Minutes of the November 7, 2012 Healthy Lombard Meeting

I. PARTNER SHARING

Tri Town YMCA- Joanne

- Healthy Habits at Home will send via email to interested partners
- Nutrition Summit planned for March
- Showed Video: Weight of the Nation at LTC's Spooktacular Event
- Looking for other locations to show 1 hour video
- Sponsoring Operation Pull Your Own Weight (OPYOW) as part of the after school program

Lombard Historical Society

Hosting CSA - Locally produced-organic food, more information can be found at: www.LombardHistory.org

Health Trax- Erika

- Healthy Holiday Baking Event
- 16th Year Anniversary, celebrating with a Zomba Dance Party

Prairie Path- Mary Jo Malik

50th Year Anniversary events planned

Osco- Courtney Adams

- Servicing community through Immunizations and Diabetes
- In January a dietician will be walking thru the store helping shoppers make healthier choices.

Sky Center- George Sky

Thanksgiving Basket Brigade: creating baskets with full thanksgiving meals to distribute to families in the Lombard Community.

Special running at Center- Train rest of the year for free!

Bully Busting Program doing well at schools.

Plum Library- Pam

Featuring Healthy Recipe Books for the public for the holidays.

Good Samaritan Wellness Center and D87- Christine

- Offering an Aqua Program for highly obese people
- Planning Lectures on Social Thinking

Wellness Center- Jennifer

- Offering Emotional Challenges to Obesity
- Offering information on "How to Talk to Your Kids about their weight"

ProActive Kids Porgrams

- Currently offering 8 week after school fitness program
- Opening a new location at Advocate Hospital
- Sponsoring a Take Action Day

Camp Fire USA - Illinois Prairie Council

- Working on Hold on to Health Program
- Using OPYOW
- Has new website with a healthy tip section

NEW MEMBERS: Progressive Physical Medicine

Chiropractic Office w/ Dr. Sara Saddiqui & Dr. Angela Hasler

- Located across from Mr. Z
- Rehab for sports injuries
- Stressed that Good Health starts with good fundamentals

DuPage Medical Group- Dr. Dave Dungan

- Kudos to all of us for being proactive about addressing the problem of Childhood Obesity!
- Physical improvements follows the 5 step plan
- It is important to sponsor more promotions to get resources to the community

D45 – Jean

- District has a Meal Advisory Committee that has made many healthy changes
- There are now Salad Bars at all schools,
- Conservation Clubs have been formed to take care of environment, their motto is "Take care of yourself and the world"

D44 - Tod Altenburg

- District 44 renewed their contract with Arbor Food Service. Arbor has instituted the new federal food service guidelines
- Nutritional values are posted on the D44 website

FORWARD

- Weight of the Nation is a movie that will be shared with 2000 students in Naperville.
- Coalition Meeting will be held Nov. 8 in Wheaton
- Plan is for FORWARD programs to spread through Illinois.
- Spring Campaign will have 8-10 events

National Univ. of Health Sciences - Tracey Health Fair and Food Drive on Nov. 15

II. UPDATES FROM JAY

Flat Apple Project

Shared pictures, great turnout and plans to do it again next year. Shared newspaper clippings with all in attendance.

GYM Bags: positive response from 2nd graders. Bears (Staley) sent exercise tips. Bolingbrook school is now doing this project!

PLEASE Put your events on the Healthy Lombard calendar!!!

Check out the many Healthy Lombard Sites:

http://healthylombard.cloudprofile.com

http://www.facebook.com/a501c3

http://www.youtube.com/healthylombard

http://www.twitter.com/healthylombard

 $\underline{http://www.healthylombardblog.com}$

And our new mobile site at:

http://www.mhealthyloimbardblog.com

III. UPCOMING EVENT

Fitness February Fair- Feb 16, 2013

10 AM to 2 PM at Yorktown Mall

Please sign up to be on a committee: Finance, Activities or Publicity Because mall is charging Healthy Lombard, there will be a fee of \$50 per table

Health Hero

Will be honored at Fitness February Fair Press Release will be going out in December

GRANTS

Waiting to hear back from Best Buy and FORWARD

Health Local

Ideas for show: students doing exercises; chefs offering simple, healthy recipes; longevity hints from Lexington or Beacon Hill residents

IV. VIDEO PRESENTATION

Tamera from FORWARD shared the 10-minute version of the two-hour video, "Weight of the Nation." There is also a one-hour condensed version.

In April, as part of the Glenbard Parent Series (GPS) the video will also be shown followed by a discussion lead by experts in the field of nutrition and health.

A one-minute trailer is available through www.hbo.com

V. Next Meeting Date

Wednesday, February 6th 2013, 7:15 AM Breakfast; 7:30 – 9 AM Meeting Lombard District 44 Administration Center, 150 W. Madison, Lombard (Enter from parking lot on Green Valley Drive)

Redcap prepared by: Karey Costello, Secretary Healthy Lombard