



Name: City of Orlando Active Living Advisory Committee / December Get Active Orlando Partnership Meeting Minutes

Date: Tuesday, December 3, 2013

Time: 9 – 10:30 am

Location: 6th Floor, City of Orlando; 400 S. Orange Ave., Orlando, FL (Manatee B Room)

I. CALL TO ORDER: Chairperson Kelly Rogers called the meeting to order at 9:11 am.

II. ATTENDANCE

Attendees:

Dean Grandin, City of Orlando

Courtney Miller, reThink Orlando

Audrey Alexander, Health Council of East Central Florida

Deborah Castagnola, City of Orlando

Kelly Rogers, Nemours

Mary-Stewart Droege, City of Orlando

Suze Amell, Florida Hospital

John Davis USA Dance

Tar McCue, East Central Florida Regional Planning Council

Sarah Kirchner, Nemours (called in)

Chairperson Rogers shared with attendees that Sarah Kirchner, GAO Promotions Chairperson, will be on line and presenting the GAO website via a web application.

III. APPROVAL OF MINUTES: Chairperson Kelly Rogers motioned to approve the October minutes and Debbie Wheeler seconded this motion. Minutes were unanimously approved by attendees.

IV. BUSINESS

- a) **Executive Committee Update:** Ms. Rogers opened the business section of the meeting with a reminder about the open Preparation Subcommittee Chair position and encouraged members to find a suitable candidate to fill this position. Chairperson Rogers also provided a brief overview of the November Executive Committee meeting, in particular the need to expand the partnership. Mr. Davis, USA Dance, asked that notes from the Executive Committee meetings be provided to the general partnership. Ms. Rogers and attendees supported this request.

- b) **Website Update:** Ms. Sarah Kirchner, GAO Promotions Chairperson, presented the evolving GAO website, addressed the website design handout, and summarized work carried out by intern Benjamin Paquin. Attendees provided instructive feedback. Tara McCue added that Mr. Paquin has been an excellent intern assisting with the GAO website and various ECFRPC projects. Ms. Kirchner indicated that website still needs a lot of work and that certain website areas need to be written or rewritten. Ms. Rogers thanked Ms. Kirchner and then directed the group's attention to the partner presentation.
- c) **Partner Presentation:** Ms. Leah Nash, Executive Director, provided an engaging and comprehensive presentation on *Our Whole Community*, a progressive nonprofit which addresses mind, body, spirit through faith based communities. Founded in 2007, Our Whole Community (OWC), Inc., is a Christian organization that brings communities together to share resources and helps to establish relationships and programs to inspire, motivate and educate individuals in their pursuit of optimal well being.

Ms. Nash explained that OWC's strength is its partnerships which include: Annunciation Catholic Church, First Congregational Church of Winter Park, First United Methodist Church of Winter Park, Macedonia Missionary Baptist Church of Eatonville, Maitland Presbyterian Church, New Covenant Baptist Church, Redeemer Lutheran Church, St. Margaret Mary Catholic Church, St. Mark African Methodist Episcopal, St. Mary Magdalen Catholic Church, and Winter Park Presbyterian Church.

The ultimate goal of *Our Whole Community* is to be *the* resource in Central Florida for broad-based community health promotion and programming. Ms. Nash explains that Our Whole Community supports a diversity of health programming which includes healthy meal preparation classes, cooking demonstrations and fitness presentations. OWC and its partners also have several gardens. The OWC Garden has four raised beds plots which are available for \$20 per season (two seasons per year). OWC also sells grow boxes as a fundraiser item. A number of GAO attendees commented on the usefulness of these boxes.

OWC programs are primarily carried out through the partner health ministries which work with individuals, families, groups, congregations and communities to focus on holistic health, wellness and disease/injury prevention. Health ministries are usually directed by a committee/cabinet of volunteers. Some health ministries have a parish or

faith community nurse. Ms Nash discussed some of these ministries and ongoing activities.

Ms. Nash also discussed the upcoming and increasingly popular Our Whole Community's (OWC) second annual Healthy Living Expo held in partnership with the City of Winter Park, has been scheduled for February 15, 2014, 9 a.m – 1 p.m., at the Winter Park Community Center.

Toward the end of the presentation, due to lack of time, Ms. Rogers asked that Ms. Nash address Work Well Winter Park at another meeting. GAO members thanked Ms. Nash for her outstanding work and inspiring presentation.

- d) **Planning for the 2014 year:** Partner meetings will remain on the first Tuesday of the even months or February 4, April 1, June 3, August 5, October 7, and December 2nd. A calendar meeting invite will be sent out. Ms. Rogers also added that pursuant to earlier discussions that the new meeting times will be from 9:30am to 11:00am. In addition, those that cannot attend, can use the conference call number option.
 - e) **February 4th Celebration:** Chairperson Rogers also brought up the February 4th celebration at Leu Gardens, recognizing 10 years of Get Active Orlando. Director Dean Grandin discussed the importance of this event and asked that the attendees make the effort to reach out to past partners. MS Droege and Suze Amell are responsible for setting up the event.
 - f) **Other News:** Ms. Debbie Castanola announced that on January 29, 2014 the City of Orlando will be hosting its largest employee Wellness Expo at the Amway Center. Ms. Rogers also announced that the GAO Proclamation, recognizing GAO achievements over the past 10 years, is to be held at 2 pm on January 13th in City Hall Council Chambers.
- V. Adjournment:** In closing, Chairperson Rogers thanked everyone for attending. The meeting closed at 10:38 am.