves to see if they can refer someone to teach the Stress Management course.
- Open Enrollment through Maryland Health Connection runs November 1 - January 15. Seedco has hired part time navigators that will be doing outreach beginning next week. They have a new office in St Mary's: 22330 Chancellors Run Road, Unit E, Great Mills, St. Mary's County, MD 20634.

Partner Updates

- The Legal Resource Center for Public Health Policy provides legal technical assistance. Contact [Morgan](#) if you need assistance.
- CSM is working to return to normalcy. The Wellness & Aquatic Center is now open through the partnership with Recreation & Parks. In person classes are open and there are also virtual classes. Class participation and facility use are still low. They are also offering the 5th grade water safety program in January - details currently negotiated with SMCPs.
- St. Mary's County Economic Development is working on land preservation & food policy.
- CareFirst is expanding its dual eligibility for special needs population. Medicare and Medicaid will be able to have extended benefits such as dental coverage, vision, and over the counter medication.
- Lifestyles of Maryland is offering a food giveaway event including in St. Mary's for the holidays.
- Tobacco Free Living Junior Team at Great Mills is currently considering their options for a safe way to meet up.
- SMCHD has a Breast Cancer Awareness Month poster up in the waiting room. The Breast and Cervical Cancer Screening Program currently has a waiting list
- SMCHD is spreading awareness for National Lead Prevention week via social media.
- SMCHD Health Equity Community Health Outreach Workers are completing their certification training and getting community assessments done. The Health Equity Team will be at the Vaccine Fun Fest. Reach out to [Suha](#) if you're interested as a vendor and bring a fun activity.
- HSMP is asking for members to complete the meeting evaluation form for the 2021 HSMP Annual meeting [here](#). The recordings are available to watch on the HSMP website [here](#).

Communications

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

Upcoming Meetings

- November and December Meetings Discussion
 - The team decided to have upcoming meetings on Nov. 16 and Dec. 14. We will send out meeting reminders for those dates.