

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from January 25, 2016

I. Meeting called to order by Lois at 19:06.

II. The Pledge of Allegiance was led by Mary.

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

IV. Minutes from November 23, 2015, were approved. Linda moved; Don seconded.

V. Public Comments / Guests

A. None.

VI. Items of discussion

A. Review of Committee Goals

- a. We went around and discussed our backgrounds and what our individual backgrounds “bring to the table” in regard to health and wellness topics.
- b. Don broached the possibility that we discuss the work of Partners for Progress and their pursuit of the Blue Zone initiative.

B. Top 3 Topics of Interest for 2016-2017

- a. Substance Abuse
- b. Mental Health
- c. Healthy Lifestyles

C. Article Topics for 2016

- a. Spring: Gardening contest and possibly other garden topics of interest, such as heirlooms, organics, container gardening, hybrids, GMO's
- b. Summer: Skin cancer and sun protection
- c. Autumn: Childhood obesity
- d. Winter: Substance abuse
- e. Possibly we could get permission from our local healthcare organizations (SSM, BJC, Mercy) to reprint some of their articles.

D. Community Forum Event

- a. Date is still set for March 7, a Monday
- b. John will see about getting speakers through DePaul Health Center
- c. The topic will cover suicide prevention and how to offer family support

E. Bike/Kite Event

- a. Date is June 4, a Saturday
- b. Dave mentioned that we should print out little flyers about healthy eating that people can take when they visit our booth for bananas and/or apples and/or pears.

VII. The next meeting will be held on February 22, 2016, at 7 PM.

VIII. Meeting was adjourned at 20:10. Beth moved; Lois seconded.

Respectfully submitted by: Beth Carsten