

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from August 24, 2015

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

II. The Pledge of Allegiance was led by Mary.

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

IV. Minutes from July 27, 2015, were approved. Linda moved; Don seconded.

V. Public Comments / Guests

A. None

VI. Items of discussion:

A. Garden Contest

a. One entry for the Community Garden Contest. Entrant will receive pass to the Rec-Plex.

i. Contest ends in September.

b. Also, we need to provide more publicity for Mary's Tower Garden at the Rec-Plex, as lots of questions are being asked about it.

B. Presentation on BJC Community Health Assessment Results and Goals

a. Options are available, but knowledge among the general populace regarding them is lacking.

b. We need to consider the "Rating of Needs" and decide where our Board should focus.

c. Should we invite local news media to cover our group and the topic(s) we choose to focus upon?

d. Don proposes we focus on healthy lifestyle (obesity, nutrition, exercise, etc) or substance abuse.

e. Jack proposes mental health

f. Put the topic(s) out-front in the Upfront or MyHometown magazines

g. Don moved that substance abuse, mental health, and healthy lifestyles be our focus; Mary seconded; approved.

C. November event

a. Auditorium scheduled to Wednesday, November 18th

b. Beth moved that the November event topic be about mental health; Mary seconded; approved.

i. Reach out to Crider, CentrePoint

ii. Need people with personal testimony about mental illness

D. Member Updates

a. We still need one more hospital (Mercy) representative.

E. Additional subjects

a. How do we reach the young people? Some ideas are through school districts' curriculum director; social media; etc.

- b. The First Baptist Church of St. Charles (on Muegge Road) is hosting a health fair on November 14, from 9 to 12.

VII. The next meeting will be held on September 28, 2015, at 7 PM.

VIII. Meeting was adjourned at 20:27. Mary moved; Don seconded.

Respectfully submitted by: Beth Carsten