



Chronic Disease Action Team Meeting

Tuesday, November 16, 2021

Attendance

- Zemaria Frank - St. Mary's County Health Department (SMCHD)
- Nancy Stone - SMCHD
- Jacquie Wells - SMCHD
- Lori Norton - SMCHD
- Brain Abell - Southern Maryland Tennis Foundation
- Andrea Hamilton - MedStar St. Mary's Hospital (MSMH)
- Morgan Jones-Axtell - Legal Resource Center for Public Health Policy
- Sue Veith - St. Mary's County Department of Economic Development

Agenda

1. Introductions
2. Eat, Live, and Be Healthy Webinar Series
3. Physical Activity Asset Map
4. 2022 Wellness Challenge
5. Co-chair discussion
6. Partner Updates

Eat, Live, and Be Healthy Webinar Series

- Two final webinars for the year:
 - December 9 at 5:30 p.m. - “Surviving the Holiday Madness: Holistic Approaches to Wellness” with Terri Verbic-Boggs.
 - December 21 at 5:30 p.m. - Inclusive Exercise Class with Gail Wathen.
 - Date for this webinar was just finalized so it will be added to the website, eventbrite, and social media soon.
- Eventbrite registration link and previous session recordings are available [here!](#)

Physical Activity Asset Map

- Zemaria update the missing resources in the google earth project and the project has now been transferred over to a Google Map.
- Jacquie drafted the outline of a report noting gaps that the team has discussed.
 - **Action Item:** Please review this outline and provide comments and suggestions prior to the December Action Team meeting.

2022 Wellness Challenge

- Jacquie drafted an image for the Wellness Challenge.
 - We will start sharing information about the challenge and sign-ups starting in early December 2021.
 - Suggested Edits?
 - Create a QR code for easy access to resources.
 - Double check for typos.
- Ideas for prizes (we will randomly draw a winner monthly from those who participate):
 - Brian Abell - tennis racket and tennis lessons.
 - Andrea Hamilton - will check with hospital about donating.
 - Sue suggested check farmers markets to see if they can donate fruit or veggie baskets or tokens to be used at the market.
 - Jacquie will see what prizes we have from More to Explore that are intergenerational.
 - It was suggested that we ask if Recreation & Parks can donate classes.
 - Andrea suggested seeing if Chesapeake Farmery can donate a food delivery.
- The team discussed finalizing the monthly events for the first quarter:
 - January - Welcome/Intro to the Challenge, SMART Goal Setting
 - February - Exercise Class
 - March - MyPlate Discussion

Co-chair Discussion

- Interim Co-Chair in 2022, formal election at the end of next year.
- Andrea Hamilton was nominated and voted in. She will start as co-chair for the Chronic Disease Action Team during Jan. 2022.

Partner Updates

- Various support groups at Medstar Health Connections are being offered for the remainder of the year and will continue into 2022. They will be offering new cohorts of their classes in January 2022. Check out their event calendar [here](#).
- CSM is still working to market to the community that they are offering various classes that are different than Recreation and Parks' regular program. CSM's La Plata recreation facility is currently not being used. They are currently having meetings to discuss the next steps.
- The St. Mary's County Commissioners approved funding for the kitchen and Three Notch Trail Connection trail to the new North County Farm Market. They also approved funding to move forward with the regional ag center.
- Abell Tennis has had a great activity in November with the park courts and lessons. There is a tennis tournament on Saturday, November 20th at St. Mary's College.
- HSMP is gearing up to start gathering updates to the Healthy St. Mary's 2026 plan. To collect organization updates, HSMP is launching surveys focused on each of the health priority areas in Healthy St. Mary's 2026 plan. The surveys can be accessed below.
 - [Behavioral Health](#)
 - [Chronic Disease](#)
 - [Environmental Health](#)
 - [Violence, Injury, and Trauma](#)

Partner Updates

- The HSMP Steering Committee has completed a review of the HSMP Bylaws this year and would like for HSMP members to [review their recommended updates](#). Registered members will be able to vote for or against the proposed revisions electronically between November 18 and December 2. If you have not updated your membership information this year, please take this opportunity to complete our updated membership form [here](#).
- Zemaria is stepping down from her position as HSMP Coordinator effective November 23, 2021. The open position will be posted via SMCHD soon. Please encourage anyone interested to apply.
- HSMP - COVID-19 Vaccine appointments (Pfizer) for ages 5-11 are available. Check [here](#) for information and clinic appointments.
- The SMCHD Health Equity Team will be at the Vax Fests at Great Mills High School on November 21 and December 12. Reach out to [Suha](#) if you're interested as a vendor and bring a fun activity. Find more information [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

- Next action team meeting will be on December 14 from 1:00 - 2:00 pm