

Mayor's Council on Fitness and Well Being
Minutes for June 1, 2022 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 7 WAS NOT ACHIEVED

Name of Council Member	Company / Affiliation	Attended?
Mr. Terrence Freeman	COJ, City Council	No
Ms. Adele Herring	Duval County School Board	No
Ms. Jackie Culver (CHAIR)	Jacksonville Speech & Hearing Center	Yes
Mr. Chandler Fussell	COJ, OED Sports and Entertainment, City of Jacksonville	No
Mr. Jon Vredenburg	UF Health	Yes
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. MaryBeth Torres	Baptist Health	Yes
Mr. Dan Piastuck	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	No
Ms. Jennifer Martin	IMA Medical Group	No
Mr. Tom Campbell	YMCA of Florida's First Coast	Yes
Mr. Mark Smilek	SOFITCO	No
Ms. Jessica Stapleton	Brooks College of Health/University of North Florida	No
Ms. Tracy Akers Williams	COJ, Parks, Recreation & Community Services	No
Guests		
Meghan Lynch Niemczyk	UNF	
Tim Burrows	YMCA	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:30 PM by Chair, Jackie Culver. Those in attendance: Jackie Culver, Tom Campbell, Dr. Heather Hausenblas, Jessica Stapleton, Mary Beth Torres, Jon Vredenburg, Tim Burrows, and Meghan Lynch Niemczyk.

II. Approval of Minutes

As a Quorum of 7 members was not achieved by attendance, minutes were not approved.

III. Meals on Wings-Meghan Lynch Niemczyk, MPH

Jackie Culver introduced Meghan Lynch Niemczyk, MPH-Associate Director, Center for Nutrition and Food Security University of North Florida who gave a presentation on the Meals on Wings Program. Meals on Wings is a program founded by Dr. Lauri Wright, Professor Nutrition & Dietetics. Mission: To bring individuals and organizations together in a coordinated and sustained effort that finds solutions and eliminates barriers in order to improve food access and nutritional health in the local and global community

Goals:

- Provide transformational learning opportunities for students on food security and health
- Foster internal and external linkages among faculty and professionals engaged in addressing food access, food security, and nutritional health
- Assist in developing applied teaching and research on food security and nutritional health
- Acquire support for food access and nutritional health education and research
- Serve as a liaison to external organizations on food security and nutritional health

Meals on Wings operates Monday, Wednesday, and Friday from 9:00am-4:00pm. Each day they recover food from local hospitals, package food into healthy meals, and label packages with

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expiration dates. Workers bag 4-5 meals per bag then load and deliver to low-income homebound seniors throughout Northeast Florida.

IV. What's Going On in your Area

YMCA – June 2nd Kickoff for Blue Zones, July 23 Military Back to School Bash

Wellness Discovery Labs - Scientific research for product/services on sleep products. Studies going on, recruiting participants to create awareness. Magnesium supplement. Age range is 35-55 and 30-60 for the two studies. Anyone can participate within the age range.

UF – Employee Health Fair June 22

V. Newsletter Revisited

Newsletter is tabled due to lack of interest.

VI. Adjourn

At 1:48PM Chair Jackie Culver adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, August 3rd, 2022 at 12:30 PM in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Jackie Culver, Chair