

**Mayor's Council on Fitness and Well Being**  
**Minutes for February 7, 2018 Meeting**  
*Conference Room 459, 4<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



**ATTENDANCE: [QUORUM OF 7 NOT ACHIEVED]**

Name of Council Member	Company / Affiliation	Attended ?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
CVP Aaron Bowman / CM Scott Wilson	COJ, City Council VP [or designated representative]	No
<b>Tim Burrows [CHAIR]</b>	<b>YMCA of Florida's First Coast</b>	Yes
Bryan Campbell	Duval County Medical Society	Yes
Ms. Karen Coleman	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
<b>Dr. Heather Hausenblas [VICE CHAIR]</b>	<b>Jacksonville University</b>	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	Yes
<b>Guests</b>		
Ms. Felicia Boyd	Timucuan Parks Foundation	
Ms. Tammy Chaney	DCMS Foundation	
Ms. Jackie Culver	Marathon High, Inc.	
Ms. Terri Davlantes	Jax Cooking Studio	
Dr. Ellan Duke	River Hills Clinic	
Ms. Veronica Glover	Sister Hermana Foundation	
Mr. Rod Johnson	Sister Hermana Foundation	
Ms. Karen Prewitt	Duval County Special Olympics	
Mr. Don Redman	Former Council Member	
Mr. Mark Smilek	SoFitco	
Ms. Kathryn Thomas	Yoga-4-Change	
Ms. Charlene Walker	COJ Employee Services	
Mr. Luke Watkins	Black Hog Farm	
Ms. Erica Whitfield	Family Foundations	
Mr. JT Williamson	S4 Sports Academy	
Ms. Megan Williamson	Parks, Recreation & Community Services (COJ)	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:35PM by Chair, Tim Burrows. Quorum of [7] members was not achieved by attendance, which leaves December 2017 draft minutes pending approval.

*[Minutes approved at the May 2018 MCFWB meeting – 1<sup>st</sup> motion: Jillian Loritz & 2<sup>nd</sup> motion: Joey Bergman]*

**II. 904 Mission One Million [904M1M] Update**

Tammy Chaney of 904 Mission One Million to give an update on 904M1M (Mission One Million) and she shared that WJXT Channel 4 News has been networking 904M1M bi-weekly and showed a video of John Hannigan's weight loss success story. Mr. Hannigan's main message is that everyone's journey is unique so don't beat yourself up if you backtrack a bit, but get back on track and keep moving forward with progress. Tammy Chaney asked that MCFWB members send her information on events and partnerships so she can network them with the 904M1M initiative.

**III. One Love Found**

Guest speaker Ms. Annie Forrest is the Regional Coordinator in the state of Florida for healthy relationships. Ms. Forrest stated that one in three women and one in four men are in abusive relationships with the age group 16-24 being most at risk. This organization is based in New York City and presents a preventative approach aimed at changing statistics. The local chapter was funded by the Jacksonville Jaguars in 2015 and all services are provided at no cost. They host an escalation workshop to over 200,000 students in the United States and have other modalities of reaching their target audience such as hosting activities and events about healthy relationships called "*Team One Love*" and they discuss social media's impact on relationships through "*Behind the Post*". The target audience is under 24 years old and programs are available in guide format if anyone is interested in promoting the program at their organization or business.

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**IV. Sister Hermana Foundation**

Mrs. Veronica Glover, while in breast cancer treatment herself witnessed the emotional suffering and financial strain of other cancer patients. This combined with the sudden diagnosis of her husband with colon cancer and his untimely death gave birth to establishing the Sister Hermana Foundation (SHFI) in 2014 (<https://sisterhermana.org/>). Ms. Glover presented information along with Coach Rod Johnson about the organization that fights against cancer at two levels: (1) promoting cancer awareness and prevention in communities with the greatest need and (2) providing intimate, impactful family support to adults in cancer treatment in Clay, Duval and Nassau Counties.

According to [cancer.gov](http://cancer.gov), the Duval County average (2010-2014) for cancer incidences is 4,470, which is the 7<sup>th</sup> highest of all Florida counties with St. Johns County having 1,148 annually by comparison. Duval County exceeds the national average for cancer related deaths, which is why her mission is so important. Sister Hermana does not raise money to fund cancer research, but instead, raises funds for people who are affected by a cancer diagnosis in their family. For example: A student whose parent is in cancer treatment or has deceased from cancer during their senior year, the cost of senior fees would be covered by purchasing the yearbook, prom tickets, prom attire, and grad night ticket to ease the financial burden. Coach Johnson spoke about his affiliation with the organization where he's focusing on the health and wellness side of cancer prevention and recovery. The "*Generation Healthy*" program educates adults and youth about healthy habits and strategies to fight obesity, diabetes, heart disease and cancer, at no cost to participants. He also hosts an 8-week program in the local communities called "*You Can Play Too*" which is provided at no cost due to fundraisers and sponsorships.

**V. Public Comments / New Business**

Tim Burrows canvassed the group about what we could do as a Council to keep the momentum going for 904 Mission One Million. Bryan Campbell said that we could continue to reach out to

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Journey to One for partnering opportunities. Robin Mantz said that she met with the Journey to One team on January 30<sup>th</sup> and Marsha Oliver discussed having the MCFWB participate as volunteers at events sponsored by the Mayor's office.

Dr. Gaffney stated that there is a lot we can do to support the community and that we need to pull together and help those with less access to funds and technology to get the message out. Joey Bergman said he would be willing to speak on behalf of the MCFWB / Go365 / Journey to One if there was a request for the COJ to present on health-based initiatives.

Paul Sapia said that he can work with Humana Corporate offices to get people to sign up for the 904M1M program and Tim Burrows said he will work on getting people to sign up via First Coast Games, which will support the existing infrastructure. Bryan Campbell iterated that the momentum happens when people have their entire organizations sign up for 904M1M and then have reminders to log their progress after the initial sign up.

Tammy Chaney reminded the group that the 2<sup>nd</sup> Annual Healthcare Conference hosted by the Duval County Department of Health will be held May 21<sup>st</sup> and 22<sup>nd</sup> at the Prime Osborne Convention Center and focus on increasing exercise and preventing opioids and violence.

Tim Burrows said the YMCA First Coast Games will be held March 3<sup>rd</sup> through June 9<sup>th</sup> and participants can register as individuals or as a company and the opening ceremony will be held at 2PM on March 3<sup>rd</sup> at the DuPont YMCA. For More Info: <http://firstcoastymca.org/programs/first-coast-games/>

**VI. Adjournment and Next Meeting**

At 1:45PM Chair Tim Burrows adjourned the meeting with a motion by Bryan Campbell and a 2<sup>nd</sup> motion by Joey Bergman. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, March 7, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*