

Mayor's Council on Fitness and Well Being
Minutes for December 4, 2019 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 8 ACHIEVED

Name of Council Member	Company / Affiliation	Attended?
CVP Aaron Bowman / CM Scott Wilson	COJ, City Council	No
Mr. Tim Burrows [CHAIR]	YMCA of Florida's First Coast	Yes
Mr. Bryan Campbell	Duval County Medical Society	No
Ms. Heather Albritton	Duval County School Board	No
Ms. Jackie Culver	Jacksonville Speech & Hearing Institute	Yes
Mr. Chandler Fussell	COJ, OED Sports and Entertainment, City of Jacksonville	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Ms. La'Dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	Yes
Ms. Jennifer Martin	US Preventative Medicine	No
Mr. Mark Smilek	SOFITCO	Yes
Ms. Jessica Stapleton	Brooks College of Health/University of North Florida	Yes
CM Scott Wilson	COJ, City Council VP [or designated representative]	No
Ms. Lauren Tomlinson,	COJ, Parks, Recreation & Community Services	Yes
Guests		
Ms. Felicia Boyd	Timucuan Parks Foundation	
Ms. Kathryn Thomas	Yoga 4 Change	
Ms. Charlene Walker	Employee Services, City of Jacksonville	
Ms. Connie Smith	Williams YMCA	
Ms. Claire Irving	Winston YMCA	

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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 not achieved by attendance the minutes could not be approved.

III. AmeriCorps Members with Jacksonville Speech & Hearing

Jackie Culver with Jacksonville Speech & Hearing introduced AmeriCorps Members Hannah Youngsworth and Stephen Lu. They serve at Jacksonville Speech & Hearing Center which is a non-profit organization that offers audiology and speech/language pathology services. JSHC provides hearing evaluations, hearing aids, pediatric evaluations, hearing orientations, hearing devices and repairs of hearing devices. Their counselors educate parents and caregivers on how to promote speech, language and listening skills. They also do outreach programs where they visit schools for hearing and speech screenings.

IV. Combatting Social Isolation/Loneliness

Tim Burrows introduced Robin Dewey, YMCA Director of Public Affairs to discuss how seniors are at a risk of declining health due to isolation and loneliness. The YMCA has programs that seniors may join such as Silver Sneakers which is offered by most Medicare plans and if eligible is no cost to seniors. This plan offers seniors the ability to experience a sense of belonging through group exercise classes and volunteer programs.

V. Movement for Change Updates

Paul Sapia updated the group on the recent Town Hall Meeting which was held in November stating that it was a great session where they are looking for the best way to get more physical movement within the community amongst seniors. Rollout will begin in January to reach out to the

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seniors to standardize procedures as to what attracts senior to come to the centers and what they enjoy doing when they are there. The need to bring awareness of loneliness and isolation amongst seniors, college students and the homeless is the biggest challenge.

VI. Winston / Williams YMCA

Connie Smith with Williams YMCA and Claire Irving with Winston YMCA joined us to discuss the different programs that are available at the “Y” for the senior population. They have developed an index to identify senior isolation, track impact of going to the “Y” and how these programs impact social communication.

VII. New Business/Public Comments

Decade Dinner will be held on Thursday, December 7th at 6:00 PM at the Winston YMCA. The concept of “How can we embrace aging?” will be addressed. Data from every side of town will be analyzed on how different areas are affected by aging.

YMCA Ugly Sweater 5K will be held at Winston YMCA location on December 7th at 8:00 am

Timucuan Park and AARP will be sponsoring a “Healthy Living: Art in the Park” on December 12th from 9:00 am – 12 noon. Walking, painting and drawing will be available.

VIII. Adjourn

At 1:40PM Chair Tim Burrows adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, February 5, 2020 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Lauren Tomlinson, Recorder