

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from February 23, 2015

I. Meeting called to order by Lois at 19:04.

II. The Pledge of Allegiance was led by Dave.

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

IV. Welcome to new alternate member Daniel McElfresh

V. Minutes from January 27, 2014, were approved. Don moved; Kacky seconded; passed.

VI. Concerning public comments, the Committee agreed to place a time limit of no more than 5 minutes on each public commentator in order to keep the meeting to an acceptable time frame. The time limit can be increased by a Committee vote.

VII. Items of discussion:

A. Confirmation of Officers

a. Beth moved that Lois be installed as our Committee Chairman; Don seconded; passed.

B. Review of Committee Goals

a. The Committee agreed to talk to each other more about activities we're involved with that would be applicable to wellness.

C. Review of Committee's Past Activities

a. Evaluation of Our Successes

i. Garden Contest will be continued, heading by Mary (Kacky moved; Don seconded; passed)

D. Plans for 2015

a. Continue Senior Fair (Dan moved; Don seconded; passed)

b. An Emergency Preparedness Seminar was broached as a possible topic, but it was agreed that this does not necessarily fall under our mission and goals at this time.

c. Don feels that we should revisit the restaurant issue down the road a bit because it supports our goals.

d. Don moved that we should support local health fairs by creating a section on our Committee webpage to promote the fairs, conferences, meetings, etc. Mary seconded; passed.

E. Bike & Kite Event

a. Held on the second Saturday in Mary

b. We will hand out apples donated by Anthony's Produce

F. Blue Zone Community discussed briefly; we were urged to continue to research the concept for possible future discussion. Costs would be large, and a corporate sponsor would be necessary to achieve this in St. Peters.

VIII. Next Meeting will be March 23, 2015.

- A. We will review the community health assessment
- B. Mary will launch the Garden Contest in April

IX. A motion to adjourn this meeting was made by Dan; Kacky seconded. Meeting was adjourned at 20:16.

Respectfully submitted by: Beth Carsten