



City of Atlantic Beach

Agenda

Mayor's Council on Health and Well-Being Meeting

Wednesday, September 14, 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 August 10, 2022 Mayor's Council on Health and Well-Being meeting. 3 - 4

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4. COURTESY OF THE FLOOR (5 MINS.)

5. NEW BUSINESS

- 5.A. Review of Comprehensive Plan
5.B. Mental Well-Being: Here Tomorrow

6. OLD BUSINESS

- 6.A. Review August 10, 2022 Meeting Recommendations 5 - 17

[Vice Chair Summary of Recommendations August2022 MCHWB](#)

[ONGOING LIST OF DRAFT RECOMMENDATIONS](#)

[MCHWB August2022 Council Review with Exec Summary](#)

- 6.B. Improv- Steve Piscitelli

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.

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, August 10, 2022 - 12:00 AM
Commission Chamber

Present: Steve Piscitelli, Vice Chair
Joyce Freeman, Member
Jim Belich, Member
Jessica Ring, Chair
Tracy Marko, Member
Kyle Brady, Member
Michael Lanier, Member

Absent: Lisa Herrold, Member
JoAnn Wallace, Member
Ellen Golombek, Member
Michael Hosto, Member

Also Present: Ellen Glasser, Mayor
Abrielle Genest, Planner

1. CALL TO ORDER

Jessica Ring called the meeting to order at 12:00 p.m.

2. ROLL CALL

Council members went around the room to call roll.

3. APPROVAL OF MINUTES

A. Approve minutes of the July 13, 2022 Mayor's Council on Health and Well-Being meeting.

Jessica Ring asked if there were any changes to the minutes. There were no corrections to the minutes.

MOTION: to approve the July 13, 2022 minutes.

Motion: Michael Lanier

Second: Steve Piscitelli

Steve Piscitelli (Seconded By)

Joyce Freeman

Jim Belich

Jessica Ring

Tracy Marko

For

For

For

For

For

Mayor's Council on Health and Well-Being
August 10, 2022

Kyle Brady
Michael Lanier (Moved By)

For
For

Motion passed 7 to 0.

4. PUBLIC COMMENT

There was no public comment.

5. NEW BUSINESS

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)

Invited speakers spoke to the council about their organization, board, committee, or position and provided proposed recommendations that would help their work and the community as a whole. Council members asked the presenters questions and discussion ensued.

B. Improv- Steve Piscitelli

With respect to time, Steve Piscitelli asked to postpone this item until next month. There was no dissent.

6. OLD BUSINESS

A. Updated on-going list of recommendations

Steve Piscitelli explained the formatting of this document and how it will help the council complete the final report. He asked members to review the document and said they would have a discussion about recommendations at the next meeting.

7. ADJOURNMENT

There being no further discussion, Jessica Ring declared the meeting adjourned at 1:40 p.m.

Attest:

Abrielle Genest

Jessica Ring, Chair

Mayor's Council on Health and Well-Being
August 10, 2022

Topic-Specific Summary of the MCHWB August 10, 2022 Meeting

The Main Topic: Community Engagement and Purpose

The Presenters: AB Vision and Mission (Citizen Volunteer Linda Lanier). Beaches Vineyard (Pastor Bobby Spahn). Code Enforcement (Code Enforcement Officer Angela Irizarry). Cultural Arts and Recreation Advisory Committee (Member Joe Schwarz). Community Development Board (Chairman Kirk Hansen). Environmental Stewardship Committee (Chair Mark Gabrynowicz). Beaches Town Center Agency (Board Member Bruce Andrews)

The Theme of Presentation: Creating, improving, and sustaining community welfare through civic engagement.

The Takeaways (a few):

1. The Atlantic Beach faith-based community can support our community by continuing to sponsor events connecting residents east and west of Mayport Road.
2. When seeking and placing volunteers, the City of Atlantic Beach needs to focus on a meaningful fit between person and purpose.
3. Recognizing the thin line between property rights and neighborhood rights, city code enforcement needs the support of the city administration to keep blight and crime in check.
4. CARAC needs volunteers and outreach for its events that promote quality of life.
5. The Environmental Stewardship Committee sees a connection between this Council's work and the city's comprehensive plan.
6. Beaches Town Center continues to focus on quality of life initiatives and recommendations.

The Recommendations (and Council member making the recommendation):

1. Encourage the continuation of the MCHWB's research, discussion, collaboration, and recommendations beyond the sunset date of November 9, 2020. [Last meeting: November 2. Resolution: November 9 as sunset date.] [recommending member?]
2. Hire a volunteer coordinator to help guide the city's need for and support for volunteer services. [Tracy Marko]
3. Identify and train mentors (who have had a background check) who can help with intervention services for the children of Atlantic Beach. [Steve Piscitelli]
4. Create a "Friends of the Parks" volunteer group for all Atlantic Beach parks. [recommending member?]
5. Support the Beaches Town Center Agency's suggestions to implement traffic and pedestrian safety strategies. [Tracy Marko]
6. Renovate or expand an existing facility (like the Gail Baker Center) for dedicated use as an Atlantic Beach Senior Residents Center. [recommending member?]
7. Consider implementing an Autism Awareness Program for Atlantic Beach. [recommending member?]

Submitted to the MCHWB on September 14, 2022
Steve Piscitelli, Vice Chair

This is an ongoing/updated/edited list of the MCHWB draft recommendations that reflect the MCHWB review, discussion, and editing through the August 9, 2022 meeting.

**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.)

This is an ongoing/updated/edited list of the MCHWB draft recommendations that reflect the MCHWB review, discussion, and editing through the August 9, 2022 meeting.

Executive Summary

The Mayor's Council on Health and Wellbeing consisted of eleven Atlantic Beach Residents appointed by the Mayor of Atlantic Beach and approved by the City Commission of Atlantic Beach. It served from January 2022 through November 2, 2022. The members of the Council:

- Jim Belich
- Kyle Brady
- Joyce Freeman
- Ellen Golombek
- Lisa Herrold
- Michael Hosto
- Michael Lanier
- Tracy Marko
- Steve Piscitelli (Vice Chair)
- Jessica Ring (Chair)
- JoAnn Wallace

The Council listened to expert presenters and then held deliberative conversations that linked topics and recommendations to Atlantic Beach's vision statement, Commission priorities, and overall quality of life.

The following pages summarize the key Takeaways and Recommendations from each meeting.

Themes that repeated themselves throughout the Council's service included:

- Identifying local gaps in programming and services;
- Connecting recommendations to overall livability in our community;
- Enhancing pedestrian and motor vehicle safety; and
- Expanding opportunities for community connections to local Farmers' Markets.
- Connecting the right volunteers with the right activities and service.
- Enhancing and coordinating volunteer services for the city.

The Council presents each of the following recommendations to the City of Atlantic Beach Commission and Staff for their consideration and appropriate action.

This is an ongoing/updated/edited list of the MCHWB draft recommendations that reflect the MCHWB review, discussion, and editing through the August 9, 2022 meeting.

Note about the format.

- In some cases the city staff and/or Commission took action that addressed Council recommendations. A "Staff Note" is added to each of those recommendations.
- Each recommendation connects to one or more of the Atlantic Beach City Commission 2022 Priorities. These are suggested connections for continued dialogue. The following abbreviations will be used at the end of each recommendation:
 - o **L** = Livability
 - o **EL** = Environmental Leadership
 - o **PB** = Planning and Budgeting
 - o **M** = Mayport Road Corridor & Marsh Side
 - o **T** = Multi-Modal Transportation Management
 - o **CS** = City Services

Submitted on behalf of the 2022 Mayor's Council on Health and Wellbeing by Steve Piscitelli, Vice Chair of the Council, [enter date of submission]

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THE TAKEAWAYS BY MONTH AND TOPIC

January 2022: Census and Youth Risk Behavior Data

1. This was the first meeting of the MCHWB. The Mayor provided an overview of the Council's mission. See Resolution No. 21-78 passed by the City Commission on 11/22/21. The Council will support the COAB mission, vision, and its Quality-of-Life priority to enhance the "livability" of Atlantic Beach, FL. The Council members are not expected to be subject matter experts. The Council members will bring positive energy to each meeting and have deliberative dialogues about the topics at hand.
2. City Planner Genest delivered a presentation on the COAB latest census figures. One key point: Our 65 and older population continues to grow at a faster pace than other demographics. And the median age of 46.6 (2019) is higher than in Duval County and the State of Florida.
3. More than 85% of COAB residents are White. A little more than 7% are Black or African American. The number of housing units has increased by more than 700 since 2000.
4. 2019 Youth Risk Behavior Survey trends on physical activity & dietary behavior, school safety, substance abuse, and suicide ideation were presented for the County and Health Zone 6 (beaches).

February 2022: Blue Zones

1. The Blue Zones Power 9 model engages people to make healthy and transformative living choices regarding natural movement, stress management, healthy eating, and nurturing social connections. The City of Atlantic Beach, in keeping with the city's mission and vision, will promote such choices.
2. According to the Duval County Health Zone Data (2019), Atlantic Beach has an aging-in-place population. Social connections and ease of movement in the community are especially important to this demographic of our community
3. Blue Zones Jacksonville is largely funded, but the Beaches Project (Atlantic, Jacksonville, and Neptune) still needs about two million dollars to be included as a focus area.

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

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1. Presentation on bike safety (COJ): Two of the obstacles hindering more bike-friendly communities: Lack of appropriate pathways and lack of funding. Jacksonville is the 10th most dangerous place for bicycling in the USA.
2. The East Coast Greenway is a 3000-mile vision from Main to the Florida Keys. It will connect existing trails.
3. A section of the East Coast Greenway, along with a road diet (lane reduction) through AB, is planned, in coordination with FDOT and the Transportation Planning Organization (TPO).
4. The COAB Connectivity Plan seeks safe opportunities for biking and pedestrian mobility. "Given the abundance of recreational opportunities within the city, it is important to provide safe and convenient access to these amenities."

April 2022: Senior Programming

1. Approximately 23% of the COAB population (2019) is 65+ years old. According to AARP statistics, by 2030 ~25% of the US population will be 65+.
2. Poverty rates (as of 2018) for seniors have increased.
3. Successful aging in place requires more planning, action, and expenditure than most people realize. An ongoing challenge remains effective ways to connect in-need seniors with available resources.
4. Seniors represent a vulnerable population as they must address challenges involving housing insecurity, food insecurity, cognitive decline, reliable transportation, lifestyle changes due to physical and/or financial disabilities, and healthy social connections.
5. In addition to the above (#3 and #4), seniors need support and mentoring when it comes to nurturing a sense of life purpose.

May 2022: Vulnerable Populations

1. An increasing "cost burden" has exacerbated the housing crisis (and its concomitant issues) in the beaches area.
2. The beaches are a "net exporter" of workers. Actions to increase affordable housing density need to be implemented.
3. We need to think about where we want increased housing density and how to achieve that increase.
4. The intent of services to homeless men, women, and children is to make them self-sufficient.
5. While there has not been a major increase in the AB homeless population, there has been a "huge increase" just west of the Intracoastal Waterway.

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6. While drug overdoses are comparatively (to other parts of Duval County) low in AB, the incidents are spreading throughout AB.
7. A grant is available for the distribution of free Narcan in AB.

June 2022: Youth: Challenges and Possibilities

1. The DCPS supports numerous programs to help students develop connections for wellness (e.g., The Grow Group; Beaches Resource Center, Wellness Wednesday).
2. Since *feeling* safe and *being* safe are different issues, student programming aims to reflect that dichotomy.
3. ABE has a Joint Use Agreement that allows the community to use the track and playground equipment when school is not in session.
4. ABE after-school pickup of students creates traffic challenges for Sherry Drive.
5. Yesha Taekwondo represents one of the youth programs COAB (through CRAC) supports with grant monies.
6. Food insecurity undermines emotional and physical health, affects academic development, and creates behavioral challenges.
7. Farmers Markets in the beaches area provide quality food, yet challenges remain like, marketing the programs; helping with transportation to and from the FMs; offering SNAP acceptance at all FMs.

July 2022: No New Topics. Council Reviewed Recommendations to Date. No new business.

August 2022: Community Engagement and Purpose

1. The Atlantic Beach faith-based community can support our community by continuing to sponsor events connecting residents east and west of Mayport Road.
2. When seeking and placing volunteers, the City of Atlantic Beach needs to focus on a meaningful fit between person and purpose.
3. Recognizing the thin line between property rights and neighborhood rights, city code enforcement needs the support of the city administration to keep blight and crime in check.
4. CARAC needs volunteers and outreach for its events that promote quality of life.
5. The Environmental Stewardship Committee sees a connection between this Council's work and the city's comprehensive plan.
6. Beaches Town Center continues to focus on quality of life initiatives and recommendations.

September 2022: Mental Wellbeing

October 2022: Race and Equity

This is an ongoing/updated/edited list of the MCHWB draft recommendations that reflect the MCHWB review, discussion, and editing through the August 9, 2022 meeting.

November 2022: Council Discussion and Approval of Final Recommendations

THE RECOMMENDATIONS BY MONTH AND TOPIC

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. [L, CS]
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. [L, PB, CS]
3. Support CARAC's initiative and continue to improve other tools to engage residents and improve the accessibility of programs throughout the city (like CARAC's initiative to promote community programs). [L, T] [Staff: Created "Community Resources" page on COAB website.]
4. Insure that COAB programs and grant recipients comply with state guidelines regarding training and background checks. [PB, CS]

February 2022: Blue Zones

1. Identify local gaps in areas of the community that may need further outreach—and then follow up as needed. 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. [L, M]
2. Endorse the Blue Zones of Jacksonville goals. [L, CS] [Staff: COAB is staying up to date with the Blue Zones of Jacksonville project.]
~~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 [L, CS]:
 - Recommending designated no-smoking areas in parks and beaches and/or
 - Considering city outreach about policies for outdoor no-smoking zones following the guidance of such smoking bans on school grounds. The COAB should continue reviewing best practices in other municipalities and solicit public input.

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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 adding a wooden walkway to the connectivity plan.~~ [L, M, T]
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 East Coast Greenway (an FDOT project scheduled to commence in 2024). [L, T]
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 20th and Saturiba Drive). [L, T]
4. ~~Consider uniformed~~ Reconsider speed limits adjustments (based on the recently completed COAB speed limit survey) throughout COAB based on factors such as best municipal practices in keeping with complete streets policy (excluding state roads). [L, T] [Staff: Completed a speed limit survey.]
5. Continue exploring possible legislative action that addresses what is safe on our streets/sidewalks/beaches. 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, A community educational component should be a part of any action moving forward in this area. [L, T] [Staff: The COAB police department is working on a policy/ordinance.]

April 2022: Senior Programming

1. Identify local gaps and needs for programs (like tapping into Fleet Landing sponsorship) and plans directed toward senior citizens. [L, CS]
2. Create and promote an accessible/easily located link on the COAB website for senior services contact numbers, resources, and other pertinent information. [L, CS] [Staff: Created "Community Resource" page on the COAB website.]
3. ~~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

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regarding the increased cost of renting apartments/houses.
[L, CS]

4. Consider expanding grant programs and partnering opportunities with appropriate non-profit agencies (such as BEAM, Dial-a-Ride, and the Neptune Beach Senior Activity Center, as well as adding Beaches Habitat for Humanity). Include money in the City of Atlantic Beach budget for senior programs. [PB]
5. 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. [L, M]
6. Include age-friendly accessory dwelling unit provisions that conform with current codes/regulations in Land Development Regulations within specific zoning districts. [L, CS]
7. Pursue joining a network for age-friendly cities and communities. [L, PB]

May 2022: Vulnerable Populations

1. Seek ways to provide better services for transient populations. [L, CS]
2. Continue to build and strengthen relationships with organizations like the Sulzbacher and the Beaches Hope Team [L, PB, CS] [Staff: Mayor Glasser is working on an educational event.]
3. Explore transportation options (with, for instance, JTA) from Atlantic Beach to Mission House, the local hospital, or similar services. [L, M, T, PB]
4. Explore how to link housing density with affordable housing within commercial areas. [L, PB] ~~that connect affordable housing and increased housing density.~~
~~Should the City of Atlantic Beach revisit height limits to increase housing density?~~
5. ~~Explore options to control "flipping of houses" to increase affordable housing.~~
6. Recommend [CS]
 - Project Save Lives expands to a dedicated emergency department/room in the beaches community.
 - Development of free opioid education/distribution strategies that include information about nonprescription Narcan in the City of Atlantic Beach.

June 2022: Youth: Challenges and Possibilities

1. Promote a walkability campaign (like "Walk and Roll") that, among other benefits, will help to mitigate traffic and

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- parking issues on Sherry Drive during ABE student drop-off and pick-up times. [L, T]
2. Explore a ~~three-five~~-pronged approach to promoting local Farmers' Markets [L, PB, CS]:
 - develop an advertising/educational campaign about the FM benefits;
 - find options for those with transportation issues;
 - ~~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; and~~
 - encourage people to act on/take advantage of ~~the above points~~
 3. Promote COAB financial assistance for new playground equipment, since ABE's Joint Use Agreement allows the community to use its track and playground equipment. [PB]
 4. Promote a deliberative dialogue examining how COAB could enhance its grant allocations to address food insecurity for residents. [L, CS, PB]
 5. ~~Increase grant opportunities and financial awards to organizations providing physical activity programs for youth.~~ [L, CS, PB]

July 2022: No New Topics. Council Reviewed Recommendations to Date. No new business.

August 2022: Community Engagement and Purpose

1. Encourage the continuation of the MCHWB's research, discussion, collaboration, and recommendations beyond the sunset date of November 9, 2020. [Last meeting: November 2. Resolution: November 9 as sunset date.] [L, M]
2. Hire a volunteer coordinator to help guide the city's need for and support for volunteer services. [CS]
3. Identify and train mentors (who have had a background check) who can help with intervention services for the children of Atlantic Beach. [CS]
4. Create a "Friends of the Parks" volunteer group for all Atlantic Beach parks. [EL, T]
5. Support the Beaches Town Center Agency's suggestions to implement traffic and pedestrian safety strategies. [T]
6. Renovate or expand an existing facility (like the Gail Baker Center) for dedicated use as an Atlantic Beach Senior Residents Center. [L, PB]
7. Consider implementing an Autism Awareness Program for Atlantic Beach. [L]

September 2022: Mental Wellbeing

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October 2022: Race and Equity

November 2022: Council Discussion and Approval of Final Recommendations