



Healthy Lombard Partners Meeting Minutes for August 6, 2014

Welcome & Introductions

Meeting started 7:42 a.m.

Meeting Attendees: (Board):

Jay Wojcik	Stephanie Schiszik	Christine Cornell
Lisa McDaniel	George Miller	
Carl Goldsmith	Dan Whittington	

Partner Attendees: Emily Buxton-Humana, Jean Hockensmith-School District 45, Joanne Mitrenga-YMCA, Chuck Pickerill-YMCA, Emily Buxton-Humana, Beth Mohr-Baby Boot Camp Stroller Walks, Becky McFarland-DUPAGE Forward, Andi Cooper-Hammerschmidt, Melanie Jordan-Your Healthy Life Made Easy, Peggy Kinst-Ageless Grace, Keji Akin-Balance!

New Attendees: Carly Chionski-Office Manager (Pediatric Balance Healthy Lifestyle), Erin Sienas(YMCA), Dennis Brennan- (DuPage Health Dept)., Derek Unesch & Tracy Bushka (Elite Training), Rachel Benson(Health Track), Jennifer McGrath(Points to Wellness, Inc.)

Updates

Minutes from May, 2014 – approved as read.

Grants

SHIP – Award Grant! **Healthy Lombard did get the \$1500**

DuPage Community Foundation - Andi/Christine Update? – **Shared Various Programs they are working on.**

Grant Writer: **Chris has volunteered some pro-bono hours**

Health Local /Health Fairs

- 16 new families & 61 in obstacle course at HL Hot Spot at National Night Out. Many families had seen HL throughout Lombard. Nice event. Final Hot Spot event. 6 done this year. Partners are going to need to participate at the HL in the future. We hope to have it grow next year and get more involvement. First time having Hot Spots – many locations were available this year. Planning to be more organized next year. 210 registrations to date. Over 300 healthy selfies. If you are willing to meet Jay next week and help her fill out the Apple Bites for all those that have submitted healthy selfies. Next week – Tuesday or Wednesday 13th & 15th – taking volunteers to help. Drawing is on the 16th. Stephanie offered her meeting space at the Campfire office.

Videos at Red Stars Soccer Game (Twitter Results!)-

- 1,419 retweets because of using their mascot and having him show his healthy hint. Met the PR person there they are also willing to send some of their soccer players to Fitness February for a soccer clinic. Met a number of the players. Going to talk with the Chicago Fire as well. Signed poster already sent by them. Thanks to National University for sending volunteers.

Glenbard East Support – Tshirt passed around.

Senior Health Fair – HL present there Wed. October 1 at the Commons – Volunteers? Times 9-2
Last day of Healthy Selfies will be the 15th.

Website Update: (Over 285,000 as of 8/2/14)

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

Blog

username: partners

password: healthylombard123

calendar

username: partner

password: healthylombard012

- Egg Harbor Cafés using info from FORWARD and planning company-wide changes. They are going to update their menus.
- Giving DuPage – HL will be there in their ad in the newspaper. Once up – we can list our volunteer needs there too.
- GYM Bags – Get Yourself Moving Bags –full of equipment to the 2nd graders on weekends at the SD44 Elementary schools. Volunteer thing to do – going to extend to all the schools in Lombard. Other private schools, etc.

Flat Apple for Summer

Review of Hot Spots – Race & National Night Out, Cruise Night possibly re-review next year. HL was known by several attendees last night – Sky Center a big promoter. People who didn't know about still very willing to participate. Grown so much – be prepared for such growth changes next year. Need more assistance to help with the program given the size next year. Provide a link next year that loads healthy selfie pictures already in a specified digital format.

Information on Prize Distribution – any more prizes please donate.

Need for additional Prizes – Lisa asking Sara Venuto at Park District.

If you have anything you want to share on Linked In that's healthy please share.

Committee Interest

Westin Walking Challenge – Westin, with the Village & also Humana can provide the Pedometers if they join their walking group. Looking for sub committees. Possibly October.

New Business

G.Y.M. Bags for Fall – VFW

2015 Fitness February Fair – February 28, 2015- Last Saturday of February

Sharing:

- George Miller-Seeking Quaker Oats contact – recommend using the camera at other hot spots – but need the staff for that.

- Glenbard Dist 87 going to post their Parent Speaker series on the HL website. Dist#45 is revising their wellness policy & committee – would they be willing to share their wellness policy with #44?
- Grow Healthy Villa Park now up & running -website www.GrowHealthyVillaPark.org is being finished. VP has their 100 year anniversary this year – water bottles out – garden to be launched, Food pantries to be worked with by providing funding for refrigeration purchase, etc to hold. Also concentrating on getting more communication vehicles out there to help spread the word.
- Before & After school program at Y receiving grant to help with healthy eating. Water main beverage being offered now. Parent engagement event to be offered this year where they'll also show a healthy recipe.
- September big month at Human, Positivity Month. As we age we tend to become more negative- Emily working with Senior's – Alzheimers emphasis.
- Forward – NEW BMI report hoping to come out in August. Shared with the school principals, Supers, County wide report on their website. Sending Jay link. She and Crystal are going to the state wide conference – anyone interested send her email. In Bloomington. September 18th.
- Health Track has a great newsletter if you want to get – Rachel can help with donations too.
- Elite Training will donate to HL.
- Melanie excited to work with Jay on the Grant. Series of teleseminars (audio) on Health & Wellness topics – will post on the website. Melanie also available to give talks in the workplace free of charge. She can help with Blogging as well.
- Peggy-Dementia tour coming up September 6th.
- Jennifer McGrath looking for coupons to give out for gift bags. Donating few prizes to HL. Success with treating kids with emotional disorders.
- Campfire starting Fall programs. Looking at expanding program primarily in the Aurora area. Healthy Choices program- high school helping mentor elementary school kids. Looking to present the program in the Spring.

Meeting Schedule (May, Aug, Nov, Feb)

Next Meeting – Wednesday November 5. We'll be Starting exactly at 7:30 a.m. Meeting Adjourned at 9:01 a.m.