

City of Hyattsville  
Health, Wellness, and Recreation Advisory Committee  
Minutes  
7:00-8:30 PM  
January 25, 2024

**Committee Attendees:** Peter Stockus, Don Burger, Nicole Betschman, Dyann Waugh, Anita Shelton, Brittany Miller, Erica Thomas

**Staff Liaison:** Cheri Everhart

**Council Attendees:** Sam Denes, Michelle Lee

**Public Attendees:** Scott Wilson

**Actions:**

**The meeting commenced: 7:05 p.m.**

**The meeting adjourned: 8:37 p.m.**

1. Amend/Approve minutes from November Meeting
  - a. Motion to approve, Don. Brittany seconded. Unanimous approval.
2. Meeting Calendar 2024
  - a. Peter motioned to move the November and December 2024 meetings to the third thursday, Don seconded. Unanimous approval.
3. Election of Chair & Recordkeeper
  - a. Nicole motioned for Peter to be recordkeeper, Erica seconded. Unanimous approval.
  - b. Nicole motioned for Marylyn to be the Chair, Don seconded. Unanimous approval.
4. Speaker Series:
  - a. Cooking class - December 9 Follow-up
    - i. Four people attended, despite Cheri receiving confirmation from ten people.
  - b. Forestbathing - December 2 Follow up
    - i. Erica attended. 11 people participated and it was very well received. The facilitator Anna did a great job. Erica discussed with Anna potential future events involving those with disabilities.
  - c. Self Defense
    - i. Marylyn contacted Berwyn Heights Brazilian Jiu Jitsu. They would be able to host a self defense class for up to 20 people for \$150. We would need to provide a space and the city would have to sign a liability waiver.
    - ii. Main floor of the city building would be an option to host an event.

- iii. Erica motioned to approve the event, Dyann seconded, unanimous approval.
- iv. Marylyn to contact Berwyn Heights Brazilian Jiu Jitsu to confirm dates, age requirements, liability details.

d. Men's Health - June

- i. Nicole has confirmed Kappa Alpha Psi can help organize speakers and help with marketing materials if need be.
- ii. Dyann to contact Dr. Griffith about speaking during a June meeting.
- iii. Sam expressed some concern on using the Spot as construction might still be happening. Duck pond is an option and we would have to secure approval from Parks.
- iv. Nicole motioned to propose June 1 as top choice, 22 and 29 as secondary options for a men's health walk with Kappa Alpha Psi at the Duck Pond. Don seconded. Unanimous approval.

e. Parenting skills

- i. Self care for parents (or guardians.) Erica can lead.
- ii. This will be a virtual event.
- iii. Erica can provide a list of activities for people to do at home with common household supplies.
- iv. Cheri will look at Saturdays in April.

5. Review Thrive Grant Answers from Applicants & Prepare Council recommendations (Council Meeting 2/20/24)

- a. One application was withdrawn and the Don motioned that the committee add approximately \$75 dollars to each approved application, up to the budget. Anita seconded. Unanimous approval.
- b. Marylyn will provide the presentation to the council.

6. Public comment – limit 2 minutes per speaker

7. New Business

- a. Peter to reach out to Gregory Ford to see availability of a Bike Rodeo during May to bolster Bicycle Safety month.
- b. Mental health first aid. Dyann is exploring a Mental health first aid grant for \$5,000 but we would need a memorandum of understanding. This would be run through the city and not the committee.

8. Adjourn

- a. Nicole motioned, Peter Seconded. Unanimous approval.