



# ACTION TEAM MINUTES



## ACTIVE LIVING NETWORK

**Date: November 14, 2019**

**Time: 11 AM - 12:30 PM**

### 1. Introductions

Attendees present: Jacob Cutler (Macomb County Health Dept.), Robin Danto (MSU-E), Holly Graves (Southfield Parks & Recreation), Carrie Hribar (OCHD), Amanda Nihem (Baldwin Center), Michael Randall (American Heart Association), Adam Spears (Applied Fitness Solutions), , LaReina Wheeler (City of Ferndale), Jessica Williams (OCHD), Amanda Woods (OCHD).

Guest from City of Ferndale: Tara Brown, Justin Lyons, and Brandyn Walker

Introductions were made.

### 2. Review Meeting Minutes

Minutes were approved.

### 3. Housekeeping

- For 2020 meetings, the network will move to a quarterly meeting schedule. The network will continue to rotate meeting sites. Amanda will send out the 2020 calendar invitations by the end of November. See attached 2020 calendar.
- Amanda reminded partners the next meeting will be hosted by North Oakland YMCA (3378 E. Walton Blvd., Auburn Hills) on February 11<sup>th</sup> from 10-11:30 AM. **Partners are welcome to attend a free class before or after the meeting.** The options are: 8 AM HIIT, 9 AM Gentle Yoga, or 12 PM Zumba. The locker room and showers will be made available to members. **Please contact Shelly ([sbattershell@ymcadetroit.org](mailto:sbattershell@ymcadetroit.org) or 248-370-9622) if you would like to register for a class.**
- Amanda reported OCHD is preparing for the next Community Health Assessment cycle. The network will serve as a consultant during the process to advise on data collection, tools, and action-oriented items as applicable.
- The network's Facebook Group, Healthy Active Oakland, is currently in development phase. The group approved the revised ground rule to read: "No self-promotion or spam. Self-promotion, spam, and irrelevant links are not allowed. Community events and services that have a fee or cost may be shared with the group if it aligns with the [ECHO Inclusion/Exclusion Guidelines](#). Low cost and/or no-cost events or services will be prioritized. Admins have the right to remove an event or post if the



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network deems this does not align with the guidelines and mission for the Active Living Network. **If members want to provide additional feedback, please email Amanda at [woodsa@oakgov.com](mailto:woodsa@oakgov.com).**

## 4. Biking Infrastructure and Community Support

Jessica Williams from Healthy Pontiac, We Can! (HPWC!) sought insight from the group regarding bike lanes and community buy-in. Residents participated in the Complete Street study (which included sidewalk and safety audits) and Pontiac adopted a Complete Streets policy in January 2017. Bike lines were added on Saginaw St (November 2017) and on Perry Street (Winter 2018) in Pontiac. Pontiac residents have recently expressed frustration with the bike lane on Perry (2.5 miles) causing traffic congestion and have brought their concerns and frustrations to Pontiac City Council members. As a result, City Council asked MDOT to remove the Perry St. bike lanes. HPWC! would like to work with residents to maintain the bike lanes. Generated ideas were: increasing bike safety and road sharing information to residents and have HPWC! members attend district meetings about the lane changes. Ferndale Planning Manager Justin Lyons distributed a handout (included with the minutes) that was created by the City of Ferndale about sharing the road as a communications example.

## 5. Partner Updates

- Amanda: The Baldwin Center is hosting free fitness opportunities for residents. Childcare is available for school-aged children. Flyers are attached. Family Yoga, December 30, 10-11 AM; Strength Training, January 20, 4-5 PM

6. **Partner Presentation:** LaReina Wheeler, Director of Ferndale Parks & Recreation, presented on projects the department is working on currently. Several Ferndale parks are being redesigned. She shared the vision for Geary park that included a newly opened skate park, along with renovations to several other parks. Visit <https://www.ferndalemi.gov/departments/parks-recreation> to learn more about Ferndale's parks, recreation programs, and upcoming community events. Learn more about Ferndale transportation and placemaking initiatives at [ferndalemoves.com](http://ferndalemoves.com).

### Next Meeting:

February 11, 2020  
10:00 AM – 11:30 AM  
North Oakland YMCA  
3378 E. Walton Blvd.  
Auburn Hills, MI 48326