

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

FEBRUARY 3, 2016

ATTENDANCE

Members Present in Person

Monique Anderson
Charles Chester
James Dorf
Deborah Grinnage-Pulley
M. Arnita Hannon Christmon
Surina Ann Jordan
Lee Meizlesh
Geoffre Nordberg
April Pinder
Suzanne Stringer

Members Present on Phone

Ron Bowman
Lillian Greene-Chamberlain
Rhonda Hearn-Stewart
Larry Hughes
Doug Miller
Beatrice Rice
Tom Russell

Members Absent

Yusef Battle (excused)
Michael Shaw

GUESTS PRESENT

- Tammy Ann Shelley (via phone)
- Phil Tran, PT Strength
- Debbie Orlove, Baltimore County Department of Aging, Baby Boomer Senior Expo
- Kristina Gaddy, There Goes My Hero

DHMH

- Meghan Ames, Council Staff Coordinator
- Kristi Pier
- Erin Penniston

WELCOME AND INTRODUCTIONS

- The meeting was called to order at 4:33 PM
- Attendees in the room and on the phone introduced themselves.

MINUTE APPROVAL

- The November 2015 meeting minutes were reviewed. James Dorf motioned and Lee Meizlesh seconded the approval of the meeting minutes. There were no opposition.

ADMINISTRATIVE UPDATES

Council Vacancies

- We had 4 resignations since our last meeting
 - Cathy Eliot
 - Paul Rabil
 - JoAnne Knapp
 - John Michie
- We currently have 19 members; 2 applications have been submitted to the Governor's appointments office
- Meghan Ames has received inquiries from some interested individuals
 - Interested candidates should be directed to Meghan

Reappointments

- The terms of four members expire 6/30/16; Meghan Ames has contacted these individuals to inquire if they would like to seek reappointment
- Because the appointment of the current chairperson is expiring this year, a chairperson must be appointed by the governor to start 7/1/16
 - Any member interested in nominating themselves or another member should contact Meghan Ames by March 15

New Member Orientation

- New member orientation took place prior to tonight's meeting and was attended by Charles Chester, James Dorf, Debbie Grinnage-Pulley, and Tom Russell (via phone); Geoff Nordberg was briefed following this evening's Council Meeting

Committee Participation

- All Council members are asked to sign up for a committee to serve on; any members wishing to sign up for a new committee should contact that committee chairperson and Meghan Ames
- A list was circulated for Council members to sign up for committees and confirm their affiliation and contact information

Biannual Report

- Meghan will be pulling together a biannual report from 2014 and 2015

Fitness Council Gear

- Orders due 2/5/16
- Please send your purchase selections to Meghan by Friday, 2/5/16

COLLABORATION WITH LOCAL/NATIONAL COUNCILS/COALITIONS

America Walks, Suzanne Stringer

- On behalf of the Council Suzanne offered support of the America Walks Vision Statement
- Letter is being circulated
- She also asked if members were available to participate in upcoming teleconferences
 - Feb. 9th 1:00-2:00 Local Action Group
 - Surina Ann Jordan is available
 - Feb. 18th 1:00-2:00 Communications
 - Arnita Hannon Christmon will check her calendar

National Coalition for Promoting Physical Activity, Suzanne Stringer

- Suzanne has been invited to the in-person meeting for NCPPA in DC next month

National Association for Health and Fitness, Suzanne Stringer

- Suzanne has a call scheduled for Friday 2/5/16 with Diane Hart to discuss planning activities for Global Employee Health Month

Anne Arundel County Obesity Subcommittee

- Anne Arundel is beginning work to become recognized as a Let's Move County (Annapolis is already recognized)

COMMITTEE UPDATES

Special Events—Ron Bowman, Chairperson

- Bay Bridge Run, Ron
 - Scheduled for 11/6/16
 - Race organizers plan to open online registration for the Wheelchair division earlier, which would help the Council promote the event and solicit wheelchair organizations to get involved
 - The Council can start promoting this event any time; registration will likely open in late September or early October
 - Disabled Sports USA and Athletes Supporting Athletes are potential partners
- Bmore Healthy Expo, James, Dorf
 - March 19, 2016, 10-5 Baltimore Convention Center
 - James is going to investigate the possibility of having a booth and let Council members know by March 1
 - If the Council gets a booth, 6-10 Council members are needed to commit to 2-hour sessions
- Senior Expo, James Dorf and Debbie Orlove
 - Debbie Orlove from the Baltimore County Department of Aging discussed the Baby Boomer/Senior Expo, which will take place in October 2016
 - Possibility of recognizing award recipients for the older Marylanders category at this event
- There Goes My Hero, James Dorf and Kristina Gaddy
 - Kristina Gaddy from There Goes My Hero presented on the work of this organization
 - This group restores hope to leukemia patients and their families by increasing bone marrow donors, providing meals to patients, and supporting research
 - Also works with Moveable Feast to distribute meals to blood cancer patients

Education and Awareness—Suzanne Stringer, Chairperson

- Walk Maryland Day
 - Meghan had a meeting with MDoA to discuss synergy around Walk Maryland Day and a Seniors Walk a Million Miles Initiative (May-Oct)
 - Meghan will reach out to MSDE, UMD Extension, as well as the other Advisory Councils (Arthritis and Heart Disease and Stroke)
 - There was general consensus to support holding Walk Maryland Day on October 5, 2016, which is also International Walk to School Day
 - Charles volunteered to serve as the Council liaison for this event
- Speakers Bureau
 - Suzanne and Meghan gave a talk at the Severna Park Community Center about obesity in Anne Arundel with the Health Policy Research Consortium
 - Suzanne is in communication with Anne Arundel Community College about the possibility of conducting a fitness event and speaking engagement
- Communications
 - The new website is <http://phpa.dhmh.maryland.gov/ccdpc/fitness-council/Pages/about.aspx>
 - The website will no longer include full Council Member biographies, but instead will include the members' name, affiliation, geographic location, and committee
 - Council members were asked to provide updated information for the above categories
- Celebrity Involvement
 - Yusef Battle has been trying to organize an interview with NBA Hall of Famer Adrian Dantley with goal of completing an article and pictorial within 4-6 weeks

Awards—April Quigley and Arnita Hannon Christmon

- Awards committee held a call on 1/28
- The timeline has been pushed back and applications are now due 5/31 (which is national Physical Fitness and Sports Month); decisions made remotely in June; awards ceremony in fall
- Promotion efforts include:
 - Flyers (Council members are asked to help in distribution)
 - Press release (in development)
 - Charles is requesting that each Council member reach out to at least 3-5 organizations to promote the Award nominations
 - A list of organizations was circulated and individuals were asked to sign up
- Council members are also asked to brainstorm locations for a fall recognition event

Legislation—Charles Chester, Chairperson

- Legislative Session is active
- PHIT Act PHASE 2 just launched

ANNOUNCEMENTS

Upcoming Meeting Dates: May 4, August 3, November 2

- Encourage in-person participation to at least one meeting annually
- Committees are expected to host calls or meetings 2-4 times per year

ADJOURNMENT

The meeting was moved to adjourn at 5:53PM.