

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from September 28, 2015

I. Meeting called to order by Lois at 19:05.

II. The Pledge of Allegiance was led by Beth.

III. Roll Call present: Lois, Mary, Linda, Arline, and Beth; Alderman Judy Bateman (subbing for Alderman Thomas); staff liaison Cathy Pratt.

IV. Minutes from August 24, 2015, were approved. Linda moved; Arline seconded.

V. Public Comments / Guests

A. From Alderman Judy Bateman: Possibly reintroduce Moonlight Bike Rides? St. Peters used to do them years ago.

VI. Items of discussion:

A. Garden Contest

- a. Two entries this month for the Community Garden Contest. Entrants will each receive a pass to the Rec-Plex.
 - i. Contest is now over for this year.
- b. Also, a pamphlet perhaps needs to be provided for Mary's Tower Garden at the Rec-Plex, as lots of questions are being asked about it.
- c. Next year, it might be worthwhile to advertise the Garden Contest at the various Community Gardens.
- d. We should showcase this contest by putting pictures we've received from entrants in My Hometown and the UpFront magazines.

B. November event

- a. Auditorium scheduled for Wednesday, November 18th from 6-8 PM
- b. Crider is not responding to phone calls about a speaker for this event.
 - i. Beth can reach out to a friend who works for Kaleo Counseling locally
- c. Alderman Thomas has noted that he would like a specialist perhaps from the VA hospital to speak on PTSD in our military veterans and coping skills for their family members
 - i. Mary will reach out to get a speaker for this topic
- d. We also need speakers willing to give personal testimonies regarding mental illness in a "been there, done that" tone, to give others hope!
 - i. A veteran
 - ii. A young person
 - iii. A grief counselor from Baue
 - iv. Someone else
- e. We should offer a Q & A session
- f. Handouts are welcome from the speakers
- g. Advertising for this event shall consist of the typical city resources
 - i. Website

- ii. Cable channel
 - iii. In the print magazines
- h. Also, ads will be sent or put up in local middle schools and high schools and hopefully on their websites.
- C. Member Updates
 - a. A representative for our Board from BJC was just appointed
 - b. A representative from SSM will be joining soon
 - c. We must work actively on getting applicants
 - i. Perhaps also develop a flyer promoting membership on our Board

VII. The next meeting will be held on October 26, 2015, at 7 PM.

VIII. Meeting was adjourned at 19:50. Mary moved; Beth seconded.

Respectfully submitted by: Beth Carsten