



Healthy Lombard Meeting

February 5, 2014- Minutes

Welcome & Introductions

New Faces:

*Tom Kalel, St. John Lutheran, Phys Ed Instructor
(Going to distribute the GYM bags on weekends to 2nd graders.)
Terry Soerhmann, Lombard Jr. Women's Club, Chair of the Health Committee.
Stephanie Eby, Prarie Food Co-Op
(Trying to get a Co-Op Grocery store to open in Lombard.)
Lisa Sawczuk – LiNito Cycle
Dr. Keji Akin – Balance! Pediatric and Family Weight Management Specialists*

Others in attendance:

Officers/Board MemberAttendees: Dr. David Dungan, George Sky, Jay Wocjik, Carl Goldsmith, Christine Cornell, Lisa McDaniel

Partner Attendees: Peggy Kinst, Monica Barichello, Bob Goldin, Terry Soerhmann, Chuck Pickerill, Andi Cooper

Updates

Fitness February Fair –

Posters – if you have a store window – please take a large poster.

Press Release - Need Activities, send them to Jay ASAP

Fair Info –

Need an one-paragraph Description from Name,
Stage, Staley and Foundation Sponsors

Need a two-sentence description from Table Sponsors and stage performers
who have tables

There should be no separate raffles. Instead 501c3 Organizations are proviing
raffle prizes. Please bring your Raffle Prizes to the Fair on Feb. 22.

Everyone needs to do something active at the table.

Possible activities you can do at your table (If you need an idea):

*Twister game had pictures of various items, food, and healthy choices to
walk to end of the game.

*Bozo Buckets w/squishy apples.

Health Heroes – 6 of them: 4 individuals and 2 businesses.

Cindy Musiel & Cheryl Behrens are the ladies working with Melanie.

Vicki Quigley – From Christine Cornell (nominated by Vicky Tate)

The Schuda Family - Nominee from Sandra Pihos & WESDRA

Businesses: GB – 87 GPS Series from Christine Cornell (Gilda Ross Rep.)

Pahl Center/Balance! From Nanti Salasini at Dr. Keji Akin Office

Proclamation on Thursday, Feb. 6 at 7:30 PM Village Hall – attend if you are able

Health Local (videos & ICB)

Looking for Healthy Hints Locations –

Anyone have hints to share at their location.

– Andi has a suggestion for an upcoming health fair & school PE.
Looking for Work Out Room Locations

Website Update: (over 90,000 hits since March 2013)

Main site: <http://www.healthylombard.com>

Does anyone understand FACEBOOK? *Lisa can help with that.*

GYM Bags at St. John Lutheran

(waiting to hear about grant to fund more bags at other locations)

New Business

Suburban Life – article about ProActive Kids – See article.

SHIP- *Grant State Health Improvement Program. Viewed 3 minute video that Jay put together.*

DuPage Community Foundation Grant – looking into qualifications

Summer Activity

New Idea or Flat Apple – *Supposed to be like Flat Stanley.*

Perhaps incorporate into Taste of Lombard, Lilac Parade, maybe use the FORWARD cut-outs. Start-up date and wrap up date need to be more precise. Sponsors should give their prize info when agreeing to sponsor. Flashmob idea, use participation on FB. Need a committee for Flat Apple. Please let Jay know if you are interested. Committee will be responsible for finding places to show up such as the Library's Summer event and National Night Out typically in early May.

Christine, Carl, George and Andi are on the committee.

Christine going to look into getting an Intern.

Sharing - Networking

**Peggy – Ages Grace anti-aging program coming into it's own. Melanie going to get certified.*

**Tuesday, March 25th 10:a.m Lombard Lexington promoting Eat to Sleep Linda Brinkman, Nutritionist.*

**Fitness Fest going on. – Sky Center – Did a Special Needs event at Alexian Brothers. Looking for full-time Program Director.*

**Big Booming Heart Fair @ Good Sam – March 1st 8-11 a.m.*

**Dr. Dungan- Heart Concept February Goal: 150 minutes a week GO Red every Friday for Women*

**WHS Learn & Play Garden:Andi – New Basketball club – Walking Club being launched – Girls in the Game coming to Hammersmidt, Walk & Roll again this year. Healthier DuPage schools – pilot based on what's going on at Hammersmidt. Received a Grant from FORWARD – cold frames at the edible garden.*

**Prarie Co-Op-Food For Thought Food Series- sustainable fishing. Handpick movies once a month. Dates coming.*

**Zumba – Lisa's doing after school program at Butterfield School*

Meeting Schedule

(May, Aug, Nov, Feb)

Next Meeting in August is on May 7, 2014.

Meeting adjourned: 8:51 a.m.