



Chronic Disease Action Team Meeting

Tuesday, January 27, 2026

1:00 - 2:00 pm

Agenda

1. Introductions
2. Partner Spotlight
3. Partner Updates
4. 2025 Project Review
5. 2026 Projects
6. Community Forum
7. Meeting Close
 - Contact HSMP
 - Upcoming Meetings

Introductions

- See the attendee [list](#)
 - As a reminder, please mute yourself when you are not speaking
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- 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

- Janine Horne
 - Owner of Zen Well Health
 - Contact information: janine@zenwellstudio.com
 - Website: zenwellstudio.com/
 - View the [slides](#)
 - [Flyer](#) for services

Partner Updates

Please type out your update, including any links or contact information, and put them in the chat. This ensures the minutes are correct.

- **Community Health Assessment (CHA):**
 - **HSMP** has launched our Community Partner [Assessment](#). Please complete 1 survey per organization by January 28!
 - Community Member [survey](#) has launched for all who live, work, or play in SMC. Please help us share these as they help us determine the HSMP priority areas for the next 6 years! The survey will be open until June 30, 2026.
- **NP Family Practice** and **Aces Angels** is doing a vision board party for women to jump start health and wellness for the year on January 30, from 7 - 9 PM, at To Tell The Truth Ministries. [Registration](#) is required
- Several community organizations are partnering for the Blessings and Showers event. Community members can receive food, have showers, and connect with resources on the 3rd Saturday of every month. The next event is on February 21, from 11 AM - 2 PM, at the **Church of the Ascension**. **Flyer to come!**
- **Legal Resource Center:** the legislative session has begun! Cannabis and tobacco bills are being followed. You can utilize their legislative [tracker](#) throughout the season.
 - Legislative update [calls](#) happening every 2 weeks! The next one is February 3, open to all
 - LRC is hosting a regional meeting in Calvert County on February 5 for public health professionals to focus on cannabis and tobacco issues. Breakfast and lunch will be provided at this free event. [Registration](#) is required

Partner Updates, Cont.

- **SMCHD's Asthma** program is enrolling children ages 2-18 years of age for asthma home visiting program
- **Seedco**: open enrollment is over but upcoming events on medicaid (open year-round). Private health plans have special enrollment periods coming up.
- **Top Ladies of Distinction, SoMD Chapter**: GoRED Heart Health and Wellness Community Health and Resource Fair will be on February 7 in Waldorf
 - Health screenings & wellness education, vaccination clinic, blood drive, and more at this free family-friendly event
- **SMCHD's** Community Baby Shower will be on May 2! Flyer and more information to come!

2025 Project Review

- More to Explore
 - Completely revamped!
- Mind & Motion event in collaboration with BHAT
 - Mental and physical wellness resources
- Blood pressure screenings
 - Mind & Motion
 - Homegrown Farmers Market
 - Shared information on remote patient monitoring

2026 Projects

- Since HSMP will be focusing on the CHA this year, HSMP will only be able to work on 1-2 projects this year. We need collaboration from members to complete projects
- Review our priority areas to think of projects that support these goals
- More to Explore will begin in June 2026
 - We may ask people in CDAT to check signs in April/May
- Choosing one project proposed by Zen Well
 - Food, Farming & Wellness (Soil, Soul & Science)
 - Adapt our “Soil, Soul, and Science” program for local growers, market vendors, and food pantry volunteers: heat safety, joint protection, recovery practices, and functional hydration.
 - Pair with local produce partners for tasting/education, aligning with HSMP nutrition priorities. This would support our Food Insecurity grant, fulfills chronic disease management, State Health Improvement Plan (SHIP) priorities (hypertension)

Community Forum

- February is National Heart Month- please share any materials on heart health with us! Email us at stmaryspartnership@gmail.com
 - NIH has a social media campaign ([#OurHearts](https://www.instagram.com/ourhearts))
- Kassie has the Healthy Heart Ambassadors program (cohort starts February 2). We are excited to hear how the first cohort goes!

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 on February 24

