

# COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

## Meeting Minutes from June 22, 2015

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

II. The Pledge of Allegiance was led by Arline.

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

A. Kacky Garner and Dan McElfresh have resigned their Board memberships.

IV. Minutes from April 27, 2015, were approved as received.

V. Public Comments / Guests

A. Ariane Cameron, Norwex Representative, gave a short promo on Norwex products, which exist to help people clean their homes with only microfiber cloths and water, leaving harmful chemicals out of the cleaning process. This makes for a safer and healthier home environment and planet.

B. Ann Abad, VP of Operations for BJC. She may stop in on our meetings occasionally.

VI. Items of discussion:

A. Garden Contest

a. Seven entries for the Community Garden Contest. All entrants will receive passes to the Rec-Plex.

b. Also, Mary installed her Tower Garden at the Rec-Plex.

B. Bike & Kite Event

a. Rescheduled to June 6<sup>th</sup>, due to inclement weather.

i. This new date coincided with the Fishing Derby, which increased our traffic and our visibility.

b. Orlando's donated 200 apples

i. 150 apples were given out; the remainder was taken to the Charity Fish.

c. Shop N Save donated 1,000 bags, as well as 100 bananas.

d. It was noted that next time bottled water should be provided.

C. Updated Health Rankings—postponed due to absence of Don Kalicak

D. Domestic Violence—Lynne Badolato and Melissa Doss of the St. Peters Police Department

a. 1 in 4 women will be a victim of domestic violence that has either occurred or been threatened

b. There are 4 types of domestic violence

i. Emotional

ii. Physical

iii. Sexual

iv. Financial (but not all agencies recognize this one)

- c. Our Board recognizes the need to write up an article about domestic violence and reporting hotline for it and put it in the St. Peters Hometown magazine or other city newsletter.
  - i. Also include a possible blurb about well-being.
- d. A motion was made by Lynne to publish an article on domestic violence; 2<sup>nd</sup> by Arline; passed.
- E. Alzheimer's—postponed due to absence of Linda Kenny
- F. Plans for 2015
  - a. Lynne offered to schedule a speaker from Bridgeway for a 30 minute presentation about drug abuse
  - b. It was also noted that as school starts, we should focus as a group on suicides, sexual assaults, and mental health issues.
  - c. Lynne will contact Melissa Doss, who can recommend speakers for us on these topics.
- G. Member Updates
  - a. We need new members for our Board.
    - i. There are 2 hospital vacancies.
    - ii. Beth moved that we raise our membership to 12 members and 2 alternates; Mary 2<sup>nd</sup>; passed.
      - 1. Action will be taken on this at July's alderman meeting.

VII. The next meeting will be held on July 27, 2015.

VIII. A motion to adjourn this meeting was made by Lynne; Mary seconded. Meeting was adjourned at 20:09.

Respectfully submitted by: Beth Carsten

