



Healthy Lombard Meeting September 7, 2018- Minutes

Welcome & Overview

Meeting began: 7:40 am

Introduction of Board Members/Officers:

New Faces

- Lori Simon – Health Track
- Octavio Blaczak
- Dan Fancisco
- Mike Cerone - Dentist

Regular Business

Approval of Minutes from May 2018

Motion to accept the minutes – Clodagh and Alissa seconded

Updates

Health Local – send videos!

- Broadcast 16 times each month on cable and 4 times in Lombard Jay is always looking for short 5-6 minute videos.

Web Site - send blogs

- Current Hits 3,968,525 last year we were at 2, 671,617. This is an increase of 1,296,908

Hospital Dolls

Partners helped to distribute these dolls to:

- Shriners Hospital
- Elmhurst Health
- Pediatrician in Lombard
- Poor Households

If you know of anyone else that may want one, please let Jay know.

GYM Bags

- The new bags have arrived
- St. Johns PE teacher uses with 2nd grade students
- YMCA –after school program.
- Lombard Park District to be used with the after school program
- 20 bags are complete and we are working on completing 50 in total.
- Memory stick drives will be included in each bag along with jump ropes, balls etc.

Health Happenings Newsletter

- If you have any articles about health that you could share it would be great.
- If it is time sensitive give about 3 weeks to get it out.

Flat Apple Report:

- The only problem is that some kids were filling out tickets but the parents did not register them.

Raffle Drawing:

- A mother in Lombard volunteered to find prizes for Flat Apple.
- The American Girl Doll prize – Kiera Egan
- Bike – Calvin Stedman
- iPad mini- James Barnes
- Pump it Up, Ice Skating, Lawn Target Game – Carolina LaMontegna
- Cubs/Bears Photos, Movie Grill, Pump it Up – Despina Tsioupros
- Drury Lane, Santa’s Village – Morgan Polvin
- Roller Rink, Pump it Up – Leila Nehra
- Pool, Antico Postico – Tristan Fils
- Chicago Wolves, Chipotle – Sophia Johnson
- Fox Bowl, Navy Pier – Jenna Malone
- Gizmo Fun Factory, Pinstripes – Mary Barnes
- Sky Center, Chicago Sky – Logan Pufahl
- Sport Balls and coupons – Morgan Potvin
- Sport Balls – Claire Johnson – Leila Nehra, Carolina Lamontagna, Shayia Mbogo
- Medieval Times, Kohls Children’s Museum – Rory Egan
- Med Express, Navy Pier, Shed Aquarium – Gavin Dahm

Flat Apple Prize Distribution – Sept 29 (10 AM) William J. Mueller Memorial Gazebo

Nature Rx:

Jan Roehill spoke about the program and having doctors prescribe people to go out in nature. The basis of the program is to get kids out into nature to promote healthy living. There is nothing currently in this area and would like to get more ideas in this area.

New Business

TY to Lombard Pharmacy and Edward Elmhurst Hospital

- The new pharmacy location removed the candy from the front counter to promote healthy living.
- Offering alternatives for medical businesses to stop giving candy. HL will give replacements such as small toys and coloring books.

Certificates, Clings & brochures

- Passed out to the partners

Healthy Kids Races

- HL is a sponsor and all partners are listed on the new HL brochure

End of Summer/Fall Activities

District 87 Health Fair – October 17 (from 6:15 PM – 7 PM)

Glenbard North High School, 990 Kuhn Rd, Carol Stream, IL 60188

- Still 1 or 2 tables open let Jay know if you are interested – Would like to have something “active” on each table.

VOL Senior Health Fair – October 3 (from 9 AM – 1 PM) Lombard Commons

CONTACT: AVIS MEADE <MeadeA@villageoflombard.org>

September is Childhood Obesity Awareness Month

Apple Crunch Day is October 11, 2018

- Jewel Osco has given over 2,000 coupons for free apples. These are given to D44 students and

St. Johns.

- Want everyone to “Crunch an apple” at 12:00 on Apple Crunch Day and take a selfie and send it to HL

FARE – Halloween Teal Pumpkin

- This promotes alternatives for candy at Halloween. Instead of candy give pencils, stickers etc. so they can have an alternative.

Any thoughts for winter activities?

- What could we do for winter since the kids can't be outside as much?
- Alissa suggested that kids go out and build a snowman and send it to HL
- Indoor sports such as basketball or swimming
- Winter scavenger hunt
- Building forts – and a HL or winter words word search
- Send a picture of your favorite winter indoor activity
- Send a picture of kids working out with their parents

30 Second Share:

- Jenn McGrath – New things in office – Bio feedback free scan, Myopulse
- Kevin Lindsay - Prime Money Market account
- Octavio Blaszczak – Baby Otters and Employee Health Program for Westin employees
- Lori Simon – Health Track – Fall into fitness on Saturday
- Rabia - DuPage Health Department – Crisis card for texting with code getting from a “hot moment to cold”, Cards for YC magazine, hosting an event on October 3 for mental health, substance abuse, GPS Series, Baby Ready 4-week prenatal classes.
- Giana Biddle - Baby Otter teaching babies as young as 8 weeks old drowning prevention.
- Dana Fox – Jewel Osco – Flu Shot Season – can come out to your business. All vaccinations, blood pressure screening.
- Jan Roehill – Office is on an organic farm – honeyandhappiness.com – certified health and wellness coach will be teaching nutrition classes.
- Alissa Majchrowicz- MedExpress- school physicals and sports physicals and full shots. Opening Downers Grove location on October 3.
- Clodagh McCall – D44 new Allergy Procedures – no food as rewards etc.
- Sandy Cord – National Coalition for Ovarian Cancer – September is national ovarian cancer awareness month.
- Katie McKinnon – Lombard Park District – Very busy at the pool this summer, Madison Meadow Athletic Center over 2200 members. Club Rec before and after school programs started in D44 schools. Fall Fest October 6.
- Charlie Stevens - 2XL dead lifting competition at Yorktown Mall September 29 from 12 -2.
- Mike Cerone – Dentist in Lombard – good with kids?
- Monica Barichello – Lexington Senior Living – Keeping the senior residents healthy with fitness center and pool. Lots of socialization and activities.
- Dan Fransisco - National University of Health Sciences – Students are always looking for outreach and volunteer opportunities in the community.

Adjourn: 9:03 am

Motion to adjourn - Rabia and Monica seconded

Meeting Schedule

(September, December, March, June)

Next Meeting will be December 1, 2018