



City of Atlantic Beach

# Agenda

## Mayor's Council on Health and Well-Being Meeting

Wednesday, August 10, 2022 - 12:00 p.m.

Commission Chamber  
City Hall, 800 Seminole Road

Page(s)

### 1. CALL TO ORDER

### 2. ROLL CALL

### 3. APPROVAL OF MINUTES

- 3.A. Approve minutes of the July 13, 2022 Mayor's Council on Health and Well-Being meeting. 3 - 4  
[Mayor's Council on Health and Well-Being - 13 Jul 2022 - Minutes - Pdf](#)

### 4. PUBLIC COMMENT

### 5. NEW BUSINESS

- 5.A. Community Engagement and Purpose  
Beaches Vineyard (Bobby Spahn)  
Cultural Arts and Recreation Advisory Committee (Joe Schwarz)  
Community Development Board (Kirk Hansen)  
Environmental Stewardship Committee (Mark Gabrynowicz)  
Code Enforcement (Angela Irizarry)  
Beaches Town Center Agency (Bruce Andrews)  
AB Vision and Mission (Linda Lanier)
- 5.B. Improv- Steve Piscitelli 5  
[Improv and Wellbeing - Steve Piscitelli](#)

### 6. OLD BUSINESS

- 6.A. Updated on-going list of recommendations 7 - 10  
[ONGOING LIST OF DRAFT RECOMMENDATIONS](#)  
[MCHWB JULY2022 Council Review](#)

### 7. ADJOURNMENT

Any person wishing to speak to the Mayor's Council on Health and Well-Being on any matter at this meeting should submit a Comment Card located at the entrance to Commission Chamber prior to the start of the meeting.

This meeting will be live-streamed and videotaped. To access live or recorded videos, click on the Meeting Videos tab on the city's home page at [www.coab.us](http://www.coab.us).

In accordance with the American with Disabilities Act and Section 286.26 of the Florida Statutes, persons with disabilities needing special accommodations to participate in this meeting should contact City Clerk Donna Bartle at 247-5809 or at City Hall, 800 Seminole Road, Atlantic Beach, Florida not less than three (3) days prior to the date of this meeting.



**MINUTES**  
**Mayor's Council on Health and Well-Being**  
**Meeting**  
**Wednesday, July 13, 2022 - 12:00 AM**  
**Commission Chamber**

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**Present:** Steve Piscitelli, Vice Chair  
Joyce Freeman, Member  
Jim Belich, Member  
Jessica Ring, Chair  
Lisa Herrold, Member  
Tracy Marko, Member  
JoAnn Wallace, Member  
Ellen Golombek, Member  
Kyle Brady, Member  
Michael Lanier, Member

**Absent:** Michael Hosto, Member

**Also Present:** Ellen Glasser, Mayor  
Shane Corbin, City Manager  
Abrielle Genest, Planner

**1. CALL TO ORDER**

Jessica Ring called the meeting to order.

**2. ROLL CALL**

Members went around the room to call roll.

**3. APPROVAL OF MINUTES**

**A. Approve minutes of the June 8, 2022 Mayor's Council on Health and Well-Being meeting.**

Jessica Ring asked if there were any changes to the minutes. Steve Piscitelli corrected a spelling error.

**MOTION:** to approve the corrected June 8, 2022 minutes.

***Motion: Lisa Herrold***

***Second: Tracy Marko***

***Steve Piscitelli***

***For***

***Joyce Freeman***

***For***

***Jim Belich***

***For***

***Jessica Ring***

***For***

Mayor's Council on Health and Well-Being  
July 13, 2022

<i>Lisa Herrold (Moved By)</i>	<i>For</i>
<i>Tracy Marko (Seconded By)</i>	<i>For</i>
<i>JoAnn Wallace</i>	<i>For</i>
<i>Ellen Golombek</i>	<i>For</i>
<i>Kyle Brady</i>	<i>For</i>
<i>Michael Lanier</i>	<i>For</i>

*Motion passed 10 to 0.*

**4. OLD BUSINESS**

**A. Review monthly summaries and recommendations**

Council members discussed the recommendations made each month and provided edits. Mayor Glasser and City Manager, Shane Corbin, provided information about the city and updates on in-progress recommendations. Steve Piscitelli recorded the revisions and will update the list of draft recommendations. Jessica Ring left the meeting at 1:36 p.m. Vice Chair Steve Piscitelli presided over the remainder of the meeting.

**5. NEW BUSINESS**

**A. Council Input**

**6. PUBLIC COMMENT**

**7. ADJOURNMENT**

There being no further discussion, Steve Piscitelli declared the meeting adjourned at 2:03 p.m.

Attest:

\_\_\_\_\_  
Jessica Ring, Chair

\_\_\_\_\_  
Abrielle Genest

Mayor's Council on Health and Well-Being  
July 13, 2022

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### **Improv and Wellbeing: Promoting “Yes, And”**

I recommend our Council consider Improv Comedy as another topic to explore. It connects directly to the People and Purpose categories for Health and Wellbeing. Let me explain what might seem like an odd addition to our conversation.

I participated in Improv training having navigated and completed both Level I and Level II workshops. 16 weeks of training/practice and a public performance. When I entered the training, I had no intention of becoming a regular Improv performer. At the time of those two Improv trainings, I had just retired from more three decades of classroom teaching and had been traveling the country delivering presentations, facilitations, and keynotes. I was always well-prepared—that is, rehearsed—for my engagements.

And professionally I had reached the point where I wanted to be stretched/pushed/pulled to be more spontaneous. So, I signed up with Mad Cowford Improv. I did not know what I was getting into—and I was hooked on the first night, within the first five minutes.

Improv is more than spontaneity. It is all about listening, point of view, and making your partner on stage look good. It is not about delivering one-line jokes. (You see, that would be all about you—not your partner.)

The first lesson of improv is called **Yes, And**. Improv artists are taught to avoid using the word BUT on stage as it is a conversation killer—a scene killer. Yes, And keeps the conversation moving; it requires empathy for the person in front of you. It is a team building strategy.

I recently listened to a podcast, "Rainy Days and Mondays," <https://www.thisamericanlife.org/532/magic-words> (Act 2) that described how the skills and strategies of Improv helped a family dealing with Alzheimer's.

So...the connection to our Council on Health and Wellbeing? Perhaps there is a place for Improv in our community moving beyond entertainment (though, it could be promoted for such). It has potential as a training tool for collaboration, “scene” building, empathy, and hearing one another.

Who knows what may come from it?

**Steve Piscitelli**  
**Vice Chair, MCHWB**



This is an on-going/updated/edited list of the MCHWB draft recommendations.  
Reflecting MCHWB July 13, 2022 review, discussion, and editing.

**ONGOING LIST OF DRAFT RECOMMENDATIONS**  
**from the**  
**Atlantic Beach (FL) Mayor's Council on Health and Wellbeing**

(NOTE: The Council will continue discussing and revising  
recommendations through its final meeting on November 2, 2022.  
This is a WORK IN PROGRESS.)

**January 2022: Census and Youth Risk Behavior Data**

1. Identify local gaps and needs for programs (like tapping into Fleet Landing sponsorship) and plans directed toward senior citizens.
2. Identify local gaps and needs for programs that address alarming youth trends in the areas of physical activity, substance abuse, and mental health issues.
3. Continue to improve tools to engage residents and improve the accessibility of programs throughout the city (like CARAC's initiative to promote community programs).
4. Insure that COAB programs and grant recipients comply with state guidelines regarding training and background checks.

**February 2022: Blue Zones**

1. While the City of Atlantic Beach scores high on the life satisfaction survey (Gallup Survey, 2018), people most in need of healthy living choices may not respond to such surveys. The COAB would do well to identify areas of the community that may need further outreach—and then follow up as needed.
2. If the COAB is not included in the Blue Zones Jacksonville initiative, the COAB should endorse the project's goals.
3. The ~~Council~~ COAB will promote efforts to connect people and neighborhoods, healthy food choices, discourage tobacco use and discourage excessive alcohol use. Possible considerations include recommending (a) a designated outdoor zone for smoking and/or (b) a total ban on outdoor smoking in areas such as parks following the guidance of such smoking bans on school grounds. The COAB should continue reviewing best practices in other municipalities and solicit public input.

**March 2022: Bicycle and Pedestrian Connectivity Plan for Atlantic Beach, Florida**

1. Explore the use of the JEA utility corridor (that does not encroach on ~~NFL Land~~ North Florida Land Trust easement or residential property) in the marsh area (off Atlantic Blvd) for bike and pedestrian use by installing a wooden walkway.

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2. ~~Focus on what is doable in COAB. Some of the data might not fit COAB. We are a cul-de-sac community with escalating traffic.~~
  2. Consider a pedestrian and bicycle enhancement that connects to the Greenway.
3. Equitably prioritize connectivity projects, ~~consider~~ like an established bike route, and, in the short term explore a Selva Marina walking path (northern end of Selva Marina Drive between 20<sup>th</sup> and Saturiba Drive).
4. ~~Consider uniformed~~ Reconsider speed limits changes (based on the recently completed COAB speed limit survey) throughout COAB based on factors such as the width of roads, population density, and neighborhood needs.
5. As the numbers and types of recreational vehicles that are capable of exceeding 15 miles/hour (like electric bikes, boards, motorcycles, and golf carts) escalate, the COAB Commission needs to continue exploring possible legislative action that addresses what is safe on our streets/sidewalks/beach. A community educational component should be a part of any action moving forward in this area.

**April 2022: Senior Programming**

1. Create and promote an accessible/easily located link on the COAB website for senior services contact numbers, resources, and other pertinent information. [Note this has been completed with a living COAB document.]
2. ~~Recognizing that property tax caps limit the size of annual tax increases, ask the COAB Commission to explore and dialogue about appropriate alternatives (legislation? regulation? Invitation?) to address rent increases.~~ Encourage legislation liaisons/cooperation/dialogue regarding the cost of renting apartments/houses.
3. Consider expanding grant programs and partnering opportunities with appropriate non-profit agencies (such as Beaches Habitat), as well as including money in the City of Atlantic Beach budget, for senior programs.
4. Examine and promote the expansion of the Gail Baker Center so the city can offer space and/or funding to host accessible senior citizen workshops, classes, courses, and events.
5. Include age-friendly accessory dwelling unit provisions that conform with current codes/regulations in Land Development Regulations within specific zoning districts.



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6. Pursue joining a network for age-friendly cities and communities.

#### **May 2022: Vulnerable Populations**

1. The City of Atlantic Beach should consider revising the city ordinances to better service transient populations while continuing to build and strengthen relationships with organizations like the Sulzbacher and the Beaches Hope Team
2. Explore transportation options (with, for instance, JTA) from Atlantic Beach to Mission House, the local hospital, or similar services.
3. The COAB needs to explore how to link housing density with affordable housing within the commercial area. ~~that connect affordable housing and increased housing density. Should the City of Atlantic Beach revisit height limits to increase housing density?~~
4. ~~Explore options to control "flipping of houses" to increase affordable housing.~~
5. Recommend that Project Save Lives expand to a dedicated emergency department/room in the beaches community. The COAB should develop free opioid education/distribution strategies that include information about nonprescription Narcan in the City of Atlantic Beach.

#### **June 2022: Youth: Challenges and Possibilities**

1. COAB needs to promote a walkability campaign (like "Walk and Roll") that, among other benefits, will help to mitigate traffic and parking issues on Sherry Drive during ABE student drop-off and pick-up times.
2. Explore a ~~three-five~~-pronged approach to promoting local Farmers Markets: a. develop an advertising/educational campaign about the FM benefits, b. find options for those with transportation issues, c. advocate for the Atlantic Beach Farmers Market to begin accepting SNAP payments, d. help develop symbiotic relationships between community centers and the Atlantic Beach Farmers Market, and e. get people to act on/take advantage of points 2.a. thru 2.d. ~~Advocate for the Atlantic Beach Farmers Market to begin accepting SNAP payments. Help develop symbiotic relationships between community centers and the Atlantic Beach Farmers Market.~~
3. Since ABE's Joint Use Agreement allows the community to use its track and playground equipment, promote COAB financial assistance for new playground equipment.

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4. Promote a deliberative dialogue examining how COAB could enhance its grant allocations to address food insecurity for residents as well as increase grant opportunities and financial awards to organizations with physical activity programs for youth.