



Healthy Lombard Quarterly Meeting Minutes March 8, 2019

Call to Order – Jay 7:43am

Welcome & Overview - Jay

Introduction of Board Members/Officers

Introduction of New Faces

*Annette –Passionate Palette

*Sarah – YMCA

*Sarah 2 – Westin

Approval of Minutes from December 2018

Motion to approve: Stephanie

Second: Jen

Health Hero Award - Jay

Krissy unable to be present. Will receive a certificate and \$50 gift card.

Updates

Web site (as of 3/4/19, we have 4,538,019 hits.) Yeah!

* Google analysis showed we have visitors from other states and other countries! Make sure to post things on the calendar page.

* Student group from New York found us online and is not including us in their Senior Resources. May be writing small blogs for us in the future.

* If you work with any kids groups, please make sure to ask them if they want to be share information for the website. Would like our blogs to be more representative of the youth groups.

G.Y.M. Bags

* Pictures posted online with kids actually using our bags. We have 10 more bags coming if you know of any groups who would want to use them.

Health Happenings

*May be going from monthly to quarterly. Make sure to send anything you may have we would be happy to support your business. Word docs and pdf's are welcome. Graphics must be royalty-free or owned by you so that we do not incur a fine.

Doll Project

*Started by Kiwanis. Partners with Lexington to sew the dolls and given out to local health partners. They are free and are to help children feel comfortable in medical settings.

New Business

New Logo

*Everyone likes the new logo. Big thank you to Monica!

Go Fly A Kite – April 6, 2019

*Event at Park District and kids will build kites with the volunteers in our room. Charlie mentioned that Gilda from Glenbard schools would like to get some teens involved in this event. We need some adult volunteers! Please be at Sunset Knolls at 9:30am or at noon to help clean-up. NUHS will try to send us some volunteers (per Anna). Monica will also help out.

* Stickers will be going on the kites as well, so if you have any stickers from your business you would like to donate, please drop them off at MedExpress.

New Format for Calendar of Events

*Instructions included in meeting packets. They now have to be approved so that we can make sure that events posted are only from members.

Annual Report

Membership – forms on website

*Mailers went out with self-addressed, stamped envelopes. Payments can even be accepted now through PayPal. Please commit by end of March.

Board Member Expectations – New Board in April

*Open for new board members. Please send Jay your resume so she can review with the board.

Flat Apple – June, July, ½ of August

*Biggest event we do and it runs through the entire summer. Looking for new ideas to engage community. Please let us know if you have any events happening at your business that could include this activity.

* Suggestion to start the event earlier and coincide with start of Lilac Time. Possibly participate in the Kids Zone.

*Jen suggested organized hikes where a member of the organization hosts hikes and teaches proper warm up techniques, etc. Will discuss at next board meeting.

30 Second Share

- Sarah YMCA – Recently joined about a month ago as CEO. Worked in the DuPage community for the past several years. Healthy Kids Day – 4/27...partner with WTTW and Curious George will be on site and event will be held at Yorktown from 10-2pm
- Lynette Passionette Palette – Used to be in corporate finance and made a personal life change based on experience with food companies. Wanted to help others change their bodies by what is going on their plates. Certified as a health coach and went to culinary school. Does a lot of vegan and gluten-free cooking recipes. Cooking classes/demos, meal prep classes, food education. Next event on 3/13 in Naperville at Center for Vitality and Health.
- Sarah Westin Lombard – She is on the Take Care committee and helps to promote wellness at the Westin for employees and guests. They lend workout gear on site for guests and also provide a safe running route map.
- Charlie XXL – Illinois state meet at the end of the month 3/30-3/31. Come to watch at Pheasant Run Resort. Can come and watch or come to join with a membership.
- Rabia DuPage Health Dept – Provided newest BMI report for children in DuPage County. CDASH grant information provided. Jay thanked her for her participation in District 45 health presentation to school nurses.
- Lee Fuller Pinnacle Dermatology – Wants to get more involved with community and will be offering free skin cancer screenings. Will come and setup for on-site screenings at your business.
- Jen McGrath Points to Wellness – Holistic Health Care practice. It's about what goes IN and ON your body. Provides a lot of education to her patients and would love to partner with a health coach (possibly Annette)

Commented [MA1]:

- Monica Martin - Used to work with Ideal Health Partners. Feels a calling in her heart to help people based on her own life experiences. Feels a strong connection to wanting to be involved in helping with childhood obesity.
- Anna Jurik NUHS – Provide services at a discount at the campus.
- Rick Sanders Fire Chief LFD – Dept runs about 7400 calls a year. Up about 12% over last year. 75% are medical calls for EMS. Open House is in October this year.
- Lori Simon Health Tracks– Coffee Clutch once a month. This month is Nutrition Month and would love to work with members to help promote to her groups.
- Jan ParksRX – Talked about the ParksRX initiative. April 27th in Earth Day and will be participating in events in Naperville from 1-4pm
- Don Media Relations with Health Department – Flu season may extend into May this year. Video for Health Local this month will be about flu prevention.
- Monica Barichello Lexington Square – Offers fun active lifestyles for seniors. Offers many different levels of care from independent living through medical based living. Helps keep seniors happier and healthier later in life.
- Stephanie Consultant to the Board – Retired and has a therapy dog for hire! Will be recovered for the summer.
- Sandy Cord NOCC – Fundraiser coming up on 3/20 at Millers Ale House. Getting ready for the National run/walk event on 5/18 at the United Center. Shared flyers for anyone who has a chance to help promote the event.
- Jay – Moving from Lombard to Darien and house is for sale!! Still will be involved in Kiwanis and Healthy Lombard.
- Alissa MedExpress Urgent Care – Talked about services offered

Meeting Adjourned - Jay

Motion to Adjourn at 8:52 – Stephanie

Second - Monica