

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from November 24, 2014

I. Meeting called to order by Dan at 19:03.

II. The Pledge of Allegiance was led by Lois.

III. Roll Call present: Beth, Lois, Don, Dan, Mary, Arline; Alderman Violet was standing in for Alderman Thomas; staff liaison Cathy Pratt.

IV. Minutes from October 27, 2014, were approved.

V. There were no public comments.

VI. Items of discussion:

- A. Dan Rakers announced that he would be resigning both his position on the board and his chairmanship.
- B. The Dangers of Heroin Event was discussed.
 - a. We agreed that it could have been better attended, but the presentations were good
- C. Future improvement ideas:
 - a. Instead of a Health Committeeperson planning it, we should plan it through a City staff member to avoid the go-between dilemma. Dan felt he couldn't accurately answer questions about whether the hall was available, etc. and in a timely manner.
 - b. Plan to do once a year?
 - c. This is a really great forum for parents because there is nothing out there for them specifically, though kids do have some DARE training in area middle schools.
- D. A Wellness Fair was discussed.
 - a. Angela Wulff from Bridgeway would like to do a wellness fair with us.
 - i. Don mentioned that wellness fairs could tend to be oversaturated, unless flu shots or cholesterol checks were offered.
 - b. Other possible tie-ins discussed were hosting a St. Peters run, or having Mercy complete a Community Health Needs Assessment (in accordance with their tax-exempt status) for our county to know what topics our Committee should focus on in the area. Or, we could access the BJC and SSM Needs Assessment, which have been done in the past.

VII. Our next meeting will be January 26, 2015. There will be no December meeting. Merry Christmas and Happy New Year!

VIII. A motion to adjourn this meeting was made by Mary; Dan seconded. Meeting was adjourned at 19:30.

Respectfully submitted by: Beth Carsten