

# **PACM General Membership Meeting**

## **November 25, 2021**

### **1:30 – 3:00 PM**

### **Minutes**

#### **In attendance:**

Joshua Stolar, Sport Medicine & Science Council of Manitoba

Stephanie Jeffrey, Manitoba Fitness Council

Lynn Jobe, Active for Life

Roy Mulligan, Physical Activity Coalition of Manitoba

Karin Whalen, Active Aging in Manitoba

Samantha Anderson, Manitoba Possible

Kylo Harris, Sport Manitoba

Kristine Hayward, Winnipeg Regional Health Authority

Krystle Seymour, PHE Manitoba

Mark Spencer, Dakota Community Centre

Colleen VanWynsberghe, RM of Argyle Recreation District

Chantal Young, Directorat de l'activité sportive

- **Welcome** - Stephanie Jeffrey welcomed all participants on behalf of PACM Executive
- **Introductions & Member Announcements/Updates**
  - Manitoba Fitness Council – currently host for the Fitness Industry Council of Canada; planning a spring conference at Hecla April 29<sup>th</sup> & 30<sup>th</sup>, looking for presenters, contact Stephanie with proposals
  - Active for Life – have physical literacy resources in 9 languages; initiated an Active Start resource providing age-appropriate activities to get children active; online at <https://activeforlife.com/>
  - Directorat de l'activité sportive – recently completed a strategic plan; providing some activities again
  - Sport Medicine and Science Council of Manitoba – started to reintroduce normal programming related to Games program –

strength & conditioning; nutrition; looking to reinstitute summer biking program

- Active Aging in Manitoba – continuing with social connection program for seniors and peer leadership development; Selkirk will host 55+ Games next year – will include some virtual activities as well
- Winnipeg Regional Health Authority – continue to work through the transformation; focus on built environment and policy specifically the City of Winnipeg Transportation Master Plan currently
- Sport Manitoba – hosted a girl’s multi-sport activity day providing exposure to 4 sports, plan for another in February; Sport Leadership Program is being provided through online sessions – December session; Night of Champions recognition program for athletes and coaches nomination deadline is Dec. 31<sup>st</sup>; hosting a Game Day on Jan. 5<sup>th</sup> for PSO’s to share info on programs/services with the public; 2022 Winter Games to be hosted by Niverville cancelled due to pandemic.
- Dakota CC – programs starting back up at the centre; wide variety of activities for all ages; Sledge hockey on the fully accessible outdoor rink; Community Centre initiating a Master Plan process for amenity development
- Manitoba Possible – focus on recreation activities for children through adults with a mix of in person and online.
- PHE Manitoba – over 700 teachers took part in Professional Development Day with 35 sessions provided; redeveloping their Safety in Schools resource; looking at initiating a webinar series in the new year; working with Frontier School Division on Frontier Games
- Active Living Alliance for Canadians with a Disability – conducting study with Mothers/Daughters with a disability participating in recreational sport and physical activity to improve supporting resources; contact Christa Costas-Bradstreet to participate at [christa.costas@outlook.com](mailto:christa.costas@outlook.com).
- Canadian Fitness & Lifestyle Research Institute – offering a free online Program Evaluation for Physical Activity Practitioners course; details at [www.cflri.ca/training](http://www.cflri.ca/training)

- Osteoporosis Canada - Manitoba offering Bone Health: Physical Activity and Exercise training to support safe movement and exercise for those training individuals with osteoporosis; contact Sandy Owczar [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca) ; may be a session at MFC spring conference if occurs
- **Executive Committee Report**
  - PACM Funding - Provincial funding was approved for the 3<sup>rd</sup> quarter (to end of December 2021); no word yet on funding for 4<sup>th</sup> quarter
  - Manitoba Mental Health, Wellness and Recovery Consultation – PACM participated in consultation session on a framework for a 5-year action plan along with other service providers in early Sept.; public consultation occurring during the fall; year end target for document
  - Winnipeg Newcomer Sport Academy Webinar and Event – PACM partnered with WNSA to present webinar *Creating Welcoming & Culturally Safe Place for Sport, Recreation and PA for Newcomers* – was presented by WNSA on Sept 10<sup>th</sup>; a related active event was held for 18 children and youth from WNSA on Sept 12<sup>th</sup> at Sport for Life Centre with partners Sport Manitoba, Fit Kids Healthy Kids and WNSA
- **Prescription to Get Active (RxTGA) Update** – PACM has been working with the national RxTGA office toward implementing the program in Manitoba; have had discussions within the Manitoba health system about best fit for initial delivery; contacts have been supportive of the concept; WRHA looking at My Health Teams as potential delivery system; PACM looking for seed grant funding; require an indication of support for the concept and potential delivery model to further develop action plan and funding requests
- **ParticipACTION** – Kylo has joined the ParticipACTION Advisory Network as the Sport Manitoba representative; *This Is Not the Time to Be Still Campaign* urges the Canadian government to make physical activity a priority, a letter writing campaign is occurring in that regard; go to <https://www.participaction.com/en-ca/content/open-letter> to show your support; PACM has social media resources to support the campaign;

contact Roy Mulligan at [pacm.mb@gmail.com](mailto:pacm.mb@gmail.com) to request; in late November ParticipACTION will release the Adult Physical Activity Report Card

- **PACM Membership** - PACM currently has 25 member organizations and individuals ( 3 large Coalition members; 8 small Coalition members; 6 Network members; 8 Associate members) plus Provincial Government partners; PACM membership renewals are due Dec. 1, 2021 for most members – notices have been sent out or check on website <https://pacm.ca/Join-us>
- **Presentation** – *Association of Membership at a Medical Fitness Facility with Adverse Health Outcomes* - Ranveer Brar, Chronic Disease Innovation Centre and Sue Boreskie, Reh-Fit Centre. This 10 year study of participants at the medical fitness facilities in Winnipeg (Reh-Fit Centre and Wellness Institute) shows positive health benefits including significantly decreased risk of death and hospitalizations. A recording of the presentation is available here. <https://youtu.be/8AgFzGz0Kd4>
- **Closing**