

Healthy Washington County Minutes	
Date & Time	July 5, 2022 10:00 am – 11:30 am
Location	Webex
Facilitators	Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs
Attendees	Allen Twigg, Chip Wood, Katie Kelly, Joelle Butler, Julie Teter, Jeff O'Neal, Scott Ruble, Brandy Lewis, Kelly Llewellyn, Stephani Frisby, Curt Miller, Laura Ireland, Wendy Zimmerman, Danielle Stahl, Bernadette Wagner, Brooke Kerbs, Carrie Tressler, Christine Moats, Earl Stoner, Janis Williamson, Julie Greene, Milly Lewis, Sarah Bush, Susan Stewart, Barbara Williams, Norma Patterson, Lynnae Messner, Doug Spotts, Mary Ann Grossnickle, Maulik Joshi, Laurie Sandberg, Lindsay Ridenour, Melissa Minotti, Nefertiti Guillaume, David Becker, Joni Rampolla, Ana Cortes, Lyn Carter, Ursula Guillory, Amy Olack, Janice Howells, Andrew Krieger, Mariel Beachley, Cheree Ware
Guest	
*If you attended this meeting and <u>not</u> listed above please email kathleen.kelly@meritushealth.com	

Topics	
Welcome / 3 Good Things	➤ Members discussed good things happening
Minute Review	➤ Minutes were dispersed via email, no edits noted. Approved as written.
Wash. County COVID-19 / Vaccination Update	<ul style="list-style-type: none"> ➤ Health Department Update <ul style="list-style-type: none"> ○ Positivity Rate: 10.82 % as of 7/1/2022 <ul style="list-style-type: none"> ● Wash Co. Transmission Level HIGH ● Wash Co. Community Level LOW ○ Vaccination Rate: 60.4% ○ Vaccines now available for Pediatric patients 6 months-4 y/o appointments are required. Please visit <ul style="list-style-type: none"> ▪ https://washcohealth.org/coronavirus-disease-2019-covid-19/wchd-covid-19-vaccine-clinics/wed-thurs-wchd-clinics/ ▪ https://www.meritushealth.com/patients-visitors/covid-19-information/covid-19-vaccine-information/ ○ COVID-19 statistics & vaccine/testing locations at https://www.washco-md.net/coronavirus-info/

<p>Firearm Safety & Locks</p>	<ul style="list-style-type: none"> ➤ Suicide Prevention Presentation by Brooke Kerbs from Washington County Mental Health Authority. Please see attached power point. ➤ Safe storage items have been distributed in the community which include cable gun locks and educational pamphlets. ➤ If you are interested in safe storage bags to distribute, training for your staff/consumers, or joining the virtual workgroup please reach out to Brooke at brookek@wcmha.org or 301-739-2490 x112
<p>Go for Bold - Lose 1 Million Pounds Update</p>	<ul style="list-style-type: none"> ➤ Partners - Year 2 Goal: 50; Current: 54 Goal MET ○ Registered Users - Year 2 Goal: 4,000; Current: 4,019 (100%) Goal MET ○ Pounds Pledged - Year 2 Goal: 400,000; Current: 397,410 (99%) ○ Pounds Lost - Year 2 Goal: 40,000; Current: 42,390 (100%) Goal MET ➤ Go For Bold Campaign Grand Prize Winners: <ul style="list-style-type: none"> ○ Grand Prize #1 Paula Mason- ARC of Washington Co. ○ Grand Prize #2 Meghan Jenkins- Washington Co. Gov't ○ Winners have been notified by email ➤ New goals Year 3 are being finalized. Allen challenged community partners to think in terms of “doubling” our results to date. For example: <ul style="list-style-type: none"> ○ Registered Users – 8,000 ○ Pounds Lost – 80,000 ➤ If your organization can help promote Go For Bold with employees, customers, or at a community event please reach out to obtain a banner allen.twigg@meritushealth.com or danielle.stahl@maryland.gov ➤ YMCA will prepare documents for your organizations event free of charge for 3 months to facilitate Go for Bold sign-up, contact Barbara Williams barbaraw@ymcahagerstown.org or Maria Rubeling ➤ Milestone Celebration Event- Save the Date Oct. 6, 2022 to recognize our community partner achievement as we welcome keynote speaker, Oklahoma City Mayor Mick Cornett.
<p>HWC Subcommittee Updates</p>	<ul style="list-style-type: none"> ➤ Go for Bold Steering Committee – LEAD: Maria Rubeling, Dr. Spotts, Allen Twigg, Danielle Stahl; report given (above) ➤ Behavioral Health workgroup – LEAD: Curt Miller, Brook Lane; Group is reorganizing to focus on goal of reducing suicide rate. Youth Mental Health First Aid training is being offered 8/5/22 and for Adults on 9/13/22. For more information or to register go to www.brooklane.org

	<ul style="list-style-type: none"> ➤ Diabetes Action Plan workgroup – LEAD: Cindy Earle, Meritus Health; Diabetes Risk Screening is available on the Healthy Washington Co. website. For persons at risk for developing type II diabetes, there are multiple opportunities to participate in a National Diabetes Prevention program located throughout Washington Co. or online. Locate a program here. Diabetes Prevention Program (DPP) Classes in person/virtual <ul style="list-style-type: none"> ○ Free for BMI over 25 ○ Coaching, 1 year program ○ Self-referral over 18 Outcomes to date: 67% of participants in this program have met weight loss and activity goals. For more information about Diabetes Prevention Plan please contact Laurie Sandberg at laurie.sandberg@meritushealth.com or call Ashley at 301-790-8675. If you would like more information on Diabetes Self-Management Training (DSMT) please contact Lynnae Messner at Lynnae.messner@meritushealth.com. ➤ The Healthy Wash. Co. Executive Committee will meet in August. ❖ ACTION: If interested in joining any subcommittee; send request to HWC co-chairs.
<p>Community Updates</p>	<ul style="list-style-type: none"> ➤ Andrew Krieger, 78 Acres Farm- offering 10% discount off food at Boonsboro & Smithsburg Market for home town hero’s : Discount applies to <u>ALL</u> City / State workers & Health care professionals! <ul style="list-style-type: none"> ○ Boonsboro Market (241 Potomac St, Boonsboro, MD) Market Hours - <u>Every</u> Tuesday 4pm-7pm. Dates: 7/19, 8/9, 8/23, 9/6 & 9/20 ○ Smithsburg Market (22 N. Main St, Smithsburg, MD) Market Hours - Every 4th Monday of the month 4pm-7pm. Dates: 7/25, 8/22, 9/26 ➤ Curt Miller, Brook Lane – Brooke Lane is beginning to offer Transcranial Magnetic Stimulation Therapy (TMS). There will be a Facebook Live presentation by CMO Dr. Michael Hann July 11, 2022 at 6:00 pm. Tune in by going to the Brook Lane Facebook page.

	<ul style="list-style-type: none"> ➤ Chip Wood, community member, pointed out that physical activity has been demonstrated to improve mood and depression (reducing suicide risk). Adding safe walking / running trails like the proposed CWRT would be beneficial to the overall health of people in our community. ➤ Cindy Earle, Meritus Health- Diabetes Prevention Program (DPP) & Diabetes Self-Management Training (DSMT) subcommittee has a county dashboard that measure on a monthly basis the number of referrals, enrollees, follow-through of participants, BMI, and Living well which is a component of diabetes management. <ul style="list-style-type: none"> ○ Exploring with WCPS including Coordinated Approach to Childhood Health (CATCH) in the school curriculum. that prevents obesity in adolescents. ➤ Lisa McCoy, UMD -organizing Dinning with Diabetes classes, healthy hometown meals, and trying to get healthy options in restaurants. ➤ Barbara Williams, YMCA - Offering discounted classes at the YMCA for DPP & DSMT participants.
Next Meeting	Tuesday, September 6, 2022 10:00-11:30 am WebEx or In-Person 142 Robinwood
Minutes Recorded by: Katie Kelly Meritus Health	<ul style="list-style-type: none"> ❖ ACTION: Please send requests for presentation or agenda items to Co-Chairs: Danielle Stahl Danielle.stahl@maryland.gov or Allen Twigg Allen.Twigg@meritushealth.com. ❖ ACTION: To make corrections to the minutes; please email Kathleen.kelly@meritushealth.com