



Mayor's Commission on Well-Being  
MINUTES

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Mayor's Commission on Well-Being  
City Council Chambers Virtual Meeting  
Wednesday, May 13, 2020  
3:30pm

201 S. Cortez  
PRESCOTT, ARIZONA  
928.777.1100

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Minutes of the Mayor's Commission on Well-Being held on Wednesday, April 29, 2020 virtually from City Council Chambers at 201 S. Cortez Prescott, Arizona.

1. **CALL TO ORDER**

John Murphy, Chair, called to order at 3:45pm

2. **ROLL CALL**

John Murphy  
Peg Travers  
Jesse Burke-not present  
Kristy Everson-not present  
Terri Farneti  
Cecelia Jernegan  
Vickie Johnston  
Lori Kennedy  
Bonnie McMinn  
Council Liaison, Mayor Pro Tem Orr  
Staff Liaison, Kelly Tolbert-not present

3. **Motion to Approve Minutes from April 29, 2020**

Peg motioned  
Bonnie seconded  
All approved

4. **Public Comments-**

Dierdre Schwartz from IL on call. Interest in wellness, was involved in wellness in corporate environment. Wanted to hear what Commission was about.

5. **Community Resource Guide**

John thanks to City and IT people  
Billie – met on survey/website. Kenny with IT working on website with John Heiney.  
Billie walked the group through the website for review and comment.

Go to City website, there will be a "tile" on Well-Being, click through to page. Three spotlights – Our Story, Take the Survey, Resource Guide.

Billie – LK to get list of members/bios to Kenny for who are we and Survey descriptions

Discussed set up of Resource Guide – need to get Kenny the content from John Heiney.

Under Our Story, link Prescott Living article and future media coverage with a media button.

Have Michelle take headshots for website – everyone should make an appointment to come in and have their photo taken so they are all consistent.

Peg shared a copy of a suggested logo using a tree.

John shared the concept behind the design using a "well-being" tree – branches instead of pillars. Use the same look as the City logo with City of Prescott around the design.

Cecelia likes the concept – a little dark

Billie – decided to do a tree, move away from the puzzle pieces look

John – tree is outdoor, nature, it will resonate with community

Billie – a lot of things we can do with it, it can grow, just like our Commission

Peg – do we want to take a vote to work on the design further, refine it and complete it for use on the website?

Dierdre – should use a more indigenous tree

Billie – want it to look more like Prescott using icons like the Dells, Lake Watson, reflect the City of Prescott like the City logo

John – will have several concepts done and sent to Kelly to distribute. Try to approve final at next meeting.

#### **Motion**

Peg moved to continue the tree concept.

Vickie seconded.

All approved.

#### **6. Survey**

John – we want to hear from the citizens of Prescott

Billie – use Survey Monkey – they tabulate and get responses back

Kenny – you may need five "options" on each answer, the survey now has four. Need to find out.

Peg – questions are designed to get quantifiable results.

Peg walked the group through the Survey – the following was discussed/decided:

- Add vision and mission statement, plus descriptions of the "branches" at the beginning of the Survey so people understand what it is all about.
  - #5 – change to Understanding and managing your finances....
  - #8 – How often do you exercise
  - #9 – Add Pilates, Water Sports and Aerobics
  - #10 – Change the order, change Annual to Annually and Add: As Needed
  - #11 – Needs a # - Peg will re-do list to add Grains, Legumes, Dairy and other suggestions
  - #11 – Change 11 to #12
  - #13 – Use 1-2 glasses, 3-4 glasses, etc. Put description Glass = 8 oz
  - Add #14 – Do you smoke or vape
- Peg will rework and send it out to the group for comment.

#### **7. Prescott Living content and photographs**

Billie outlined opportunity for another article in Prescott Living Magazine. Discussed ideas on what to include:

- Survey will be available on the website – include some sample questions
- Focus on positive things and looking forward
- How do we stay healthy right now? Stay active, eat healthy, hydrate, keep immune system strong, social distance, wash hands
- What good has come out of the Covid-19 pandemic? What have we learned:
  - o Hiking trails – quadrupled
  - o Gardening is way up according to Ken Lain and Mortimer Farms – flowers, gardens, yards
  - o Adopting pets
  - o Closer families – more quality time
  - o Eating at home – cooking, quality of time
  - o More conscious of getting/staying health

Lori will draft these ideas into an article and sent to Billie.  
Billie will send images.

**8. YRMC- Celebrate Life Health Expo**

This event has been cancelled

**9. Future Agenda Items**

**Logo**  
**Survey**  
**Website**

Next meetings Wednesday, May 27 at 3:30pm

**10. ADJOURNMENT**

There being no further business to discuss John Murphy adjourned the meeting at 4:31pm.

  
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John Murphy, Chair

ATTEST:

  
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Kelly Tolbert, Staff Liaison