



Healthy Lombard Meeting

February 5, 2016- Minutes

Welcome & Overview

Introduction of Board Members/Officers: Jay, George, Bernie, George Sky, Tom, Stephanie, Jen, Carl, Dan (not present)

New Faces: Steve Gerke from the Y; Georgia Tsilimigras (Kiwanis) Joe McCann (Lombard park district), Michelle Orive (Rush to Live), Phil McGee rom District 44

Approval of Minutes from November 2015: Jen motioned and Julie Blank seconded to approve the minutes from previous partner meeting

Fitness February: Village of Lombard, at yesterday's meeting honored 50 years of service by Carol B, again made proclamation about Fitness February and HL

DuPage County Health Department/FORWARD update: Becky McFarland from DuPage County Health Department/FORWARD: Explained aspects of the new report, 5th year collecting data from schools (via nurses and other school staff), includes data on 2-4 year olds who receive WIC, data regarding DuPage County adult rates, blood pressure rates for children; K, 6, 9 graders: 1 in 7 are obese, 44% already have elevated blood pressure; included the map of the county, WIC data: 1 in 5 are already obese; we need to get to these kids earlier; rates for 2-4 years in DuPage County are twice the national rate for younger children, our 6 and 9 grades students are on par with national average; on the back of the report it gives information on what you can do to help address this issue; FORWARD is continuing to promote "54321 go" message, working with the Y, the head start departments and other county partners; Becky now works out of the Lombard office of the Health Department and can get you copies of the report;

Updates on HL Activities:

Web site (as of 2/3/16: 1,561,360 hits) so please remember to take advantage of your position as a Healthy Lombard Partner and have people see what you are doing; also consider posting on Facebook

Need your dates and blogs – Tom; please keep your events health related
Please "like us" on Facebook

Fitness February – Yorktown – February 27, 2016 - Jay

Sponsors Orange Theory, and Kiwanis Club of Illinois

Tables: 2 Tables left to fill

Health Heroes: Ironclad Performance

Stage: Revolution PT and Weight loss

Stickers (new format)

Raffle Prizes /Clings

Forms: We need you to sign the agreement so you acknowledge that you can't give people food at the table to eat there per State of Illinois, and no helium balloons so they don't get loose and go to the mall ceiling; there will be someone coming by from Illinois Media School to film a Healthy Hint that can be shown on the HL TV show; nothing in aisle blocking anyone, such as the big beanie toss, the spinning wheel at Insurance table and the Rush to Live table; please don't leave early, wait until after Health Heroes and Raffle Prize; description of what you are doing, 2-3 sentences; if taping something to the wall, please be careful when you remove it so you don't pull off the paint from the wall; also read the section on "acts of God"; PR website, proclamation from village, PR releases, running an episode on SchoolScape; banners/signs promoting the fair located at Main and Wilson and second banner in another to be determined spot; Thanks to Park District and Village for development and assistance installing

PR – (proclamation, SchoolScape, media release, posters)

Jay discussed new location, tries to not put similar businesses next to each other; Maxfields and Revolution are the two businesses that have been selected as Health Heroes, and there are 3 individuals receiving HH awards; all heroes will receive pen and pencil sets; Stephanie and George firming up details on performers; every table gets a stack of sheets and stickers so people can start at any table, if they interact with you get a sticker; once they have 16 stickers they can turn in that form to drop in a prize bag; Key Clubbers and Kiwanis volunteers will assist at event, prize winners don't have to be present to win; all can get a HL cling to put in a car, etc.; Several Prizes have been donated already ; if you want to donate a prize we can give you the bag of forms that were submitted into your prize bag so you can follow up with the people interested in your business/service;

Membership: as part of the event table fee you can also get membership to Healthy Lombard; please review with Jay

Healthy Eating – George Miller

Addition of Main Street Café (owner and daughter have nutrition background and interest); asking if partners can suggest local restaurant that is smaller, not connected to a national chain because it is easier to get approval for menu placement; Jay has received positive comments from people who have seen the HL presence on the menus

New Business

Volunteer Hour Report – Dan: Dan would appreciate if HL partners send the hours they have volunteered so Dan can include it in the HL reporting

DuPage Human Race – Tom: encouraged partners to participate or donate to the event, posters you can put up in your business; 50% goes to HL and 50% to Giving DuPage; registration through website, additional questions contact Jay and she will get them to Tom; Jay mentioned the money from fair and this event goes back to the HL events and programs such as Flat Apple, website...so benefits the community, etc. since HL board donates time (no salaries); posters have QR code

Shoe Drive – George Miller & Jenn McGrath:

Shoe drive start date April 15th for two months; we cannot officially solicit shoes until the start of the drive; after the Partners meeting anyone who offered to volunteer can meet for a short meeting; 100 bags of shoes needed; barrels or your own container for the shoes, George will try to put one of the 13 barrels in high traffic areas and other businesses can provide their own containers; once container is full, someone from HL committee can pick up from you; letter from Jay to these drop off sites introducing you as the collection person; Organizations that have already committed to be a drop off site include: Olympia, Helen Plum Library, Revolution, if outdoor storage of collection container then the Village of Lombard needs to review and approve. Businesses can ask other businesses to put a collection container (thanks to ESSETRICS of Lombard for suggesting one, Jazzercise) but let Jen and George know; George suggested other sites like Lexington or a call center to have a 1-2 week shoe drive; Knights of Columbus, VFW are two groups that have also agreed; Lombard Park District offered Sunset Knoll and the Community Building; Jay summarized that she would appreciate anyone who can support to contact her, George and Jen: Jay had heard about the fundraising company through Kiwanis international and these shoes are sent to developing countries; there will be a list of all the drop off sites posted on web and in press releases; as a side note, stemming from our organization working with State of Illinois on this shoe drive, Jay suggested that you can put in your 501c3 identifier in the site run through Lisa Madigan if you don't show up as not for profit (if you had originally entered the name of your organization).

30 Second Share from Healthy Lombard Partners:

Bernie representing VFW perspective

Becky from Health Department: has county obesity reports and handouts; give kids a smile (free dental exams being offered and that counts for the school requirement; congrats to Becky on the birth of her son Owen;

Jen McGrath, licensed acupuncturist and alternative medicine, discussed her services for the community

George Sky from Sky Centers Martial Arts, new special for kid classes; working with District 45 and other schools on a 6 weeks motivation series to motivate kids to set school and health goals, adaptive special arts program partnering with businesses that hire people with Asperbergers/autism; coming up in March, on the 19th, women's self-defense program, offered twice a year, a cost but does have a discounted price as well, \$25 for 3 hours

Debbie W. Aquatics and Recreation from Lombard Park District, this weekend Sat 1:30-4 indoor carnival, at Sunset Knoll recreation Center, share with young families in the community; gearing up for aquatics season (they need 150 employees so it's an opportunity for young people to get a job)

Georgia from Kiwanis first meeting, looking forward to continuing partnership with HL

Lisa Sawczuk, ESSETRICS of Lombard and partner at LiNeTo Cycle, offers classes part time at Yoga and Jazzercise

Tom Sawczuk, LiNeTo Cycle, 5th year in Lombard; promote healthy living through safe cycling; bicycle clinic with Park District in April 3 hours bicycle maintenance and safe riding habits bring in your bike and get hands on repair help

Stephanie Schiszik, CEO Campfire Illinois Prairie, most activities at site in Bolingbrook; cabin is 60 years old, May 21 patio Party come see the property, roasting hot dogs, shoot bow and arrow, team building course on the property; spring fundraising event on April 15th at Cantigny autographed puck from Stanley Crawford

Phil McGee from District 44, GYM bags for 2nd graders;

Steven Gerke: Tri Town YMCA, grant dollars from CDC assisting in donating commercial coolers and freezers to local food pantries, Salvation Army in York Township got the most recent donation, Illinois Food Bank helping to provide meals to kids at after school programs, expanding the after school program to Manor Hill in 2016;

Dana Fox, Jewel Osco: Eating Healthy with diabetes tour in March with pharmacist and dietician; Jay thanked Jewel for donation of apples at recent event

Joe from Lombard Park District: spring activity guide coming out, Feb 13 NEDSRA tournament they need scorekeepers and clock operators

Carl Goldsmith, Village of Lombard approved a master plan for bike and pedestrians, incorporating bike lanes and shared lanes for cyclists and pedestrians, some work will be happening on Madison, and reviewing other streets; it means significant improvements in village relating to cycling; there will also be additional cycling information provided to community

Christine Cornell, Northwestern Medicine Medical Weight Management and Bariatric Surgery; hospital has various community activities they help sponsor to promote healthier lives, see website

Nancy Magurno with Mary Kay Cosmetics, Save our Skin program during this time; continuing with events to help women put on make-up safely, such as Prom event so the young women don't hurt their eyes applying incorrectly; thanks from partners for moisturizer samples!

Alea Olson from Revolution Physical Therapy and Weight Management, thanked for her continuing support of the menu project

Julie Blank from West Suburban, also present was Ashley Evans, intern. Several new activities: Well at Work, healthy interactive small fairs at worksites, free golf clinic at PGA store, half price massage special for Valentine's Day starting on Feb 8th

Jay thanked attendees and reminded partner that Jay can record a segment for Health Local cable show, discussing how your organization is assisting Lombard residences/businesses and visitors to stay healthy

Meeting Schedule

(August, November, February, May)

Next Meeting in May