

Mayor's Council on Fitness and Well Being
Minutes for October 2, 2019 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 10 ACHIEVED

Name of Council Member	Company / Affiliation	Attended?
Mr. Tim Burrows [CHAIR]	YMCA of Florida's First Coast	Yes
Mr. Bryan Campbell	Duval County Medical Society	No
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Ms. Jackie Culver	Marathon High, Inc	Yes
Mr. Chandler Fussell	COJ, OED Sports and Entertainment, City of Jacksonville	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Ms. La'Dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	No
Ms. Jennifer Martin	US Preventative Medicine	Yes
Mr. Mark Smilek	SOFITCO	No
CM Scott Wilson	COJ, City Council VP [or designated representative]	No
Ms. Lauren Tomlinson,	COJ, Parks, Recreation & Community Services	Yes
Guests		
Mr. Paul Sapia	Humana	
Ms. Charlene Walker	Employee Services, City of Jacksonville	
Mr. Don Redman	Former Council Member / Bicycle & Ped Advocate	
Ms. Kris Munroe	US Preventive Medicine	
Hannah Youngworth	Jacksonville Speech & Hearing	
Stephen Lu	Jacksonville Speech & Hearing	
Jocelyn Turner	Volunteer	
Tracy Marko	WellFest	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:40 PM by Chair, Tim Burrows.

II. Approval of Minutes

At a Quorum of 8 members was achieved by attendance, and the August 2018 draft minutes were approved with approved with a first motion and a second motion by multiple members.

III. USPM – Approach to Mental Health

Tim Burrows introduced Jennifer Martin and Kris Munroe with US Preventive Medicine (USPM) and they discussed USPM wellbeing assessment to identify mental health risks. They encourage their members to complete a Health and Wellness Assessment and from the assessment it is determined whether the individual is at risk of mental illness. High risk individuals are assisted by trained registered nurse sometimes within hours of completing the assessment. It was also mention that October is Mental Health Month.

IV. Bold Goal Updates

Paul Sapia from Humana gave an update on the Movement for Change Subcommittee Meeting Recap with the senior centers and understanding the assets of having them in our communities. The idea is to reach out to the centers and identify those senior's motivations in attending and why more seniors don't attend more. The idea is to isolate which seniors are experiencing loneliness and isolation and bring them together by having different events that bring all ages together. The effort to make isolation a city wide is our goal.

V. Bold Gold – Clinical Town Hall Meeting

The next Town Hall Meeting will be held on November 12th from 9:30 am – 1:00 pm. Discussions will include the evolution of diabetes and mental health and how it's becoming more meaningful.

VI. First Coast Food Network

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Joslyn Turner with the First Coast Food Network discussed the importance of the ability to connect with people in our area that do not eat healthy and to reach out to these people to connect them with local farmers to allow them to eat healthy. She also mentioned that there will be a Food Town USA event on October 25th from 5:30 pm – 8:00 pm where the community can gather and meet with local growers and business to find ways to change the food culture here on the First Coast. Food author Mark Winne will be available to discuss his new book, “Food Town USA.”

Facebook Group: <https://www.facebook.com/groups/613270859203183/>

Eventbrite Link for October event: <https://www.eventbrite.com/e/jacksonville-an-unlikely-city-that-is-changing-the-way-we-eat-tickets-75682862479>

VII. New Business/Public Comments

- Well Fest will be held at Riverside Park on October 5 – Yoga, exercise, food and music
- Riverside Health Fest – October 5 – Local business and local farmers
- High School Basketball Media Day with Airstream Ventures – October 15 – Winston Family YMCA
10:00 am – 1:00 pm
- College of Healthcare – From Burnout to Wellness with Joseph C. Maroon, MD author of “The Secret to Attaining Work/Life Balance” on October 16 – 5:30 pm – Terry Concert Hall at JU
- Jacksonville University 5K Run – Health & Wellness – October 19 – 8:15 am
- Beaches Well Fest – March 7, 2020- Yoga, exercise, food and music

VIII. Adjourn

At 1:20PM Chair Tim Burrows adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, November 6th at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Lauren Tomlinson, Recorder