

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from January 26, 2015

I. Meeting called to order by Dave at 19:09.

II. The Pledge of Allegiance was led by Dave.

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

IV. Minutes from November 24, 2014, were approved, with amendment to Don's comment about community assessments done in St. Charles Co. by BJC and SSM in the past; Mercy has not yet done one.

V. Meghan Hauser, an independent distributor with It Works, spoke to us about her product line of supplements and body wraps for health and wellness; and Allie Beardsley introduced herself as a graduate student at UMSL observing us to see health community topics for her graduate project, which will likely be about SIDS.

VI. Items of discussion:

A. Election of Officers

- a. Beth made the motion that Lois Deaver be nominated Chairman of our Board; Kacky seconded.
- b. Lois agreed to the nomination on a provisional basis, until she can find out more about what her responsibilities would be and the goals and mission of our Board. She is subsequently our interim Chairman through the end of February.

B. Restaurant Survey Results—Second Solicitation

- a. Over 100 were sent out via email; one was received back. Lois recommended that we table this project for now.
- b. Beth suggested an idea to create a logo on a decal, which restaurants that met our health initiatives could display on their windows or doors next to the health board rating, etc.
- c. A motion was made by Kacky and seconded by Lynne to add restaurants to our website which offer healthy choices, and acknowledging this achievement with a letter. The motion passed.

C. Event Planning

- a. May 9th is the annual Bike & Kite event at 370 Lakeside Park. We noted that last year we solicited free apples to give away from Orlando's Produce. We thought about doing that again this year.
- b. A motion was made by Linda and seconded by Lynne that our group host a fun 5K run/walk during the Bike & Kite event. The motion passed.

D. Blue Zone Community

- a. As we were running out of time, this item was scarcely discussed. We agreed that Cathy would email the information blurb to us for possible future consideration. We noted briefly that perhaps the Blue Zone

organization might be interested in coming to our meeting to make their pitch. Tabled due to lack of time, but please read the email Cathy sends out.

VII. Next Meeting will be February 23, 2015.

- A. It was proposed that for this meeting we be provided with a projector
 - a. We will look at our website and also review our mission statement and group goals.
 - b. We will also brainstorm topics for this coming year and into the future.
 - i. Perhaps we could have representatives from BJC and/or SSM come and discuss their findings of the community assessments done for St. Charles Co?
 - 1. What exactly are the issues in our county?
 - 2. How can our Health Board assist them in meeting their priorities for our county?

VIII. A motion to adjourn this meeting was made by Don; Kacky seconded. Meeting was adjourned at 20:18.

Respectfully submitted by: Beth Carsten