

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)
1701 W. Ash Street, Columbia, Missouri
Thursday, Feb. 5, 2026

Meeting Minutes

Members Present: Candace Rodman, Rob Walker, Jamie Szabo, Susie Miller, Allicyn Allen, John Coleman, Leslie DeSha, Lance Foulk, Teresa Gooch, Mel Frieders

Members Absent: Chris Harrison, Cathy Dolles

Members Absent (unexcused): Gwendolyn Jones

Staff Present: Tammy Miller

Call to order: Meeting called to order by Chair Candace Rodman.

Approval of Agenda: Agenda was approved on a motion by Walker, seconded by Frieders. Motion approved 10-0.

Approval of Minutes: Minutes were approved on a motion by Walker, seconded by Frieders. Motion passed 10-0.

Treasurer's report: none was available.

New Business

Review of Mini-grants: MU Health Fit-tastic initiative is one applicant which the Council has funded in the past. Members reviewed the application for \$500. They meet requirements of the grant application. The group does health and nutrition education for families and children, the grant is for items to offer incentives. Gooch pointed out that this would be the second such initiative funded through MU Health Care.

The second mini grant is for MU Health Care IBHC (Integrative Behavioral Health Clinic), a clinic that provides comprehensive mental health care for people who are uninsured or unable to afford healthcare. They are requesting funding for sound machines for confidentiality, yoga mats, sound baths and other similar items.

Allen is familiar with the group and commented on the space they are in and the needs they have. The Council discussed offering journals that they already have.

Rodman commented that both groups are deserving. Foulk commented that it would be nice to have measurables to determine how many have been served.

DeSha asked about previous items for Fit-tastic and mentioned the sustainable aspect of the mini-grant application.

Rodman mentioned possibility of holding a grant for a while and see what other applications are submitted. There is a priority for first time applicants.

Szabo said there may be an optics issue if three grants are issued to MU Health Care.

Coleman suggested awarding IBHC and holding off on the other.

Upon further discussion, DeSha made a motion to award \$420 to IBHC, seconded by Walker. Motion passed 10-0.

Gooch suggesting awarding Fit-tastic a portion of the grant. The Council members discussed and decided to table the grant application for now and will discuss further at a later meeting. Walker made a motion to table, seconded by Gooch. Motion passed 10-0. Rodman will email the group.

Bike, Walk and Wheel Week: Rodman said the schedule has already been published for this year's events, May 2-10. The Council discussed options of not having the Mayor's Mile as part of BWWW or other places. Frieders mentioned another location such as Stephens Lake Park with a loop. Rodman mentioned tying to an event such as First Friday as a possibility. Coleman mentioned using the Ag Park on a Saturday morning during the Farmers Market as a possibility. The Council discussed May 2 or 9 as possibility. The Wednesday Market could be another possibility during the summer; the first one is May 27. Rodman will communicate with the Mayor.

Breakfast station will be May 8 at Flat Branch Park. Rodman described the event and it will be on the March agenda.

Old Business

Winter Well-Being Expo: There is no space in the enclosed Farmers Market pavilion, but staff could stand outside with flyers and a sandwich board. Allen and Coleman said they would still staff it. A vendor list was distributed to members. An email will be sent to vendors with some information regarding details about the Expo.

Mayor's Council awards: Rodman encouraged members to promote the applications.

General Comments by Public, Members and Staff

Next Meeting:

Thursday, March 5, 2026 at 4:30 p.m.

Meeting adjourned at 5:33 pm on a motion by Frieders, seconded by Susie Miller.