

PACM General Membership Meeting

January 22, 2021

10:30 AM – 12:00 Noon

Online

In attendance:

Sue Boreskie, RehFit Centre

Jim Evenchuk, Active Aging in Manitoba

Emily George, Sport Medicine & Science Council of Manitoba

Jim Hayes, Manitoba Physiotherapy Association

Stephanie Jeffrey, Manitoba Fitness Council

Lynn Jobe, Active for Life

Neil Johnston, Manitoba Lung Association

Roy Mulligan, Physical Activity Coalition of Manitoba

Sankaranti Patel, Green Action Centre

Shane Ray, Recreation Manitoba

Raquel Saniuk, Fit Kids Healthy Kids

Linda Smerchanski, Osteoporosis Canada

Andrea Smith, University of Winnipeg

Russell Thorn, Northern Health Region

Karin Whalen, Active Aging in Manitoba

- **Welcome** - Stephanie Jeffrey welcomed all participants on behalf of PACM Executive
- **Introductions & Member Announcements/Updates**
 - Manitoba Fitness Council – have moved workshops online since March; currently have approx. 1000 members; have arranged member insurance for online instruction for \$10 year; have received 5000 masks for distribution to gyms.
 - Active Aging in Manitoba – Karin is new Executive Director; promote & support physical activity for older adults; 55+ Games cancelled for 2021 – next games June 2022; Peer Leader program has hired Linda Brown as Master Trainer, will be connecting with leaders; Older Winnipeggers Social Engagement Network – involves 5 agencies to connect socially isolated older adults, Jim Evanchuk on contract to coordinate; Take a Minute to Move – a series of radio ads on CJUN radio to encourage simple movement; Wellness Institute – has moved service online; offers a free caregivers online course <https://wellnessinstitute.ca/powerful-tools-for-caregivers/>
 - Manitoba Lung Association – Lungevity program will assist with pulmonary rehabilitation; working with MFC and Wellness Institute; training of instructors starting

University of Winnipeg – currently using a virtual teaching platform

Manitoba Physiotherapy Association – Jim Hayes new Executive Director; has been involved in various aspects of the health field; focus on advocacy, promotion and representation

Osteoporosis Canada – have gone online with resources and training; fracture prevention volunteer educator training provided; Exercise for healthy bones

Active for Life – national organization promoting children’s physical literacy and activity; extensive resources available online www.ActiveforLife.com

Fit Kids Healthy Kids – have gone online with training and activities; new Safe at Home videos for families; have some free equipment for families available;

<https://www.sportmanitoba.ca/fit-kids-healthy-kids-safe-at-home/>

RehFit Centre – facility is closed so services/programs have gone online – RehFit anywhere; working with some national organizations (IHRSA and Medical Fitness Association) around the importance of fitness during and after the pandemic;

Recreation Manitoba – Shane is the new Executive Director; training has gone online; virtual annual conference coming up March 9 – 12; <https://reconnections.com/2021-conference>

Sport Medicine and Science Council of Manitoba – Emily George filling the Executive Director position during leave; focusing on the Concussion Awareness program; Mental Health webinar on Feb. 28th.

Northern Health Region – have gone online with programs – Body/Mind programs, Fall Prevention Program, Mindful Movement; lots of efforts around COVID and vaccinations

- **Executive Committee Report**

- PACM Funding – Provincial funding was approved for the 3rd quarter (to end of December 2020); no word yet on funding for 4th quarter
- PACM Executive Positions – two Executive positions were vacant following the Annual General Meeting and one position could not be ratified at that point. The Executive has identified individuals to fill the vacant positions. Motion: “That Kylo Harris, Sport Manitoba; Karin Whalen, Active Aging in Manitoba; and Krystle Seymour, PHE Manitoba be ratified as members of the PACM Executive for a two year term.” **Moved by:** Neil Johnston **Seconded by:** Emily George **Carried**
- Website and Email – PACM has a new website with additional functions; still at www.pacm.ca ; new email address is pacm.mb@gmail.com
- Family Walk Friday – started in December working with Green Action Centre, Recreation Manitoba and Trails Winnipeg for social media campaign to promote families getting outdoors for a walk; no registration or tracking; follow on Twitter @PACM2016

- **Public Policy Task Report**

The focus of the task is “All Manitobans have equitable access to physical activity opportunities to optimize the health and wellness of individuals and communities.”

In 2020 the focus was on identifying resources to help reduce barriers to physical activity through enabling policies and procedures. Those resources are on the PACM website resources page under Healthy Public Policy <https://pacm.ca/Reducing-Barriers-to-Physical-Activity>

Due to the pandemic the focus adjusted to identifying and sharing practical resources related to physical activity during the ongoing pandemic. The PACM website has added links to several organizations that have developed or collated practical resources to support physical activity during the pandemic located on the Resources page under CoVid 19 Resources. <https://pacm.ca/COVID-19-Resources> If you are aware of additional related resources please send me a note.

Planning a series of one hour webinars every second month, starting in February, topics related to physical activity and COVID and reducing barriers to physical activity.

- **PACM Membership** – currently have 18 organizations/Departments represented; encouraged non-members to consider joining; membership categories and information online at <https://pacm.ca/Member-benefits>
- **Recreation Manitoba Conference Program Partnership** – PACM supports the conference as a program partner; the partnership provides free access to a selected conference session for PACM members; details for the 2021 conference will be distributed shortly
- **Presentation – *Prescription To Get Active*** – presented by Stephanie Jeffrey. Prescription to Get Active gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life. Stephanie provided an update on the initiative and plans for introduction to Manitoba.
- **Closing**