

Chronic Disease Action Team Meeting

Welcome! Please sign in


Tuesday, June 23, 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
-
- 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

- Jenifer Lehn
- Executive Director at the St. Mary's County Family YMCA
- Hoping to open in mid-July. Ribbon cutting/tours will be announced.
- You can join the YMCA now, use the pool, and payments would not start until the facility opens.
- Financial assistance is available!
- Child care and teen programming available as part of membership. Adaptive programming for children will be available for members.
- 6th graders get free membership
- Outreach programming will be available for teens. Those who attend may receive a free membership.
- Bilingual staff available- paperwork available in Spanish and English
- Rock steady boxing for Parkinson's, more programming for chronic disease- free to community impacted!
- General hours: Monday- Friday 4:45 AM to 9 PM, Saturday 7 AM - 5 PM, and Sunday 11 AM - 5 PM

Partner Updates

- **HSMP** has launched a survey for all community members. Please help us share these as they help us determine the **HSMP** priority areas for the next 6 years! The survey will be open to all who live, work, or play in SMC until June 30, 2026. Learn more and download the flyers at healthystmarys.com/cha2026
- A Call for Speakers has been released for the 2026 **HSMP** Annual Meeting on September 24! Learn more at healthystmarys.com/annual2026
- **SMCHD**'s Nicotine Cessation Programming website is up to date with sessions for the rest of 2026. Next standalone session is on July 8!
- **SMCHD** has a Healthy Hearts blood pressure monitoring program. This is a 4 month program to help manage blood pressure and is FREE.
- **Maryland Health Connection** is helping for special enrollment periods for private health insurance including moving, life events. Medicaid is year round and they can help!
- **SBHCs** are open to all community members throughout the day during the summer! During the school year they are available outside of school hours. Call the SBHC to schedule an appointment.
- **LexBA** will host the Community, Culture, and Cuisine on Saturday at St. Mary's Square from 11 to 4. Entertainment, demonstrations, and food. This is a free family-friendly community event!
- **LMPP Community Garden** is open for volunteer hours on Sundays and Wednesdays from 4 - 7 PM. Community members are available to take home produce from the public section! Connect with others and get fresh produce!

Partner Updates, Cont.

- **SMCHD Asthma program** will partner with Building Bridges this summer to provide education.
 - Building Bridges just opened a center in Lexington Park at LP United Methodist Church.
- **NP Family Practice** is helping those who are home-bound to connect with health care services
- **Medstar Health** has upcoming classes. Call 301-475-6019 to register
 - Farmers Market - next dates are July 17, 31 & August 14 from 10 am -2 pm.
 - Healthy Next Steps workshop (6 weeks nutrition class). Next cohort will be from August 24 - September 28. Free to enroll.
 - Next parent-to-be class is on July 11 and August 1.
 - Safe Sitter class on July 18.
- **Farmers Feeding St Marys**
 - August 13, 2-7 at Bay District
 - Sept 12, 9 - 1 at U-Haul Parking Lot

More to Explore

- June 13 - September 7, 2026
- Share our flyers on social media.
- All materials available in English and Spanish.
- Keep up to date on the [MTE Facebook!](#)



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

- Food, Farming & Wellness (Soil, Soul, & Science)
 - We held the virtual cooking demo this morning
 - Healthy cooking demo planned for July/August
 - Community recipe collection has started!
 - Submit your healthy recipes using an uncommon fruit or vegetable through August 31. Open to all community members!
 - To be compiled and hosted on the HSMP website. Random prize drawing for submissions!

Community Forum

- Lauren will present on the food security text system at a national conference in July!
- Garden hours updated on the HSMP calendar
- National Night Out
 - LexBA has a sign up on the website under events.
 - Lauren to add into a future newsletter to get more vendors signed up
 - August 4, 5 - 8 PM at Nicolet Park

Meeting Close

- Contact HSMP
- Upcoming Meetings



Upcoming Meetings

- Interested in being our next partner spotlight? Sign up [here](#).
- Our next meeting will be on July 28, 2026 at 1 PM

