



WELLNESS COMMISSION LEE'S SUMMIT

ACTION LETTER

Wednesday, August 13, 2025

1. Call to Order

Chair Craig officially called the meeting of the Wellness Commission to order at 6:07 p.m. in the Strother Conference Room at City Hall, 220 SE Green St.

2. Roll Call

Members Present

Chair Craig
Vice Chair Hubbard
Commissioner Brandhorst
Commissioner Cantrell
Commissioner Cygan
Commissioner Denny
Commissioner Evans
Commissioner Kraemer
Commissioner Nolke
Commissioner Salanski
Commissioner Wichman

Staff Present

Susan Barry
Cynthia DeShazo
Christal Kliewer Weber

Absent

Commissioners Severt-Culbertson and Silvers were absent.

3. Public Comments

None.

4. Approval of Agenda

A motion was made by Commissioner Cygan, seconded by Commissioner Brandhorst, to approve the agenda as posted. The motion carried by a unanimous 11-0 vote (Commissioners Severt-Culbertson and Silvers were absent).

5. Approval of the May 14, 2025 Action Letter

A motion was made by Vice Chair Hubbard, to edit two paragraphs. Item 6A, the last sentence should read Jackson County Public Health and the community health improvement project. In Roundtable, the Tobacco 21 bill has died out. Both items have been corrected at this time. This motion was seconded by Commissioner Nolke. The motion carried by a unanimous 11-0 vote (Commissioners Severt-Culbertson and Silvers were absent).

6. Eight Dimensions of Wellness Lee's Summit Version

The Commissioners brainstormed ideas centered around the eight dimensions of wellness for the Lee's Summit community and ways to raise awareness, including two potential partnerships in the community.

- Physical – promote healthy eating and active living. Social media and social events to raise awareness.
- Environment – affects your central nervous system. Smoke detectors were mentioned that the Fire Department will come out to change batteries in your home.
- Social – Participate in social activities, feel supported and respected and to consider the feelings of others and yourself. A welcoming community which is warm and inviting is desired. *Belonging Through a Culture of Dignity* is a book that LSR7 staff are reading.
- Occupational – Collaboration and satisfaction/feeling valued. To educate and have partnerships. LSR7 exposes students to real world learning opportunities and more trades, Summit Tech Academy (STA), as well as college opportunities.
- Financial – affordable housing and economic stability, with livable wages. Access to health care and health care resources. Host community forums. Have a network for housing and food. Asking elected officials to direct policy around these issues. Opportunities for education on personal finance.
- Spiritual – Purpose and meaning to life, greater awareness beyond self.
- Emotional – Connection and mental health. If you know how to communicate you can regulate your emotions. Connection and community and having your basic needs met. Mental health first aid and a grant was given to teach adults how to support youth training on first aid/mental health.
- Intellectual – Lifelong learning skills, expanding your knowledge. Open-mindedness to mental health and well-being. Community wellness forum with ProDeo and the school district. In-person meetings are more meaningful. Local held events promoting brain health, libraries hosting events for social and intellectual programs were mentioned.

Ms. Kliewer Weber, Assistant City Manager, tasked Commissioners to think about one particular audience for each of the eight dimensions of wellness for the next meeting.

Commissioners Cygan, Salanski, Evans and Cantrell are on the Public Education subcommittee.

7. Committee and Taskforce Reports

The Public Education subcommittee will be scheduling a meeting. The Livable Streets subcommittee was meeting to discuss connection of the Rock Island trail to downtown. The City received a grant, and hired Vireo to have three routes potentially connect Lee’s Summit downtown to the Rock Island trail. There will be a study then a plan set forward for implementation. On Sept. 20, there will be a booth at the Green Street Farmer’s Market seeking the public’s input. There will also be another booth at Hartman Park on a future date, as this is where the Rock Island Trailhead is located.

On Aug. 21, Kansas Section (KSite) of the Institute of Transportation Engineers, will give an overview of the 2024 bicycle infrastructure. There was discussion regarding the lack of bicycle parking on or near the Green Street facility and seeking that this concern will be remedied.

8. Roundtable

Staff noted the Mayor’s State of the City will be Friday, Aug. 15 and the Wellness Fair will be on Sun., Aug. 17 at the new Green Street facility.

The Jackson County Public Health Eco Labs projects are further coming along. A community summit will be held in November. The Kansas City Medical Society continues work involving physician mental health and well-being, and National Suicide Prevention Day is Sept. 17. The KC Medical Society offers resources plus support year-round. Several opioid awareness events and how to use Narcan will be offered beginning Aug. 20. Training will be offered on how to have communications with families

regarding vaccine hesitancy, as well as resources to raise awareness on truthful information regarding vaccines.

ReDiscover Mental Health is hosting a suicide prevention walk on Sept. 27 at Lowenstein Park. ReDiscover's fundraiser, Rediscover the Magic, will be held Sept. 18 at The Abbott, 1901 Cherry St., Kansas City.

The next meeting of the Wellness Commission is Sept. 10.

9. Adjourn

Chair Craig adjourned the meeting of the Wellness Commission at 8:02 p.m.