



Chronic Disease Action Team Meeting

Tuesday, June 24, 2025

1:00 - 2:00 pm

Agenda

1. Introductions
2. Partner Spotlight
3. Partner Updates
4. 2025 Projects
5. Meeting Close
 - Contact HSMP
 - Upcoming Meetings

Introductions

- See the attendee list [here](#)

- Action Team Co-Chairs
 - **Sareka Butler**, Asthma Program Coordinator at SMCHD
 - **Temeria Wilcox**, Board Certified Nursing Practitioner and Owner of NP Family Practice

Partner Spotlight

- Kassie Coulson from SMCHD's Tobacco unit
 - Email: kasenia.coulson@maryland.gov
 - See the [slides](#)
 - Website: smchd.org/behavioral-health/substance-use/quit-nicotine/
 - Nicotine cessation classes will start back in the fall
 - 7-week sessions and 1 time sessions (condensed format)

Partner Updates

- **SMCHD's** Asthma program will be doing pop-ups during Lunch and Learn at the **Lexington Park Library** this summer, dates TBD. They will be distributing children's books focusing on asthma!
- **NP Family Practice** has another school and sports physical day on July 19 at their Lexington Park location (Church of the Ascension, 2nd floor)!
- **SMCHD's VIT Unit** and the **Sheriff's Office** are hosting Community Violence Prevention (CVP) Day on June 28 at Nicolet Park.
- **Goodr** will be distributing FREE food at the Lexington Park Library on June 27 and at CVP Day on June 28. People must register to receive food, please share the flyers with our community!

Partner Updates, Cont.

- Sue has a contact who is interested in doing **pilates classes** in LMPP. Lauren will connect her to Recreation and Parks.
- **Community Culture and Cuisine event** will be held on June 28th from 10:00 am - 4:00 pm at the Lexington Manor Passive Park.
- **Freedom Fest** is on June 28 at the fairgrounds from 5 - 11 pm.

More to Explore (MTE)

- MTE is LIVE for the summer!
- More to Explore is running June 13 - September 2! Follow our MTE [Facebook](#) page!
- Our booklet and signs are now at the libraries and with our outreach teams. Participants can get a physical book or use the [Beanstack](#) app.
- Share the [flyer](#)!
- We will have 2 events with Shaniqua Cousins to teach families about healthy snacks. Please share the flyers!
 - [June 27](#) at 12:30 pm at the Charlotte Hall Library
 - [July 25](#) at 2 pm at the Lexington Park Library

2025 Projects

- Join our collaboration with BHAT as we create a mental and physical wellness event at the Lexington Park Library on August 11. Our subcommittee meets next on June 25 at 3:15. Email [Lauren](#) if you are interested in joining.
- Hypertension education
 - Provide education at an established event
 - We could have blood pressure screenings at our event on August 11!
 - We can distribute information on remote patient monitoring, NP Family Practice offers this [service](#).
 - School based health centers may be able to help with screenings. Jenn to mention to nurses forum.
 - Sue to provide a contact for Home Grown Market

2025 Projects

- **More to Explore**

- This is a big transition year! We will need help from members to put up new signs.

- **Hypertension education**

- We would like to plan a few pop up educational events on hypertension
- Ideas for locations? Have it at an established or a separate event?
 - Start with offering this at established events. If there is a good response then making it a separate event
 - If we take blood pressure readings, we have to have a partner who is qualified to complete them. HSMP can provide the educational component
- SMCHD has blood pressure monitors and logs we can give out!
- Medicare recipients can enroll in remote patient monitoring for different things, participants with hypertension get a blood pressure monitoring device and educational information. Temeria to share more information!

- **Collaboration with BHAT**

- Our subcommittee meets next on **April 30 at 3:15** to plan an event that includes a walk with a counselor and mini wellness sessions
- A meeting reminder will be sent out to everyone in BHAT and CDAT the day before. If you have any questions about joining, please reach out to [Lauren](#)

Meeting Close

- Contact HSMP
- Upcoming Meetings



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Upcoming Meetings

- Interested in being our next partner spotlight? Sign up [here](#).
- Our next meeting will be July 22, 1 - 2 pm.

