



PACM General Membership Meeting
Dec. 2, 2019
1:30 – 3:30 PM
Sargent Tommy Prince Place

Present:

Sue Boreskie – Reh Fit Centre,
Jim Evenchuk – Active Aging in Manitoba,
Kristine Hayward – Winnipeg Regional Health Authority,
Stephanie Jeffrey – Manitoba Fitness Council,
Neil Johnston – Lung Association Manitoba,
Daria Jorquera Palmer – Recreation Connections Manitoba,
Roy Mulligan - PACM,
Amanda Nash – Heart and Stroke Foundation,
Cassidy Nicholls – Fit Kids Healthy Kids,
Wes Pomerensky – The Wellness Institute,
Linda Smyrichinsky – Osteoporosis Canada,
Mark Spencer – Dakota Community Centre,
Cheryl Pearson (phone) – Southern Health

Guest Presenter – Kevin Boreskie, University of Manitoba

Stephanie Jeffrey welcomed everyone on behalf of the PACM Executive.

Introductions & Member Announcements/ Updates

Attendees were asked to introduce themselves and share any announcements, news, etc. The member 'sound bites' included:

Manitoba Fitness Council working on *Prescription to Get Active* project with Doctors Manitoba; MFC will be publishing an annual fitness magazine in spring 2020 for distribution at fitness facilities around the province

Recreation Connections Manitoba, along with 4 other provinces, are working with Recreation North on a pilot project to provide training to northern and remote recreation directors; Recreation Connections annual provincial conference will be in March 2020

Fit Kids Healthy Kids receiving a lot of demand for French language services and have hired an additional French speaking leader

The Reh-Fit Centre has plans to start an expansion to the west of their current location.

Dakota Community Centre – Mark Spencer has taken on position as Director of Operations; looking to expansion of programming at site

Heart and Stroke Foundation have developed an Indigenous Health program with the First Nations Schools that includes traditional games and physical activities

Osteoporosis Canada offers a Bone Up program a continuing education program for pts, ots, nurses, massage therapists, fitness leaders, athletic therapists and other instructors of exercise programs treating and training people with osteoporosis that is recognized for credit by MFC; continue to offer the Break Through program with information on osteoporosis

Lung Association Manitoba is developing the Lungevity Program – a pulmonary rehabilitation program with physical activity and socialization for those with chronic lung disease; awaiting information on funding in the new year; Lungs for Life is a smoking and vaping prevention program offered to elementary and middle school students, related resources are available at the website

Active Aging in Manitoba is promoting an Active Aging day at the Sport for Life Centre on March 4, 2020 that provides use of the facility and exposure to activities from the 55+ games; the 55+ games will be hosted in Selkirk on June 16 – 18, 2020 with the Canadian 55+ games in Kamloops in Aug.; a New Horizons for Seniors Program Pan-Canada Collective Impact grant was awarded to a group of organizations to develop and deliver an initiative focusing on social inclusion for seniors in Winnipeg

Wellness Institute – winter registration begins Dec. 18th; starting a focus on Total Brain Health looking at mental capabilities as we age both as a stand-alone program and integrated within other programs offered; offering a physical literacy lifestyle program to help with falls prevention and being active for life.

Executive Committee Report

PACM Funding – Provincial funding was confirmed to end of the third quarter (Dec. 31) – have not received notice on the 4th quarter – expenditures and PACM coordinator hours are managed to reflect that

Provincial Election Survey – survey was distributed to 4 political parties in August. Focused on *AS THE FUTURE GOVERNMENT OF MANITOBA, WHERE DOES YOUR PARTY STAND ON PHYSICAL ACTIVITY?* Provided background on physical activity and asked 5 specific questions. PACM received 1 party response which was shared with membership prior to the fall election. We are now following up on Ministerial Mandate letters to determine if any mention physical activity and related initiatives or action.

Common Vision – A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving requested expressions of interest from individuals or organizations interested in serving as a Champion for each of the Let's Get Moving areas of focus: cultural norms, spaces and places, public engagement, partnerships, leadership and learning, and progress. PACM submitted a proposal under partnerships in August. PACM was just informed that our proposal was not successful. Successful proposals will be announced shortly.

AGM Discussion on PACM moving forward as a coalition – the discussion identified some barriers, the many benefits, confirmed value in the communications and networking and education opportunities provided through PACM. The Executive discussed continuing with the focus on Policy and seeking out additional potential sources of resources to help sustain the work. One example would be the Common Vision initiative and potential funding related to the proposal submitted on partnerships.

Public Policy Survey Report

The role of the Public Policy Task Group has been assumed by the Executive due to several Task Group members resignations. Continuing to pursue the work plan originally developed by task group but timelines have been pushed back.

The focus of the policy work is that *All Manitobans have equitable access to physical activity opportunities to optimize the health and wellness of individuals and communities.*

The workplan identified the development of a survey to establish a baseline on current policies addressing accessibility to physical activity and barriers to participation. The survey was distributed in October. The Executive has not yet had the opportunity to discuss the results of survey.

Some of the collected data relate to number and source of responses; top accessibility barriers identified; issues related to implementing policy; types and topics of resources; and interest in additional information and training was shared.

The Executive to review to determine next steps.

PACM Membership

Reviewed the membership categories; PACM currently has 23 members from a wide variety of organizations. Membership and involvement are encouraged. Will have some Executive vacancies in the spring, please consider joining executive.

Presentations

ParticipACTION Report Card on Physical Activity for Adults – briefly reviewed the recently released report card and related resources – presentation and resources available at <https://www.participaction.com/en-ca/resources/adult-report-card>

Warm Hearts – Kevin Boreskie, University of Manitoba presented on the Warm Hearts project that focuses on the use of physical activity/exercise as a prognostic tool and preventative intervention for cardiovascular disease in women. This article from UMToday provides a background on the project and an appeal for more study participants. <https://news.umanitoba.ca/warm-hearts-study/>

Next Meeting – will occur in late Winter 2020. Details will be sent to members.