

Chronic Disease Action Team Meeting

Welcome! Please sign in


Tuesday, May 26 2026

1:00 - 2:00 pm

Agenda

1. Introductions
2. Partner Spotlight
3. Partner Updates
4. More to Explore
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
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Partner Spotlight

- Holly Hardesty
- Program Director at the Community Mediation Center of St. Mary's County
 - Sign up to be a volunteer for the center! 40 hour basic mediation training is provided.
 - 6/6 - 6/7 and 6/12 - 6/14
 - Offers free services!
 - Conflict resolution, facilitating conversations
 - View the slides

HSMP Outreach

- Lauren Arney, Local Health Improvement Coordinator
- Healthy St. Mary's Partnership Outreach Training
- Share the CHA with community members! Learn more and download flyers at healthystmarys.com/cha2026
- We have over 600 responses! Open till June 30
- View the slides



Community Health Survey

Open to all who live, work, or play in St. Mary's County, Maryland

Let us know what health topics are important to you in this 5-10 minute survey

Complete to be entered into a random drawing for ALDI gift cards and wellness items



Survey Closes June 30, 2026

Learn more at healthystmarys.com/cha2026



Scan to take the survey!



Encuesta de salud comunitaria

Abierto a todos los que viven, trabajan o disfrutan de su tiempo libre en el condado de St. Mary, Maryland.

Haznos saber qué temas de salud son importantes para ti en esta encuesta de 5 a 10 minutos.

Completa la encuesta para participar en un sorteo de tarjetas de regalo de ALDI y artículos de bienestar.



La encuesta se cierra el 30 de junio de 2026

Para más información, visita a healthystmarys.com/cha2026



Escanear para llenar la encuesta

TIPS FOR OUTREACH

MAKE THE TABLE APPROACHABLE



- Use the HSMP tablecloth
- Mix in fun outreach items with resources
- Remember to smile and say hello to everyone who walks by
- Stay off your phone.

CUSTOMIZE YOUR TABLE FOR EACH EVENT

Use items that make sense for the event. If there will be families there, you can offer coloring books. If it is adults only, think about what items and resources make sense. HSMP will typically give you all the items and resources you need for the event. You can bring some relevant items and resources from your organization as well.



WORK ON YOUR PITCH

Practice a 1-2 sentence summary of HSMP to share with people. The general public may not be interested in attending meetings, but may be interested in resources. You can also direct them to sign up for the newsletter through the membership form.

Pick 2-3 items on the table to direct people to based on their demographics. Families may be directed to park resources, while adults may be directed to food pantry information.



MAKE ATTENDEES COMFORTABLE

Some resources may carry a stigma, which can deter people from picking up items, such as food pantry information or parenting classes.

You can direct them to the information by saying, "If you know anyone who may be interested." Some people are very comfortable sharing their struggles with you. Be compassionate and direct them to the best resource, even if it isn't HSMP.

RECORD THE EVENT



- Take photos of you at the table to be shared on social media
- Do not take photos of the general public without a completed social media release form!
- Use your clicker to count how many people come to the table - children count!

BE COMFORTABLE NOT KNOWING

It's okay to not have all the answers! If someone asks a question you don't know, write down their information & question and let them know that HSMP staff will reach out to them with an answer. You can also give them a business card.



MDH SHIP

- Kassie Coulson, Tobacco Control Coordinator at SMCHD
- Maryland Department of Health: State Health Improvement Plan
- Hypertension Landscape Analysis
- View the slides
- bdh.bahm@maryland.gov

Partner Updates

- Register for **SMCHD** virtual stand-alone tobacco classes at smchd.org/tobacco.
 - June 10
 - July 8
 - August 5
- **YMCA** plans to open near the end of June. If you join before June 12, the membership fee is waived (\$75). Membership is prorated based on income. All 6th graders get a free membership. The pool is now open! You can go to the trailer or the pool building to sign up as a member. Currently, only members can go to the Great Mills Pool. Those with chronic diseases can attend a relevant class with a doctors note for no charge.
- **SMCHD's** CPEST program has submitted a grant which uses collaboration from **HSMP** (ex. presentations)
- **Department of Aging and Human Services** will hold [Men's Health Day](#) on June 6 at the **Garvey Senior Center**! There will be multiple presentations, screenings, and vendors for attendees to connect with. This is a free event and open to the public, lunch is provided.
- **Farmers Feeding St. Mary's** will be held in August and September. This event collaborates with farmers to provide free produce to community members. Flyer to come!
- **SMCPS** Summer Meals [program](#) starts on June 17! This is for youth ages 18 or younger.
- The **SMC Lexington Park Library** is seeking [donations](#) for a 'grab-and-go' summer snacks program

More to Explore

- June 13 - September 7, 2026
- Thank you to everyone who checked signs! We will be checking the finals ones this week
 - Remember to log any signs you signed up for [here](#)
- Pre-register on the Beanstack app or grab a passport booklet from the Library starting June 13!
- Share our flyers on social media!
- All materials available in English and Spanish!



MORE TO EXPLORE
June 13 - September 7



Keep up to date on the Facebook: More to Explore St. Mary's

All signs now in English and Spanish!

More to Explore (MTE) is the annual passport challenge that encourages families to explore local parks, farmers markets, and historical locations. You can pick up your MTE passport at any library or by downloading the Beanstack app

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.
- Food, Farming & Wellness (Soil, Soul, & Science)
 - [Register](#) to join **HSMP's** FREE virtual recipe creation class led by Janine Horne of **Zen Well Health**. This event will be held virtually on June 23, 2026, from 11 AM to 12 PM. This class is open to all ages and families are encouraged to attend together. View the flyer [here](#).
 - [Flyer](#) to be printed
 - Healthy cooking demo in July
 - Community recipe collection in July/August
 - To be compiled and hosted on the HSMP website. Random prize drawing for submissions

Community Forum

- **HSMP** Annual Meeting will be on September 24 at the USMSM SMART Building. More information to come!
- Tobacco enforcement visits happen throughout the county. If you go to a location that has products that concern you, or you see a underage sale, you can submit an anonymous tip to the **ATCC** at atcc.maryland.gov/tips
 - Such as a smoke shop selling THC products
- **SMCPS** has been working with the Dolly Parton Foundation to connect young kids with books. Sue to share contact information to connect with SMCHD programming
- Sareka has extra asthma themed children's books. Please contact her if you know of an organization who may be interested

Meeting Close

- Contact HSMP
- Upcoming Meetings



Upcoming Meetings

- Interested in being our next partner spotlight? Sign up [here](#).
- Our next meeting will be on June 23 at 1 PM

