



# Healthy Lombard Meeting

## November 6, 2013 - Recap

### Welcome & Overview

### Updates

New Faces & Sharing of Support

**Donna Fox** - Lombard-Jewel Osco Pharmacy- Flu Shots promo

**Jenny Wise** – Andi cooper invited thru Hammerschmidt Elementary – Edible Gardens – here to learn & observe

**Lisa Sawczuk** - LiNiTo Cycle in Lombard – Always wanted to come to our meeting. Bike repair & maintenance, VP Police Dept Lunch & Learn coming up on bike safety.

**Peggy Kinst**- Ageless Grace– Went into Good Sam Wellness Center to help train their staff. 11/16-17 Training/Certification now for kids too. New Cert for teacher's in schools.

**Sandy Cord** – IL Cancer – Wants people to recognize Teal ribbon awareness color for ovarian cancer. Teal was down on the skyline. September was their awareness month.

**Carl Goldsmith** – Village of Lombard – Opening of the Great Western Bridges. Lights going in 2016/2017. Bicycle club started. 13 members in club already. Looking into possibly adding a bicycle club in Lombard. Prarie path at Main & Westmore to be looked at for redesign/improvements.

**Andi Cooper** – Hammerschmidt – Learn & Play Garden Received a grant. Press coverage in the Spectator. 30% of the students participated in the Walk/Bike to school event. Getting their kids moving. Dupage Forward funded a grant request. Auction this Fri evening – big fundraiser. @ Christ the King \$15 tickets 220 people coming. Great list of auction items. Nice writeup in the Lombardian.

**Becky McFarland** – Dupage Forward – Coalition meeting 12/5. 8-10:30 breakfast served 7:30-8. Everyone welcome. Interactive Health Program-for the schools – kids can take pictures with the various displays.

**Jen Tewell** – Counselor – Emotional Eating – Proactive Kids. Overweight children 8-14 At Good Sam Wellness has made great progress. Expanding to Loyola in Maywood. Aftercare program being added- will be a paid program. Washington DC presentation was an honor.

**Christine Cornell** – Good Sam Wellness Center – Aquatics program started for BMI 30 & above. Added Zumba Gold & Aqua Zumba because of connections here. Glendbard East & 87 Wellness Committee – Ram Run coming out.

**Erica Sandrock**- Health Track Lombard/Glen Ellyn/DG & Wheaton communities continuing to grow there. Next Thursday FREE seminar. 11/16 6:30p.m.? Please check the website. Healthy Fall Soup Seminar – FREE cooking demos – make healthy nourishing soups. FB Healthy Lombard – post there and LIKE. Healthy People Program – not a gym membership – for non-membership \$49.95 a month. Coach sits with you 1-2 xs a week. Kind of like a Weight Watchers. Get to use the gym for 2days.

**George Sky** – Sky Martial Arts – Since 1993 – Active Member since inception. Program being offered: Train the rest of the year free. Enroll try the program and they give away gift card for your favorite shopping place. Special needs partnership with NWSRA. National project in

progress with special needs, specifically in Autism. Certification will take place for that program. Program will be doable at home or at their location. More details coming. Mind, Body & Spirit – mission children & families. Every month different theme – this one athletic – concentrate on what they can do at home to clear the mind – meditation. 7-13 years really enjoying that aspect of the program.

**Stephanie Schiszik** – Campfire – day camp program no electronics – outside only. Entire curriculum on all levels of health – emotional, physical, spiritual, etc. Afterschool programs.

**Dr. Colleen Gully** – West Suburban Wellness – Massage & Wellness. See a lot of families – nervous system – young too. Talks & lunch & learns provided. “Truth About Gluten” on 11/11 Bucca Di Beppo 6:30 p.m.

**Ted Steck** – New to area – Asst. Superintendent for Finance here at District. Ran fitness centers in the past. Past experience raising money & awareness & programs for kids getting active.

**Derek Dvorak** – Lombard PD Youth Sports Programs Manager – promoting health & wellness. Turkey Shoot – Saturday 11/23- Free-throw shooting contest – receives a FREE turkey. Watch or participate to bring canned food items. Holiday Walk – early December – lights in town, etc. Lilacia Park.

**Robyn Helkiwski / taking Susan Early place** – Elmhurst Memorial. Color coded in Café to help with healthy choices. Preventative screenings. Lunch & learns evening programs, etc. Fitness programs & CPR Classes.

**Joann Mitrenga – YMCA Lombard** Walking club community page on their website. Coordinated with the other local walking clubs. All the clubs info on their page. Links too. Company policy pulled together dealing with youth where food involved – it will specify what is healthy – times of physical, etc. It’s a policy to include in an employee handbook. Role model from adults important.

**Dr. David Dungen** – Dupage Medical Group – Thanked group for their contributions. To the community

**Emily Buxton** – Humana Guidance Center opened in June in Lombard. Dupage Medical Group pairing. For people to come use the facility. Free offerings. Mainly seniors. Silver Sneakers. Crafting for Charity event coming along. Instructor coming to teach knitting. Guidance center available for meetings. Can fit 50 people. On Finley & 22<sup>nd</sup> & South of Roosevelt.

**Bob Brunton** – Volunteers at both Lombard & VP Kiwanis Clubs.

**Monica Bartello** – “NEW” to Lexington Square – Replacing Geri Coppel.

**Nicole Lewis** – Historical Society – NEW here. Peck Home.

**Melanie Jordan** – Your Healthy Life Made Easy. Health & Wellness Coach. Picked winner from recent contest & runner up. Winner is a Nurse, making some strides. Runner UP with the Library work on organizational & de-stressing. 4 of the Park Districts is offering her her coaching – behavioral change program in the New Year – community based program brought to the park districts. 10 week group program. January start. Priced affordably. \$97 for 10 week session. Available to Corporations as well. Working with Lean Wagon – virtual Corporate wellness – delivering web based programs.

**Lisa McDaniel** – ZUMBA Fitness Instructor – Starting a Gold class at Lombard in January. Thanks to Becky for thinking of me for exercise break at meeting. Thanks to Christine for recent Aqua Zumba class addition. Looking to add AFTER SCHOOL ZUMBA Kids classes. Also Corporate class offerings.

**Allison Distanzo** – Lombard Historical Society – concentrating on Victorian Cottage. Partnering Prarie Food Co-op. Drop off green organizations. Blackboard showing all where the food came from.

## **Flat Apple:**

Celebration was a success – Town Center provided space for raffle.

## **Health Local**

- Started with Dr. Dungen segment (shown twice) Now featuring segments from other partners and Dr. Michael Gregor, a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues.
- Try and have more Seniors share their lifelong lessons. Any Connections with Seniors that want to share, please let Jay know.
- Cooking segments – Julie Marie Chef Has Jr. Chefs assisting using kids.
- Magazine show style
- Aired 20 x's a month . Sixteen times in Lombard and 4 times on Comcast Channel 6.
- Website viewing too if not Cable.

## **Web site (over 4,000 hits a month!!!!)**

- Major increase!

## **Change in Board (VP, CFO, Sec)**

- 1<sup>st</sup> Board meeting today.
- Looking for CFO / Treasurer – Many nominate Ted

## **Your Healthy Life Made Easy!™ Program – Melanie Jordan (winners selected!)**

- Two Health Heroes in Fitness February
- Looking at Companies who have made a difference for their employees.

## **New Business**

Lombard Px Children Vitamin Program

- Craig from Lombard Pharmacy – Started with Parkview. Dr. has to approve.
- Amazing offering – please support Lombard Pharmacy!!!

Fitness February

**\*\*Yorktown Date – February 22, 2014 10-2 PM**

Special Appearance by Staley from the Chgo. Bears

Funding suggestions?

Committee Volunteers for 3R/Exhibitors/Stage/Funding

- Will be Looking for assistants / volunteers

Grants

FORWARD (Health Local) – applied to help fund Health Local

Mayors & Managers (G.Y.M. Bags) – Get Yourself Moving for the weekend bags!

- Mom from St. John Lutheran – why doesn't my school do it – worked with Pastor & Gym teacher. Talking with him next Thursday!

## **Comments - Concerns**

## **Meeting Schedule**

(August, November, February, May)

Next Meeting in February – **1<sup>st</sup> Wednesday – February 5, 2013**