

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from April 27, 2015

I. Meeting called to order by Lois at 19:07.

II. The Pledge of Allegiance was led by Linda.

III. Roll Call present: Lois, Linda, Arline, Mary, Lynne, Beth; Alderman Thomas; staff liaison Cathy Pratt.

IV. Minutes from March 23, 2014, were approved as received.

V. Public Comments / Guests

A. No public comments.

B. One guest: Linda, brought by Mary, a representative with Juice Plus

VI. Items of discussion:

A. Juice Plus Presentation—Mary Sanders

- a. Tower Garden is an aeroponic garden that can grow up to 20 plants in a small space
- b. It uses 10% of the water of a typical garden
- c. Plants reach maturity within 4 weeks

B. Bike & Kite Event

- a. May 9, 2015; 10-2
- b. Sign up sheets sent around again for 1-hour shifts
- c. Orlando's will donate 200 apples
 - i. They request that we make a sign advertising their business next to the apples
 - ii. Mary will pick up the apples on Friday and bring them with her to the event
 - iii. Lois and Arline will deliver any remaining apples to a charity
 - iv. Cathy will provide hand sanitizer and gloves for those handing out the apples
- d. There will be Health and Wellness Board brochures available for guests to pick up to learn more about us and what we do
- e. Dave invited Josh Carter to bring his fancy competition bicycle to the event and talk to guests about his racing; he will attend if he hasn't had surgery

C. Plans for 2015

- a. Bullying (includes internet bullying)
- b. Domestic abuse
 - i. Lynne will bring information to the next meeting so we can discuss from which angle we should approach this topic with the public
- c. Alzheimer's disease
 - i. Team up with Senior's Board for this topic

D. Other topics of discussion

- a. Garden Contest
 - i. Community gardens are currently full
 - ii. Let's research if we need to expand the gardens to other locations due to demand
 - 1. If warranted, do we have the space in the city to perhaps double the current space for community gardens?
- b. Discussion on presentations from last time
 - i. Increase hygiene/sanitation knowledge
 - ii. Drink more water
 - iii. Do we want to continue to focus on obesity or on one of the other risk factors for our county?

VII. Next Meeting will be **JUNE 22**, 2015

- A. Lois moved that our May meeting be cancelled because it falls on Memorial Day; Arline seconded
 - a. Discussion brought up that we should perhaps reschedule it to the following Monday, which is June 1st, while still holding the regular meeting on the fourth Monday of June
 - b. Motion carried—no meeting at all in May

VIII. A motion to adjourn this meeting was made by Lynne; Mary seconded. Meeting was adjourned at 20:16.

Respectfully submitted by: Beth Carsten