

City of Hyattsville
Health, Wellness, and Recreation Advisory Committee
Minutes
7:00-8:30 PM
November 16, 2023

Committee Attendees: Marylyn Presutti, Don Burger, Erica Thomas, Cheri Everhart, Dyann Waugh, Michelle Lee, Sam Denes, Arinee Flurry, Nicole Betschman, Brittany Miller

Staff Liaison: Cheri Everhart

Council Attendees: Michelle Lee

Actions:

The meeting commenced: 7:05 p.m.

The meeting adjourned: 8:35 p.m.

1. Amend/Approve minutes from the October Meeting:
 - a. Motion to approve, Don. Motion Seconded, Dyann. The motion passed unanimously.
2. Speaker Series:
 - a. Cooking class - Saturday, November 4 at EcoCity Farms
 - i. The class was rescheduled to Monday, December 4th due to the instructor being sick.
 - ii. Note that the class can only hold 10 participants.
 - b. Forestbathing – Saturday, December 2nd from 10am-12pm- Confirmed
 - i. Erica has confirmed with Anna (Forestbathing leader) that the first week of December is confirmed of Dec. 2nd from 10am-12pm.
 - ii. Logistic information has been sent to Communications and they will send out the information.
 - iii. The price will be \$400 will come out of the Speaker Series budget and it was confirmed by Ana
 - iv. There is a maximum participant (required to be 12 years of age and older) space limit of 15 and individuals will have to register on Hyattsville's city website or via Google form.
 - v. Ericka will be in attendance from the HWRAC

c. Self Defense

- i. Marylyn stated that still waiting on possible dates and will hopefully have more information on two businesses in College Park

d. Men's Health – June

- i. Possible locations- David C. Driskell Community Park, 38th Avenue Park, University Hills Duck Pond Park, Heurick Community Park, Hyatt Park, The Spot (the Spot will be renovated by July 1, 2024)
- ii. If we do a walk we would have a couple of options to partner with Kappa Alpha Psi and have a few survivors speak as well
- iii. Nicole will reach out to Prince George's County Kappa Alpha Psi to see about partnering and will start to create an event plan
- iv. We will ask Pete about marketing for the event
- v. Dyann will talk with Dr. Griffis to see about potential topics

e. Parenting skills

- i. Possibly around Valentines Day that can also accommodate small children
- ii. Ask about St. Matthews but they could not commit to the event
- iii. Maybe do it virtually and have the focus around self-care
- iv. Erica Thomas has a powerpoint about self-care and create something such as a bath bomb or stress ball
 - 1. 30 minute presentation with a 15 minute activity
- v. Possible dates
 - 1. Feb 19th is President's Day- could be a webinar
 - 2. Tuesday Feb 6th as a possible date
- vi. Maximum participants- 10-15 families

3. Review Thrive Grant Applications

- a. Discuss the issue of location within the city as it pertains to Thrive Grant eligibility for future applications
- b. Thrive grants can be put on the City Council agenda for January 2024

- c. César Chávez Mindfulness Project
 - i. After the updated plan it is approved for the participants of 329 individuals and it is now feasible and they provided a detailed budget
 - d. SEEing through the Arts
 - i. Indicated that the money can be used in March 2024
 - e. St. Jerome's Café
 - i. Indicated that their budget is similar from month-to-month
 - f. Health Goes Both Ways
 - i. HWRAC will request a sample of the pamphlet along with follow-up question as well as the date of the event by July 1, 2024
 - ii. Waiting on clarification before the funding
 - g. Artistic Lion
 - i. Indicated the number of participants- 10-15 people per session and the date was flexible
4. Public comment – limit 2 minutes per speaker
- a. No public comment for the November 16th meeting
5. Adjourn
- a. Motion to adjourn, Don. Motion Seconded, Arinee. The motion passed unanimously.