

Minutes of September 16, 2021

St. Peters Senior Advisory Committee

**Meeting called to Order-** The meeting was called to order by Net Thomas at 12:32 PM. at the St Peters Cultural Arts Center Room B. (The St Peters Senior Center is not yet open due to covid restrictions,)

**Pledge of allegiance was said by all.**

**Prayer was said in unison by everyone.**

**Roll call-** Those attending were: Mary Evans, Chris Brush, Lorene "Net" Thomas, Roger Young, Maribeth Huddleston, Mel Maire, and MaryPat Harms. Guests were: Alderman Judy Bateman and Laura McCoy from Home Instead.

**Approval of Minutes-** The August minutes were not available to review so were not approved at this time. They will be sent over for review before the November meeting and put up for approval at that time.

**Public Comments** - Laura McCoy from Home Instead presented on a recent study in regards to Companion Eating. The committee commented on how lonely and unhealthy it can be for people to eat by themselves. After the Senior Fair, they agreed to look at making this the next project. Ideas involved were reaching out to HOAs, starting in neighborhoods, meeting in local and cheaper restaurants, potentially holding in Senior Living Facilities, reaching out to Meals on Wheels participants, Come to the Table at Main St. Church in St. Charles, a Blurb in My Hometown, potentially a Senior Advisory Committee Facebook page to post events, etc. Laura also spoke about Memory Care Home Solutions and how she is always happy to give out resources to anyone in need as she has a large list of contacts and resources for seniors. Laura left the meeting after this.

**Items of Discussion-**

The committee discussed the Senior Fair, which is currently scheduled for October 2, 2021.

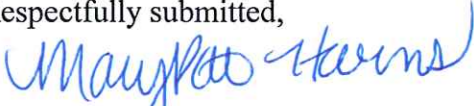
MaryPat provided a list of the vendors that the letter was sent to and those that had confirmed. She asked that all committee members reach out to some who had not responded as we are still in need of vendors. The St. Charles County Health Department will be the Health Fair provider this year. They are able to offer COVID vaccines to those eligible at the time, flu shots (bring insurance card if interested in this) Hep A vaccines, height, weight, blood pressure, glucose testing.

The fair has been promoted in City publications, our website, as News Releases, in O'Fallon publications, and more. Our Communications Department has done an excellent job in promoting this event!

**Adjournment-** A motion to adjourn was made by Net at 1:37 PM and seconded by Maribeth.

Next meeting will be November 18, 2021 at 12:30 PM at the St Peters Cultural Arts Center unless otherwise notified.

Respectfully submitted,

  
MaryPat Harms