

Mayor's Council on Fitness and Well Being
Minutes for May 03, 2022 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 7 WAS 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	Yes
Mr. Jon Vredenburg	UF Health	Yes
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Mr. Dan Piastuck	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	No
Ms. Jennifer Martin	IMA Medical Group	No
Mr. Mark Smilek	SOFITCO	No
Ms. Jessica Stapleton	Brooks College of Health/University of North Florida	Yes
Ms. Lauren Tomlinson	COJ, Parks, Recreation & Community Services	Yes
Ms. Tracy Akers Williams	COJ, Parks, Recreation & Community Services	Yes
Guests		
Andrea Spencer	Eldersource	
Tom Campbell	YMCA of Florida's First Coast	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:32 PM by Chair, Jackie Culver. Those in attendance: Jackie Culver, Chandler Fussell, Tom Campbell, Dr. Heather Hausenblas, Jessica Stapleton, Lauren Tomlinson, Jon Vredenburg, and Tracy Akers Williams. Lauren Tomlinson announced her retirement. Tom Campbell attended meeting for the first time.

II. Approval of Minutes

As a Quorum of 8 members was achieved by attendance, the draft minutes from April were approved with amendments. Marybeth Torres had not attended meeting in March, Dan Piastuck did attend in March, and Alicia Hinte should be removed from roster.

III. Newsletter Revisited

Board agreed to proceed. Board members will need to submit their information for content on health & wellness to Jackie Culver i.e., content important for mental health. The hope is to start pulling resources from council members on what they are doing in the community. Newsletter can be shared via email, a LinkedIn profile, and provide newsletter to share with City.

IV. What's Going On in your Area

YMCA – Friday Night Lights family event, over 1k people attended, Annual Kids Day coming, MOU with Agape for a 16-week Blood Pressure Clinic for 5 county areas.

Sports & Entertainment – Jax River Jams Series 17k people attended, Jax Jazz Festival coming up in May. Annually, Sports & Entertainment permit approximately 150 events a year that include walks to runs. Will include in newsletter.

JU – Commencement last weekend, winding down semester. A community program, GRIT, is an all-day camp for kids, high school students to work, and college students to intern.

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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.

Jacksonville Speech & Hearing Center - May 21st Gala biggest fund raiser at Timucuan Country Club, tickets are on sale. Launched mobile Speech & Hearing Unit via a grant. Now can provide service out in the community. Can provide service to places like daycares, etc. where patients can come out and receive service in the mobile unit.

UNF - wrapping up this week. Camp Canines is on campus. Resident therapy teams work on campus and equine therapy for students with anxiety related to taking exams. Non-profit Recovery RX exercise science, not for profit for those recovering from addiction. Graduate clinical counselors engage in clinical hours on campus – national award for this.

UF – Employee programs - UF signed on for a course location for mental health aid, 30 slots for employees mental health services and first aid. An instructor in Gainesville has agreed to provide service in Jacksonville in September. Not exclusive to health care providers. Hospital week is in May.

JaxParks – Summer Programs. Rec N' Roll for kids 6-17 to gather Monday – Friday from 10:30 AM – 6:30 PM at designated parks with little supervision. Younger kids should be accompanied by older kids. SNL/Summer Night Lights for teenagers 13 – 17, gather on Friday and Saturday evenings from 6:30 pm to 10:30 pm at select parks. It's a place for teens to gather in a safe environment. Also, Summer Camps are available for a fee.

III. Elder Source

Jackie Culver introduced Andrea Spencer, VP of Community Relations representing Elder Source. The focus is on older adults 60 and older and persons with disabilities 18 and over. Caregiver support programs is a big request. Their helpline takes in 6k calls a month, over 7 counties. They offer referrals to provider agencies, City of Jacksonville's Senior Services is one of the agencies.

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The agencies provide things i.e., Meals on wheels, offer Senior Center activities, etc. and are funded by state and federal dollars. May is Older Americans Month. The Senior Expo is coming with over 100 vendors and most seniors are bused in. Counsel on Elder Affairs, Carrence Bass, represents older adults in Duval County. One initiative they are kicking off is trying to create a more livable community via transportation, banking, housing to appropriately 'age in place'.

Received a grant through Community Foundation of NE Florida within it LGBTQ fund – framed under age your way. Older adults living in a gay community are not accessing healthcare. Over 60 concerned about their health care. The initiative is starting 5 workshops, first one on 5/24 will be live on ZOOM recorded and will be on the website. Workshops touch on caregiving rights, financial, protect assets, end of life wishes are being followed. A lot of LGBTQ older adults are estranged from their families including children, some have no children which leaves the question - who will make their decisions – their partners. Land to legal – national organization within the gay community. Equity and Inclusion.

Jackie Culver shared that Jacksonville Hearing offer free hearing aids to seniors.

VIII. Adjourn

At 1:15 PM 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. No meeting scheduled for July, 2022.

Respectfully submitted by Tracy Akers Williams, Recorder