



## Healthy Lombard Meeting May 5, 2015 - Agenda

### Welcome & Introductions – Meeting started at 7:30 p.m.

Healthy Lombard Board

New Faces: **Michele Daniels VNA Healthcare, Minesh Patel, VNA Healthcare – Non-profit Health Care-work with pay schedules that they can afford. 2 Locations DuPage – Carol Stream and Bensenville. Green Gala even coming up. Showcase new kitchen. Abbdulah – National Health Sciences.**

(Check your contact info please) **Attendees-Board: Carl Goldsmith, George Sky, George Miller, Barney Bucholz, Lisa McDaniel, Jay Wocik. Partners: Peggy Kinst-Ageless Grace, , Kate Kloet-Revolution PTWL, Jennifer McGrath-Points to Wellness, Rachel Benson-Healthtrack, Nancy Maguera-Mary Kay, Marie Rice-Edward/Elmhurst, Jean Hogensmith-School District 45, Becky McFarland-DCHD-Forward, Monica Bonichello-Lexington, Bob Brunton-Kiwanis,**

### Updates

Minutes from the February 2015 Meeting - Lisa – **Jennifer M. motioned to accept, Nancy 2<sup>nd</sup>. Fitness February Fair – survey results – Results reviewed and suggestions discussed. Next year put the raffle sheets at each participants table. Raffles discussed for next year. Send out in December to discuss the raffles. Need to keep the interaction.**

### Grants

SHIP – deadline was May 6 - Jennifer

First Investors – George Miller – **They want to be in control. Look at the programs – GYM Bags makes the most sense. 250 Gym Bags, all the printing, etc. Try to achieve 70-80 gym bags have those done. Let them take the credit. Mr. Ken(sp?) getting back to us.**

- **Redstars – Jay is the contact there – difficult to contact, still trying to chat with him. August 1<sup>st</sup> – Health Night – be there. Schoolscape – ask for their healthy suggestions. Tickets \$15 held at Benedictine, free-parking. 6 of the players will be in the World Cup. Great soccer.**
- **Menu at local restaurant – reprint with our logo. Partnership status for sure- logo on the website, Nutrtrionist-Kate Benson(Revolution PTWL) will go and attend the Restaurant with George to signify healthy meals.**

### Health Local /Health Fairs

Video at ICB by Partners - **George Sky & Steve from Revolution 1<sup>st</sup> samples on taping. If you want to do a segment, let Jay know. 5-7 minutes long. Come with 2-3 things they can tape.**

**Video at Madison School Health Fair (May 30, 2015) - at the Health Fair at Madison. Getting healthy hints. Send Jay PDF of what you are doing healthy what can kids do during the summer to stay fit. She will print and bring.**

**Video at Red Star Soccer Gam – August 1**

Website Update: (160,000 as of 5/3/14 – over 900,000 as of 5/5/15)

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

Add events to Calendar

Submit blog posts (COD Nursing students) **Looking for blog info. Send videos too.**

### **New Business**

**Go Fly A Kite – June 1 Madison School we are sponsoring event for them. HL Logo on the kite. Groups of 6. Maybe offer elsewhere in the future.**

**Flat Apple for Summer – Carl & George – Distributed various items. Flat Apple Program overview and the other items recommendations for this year's program. Need more Partner participation this year. Focus on nutrition and healthy exercise. Increased activity, sweating etc. Increase the involvement of schools. Becky recommended doing survey data with education, etc at the beginning and again at the end – to measure results. Utilize the tab on the website of Generation H (Health). Healthy Selfies being reevaluated. Participation only for tickets. June 12<sup>th</sup> at the Outreach 5k & Dash on Ash. Rely on the partners – July 12<sup>th</sup> 2015 Family Bike Event. Working through the details on that. Need a lot of volunteers. Highlight the amenities in the communities. August 4<sup>th</sup> need help with the National Night Out by the Lombard Police Department. At the Commons pool. Looking for some type of developing or designing a real exciting, fun event where they are active. 5-8p.m. September 19<sup>th</sup> – Sky Center Challenge. Making one change – we are going to draw them there as opposed to ahead of time. Emails coming out asking for help. [CarlGoldsmith@sbcglobal.net](mailto:CarlGoldsmith@sbcglobal.net) George – [Gsky@sbcglobal.net](mailto:Gsky@sbcglobal.net), in case you'd like to contact them. Becky McFarland has assisted with providing some surveys. How do we educate enough during a healthy activity? Really want the knowledge base to increase.**

### **Committee Interest**

Grants/Fund Raising

Web Presence (Facebook – Twitter)

Video taping

GYM Bags

**Sharing - September 19<sup>th</sup> Kiwanis Bike Ride. Help eliminate tetanus 3<sup>rd</sup> world countries. 20 countries still have – goal 0. Sunken Garden Vet Memorial/Ceremony - May 24<sup>th</sup> 12 pm. Looking for a New Summer Camp Director. Educator preferably at Sky Centers.**

### **Meeting Schedule**

(May, Aug, Nov, Feb)

Next Meeting in August is on **August 5, 2015.**

**Meeting Adjourned at 8:55 a.m.**