

Tower Grove Heights Neighborhood Association Meeting

November 22, 2011 7:19 p.m. 20 Attendees

The TGHNA meeting was chaired by President Marilyn Browning.

As the Tower Grove Heights Neighborhood Association has done for many years, we will be sponsoring two families from the 100 Neediest Cases. Ellen Wilson organizes this event. TGHNA pays the expenses for things like the flyers, wrapping paper, etc. and collects the donations. Ellen organizes wrapping the presents and preparing them for distribution. The due date for donations is December 16 and the wrapping party is December 17, 10:00 a.m. at Ellen's house at 3617 Juniata St. Volunteers are needed to help distribute flyers and wrap presents. Contact Ellen Wilson, 314-771-1732.

Elena Sabin, Regional Preparedness Coordinator for the [Red Cross](#), discussed winter and flu preparedness. To help prepare for winter weather emergencies, have supplies on hand such as water, flashlight and batteries, blankets, canned goods and food supplies that can be eaten without prep work (like peanut butter and protein bars), and a battery-powered radio. If you're traveling, have blankets, a shovel, an ice scraper, kitty litter or sand for traction, flares or signs for attracting help, extra clothing and a flashlight. Don't travel if there is high risk—better to postpone travel for a day than risk an accident or problems during travel. Be sure your car is serviced for things such as tires and batteries. Be sure you have 3 foot clearance around space heaters and don't keep them on rugs or other flammable surfaces. Turn them off when you leave the room. Service fireplaces annually to clean out creosote buildup that can cause fires in the flue. Don't use camping stoves inside the house due to fumes. [Nixle.com](#) is an Internet service that sends warning messages for weather and other emergencies. As far as flu, the symptoms include fever, aches and pains, fatigue, chills, perhaps cough and runny nose. Flu symptoms are similar to colds but are more severe. There may be extended absenteeism due to flu that affects the other workers who have to cover. To help prevent flu, get the flu shot every year, use hand sanitizer, Lysol/disinfect work spaces, wash your hands for 20 seconds, use paper towels on door handles. Stay home if you think you have the flu and try to avoid others who have the flu, if possible. As far as supplies to have on hand if you have the flu, have fluids that are high in electrolytes such as a Gatorade-type drink, aspirin and other over-the-counter medications, tissues, thermometer, disposable gloves for cleaning, and alcohol-based hand sanitizer. Keep notes on the condition of the person with the flu on symptoms and conditions to help if things change and get more severe so that you need to call the doctor, you will have information to help assess the situation. In adults, if temperature reaches 105°, call the doctor. It is important to get lots of rest and take in enough fluids, especially with electrolytes, to help improve the symptoms.

Jennifer Florida, 15th Ward Alderman, noted that she is working on an online safety page that the [citizens on patrol](#) members are using to access information. There are 15 people in this group, going door-to-door with Officer Davis. Training for Citizens on Patrol is on Nov. 29th at 6 p.m. with Officer Davis. South Grand was given an award for Community Leadership. The Grinch is coming on Dec. 3rd to South Grand at [Mokabe's Coffee House](#). An additional arrest was made on the incident of the "[knockout game](#)" [attack on Grand](#) by a group of 13-to-14-year olds.

Although Captain Gerald Leyshock, St. Louis Police Commander, Third District, was scheduled to speak, he was not able to attend. Judy Lane, [15th Ward NSO](#) (Neighborhood Stabilization Officer) reported that Captain Leyshock will speak to school groups to discuss the attack on Grand.

President Marilyn Browning introduced the slate for the Board for 2012, which were then accepted by the Membership present. They are:

- Rich Seifert, President
- Claudia Seifert, Secretary
- Debby Ervin, Membership Secretary
- Rick Stein, Treasurer
- Marilyn Browning, Past President

Since no one has accepted the nomination for President Elect, the Board will continue to try and find a resident who is willing to serve. The Board is authorized to appoint a President Elect as soon as we find a candidate.

The meeting concluded at 8:17 p.m. There will be no December meeting so the next meeting will be January 24, 2012.

Claudia Seifert, Secretary