

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from November 23, 2015

- I. Meeting called to order by Lois at 19:04.
- II. The Pledge of Allegiance was led by Linda.
- III. Roll Call present: Lois, Linda, Tanner, Jack, Mary, Pat Staude, John Chapman, and Beth; Alderman Thomas; staff liaison Cathy Pratt.
- IV. Minutes from October 26, 2015, were approved. Linda moved; Tanner seconded.
- V. Public Comments / Guests
 - A. Pat Staude was introduced as a new member.
 - B. John Chapman was introduced as a new member.
- VI. Items of discussion:
 - A. "St. Peters Health & Wellness Open Forum"
 - a. This is the name for our mental health event
 - b. The new suggested date is Monday, March 7, 2016
 - c. No speakers yet
 - B. Other events
 - a. Jack and Tanner will talk to their respective hospitals" events people about helping us to staff our events with speakers, while Linda works the chiropractic angle.
 - b. Possible ideas for future events
 - i. Bullying/Cyber bullying
 - ii. Substance abuse
 - iii. Heroin
 - iv. Diabetes
 - v. Proper workout clothing
 - vi. February is American Heart Month
 - C. Jack moved that the St. Peters magazine staff create a blurb for the upcoming issue about keeping healthy habits and making new ones. Mary seconded. Approved.
 - D. Lois assigned homework! **Please come to the next board meeting with a list of topics (and/or email to Cathy) for which your background and educational experience has prepared you to speak as more-or-less an expert, or a well-informed individual.** This will assist us as we look to plan future events. Perhaps we can give mini-presentations before the Board.
 - E. Member Updates
 - a. We need one more full member, as well as 2 alternate members.
 - b. It was mentioned that perhaps we should look to recruit these remaining members from the senior and young mom or twenty-something age brackets.
- VII. The next meeting will be held on January 25, 2016, at 7 PM.
 - a. A motion was made by Beth to cancel all December meetings in perpetuity. Jack seconded. Approved.

VIII. Meeting was adjourned at 20:12. Linda moved; Lois seconded.

Respectfully submitted by: Beth Carsten