




Chronic Disease Action Team Meeting

Tuesday, May 24, 2022

Agenda

1. Introductions
 2. More to Explore
 3. 2022 Wellness Challenge
 4. Annual Wellness Checks
 5. Community Baby Shower
 6. Advocacy Agenda
 7. Real Food Studio Presentation
 8. Partner Updates
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Introductions

- Brian Abell - Southern Maryland Tennis Foundation
- Shan Chen - St. Mary's County Health Department (SMCHD)
- Jacquie Wells - St. Mary's County Health Department (SMCHD)
- Andrea Hamilton - MedStar St. Mary's Hospitals
- Jessika Hall - St. Mary's County Health Department (SMCHD)
- Derisha Marshall - St. Mary's County Health Department (SMCHD)
- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Nancy Stone - St. Mary's County Health Department (SMCHD)
- Margaret Williams - St. Mary's County Health Department (SMCHD)
- Sareka Butler - St. Mary's County Health Department (SMCHD)
- Michelle Pottinger - St. Mary's County Health Department (SMCHD)
- Shannon Heaney - St. Mary's County Health Department (SMCHD)
- Hannah Heiges - Synthesis Center of St. Mary's
- Pat McKenney - Synthesis Center of St. Mary's
- Sue Veith - Department of Economic Development
- Lisa Kelley - Real Food Studio
- Eliot Willenborg - St. Mary's County Health Department (SMCHD)
- Japan Bhalja - St. Mary's County Health Department (SMCHD)
- Nathaniel Scroggins - Minority Outreach Coalition (MOC)

More to Explore

- We need sponsors for the booklets!
 - Can switch to the one-pager if we don't have enough donated
 - Partners could print on-site and deliver to the libraries
 - Print on a QR code that will take you to the booklet
 - Can create a printer-friendly version of the booklet and provide instructions for printing and assembling with string/yarn
- Andrea is ordering signs for missing locations
- Updates on new location ideas
 - Lexington Manor Passive Park Community Garden
 - Russell Farms
 - Summerseat
 - North County Farm Market
 - Update name in booklet for "Barns at New Market"
- Finalizing nutrition portion on updated booklet
 - What activity could we incorporate online to enter for a bonus prize?
 - Suggestions: submit a recipe, submit a picture of you eating fruits/veggies, provide a recipe for them to try, submit a photo at a farm market showing the produce they bought
 - Real Food Studio could help with an activity/prize!
 - Include stress relieving tips
- Dates for MTE - June 16 - Sept 7

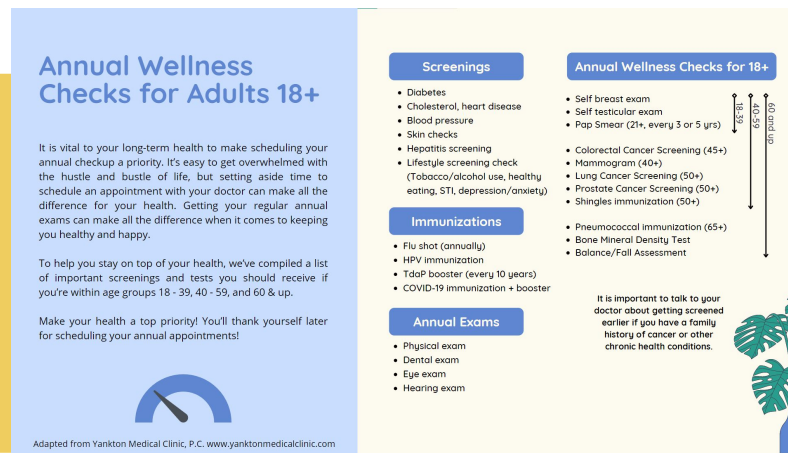
2022 Wellness Challenge

- We've had 55 participants so far.
- May report
 - Newsletter
- June Challenge: Track & increase the number of fruits & vegetables you eat each day
 - GOAL: Eat at least 5 servings per day
 - It will be promoted on the HSMP social media pages
 - Looking for someone to do a video
 - SMADC?
 - Does anyone have a direct contact there?
 - Shelby
 - Christine Allred potentially
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!



Annual Wellness Checks

- Shan made updates to image (below)
 - Changes from previous recommendations were made
 - Double checked ages for recommended screenings/vaccinations to reflect CDC's 2022 guidelines
 - To be distributed through social media, website, printed cards
- Annual Care Checklist by United Healthcare
 - UHC is working on versioning flyer
 - Will bring us 200 copies after it has been finalized
 - Where should we be putting those out?
 - Outreach Events, Senior Activity Centers
- Document sent for professional review
 - Dr. Monika Lee - sent for review 5/17, followed up with no response



Annual Wellness Checks for Adults 18+

It is vital to your long-term health to make scheduling your annual checkup a priority. It's easy to get overwhelmed with the hustle and bustle of life, but setting aside time to schedule an appointment with your doctor can make all the difference for your health. Getting your regular annual exams can make all the difference when it comes to keeping you healthy and happy.

To help you stay on top of your health, we've compiled a list of important screenings and tests you should receive if you're within age groups 18 - 39, 40 - 59, and 60 & up.

Make your health a top priority! You'll thank yourself later for scheduling your annual appointments!

Adapted from Yankton Medical Clinic, P.C. www.yanktonmedicalclinic.com

Screenings

- Diabetes
- Cholesterol, heart disease
- Blood pressure
- Skin checks
- Hepatitis screening
- Lifestyle screening check (Tobacco/alcohol use, healthy eating, STI, depression/anxiety)

Annual Wellness Checks for 18+

- Self breast exam
- Self testicular exam
- Pap Smear (21+, every 3 or 5 yrs)
- Colorectal Cancer Screening (45+)
- Mammogram (40+)
- Lung Cancer Screening (50+)
- Prostate Cancer Screening (50+)
- Shingles immunization (50+)

Immunizations

- Flu shot (annually)
- HPV immunization
- Tdap booster (every 10 years)
- COVID-19 immunization + booster
- Pneumococcal immunization (65+)
- Bone Mineral Density Test
- Balance/Fall Assessment


Annual Exams

- Physical exam
- Dental exam
- Eye exam
- Hearing exam

It is important to talk to your doctor about getting screened earlier if you have a family history of cancer or other chronic health conditions.

18-39
40-59
60+

18-39
40-59
60+



Community Baby Shower

- Planning Community Baby Shower on June 11th from 10:00am - 2:00pm at Lexington Manor Passive Park.
 - Vendor registration form [here](#)
- Would you like to volunteer to help or provide resources? Let us know!
 - Email stmaryspartnership@gmail.com
- Parts of Great Mills Rd will be closed for cleanup that day
 - We can touch base with St. Mary's Community Development Corporation to coordinate accessibility.

Advocacy Agenda

- Any other items for consideration?
 - FDA proposes ban on menthol cigarettes and flavored cigars
 - The team voted to Approve to send to Steering Committee for official addition to the advocacy agenda/moving forward with writing a letter of support
 - All requests to make open public comment must be received by June 6, 2022, at 11:59 p.m.
- Arthur Shepherd is retiring from the Recreation & Parks Department
- Recreation & Parks currently has the draft of their Land Preservation, Parks and Recreation Plan
 - Brian will be drafting a letter of support indicating the action team's support of including public/private partnerships in this plan.
 - This letter will be used as a draft for the letter the team plans on sending to candidates for public offices.
 - List of all candidates are located in the [April meeting minutes](#)

Real Food Studio Presentation

- Hoping to be up to full capacity and launch their calendar of classes by mid-July!
- Will be partnering with The Synthesis Center of Saint Mary's for their teaching kitchen & classes for community members.
 - Grow Lab project

Partner Updates

- MedStar St. Mary's Hospital's Diabetes self-management program is starting in September. Their Diabetes Prevention program will be starting in October.
- MOC will be attending the Juneteenth event on June 18th as well as Men's Retreat in June 25 in Calvert County.
- The Department of Economic Development applied for 2 grants: Rural Maryland Council to fund the Community Garden & A tax credit program for businesses to donate to the garden's construction and receive a tax credit.
 - Entrepreneurship grant through Rural MD Council that will help us look at complete streets issues, connect sidewalks, and make upgrades within Lexington Park.
- SMCHD is building a volunteer program and trying to think of ways to incorporate these volunteers into HSMP programs/events!
- SMCHD is finishing up grant writing for next fiscal year. They are continuing to assist women with screening/diagnosis/treatment.
- SMCHD has a new Tobacco Control Program Coordinator and is working on writing their grant for next fiscal year.
- SMCHD's Asthma program has a new Direct Care Assistant, Sareka Butler. Children 2-18 with moderate to severe asthma that are enrolled/eligible for Medicaid are eligible to enroll in this program!
- SMCHD is still taking screening referrals - appointments are a couple months out right now. If you still haven't gotten your colon/mammogram screenings, be sure to get those scheduled.

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

- Tuesday, June 28, 2022 at 1:00 - 2:00 p.m.
- Please let us know if you are interested in being a partner spotlight and hosting a meeting in the coming months to highlight your organization!