



Healthy Lombard Meeting May 7, 2014 - NOTES

Welcome & Introductions

*Healthy Lombard Board present:

Jay Wocjik, Christine Cornell, Dan Whittington, Stephanie Schiszik, George Sky, Lisa McDaniel, Carl Goldsmith, Ted Stec, Dr. David Dungan, George Miller – Commander of VFW

*New Faces: **Sam Tapia – On behalf of his wife who is a Pediatrician**

Beth Mohr Coord - Stroller Walks

John Malacina – Humana Marketing Rep

***Other Participants:**

Monica Barichello, Joanne Mitrenga, Chuck Pickerill, Rick Osbourne, Dr. Colleen Gully, Becky McFarland, Russ DiOrio, George Miller, Melanie Jordan, Tom Kalal, Peggy Kinst, Emily Buxton, Sandy Cord.

Updates

Minutes from the SNOWY February 5, 2014 Meeting - **Meeting notes approved as submitted.**

Fitness February Fair – survey results:

-Sound System to be improved next year.

-Didn't know where the check in table was – better signage next year.

New Grants Applied for:

Health Mart - \$1000 – 1 of 15 nationwide received \$1000, didn't make it the top 10. Ck's in the mail.

SHIP – **deadline was extended to May 6th – awaiting results.**

DuPage Community Foundation - awaiting decision. District #44 turned down.

Offered to coordinate 3 Health Coaches for 6 schools

Health Local /Health Fairs

Videos at Westfield School – Glen Ellyn (Feb 27th)

Video at Humana Center (March 11)

Video of Brooke summer Smoothies (April 12)

Video at Glenbard H.S. District 87 (April 15)

Video at WHS Walking Club (May 7, 2014 TODAY, 2014)

Video at Madison School Health Fair (May 21, 2014)

Video at Dash on Ash (June 26, 2014)

***Any other recommendations – please let us know.**

Other possibilities????

Website Update: **(Over 160,000 as of 4/3/14)**

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

Blog
username: partners
password: healthylombard123
calendar
username: partner
password: healthylombard012

Featured on Village of Lombard's Comprehensive Plan – **Used Healthy Lombard as an example.**

Health Coach Names given to Egg Harbor Café to help with the menu. Will have a little apple for FLAT APPLE next to the ones we recommendations.

New Business

Interest in Satellites

Glen Ellyn – Central DuPage Kiwanis Group – Chef Brooke would be the potential leader

Bolingbrook – Kiwanis with Stephanie Schiszik potentially as lead.

Active groups under FORWARD in Westmont, Woodridge & Villa Park.

Flat Apple for Summer – Committee Report

- **Carl – passing around revisions to program.**
- **George – Described the FLAT Apple concept. Geared towards ages 4-14.**
- **Kids Triathlon event at Paradise Bay Waterpark.**
- **Have a HL table at each of the events. Then they get a “bite of the apple” at each of the events (raffle entry). Coming up with a really great prize for the raffles.**
- **Children will need to register in advance.**
- **Take a Bite of the Apple for a healthier YOU!**
- **Not just about the “cars” at Cruise Nights – more LIVE Family Concert.**
- **Any events to be added – send emails to Carl or other Committee Members.**
- **Will need help from partners as well for events, etc. promote, clean-up, promote, registration, etc.**
- **June 14th – who can help? 5-10 p.m. Monica Barichello, Chuck Pickenill, Beth Mohr, Peggy Kinst, Melanie Jordan, & Becky McFarland. George Miller can also get some bodies if needed possibly.**
- **Emily Buxton – can offer water for the event – can't attend.**
- **Tom Kalal (St. John's) can get the flier to their kids there.**
- **Healthy Grocery Store coming in Lombard (Lombard Food Coop). Looking for 8-10k square feet for store.**
- **National Ovarian Cancer walk last week went really well. Working up for September awareness.**
- **Dr. Dungan – Pediatric Obesity expert at their practice now. Dr. Laura Levin. DPM really appreciates HL and efforts like this. Asking other groups to look at what we do to help the community. An effort like what we do is key.**
- **George Sky – Ongoing summer camps, themed camps work well with groups. Field trips & activity based. Summer Special – training for the entire summer \$199. Summer Scholarships apps being taken now for those that are less fortunate that can benefit from such a program. Any nominees being taken by end of June. National Group of Martial Arts Masters – George now part of that MAAB (Martial Artists Against Bullying). Free community seminars coming. 3rd Grade main target.**

- **George Miller – Fundraising background. 9th of August.**

Committee Interest

Grants/Fund Raising

Web Presence (Facebook – Twitter)

****Dr. Colleen Gully agreed to be – NEW Facebook Coordinator**

Sharing:

- **Intern from UofI working with Christine Cornell at Good Sam to help with Healthy Lombard.**
- **Melanie – Ages Grace now teaching actively – York Center starting in June Tues/Thurs June 3rd & 5th FREE demo classes. Ages 40+ or anyone interested in anti-aging. Silver Sneakers approved. 6:30-8:30 p.m. this Friday Schaeffer School.**
- **John Malacina – Humana: heading up a Homeless Vets drive.**
- **Emily Buxton - Humana – Operation Support our Troops as well with food drive.**
- **Dr. Colleen Gully – Next week Community Appreciation week.**
- **Beth Mohr, Fitness for Pregnant & New MOM's. Looking to fill Monday's & Friday's.**
- **Becky McFarland, May 14th Health Care Provider event – May 28th SCARCE bus tour of 6 different sites in the county – that have overcome challenges.**
- **YMCA – Focusing on low income family donations. Healthy Kids Day coming up on Friday.**

Meeting Schedule

(May, Aug, Nov, Feb)

Next Meeting in August is on August 6, 2014.