

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**  
**MEETING SUMMARY**  
**NOVEMBER 2, 2016**  
**SEVEN OAKS SENIOR CENTER**  
**9210 SEVEN COURTS DR., NOTTINGHAM, MD 21236**  
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**ATTENDANCE**

**Members Present in Person**

Yusef Battle  
James Dorf  
Lillian Greene-Chamberlain  
Deborah Grinnage-Pulley  
M. Arnita Hannon Christmon  
Rhonda Hearn-Stewart  
Surina Ann Jordan  
Geoffrey Nordberg  
April Quigley  
Tammy Ann Shelley

**Members Absent**

Monique Anderson  
Janice Armstrong  
Chalita Charles Atallah  
Ron Bowman  
Nathanial Garland  
Larry Hughes  
Lee Meizlesh  
Douglas Miller  
Beatrice Rice  
Tom Russell  
Jay Seidel  
Michael Shaw  
Karen Stewart  
Suzanne Stringer

**DHMH**

- Meghan Ames, Council Staff Coordinator

**WELCOME AND INTRODUCTIONS**

- The meeting was called to order at 4:35 PM
- Attendees in the room introduced themselves.
- August Meeting Minutes were circulated and approved.

**ADMINISTRATIVE UPDATES**

Council Vacancies and Appointments – *Meghan Ames*

- One new member
  - Chalita Charles Atallah

2017 Meeting Schedule and Locations – *Surina Ann Jordan*

- The Council will continue the schedule of having four meetings per year, and will investigate the possibility of hosting two meetings at the Health and Mental Hygiene Headquarters in Baltimore City and two meetings at other locations throughout Maryland.
- Council members are asked to identify sites where the Council can meet for free.
- Meetings dates are as follows:
  - 2017 Planning Meeting and Retreat – Wednesday, February 1, 4:30-7:30, Howard County Library, Miller Branch Location, 9421 Frederick Rd, Ellicott City, MD 21042
  - May Council Meeting – Wednesday, May 3, 4:30-6, Location TBD
  - August Council Meeting – Wednesday, August 2, 4:30-6, Location TBD
  - November Council Meeting – Wednesday, November 1, 4:30-6, Location TBD

#### Fitness Council Gear – *James Dorf*

- Gear that was ordered earlier this year and been delivered. Members who ordered gear are asked to coordinate the James Dorf to pay for and obtain their merchandise.
- James Dorf will be placing another order for new members. Meghan Ames will send out the merchandise options and Council members are asked to coordinate with James Dorf to make their selections.

#### Maryland Advisory Council on Heart Disease and Stroke Prevention Liaison – *Surina Ann Jordan*

- A liaison to the Maryland Advisory Council on Heart Disease and Stroke Prevention is still needed.
- Jay Seidel volunteered to serve this role; no opposition was noted.

### **COLLABORATION WITH LOCAL/NATIONAL COUNCILS/COALITIONS**

#### National Coalition for Promoting Physical Activity – *Suzanne Stringer*

- The Maryland Advisory Council on Physical Fitness signed letters sent by NCPAP to two Presidential candidates. Letters are attached for review.

### **COMMITTEE UPDATES**

#### Special Events

- Walk Maryland Day – *Meghan Ames*
  - Walk Maryland Day was held on 10/5/16 and events took place across the State.
  - The Walk Maryland Day 2016 report was shared with Council members and will be discussed in further detail at the Walk Maryland Day Planning Committee meeting on Monday, 11/7. Members interested in joining for the call should ask Meghan Ames for call-in details.
- Bay Bridge Run – *updates from Ron Bowman*
  - 53 wheelchair participants are registered for the race, which will take place this Sunday, 11/6/16.
  - Ron Bowman, the Council liaison, is unable to attend and is looking for 5-10 Council members to participate. The ask is to be present prior to the race, from 5:00-6:00 AM, to direct and assist wheelchair participants.
  - Interested and available members are asked to reach out to Ron Bowman for direction.
- Senior Expo – *James Dorf*
  - Ten Council members assisted with staffing the Maryland Advisory Council on Physical Fitness exhibit at the Power of Age Expo on 10/26 and 10/27.
  - Numerous connections were made among Council members and Expo visitors and exhibitors.

#### Education & Awareness

- Speakers Bureau
  - Jay Seidel shared that he conducts talks at a series of Senior Centers and can share his contacts with the Speakers Bureau to line up more speaking engagements.

#### Awards – *April Quigley and Arnita Hannon Christmon*

- The 2016 Physical Activity Excellence Awards Recognition Ceremony will take place following tonight's meeting.

## Legislation

- The Legislation Committee is looking for a new Committee Chairperson. Interested individuals should notify Meghan Ames and Surina Ann Jordan

## **2017 PLANNING MEETING AND RETREAT**

Scheduled for Wednesday February 1, 4:30-7:30

- The retreat will take place in conjunction with the February Council Meeting
- No call-in lines will be available
- Meghan Ames has reserved the Howard County Library, Miller Branch Location, 9421 Frederick Rd, Ellicott City, MD 21042

### Retreat Planning Committee

- Surina Ann Jordan will be leading a Retreat Planning Committee and is asking for interested members to volunteer.
- Arnita Hannon-Christmon and Debbie Grinnage-Pulley both volunteered to be on the Planning Committee.
- Additional interested members are asked to contact Surina Ann Jordan or Meghan Ames.

### Retreat Preparation

- In preparation for the retreat and to guide the Planning Committee, all members are asked to complete a series of reflection questions, that were distributed along with the Council statute and bylaws.
- All Council Members are asked to email their responses to these questions to Meghan Ames no later than 12/15/16, but ideally before 11/15/16.

## **ANNOUNCEMENTS**

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## **ADJOURNMENT**

The meeting was moved to adjourn at 5:31 PM

## **MEETING MATERIALS**

- National Coalition for Promoting Physical Activity letters to two Presidential candidates.
- Walk Maryland Day 2016 Report
- Current mission, roles, and structure
- Retreat reflection questions
- Council Gear Options