



Healthy Lombard Partners' Meeting Minutes for May 6, 2016

WELCOME & OVERVIEW

Introduction of Board Members/Officers - (Jay, George, Bernie, Jenn)

New Faces – Josh Hardie, Revolution; Marge Sommers, Juice Plus; Sue Detterman, Community Congregation Church; Maureen Waller, COD Nursing Dept.; Alycia Tipton, Ironclad, Kevin Lindsay, Inland Bank; Jessica Mast, Vein Clinic of America

REGULAR BUSINESS

Approval of Minutes from February 2016 – Motion by George, second by Monica B.

UPDATES

Web site - Jay reported that as on May 4, 2016 we have had 1,725,046 hits. This is due to visitors subscribing once they initially visited the site. She also shared that although there were problems after updating to version 5.0 of Word Press, the site is now back up and running. She mentioned that the nursing students from COD had submitted article and encouraged attendees to also send her articles for the blog. Please send any graphic as jpegs and not as embedded pictures. The group was reminded to please like the Healthy Lombard sites on Facebook and to follow us on Twitter

Fitness February

The Healthy Hints video from exhibitors at the Fitness Fair can be seen on our YouTube channel and will be part of the June Health Local program

A discussion was held to review the follow-up survey. Overall consensus as that the Event was well run but not in a prime location. If held in 2017, better lighting, no tables should be placed behind the escalator, and a better way to leave the location should all be considered.

Healthy Eating – George Miller reported that Main Street is preparing to reprint their menu Using our logo. The next locations will either be Omega or Casey's.

Volunteer Hour Report – Dan not present to share report. Jay explained to participants new system that might be used to reward them for their volunteerism – FORGOODS. The ideas came from Sandra Cord of the NOCC who used the system and has positive results. More information will be sent out after the board reviews the site.

DuPage Human Race – Tom not present to share report. Jay review that we had 4 participants At the race but had no information as to how or when we would know about the Amount of funds raised.

Shoe Drive – George Miller & Jenn McGrath reported that the collection is going well. They Thanked Pastor Sue for allowing us to store our shoes at her church. She related that After the notice appeared on Facebook, church members have also brought in Donations.

NEW BUSINESS

Flat Apple 2016 – Jay review the new format for Flat Apple. Discussion of possible ideas For activities followed. It was suggested that when listing an activity on the calendar That everyone begins their listing with the tag: FLAT APPLE to help visitors identify the summer events. Jay will follow-up with partners on ideas. To list on the calendar use “calendar” as the user name and “event2016” as the password.

30 SECOND SHARE

YMCA – Stephen thanked Jenn and Jay for participating in the Y’s Y Kids event at Madison School. He also shared that during the first week of Teen Camp (June 6) they will ask the Campers to bring in shoes for the HL Shoe drive.

Juice Plus – Marge gave an explanation of Juice Plus (i.e. fruits and vegetables in a capsule). She is willing to collaborate with other partners on a Flat Apple event. Marge is Finishing up her certification to be a Health Coach.

Revolution – Josh reported that they are collecting shoes for HL and working on promoting more outdoor activities.

Points To Wellness – Jenn thanks the YMCA and Julie Blank for providing opportunities to Participate in Y Kids and Workplace Wellness events where she shares information On oils, nutrition, blood sugar levels, and nutrition.

West Suburban Wellness – Julie reported that their Workplace Wellness Program has been very successful. She is open to having more partners in the category of Fitness. Julie also shared a flyer about May being Correct Posture Month and invited members to join in on a presentation at Glen Prairie on May 17th.

Iron Clad Performance – Alysia explained that Iron Clad does strength and conditioning training in a small group setting. They will be hosting a summer camp and am thinking about planning a Flat Apple event with 2XL .

State Farm Insurance – Bob Goldin spoke to how he believes in supporting the community in order to keep it strong. That is why each year he has sponsored others so that they can participate at the Fitness Fair.

VFW – Bernie describes the activities that the Post will participate in for Memorial Day. On My 28th they will do an assembly at the cemetery that will feature the history of our flag and how to correctly fold it.

COD Nursing Department – Maureen talked about how her department works with FORWARD to staff their Ball Toss Game as well as provide nursing students to do blood pressure screening at event. Please contact them during the school term to schedule.

Lexington Square of Lombard – Monica shared that a goal of Lexington is for all residents to Enjoy a healthy lifestyle. They have their own fitness center and the Y even offers swimming lesson at their facility.

Health Track Sports Wellness – Rachael shared that HTSW will host the Children American Diabetic Camp in June. They are please to also be helping with the HL Shoe Drive. They will be having a vender Fair on May 21st. Tables are \$50. The fair will Hel at HTSW from 9 – 10 AM.

National Ovarian Cancer Coalition – Sandy spoke to the fact that NOCC is working to Raise awareness about ovarian cancer by holding their 19th Annual Race/Walk At the Arlington Height Race Track on June 18th. She also shared that they Wanted to host this event at Yorktown but the mall management was highly uncooperative.

Vein Clinic of America – Jessica explained that services offered at the clinic.

Community Congregational Church – Pastor Sue shared that the church is always looking For ways to support the community and is happy to help with the Shoe Drive. Pastor Sue said that after the announcement was made on Facebook, some Of her neighbors are dropping off donations at the church. She also offered her parking lot as a place for a Flat Apple event.

Inland Bank – Kevin shared that the bank is supporting the Shoe Drive by sending out email to all their locations.

MEETING SCHEDULE

(August, November, February, May)

Next Meeting on the first Friday in August – Jay did ask if the members would Like to try another day but the group said every day of the week is busy so They think keeping it on a Friday is fine.

ADJOURNMENT – Meeting ended at 8:40 PM. Monica made the motion, Jenn seconded.