



WELLNESS COMMISSION

LEE'S SUMMIT

ACTION LETTER

Wednesday, Feb. 12, 2025

1. Call to Order

Chair Craig officially called the meeting of the Wellness Commission to order at 6:04 p.m. via Microsoft Teams due to snow and extreme cold weather conditions.

2. Roll Call

Members Present

Chair Craig
Vice Chair Hubbard
Commissioner Brandhorst, late
Commissioner Cantrell
Commissioner Cygan
Commissioner Denny
Commissioner Evans
Commissioner Kraemer
Commissioner Nolke
Commissioner Salanski
Commissioner Severt-Culbertson
Commissioner Silvers, late 6:28 p.m.
Commissioner Wichman

Staff Present

Susan Barry
Christal Kliewer-Weber
Cynthia DeShazo

Absent

Commissioners Brandhorst and Silvers arrived about 20 minutes late.

3. Public Comments

None.

4. Approval of Agenda

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

5. Approval of the Jan. 8, 2025 Action Letter

A motion was made by Commissioner Cygan, seconded by Commissioner Salanski, to approve the Jan. 8, 2025, Action Letter. The motion carried by a unanimous 11-0 vote (Commissioners Brandhorst and Silvers arrived later).

6. Appointment of Members to Public Education Subcommittee

The main task would be to form a public education framework to meet monthly either virtually or hybrid. Commissioners Cantrell, Cygan, Evans and Salanski are all interested in being on this subcommittee. Commissioner Kraemer moved, and Commissioner Salanski seconded, for those commissioners to be on the Public Education Subcommittee.

7. Subcommittee and Task Force Reports

Livable Streets – Commissioner Kraemer presented there were four commission members present, plus Mr. David Gale. Discussion centered on what is still needed, under liveable streets guidelines, in the City. Items such as connecting developments, more visible and functioning bike lanes, walking lanes, more education and community awareness around the topic of May Bike & Walk Month. Early October is International Walk-to-School day. Some other topics included:

- Identify sidewalk gaps
- More connectivity and redevelopment of downtown core
- Push out public knowledge, education framework with marketing
- There is a lack of transportation to support infrastructure, i.e. multi-use paths

This subcommittee would like to meet monthly in order to accomplish the above items.

8. Discuss March Council Presentation

March 18 Presentation to City Council, discussion on the eight minutes to present and who might do the presentation.

9. Discuss Workplan Approach and Meeting Schedule

a. Review Draft Outline

The Commissioners reviewed and discussed the outline.

For March, Commissioners would like to have the Jackson County Public Health attend to share data, goals, brainstorm and discuss indicators of health for each of the eight dimensions of wellness. Some citizens may not be aware of all that Jackson County offers and provides for community health planning. Another survey on health from Jackson County will go out in 2026, so it will be a while until we see more data.

b. Keep Monthly Meetings

Livable Streets will meet the first Wednesday of each month, and Ms. Kliewer Weber will send a poll out for the Public Education subcommittee on when they would like to meet. March would be the next Commission meeting where a subcommittee might do a presentation if they have one ready.

10. Discuss Public Education for March and April

Discussion centered around selecting themes or a focus for each month. Having two or three volunteers assist staff to help develop and coordinate public education for those months, and may help plan outreach opportunities. Examples for March include Colorectal Cancer Month, Kidney Health Month, National Nutrition Month. April themes include Earth Day/Month, Financial Literacy Month, Alcohol Awareness Month. May includes Mental Health Month and Stroke Awareness Month. Commissioners could partner with or highlight organizations within the community, solicit resources, and marketing could be done by staff such as Creative Services.

Commissioner Salanski volunteered to assist with National Nutrition Month for March. Commissioners Denny and Silvers, and Vice Chair Hubbard, volunteered for Financial Literacy Month.

11. Roundtable

Video recording of meetings will begin in March due to an ordinance that City Council recently passed. Staff will be using various tools to record meetings. Documents will be shared easier, storage, shared workspaces and calendars are components of this new technology for staff.

Commissioner Kraemer mentioned Kansas City Healthy Lifestyles collaborative. Commissioner Silvers will provide more information next month about an event on March 16, speakers on low income housing will be attending. Commissioner Evans shared Feb. 27 will be the Optimist Club Pancake Breakfast. Coldwater also has one that day. Commissioner Cygan shared the Taste of Lee's Summit will be March 1 at 6 p.m., this is a fundraiser for the Lee's Summit Educational Foundation. <https://e.givesmart.com/events/Gi0/>

Commissioner Severt-Culbertson shared information about a book, Mindful Drinking, that could be tied into April's theme on Financial literacy. Chair Craig noted the ProDeo Youth Center is seeing record numbers requesting after school activities. Pro Deo has proposed a new 7,000 square foot building, with a capital campaign called 75 Hearts. More information can be found on their website <https://www.prodeoyouthcenter.org/capital-campaign>. Their annual event, Twisted Trivia, is March 7.

Last week was Take Time to Be Kind week. More information found on the City website at <https://cityofls.net/boards-commissions/human-relations-commission/take-time-to-be-kind> or the national information at <https://nationaltoday.com/random-acts-of-kindness-week/>

12. Adjourn

Chair Craig adjourned the meeting of the Wellness Commission at 7:32 p.m.