



Healthy Lombard Meeting

February 2, 2018- Minutes

Meeting Started at 7:38 am

Welcome & Overview

Introduction of Board Members/Officers:

- Jay Wojcek
- Dr. Elizabeth Moxley
- Joe McCann
- Nancy Nance
- Jenn McGrath
- Kevin Lindsey
- Clodagh McCall
- Rhoma Katrawaia – Not attending
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Introduction of New Faces:

- Deb Allen – Tri Town YMCA
- Salvatore Badami – Body and Brain Yoga and Tai Chi
- Monica Barichello – Lexington Square
- Rachel Benson – Health Track
- Julie Blank – West Suburban Wellness
- Don Bolger – DuPage County Health Dept.
- Sandra Cord – National Ovarian Cancer Coalition
- Dana Fox – Jewel Osco
- Annie Jaworska – Linden Oaks Behavioral Health
- Scott Kaufmann – DuPage County Health Dept.
- Betty Korabik – Cycle Bar
- Crystal Maciel – DuPage Healthcare LTD
- Joe McCann – Lombard Park District
- Rabia Mukhtar – DuPage County Health Department
- Rick Sander – Lombard Fire Department
- Stephanie Schiszik – Sky Centers
- Katie Sivak – YMCA
- George Sky... 2XL Power Lifting
- Charlie Stevens – College of DuPage
- Maureen Whaller – College of DuPage
- Debbie Witcher – Lombard Park District

Approval of Minutes from November 2017

Joe Approved and Clodagh seconded

Updates

Web site (as of 1/27/18)

Web site as of 1/27/17 - 2,198,525

Website as of 1/27/18 – 3,168,314

- Website averages about 80,000 hits per month

Healthy Lombard 2.0

New Mission Statement

- Jay reviewed the new mission statement to the group
- Healthy Lombard pulled out of the Fitness Fair at Yorktown Mall for several reasons.
- Overall budget is less than 8,000 for the year
- The board trying to make Healthy Lombard self sufficient
 - March 1st everyone's membership ends

New Rubric for membership

- Nancy reviewed the new rubric with the group
- Nancy stated that there are many marketing opportunities that we are missing
- This is just a reallocation of the funds and a better use of the resources.
- Suggestion: opportunities for education on how to get the information/videos etc. on the website – Jay said that she would be happy to help any of the partners upload their information on the website.

GYM Bags Update

- Clodagh shared that the GYM bags are available to Lombard D44 students. If anyone has anything that they would like to donate to the bags with your logo we have permission from D44 to place them in the bags. It would be helpful to have these in sets of 50.

Health Local

In January: DCHD, Dr. Weselak

In February: DCHD, Dr. Castello, Health Track Sports Fitness

In March – Edwards Elmhurst Health and ...YOU?

Remember to Like us on Facebook & Twitter, & support us on Amazon Smile

New Business

Annual Report

- Jay reviewed the annual report

Candy Alternatives for Valentines Day

- Handout 5 steps on how to be a “PAL-entine” Non food treats

Committee Possibilities”

Go Fly A Kite Day/School Gardens – School District 45

Flat Apple 2018

Survey session from DCHD

- Impact DuPage – Countywide partnership

30 Second Share

- Julie – West Suburban Wellness- Sweetheart special \$40 massage

- Wellness center at Greek Islands February 12th
- Dana Fox – Jewel is providing delivery service now. Elmhurst Heath center within Jewel
 - Pharmacy is a resource for healthcare and vaccinations
 - Will come to business and organizations
- Kevin – Inland Bank – adding more branches have specials going on now. Handouts
- Nancy – Certified trainer – In home training DuPage Healthcare classes on Wednesday evenings from 7 – 8.
- Rick – FD Chief available
- Crystal – DuPage Healthcare – Valentine special buy one get one massage, wellness talk February 22nd
- Annie – Linden Oaks – Recently launched a treatment for people addicted to opioids, bing eating treatment, opened therapy offices in Addison
- Darcy – Weston Lombard – Healthy Hotel certification – Initiatives for wellness both monthly and quarterly
- Monica – Lexington Square – Full continuum of services – many amenities within the community.
- Maureen – COD – Emphasis of health promotion within the nursing program – will do blood pressure screenings.
- Stephanie – Lombard Town Center – going through an assessment of ourselves trying to guage our value to the community. Monday night meeting on Schiller. Kiwanis – bowling event tomorrow at 1:00 at Starlight Bowl in Addison. Provide handmade dolls, looking for pediatric places to give these dolls to.
- Clodagh – Lombard D44 Food allergy policies
- Deb – YMCA – April 21 Healthy Kids Day from 10 – 12 at Manor Hill School.
- Sandy – National Ovarian Cancer Coalition– Events coming up: Run Walk at Arlington Park on May 19, 2018, Chipotle fundraiser February 27, Bunny Bunny Play at Mercury Theater March 25, 2018
- Paul – Edward Jones – Financial Health – helping people get comfortable with investing
- Charlie – 2XL Power lifting – Bench Press Benefit for Autism April 14th.
- Scott and Rabia _ DuPage County Helath Department - working on prevention initiatives: State hotline for people who are addicted to opioids, free dental screenings today for children, Young parent groups.

Meeting adjourned at 8:58 am

Julie motioned and Stephanie seconded

Meeting Schedule

(August, November, February, May)

Next Meeting in May