

City of Hyattsville
Health, Wellness, and Recreation Advisory Committee
Minutes
7:00-8:30 PM
June 22, 2023

Meeting will be held via Zoom.

Register in advance for this webinar:

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https://us06web.zoom.us/webinar/register/WN_iug70MX7QYufmF6F7xwaxw

After registering, you will receive a confirmation email containing information about joining the webinar.

Committee Attendees: Anita Shelton, Marylyn Presutti, Dyann Waugh, Erica Thomas, Peter Stockus, Carole Plato

Staff Liaison: Cheri Everhart

Council Attendees: Joanne Waszczak

Actions:

The meeting commenced at 7:10 pm EST.

The meeting ended at 8:27 pm EST.

1. Amend/Approve minutes from May Meeting:
 - a. Carole motioned to approve, Erica Seconded. Motion passed unanimously.
2. Climate Change Webinar - Follow-up
 - a. Dyann, webinar went well, about 18 people attended. Small discussion on hosting future webinar events on Saturday mornings.
 - b. Dr. Holder has offered to give back \$200 of the honorarium to a girl's event in Hyattsville. We are looking at a back-to-school event.
3. HWRAC Committee Survey review
 - a. Brief review
4. Possible Speakers series programs for FY24
 - a. Forestbathing
 - i. Spring or Fall of this year would be ideal for forestbathing. We are open to helping with a spring event if one is already in the works.
 - b. Self Defense

- i. Marylynn has reached out to Cabrera Jiu Jitsu, who are partnered with the Prince George's County Athletic League (Police Pals)
- c. Dyann has reached out to pediatric professionals about hosting a self-care speakers series focused on parents.
- d. Dyann reached out to Eco-City farms and they have a teaching classroom. She is asking about hosting cooking classes for adults and children to learn about preparing family meals with fresh foods. Possibly virtual event or maybe in the teaching classroom. We are figuring out costs, class length, and attendance limits.
- e. Tai Chi meeting group in Driskell Park at dusk to combat violence – Lauren Verdant
- f. Breakfast instead of dinner to host - Lauren Verdant
- g. Men's Health
 - i. Dr. Derek M Griffith, Dyann's contact has offered to discuss Men's Health with the city of Hyattsville.
 - ii. Mental health, societal pressure are possible topic ideas, but we will also ask Dr. Griffith if he has specific topics he has presented.

5. Thrive Grants FY24

- a. Cheri has reached out to last year's Thrive Grant recipients and three have responded with updates on their funds.
- b. Hyattsville PTA - \$800 Spent. Lunch for students.
- c. Mystic Yogini - \$800 Spent. Two events were held.
- d. Tired parents - \$800 Spent. They printed documents on gun safety and had a presence at Art Works in combination with Hyattsville PD.
- e. Cheri is going to ask Council if the \$9,000 funded to the grants program is in a lump sum or if there is any language dictating how much money needs to be given to each organization.
- f. HWRAC to review prior grant application materials and we will assess changes at the July meeting.

6. New Business

- a. Additional community gardens – Lauren Murphey
- b. Potentially growing grapes – Lauren Murphey

7. Adjourn

- a. Motion to adjourn, Dyann, Carole seconded. Unanimous approval.

