

AUGUST 26, 2019 MEETING MINUTES 4:39 PM



Mayor's Commission on the Status of Women

Commissioners Meeting called to order at 4:39 PM

Donna Kuldau, CHAIR
Jaynelle Pemberton, VICE CHAIR
Patricia DeWitt, Commissioner
Anji Easterday, Commissioner
Sabrina Edwards, Commissioner
Ashlie Empleo, Commissioner
Shawna Grant, Commissioner - **Excused**
Demika Jackson, Commissioner
Lorna Matos, Commissioner
Tammy D. Taylor, Commissioner - **Excused**
Sheila Spivey, UNF – Ex-officio Member
Eileen Rodden, Women's Ctr – Ex-officio Member

Staff

Barbara Florio – Liaison
Nicole Spradley – MCSW Staff Support

Guest Attendees

Lequita Brooks, Therapy Topia
Tunison Jones, Grant Philosophy and member of Cencon Cowork

Approval of Minutes

July 22, 2019 minutes were reviewed and approved.
Motion to approve: Commissioner Anji Easterday
Motion seconded: Commissioner Ashlie Empleo

Approved Unanimously

Public Comments

Tunison Jones spoke about Cencon Cowork and her company Grant Philosophy. Cencon (Center for Confidence) Cowork is a resource space for women entrepreneurs. It is for women who need productive space to elevate their business or host meetings.

Chair Report

Chair Donna Kuldau thanked the Commissioners and Liaison Florio for their support while she served on the Commission. She is excited about her future endeavors and will stay involved with the Commission.

Commissioner Jaynelle Pemberton presented Chair Kuldau with a gift and thanked her for her service.

Guest Speaker

Lequita Brooks, a licensed social worker, spoke about the services offered by her company Therapy Topia. She provided five things that women should stop doing to reduce stress levels which include: (1) stop offering to help

when you don't feel like it, (2) stop being a people pleaser, (3) stop not thinking about you, (4) stop over extending yourself, and (5) stop doing stuff just because it's tradition.

Committee Reports

- **Governance** – Chair Kuldau reported that the Committee met in June to discuss the Bylaws and slate of officers. The Committee will take a hiatus from meeting for a while.
- **Advocacy and Education** – Commissioner Pemberton reported that Commissioner Grant has been working diligently to find guest speakers and that Commissioner Jackson is assisting her. At today's Committee meeting the members discussed mental health first aid.

Commissioner Jackson explained that the mental health first aid program is free for kids and adults; however, this will be the last year that it will be offered for free. The program is administered by Baptist Health and runs 7 days a week through December. Details about the program can be found on Eventbrite by using the search words mental health first aid. She will send the details to Liaison Florio.

Commissioner Pemberton recommended sharing the details on social media.

Chair Kuldau thought it would be a great training tool for companies.

Liaison Florio mentioned that the City has a similar program.

Commissioner Matos mentioned that UF Health offers a program.

Commissioner Spivey mentioned that UNF has an 8-hour program.

Commissioner Pemberton expressed an interest in hosting a mental health networking event at City Hall in October. Commissioner Jackson and the Event Committee has been charged with looking into the feasibility of such an event.

- **Communications** – Commissioner Empleo shared the database with 65 organizations and posted the link on Facebook. She will share the link with Dr. Dunbar and Therapy Topia.

Liaison Florio confirmed that the Melissa Ross segment was posted to the website.

Commissioner Spivey stated that Friday was Black Women Equal Pay Day.

- **Events** – Commissioner Dewitt announced that today is the 99th anniversary of women getting the right to vote.

Chair Kuldau suggested that these important dates be added to the calendar.

Liaison Florio does not receive invites to events and suggested getting on the critical mailing lists and be notified when members are aware so they can be posted on the website and shared with Commissioners. Commissioner Easterday added Liaison Florio to the AAUW mailing list.

New Business

Commissioner Pemberton stated that the board packets include a copy of the Bylaws and slate of officers.

Liaison Florio asked if there were any questions on the Bylaws prior to the vote. There were none.

Chair Kuldau made a motion to approve the Bylaws.

Motion to approve: Commissioner Pat Dewitt

Motion seconded: Commissioner Sabrina Edwards

Approved Unanimously

Chair Kuldau thanked the Governance Board.

Chair Kuldau presented the State of Officers and asked if there any additional floor nominations for officers. There were none.

Motion to approve: Commissioner Sabrina Edwards

Motion seconded: Commissioner Demika Jackson

Approved Unanimously

The names of the 2019-2020 Officers were read into the record.

CHAIRPERSON	Jaynelle Pemberton
FIRST VICE CHAIR	Anji Easterday
SECOND VICE CHAIR	Tammy Taylor
SECRETARY	Ashlie Empleo

Unfinished Business

None

Meeting Closure

Former Chair Kuldau adjourned the meeting.

Meeting adjourned at 5:32 PM



CERTIFICATION

Recorded and Transcribed by:

Signature on file

Nicole Spradley
MCSW Staff Support

Submitted by:

Barbara Florio
MCSW Board Liaison

Approved by:

Jaynelle Pemberton, Chair for
Donna Kulda, Immediate Past Chair

COPY TO: Filed for public access