



Healthy Lombard Meeting August 3, 2015 - Minutes

Welcome & Introductions

Intro: Board, and new Board Member Intro (Jennifer McGrath)

New Member/New business, (Essentrics) was at meetings in past with Bike shop; PBS show classical stretch, classical ballet, like Tai Chi as well stretch and strengthen; Tony from Maxfields unable to attend; Alea Olson dietician from Revolution; Daniel Wayne not here yet from Forester; Deb Surdham just retired from D44 and will be taking on GYM bags project (original program developed by Deb)

Updates

Minutes from the May 2015 Meeting

George Sky motioned to accept, Alea seconded

Grants

SHIP Jay & Jen: LouAnn C. did two videos; Can be found on YouTube channel Westin videos, cooking and series of videos about how to use fitness equipment; demonstrating each piece of equipment in the Westin fitness center; still would be educational for anyone who might use similar equipment; they also developed release forms for their employees and guests; developed them based on needs assessment
GYM First Investors- George Miller; Jay explained program, currently in 3 D44 schools; open to any school in Lombard; currently not in Villa Park; asked for people to suggest Lombard schools that they can expand into; sat Oct 3 the families and employees will fill bags at D44 Admin room; invited people to come join them; George M stated he could try to connect Sacred Heart with the program
Expansion of Program- Introduction of Deb Surdam as contact person for Program; she was the creator of the program

Health Local /Health Fairs

Video and fund raiser at Red Star Soccer Game-August 23 per George Miller, changed from August 1; 5 of the members were on the international team; on Saturday there were 10 world cup players on the field at the game so there is a lot of great talent on the field; Red stars are leading the league; \$5 of \$15 price goes to HL; in the tent they will be filming healthy tips with Mascot, to use on Cable show; parking is free, bring sunglasses due to the setting sun; At half time there will be a bubble ball, and dance troupe; Jay will be meeting with their organization trying to get a Healthy Lombard half time show worked out, maybe relays of 20 minutes at half time;

Website Update: (1,222,714 as of 8/2/15) YEAH! Main site: <http://www.healthylobbard.com>

There is a new set of codes. They are listed on the sheet included with the handouts. Partners were reminded to add their events to the Calendar Page. We have also added a new NEW Media page on website. If a partner knows of any other posting, please send the link to Jay.

Go Fly A Kite – June 1 –HUGE SUCCESS

Madison School students in were groups of 6; lightweight kites, fun activity, hoping to expand, asking partners to help next year...help assemble kids for the picture, etc;

Flat Apple for Summer – Carl & George [ANY IDEAS FOR CP KIDS?](#)

Tour de Apple report: Lisa's cycle shop there to pump up the tires, Sky center leaders helped; late approval from Park District so only had 2 weeks to really promote; kids were excited; pictures on website slide show; families involved on bikes or cheering them on;

National Night Out next event: at Paradise Bay water park; two obstacle courses, if they beat their first time through the course they get 3 additional apples to add to the first one they get for participating; working with Health Track Sports and Wellness on obstacle course; target audience age 4-14; contact George S to help

Flat Apple Grand Prize drawing will be at Sky Center in September; contact George or Carl to help; Partners are invited to provide giveaways for the last event

New Business

We Have an App: Team App

Jay provided directions on how to find it; Jay put National Night out on it; check it out :

The Team App smartphone app is available from the App Store or Google Play.

Download Team App now and search for "Healthy Lombard" to enjoy this team's app on the go.

Athletic Shoe Collection Fund Raiser – George Miller

Fundraiser Athletic Shoe Collection: George Miller presented the options; Discussion regarding fundraiser: they provide bags and rubber bands; we need to find collection spots; 25 pairs of shoes per bag; based on weight, asking for a backyard, pick a date in September? Meet your goal make \$1000; if you don't meet your goal then you pay \$250 out of the proceeds; they are incorporated in Florida, Jay got the information from Kiwanis, there were 38 reviews and only 1 negative; Jay has asked if businesses could put a barrel at their location; There may be something like this at the Environmental Fair/Recycling Extravaganza, Dennis McNicholas runs the service project for the Rotary club; Revolution agreed to have a bin; LouAnn suggested maybe start sooner than Sept; Jennifer suggested to ask stores that don't already have bins; Christine suggested speak with Share your Soles; Jay asked if anyone wanted to volunteer on a committee to contact her; LouAnn and Jennifer agree to be on committee; consider best time to collect shoes

Healthy Choices – George Miller, Maxfield's, and Revolution PTWL

Spoke with Maxfield's: Tony regarding healthy Lombard ID for his menu; Alea from Revolution will help Tony to pick healthy choices to label on menu; George would then go to other similar local businesses to encourage them to put the HL apple on their menu; generate awareness; at bottom of menu an apple would show and "a healthy menu choice...as certified by Revolution Weight Management and Physical Therapy Clinic", go to our healthy Lombard website; George S asked how much time will it take to maintain it, it would only be updated when restaurants changed their menu; if it ramps up, Healthy Lombard could have a list of healthy suggested choices at the local restaurants posted on our web page; George S suggested perhaps we might be able to generate funds from restaurants participating but at this time just working on HL awareness; a question regarding if we would document what standards are being used (calories, or fat or???) ADA or ? LouAnn and Becky will send information to Alea at Revolution

Statement will read: The Healthy Lombard Foundation logo indicates A healthy menu choose as reviewed by a certified nutritionist from Revolution PTWL in Glen Ellyn, IL. For additional information go to: www.healthylombard.com

Workshop for Coaches – August 19, 2015

Sharing

Alea: Revolution and Maggie were on school scape show; discussing why Breakfast is important
Carl: comprehensive bike and master plan for community, number of iterations, public outreach, on-line mapping tool; trouble zones asked for by village; last time to get info will be at National Night out; go to village website

Becky, DuPage County Health Department: grant through Cadence/Northwestern to work with 5 child care sites, surveying the staff regarding what is being fed to the kids; will be working with **Bensenville**, Plan for health: Bike ped plan, Bike to metra guide being developed, community outreach;

Life of an Athlete please share with people who work with children, at Marquardt; IMPACT DuPage; trying to highlight affordable housing, mental health, healthy lifestyles, access to healthcare, passed out sign-up sheet; can add data indicators to your website, helpful when applying for grants; HL added data indicator to our website

Lou Ann, registered dietician and exercise physiologist /Bridget Peters guest graduated from Il Benedictine with Public Health degree and is volunteering while looking for work;

Dana Fox: pharmacist at Jewel Osco, they will be doing vaccinations there; increased concern with meningitis in the area; she has a new resident who could do talks for groups on diabetes

Jennifer McGrath: studying to provide pain relief; offered to provide free sampling for a limited period of time

Nancy M: Mary Kay representative; starting Thursday Mary Kay color coordination and contouring to tie in with Project Runway, increases confidence in women

George Sky: “doesn’t own a boa but willing to take one for the team”; summer camps in full swing, marital arts bullying prevention; his facility can offer back to school programs; at the professional national bullying program in Las Vegas, all of his staff were trained or re-trained in that program; will be doing community prevention programs, asked partners to suggest schools for 2-4 day programs

Rachel Benson: Health Track Sports and Wellness hosted children’s diabetes camp in July; they are helping with flat apple event; in the children’s classes at club possibly coordinating bringing Sky Centers into club re: bullying

Stephanie: Campfire wrapping up the 10 week long camps, challenge course at Bolingbrook property about 3 hour experience for middle school through adult groups to develop teamwork; new national curriculum, Wise Kids, making wise choices in terms of healthy choices: snacks, physical activity; Campfire organization is willing to bring to program to schools; getting outside in fresh air and not stressing people out: they will be offering young kids who want different less scary Halloween experience in the woods, non-scary images in the woods

Joanne: Tri-town YMCA grant from Walmart and working with Northern Ill food bank at Madison and Shaffer schools providing dinner for low income students in the fall; breakfast and lunch for low income families, camp families receiving scholarships 6 kids bikes and helmets donated, some kids didn’t know how to ride a bike at 8-9 years old; a gentleman who teaches kids to ride, volunteered to teach them; 3

boys and 3 girls received bikes and helmets; thanked George Sky has for teaching a martial arts series on the summer to these camp participants

Paula Bano was representing Ageless grace for Peggy; her side business is marketing, assist wholistic healing companies; check out Results PJB

Julie Blank: Upcoming Event at Glen Prairie with West Suburban Wellness; she also does freelance marketing; contact her regarding Purple Project; Night of Hope Aug 19th from a parent who lost a child in the Sandyhook School

Barnie: CFO Healthy Lombard and VFW Post: Not the place to go for “unhealthy fish fry and play bingo” like the VFWs in nearby communities. The post is dedicated to helping the community. Contact them if you think they could assist with a project. George Sky complimented the VFW for the Memorial Day services at the sunken garden;

Christine reminded people to check out the Glenbard Parent Series

Jay asked for people to contact her if they would like to be a guest on SchoolScape;

CLOSE:

George S motioned to adjourn, Stephanie seconded to close the meeting

Meeting Schedule (May, Aug, Nov, Feb) - Next Meeting on Wednesday, November 4, 2015.

BD MEMBERS

[BERNARD BUCHOLZ](#)

[CHRISTINE CORNELL](#)

[CARL GOLDSMITH](#)

[GEORGE MILLER](#)

[LISA MCDANIEL](#)

[JENN MC GRATH](#)

[STEPHANIE SCHISZIK](#)

[GEORGE SKY](#)