


Chronic Disease Action Team Meeting

Tuesday, November 21, 2022

Agenda

1. Introductions
 2. Co-Chair Elections
 3. 2022 Wellness Challenge
 4. Annual Wellness Checks
 5. Advocacy Agenda
 6. SMCHD Cancer Program Exemption Forms
 7. Partner Updates
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Introductions

- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Sareka Butler - SMCHD
- Nancy Stone - SMCHD
- Christine Allred - University of Maryland Extension SNAP-Ed
- Margaret Williams - SMCHD
- Andrea Hamilton - MedStar St. Mary's Hospital
- Brian Abell - Southern Maryland Tennis Foundation
- Michelle Pottinger - SMCHD
- Derisha Marshall - SMCHD
- Jacquie Wells - SMCHD

Co-Chair Elections

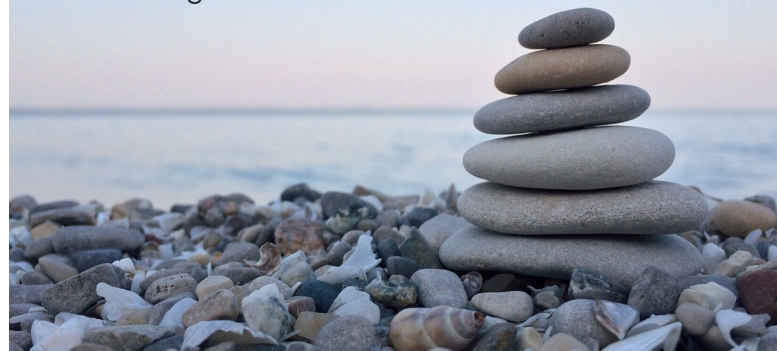
- Per the HSMP Bylaws, you must be present at the meeting to vote.
- Action Team Co-Chairs will be announced in early December.

2022 Wellness Challenge

- 56 participants
- November Newsletter
- December Challenge
 - Make Time for Self-Care
 - Goal: Manage Stress and avoid burnout
- Wellness Challenge Toolkit
 - Toolkit now available on the website!
 - Distribution Plan:
 - HSMP Mailchimp blast - **Completed**
 - DED send to businesses on their listserv
 - Chamber of Commerce
 - Patuxent Partnership
 - Fleet and Family Support
 - Faith Based Organizations with Health Ministries - **Nat? - Andrea may have chaplain list**
 - MSMH wellness committee - **Andrea**
 - NAACP - **Michelle**
 - Department of Aging (senior centers)
 - Recreation & Parks
 - **If you reach out to any organizations about the toolkit please let Jacquie know.**

Make time for self-care

Goal: Manage stress & avoid burnout



Annual Wellness Checks

- [English Version](#)
- [Spanish Version](#)
- [Flyer with QR Code](#)
- [Spanish Flyer with QR Code](#)
- **We have printed postcards in both English and Spanish**
- Distribution Plan Updates?
 - Outreach events - **SMCHD Health Equity Team**
 - Senior activity centers, libraries (**Brian**), local gyms, wellness centers, gym at the College of Southern Maryland
 - Channel 19 (county website) - **Jacque will touch base with Alex Huseman**
 - Distributing within MedStar Health system, NP Family Practice, Dr. Katherine Martin, PM Kidz
 - Doctor's offices/waiting rooms, Doctor's offices-scrolling media, Maryland Primary Care Collaborative - **Andrea**
 - Other ideas?
 - Faith Based Ministries - **Michelle**
 - Cove DFZ
 - Schools - PeachJar or message from principal - **Andrea**
 - Food Pantries and Farmers' Markets - **Christine**
 - NAACP - **Michelle**
 - SMCHD Asthma Program Clients - **Michelle**
 - Three Oaks - **Michelle**
 - School Social Workers - **Michelle**
 - SMCHD Clinic (**Caitlin**) and Health Hub (**Jacque**)
 - SMCHD Cancer Screening Program Clients - **Catlin and Nancy**
 - Greater Baden - **Caitlin**
 - Calvert Internal Medicine
 - **If you distribute the postcards or flyers anywhere please let Jacque know.**

Advocacy Agenda

- Draft advocacy letter for public private partnerships to newly elected Commissioners will be sent out via email by Brian for review in the coming weeks.
- The newly elected Commissioners will vote on the YMCA project in December. Jacquie will include the results of the vote in the HSMP newsletter after their vote.

SMCHD Cancer Program Exemption Forms

- Needed from those who receive more than \$1,000 in state funding
- Complete form [here](#).
- If you have any questions, please reach out to [Caitlin Kirkpatrick](#).

Partner Updates

- Brian was recently on a trip to Colorado that opened his eyes to new ways of offering physical activity in a community.
- MSMH's Diabetes self-management education 4 week class is starting January 23. Call 301-475-6019 to register.
- SMCHD Cancer Screening Program has a state site visit in February and mid-year reports due in January. They are continuing to see people for breast, cervical, and colon screenings and referring people to treatment.
- SNAP-Ed program is continuing to work with schools. They are also re-engaging with pantries.
- Derisha is completing her TOPS (Taking Off Pounds Sensibly Program) orientation with the state on December 5. She will have more updates on the program after this.
- Youth Education on Tobacco Products RFP coming soon. Margaret just completed her tobacco treatment certification.
- SMCHD Asthma program is continuing to receiving CRISP referrals from the state and a monthly report from hospital.
- Be on the lookout for the release of the 2022 St. Mary's County Food Security Report at the end of this month/beginning of December and the release of HSMP's annual Community Health Improvement Plan update.
- SMCHD is hosting flu vaccine clinics for children and adults on December 1 and 2 at the school based health centers. Registration is available [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

- Tuesday, January 24, 2023 from 1:00 - 2:00 p.m.
 - Happy Holidays!