

Mayor's Council on Fitness and Well Being
Minutes for November 6, 2019 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 9 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	Yes
Ms. Jackie Culver	Marathon High, Inc	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)	No
Ms. La'Dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	Yes
Ms. Jennifer Martin	US Preventative Medicine	Yes
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	
Dr. Ellan Duke	River Hills Clinic	
Ms. Laura Nolan	Humana North Florida	
Mr. Don Redman	Former Council Member/Bicycle & Ped Advocate	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:39 PM by Chair, Tim Burrows.

II. Approval of Minutes

At a Quorum of 9 members was achieved by attendance, and the October 2019 draft minutes were approved with approved with a first motion and a second motion by multiple members.

III. 2020 Census

Nikki Kimbleton, COJ Director of Public Affairs was introduced by Tim Burrows and she discussed the importance of the upcoming 2020 Census. Every 10 years the federal government conducts a population count of everyone in the United States. This information gathered provides the basis for distributing federal funds annually across the country to support vital programs. The Census is important locally as it also affects the amount of funding our community receives for future planning. The Census will begin in mid-March and may be completed on line, by phone or mail whichever is easier on the participate

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

Laura Nolan, with Humana Bold Gold stated that the next Town Hall Meeting will be held November 21st. Everyone is welcome to attend to discuss and listen to ideas how Bold Gold is working together to collaborate to make a change. Laura discussed how Bold Gold is assisting

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military families in food programs to help the lower ranked enlisted personnel that are having issues with food insecurity. Food insecurity impacts health and mental well-being.

VI. New Business/Public Comments

MS 150 Ride to Daytona will be held November 23rd – 24th starting at Marineland

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

Healthy Living: Hike into History will be held on November 14th from 9:00 am – Noon at Ft. Caroline National Memorial

Healthy Living: Art in the Park will be held on December 12th from 9:00 am – Noon at Jacksonville Arboretum

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, December 4th at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Lauren Tomlinson, Recorder