



# Healthy Lombard Partner Meeting

## December 7, 2018

### **Welcome & Overview**

**Introduction of Board Members/Officers: and New Faces**

### **Regular Business**

**Approval of Minutes from September 2018**

Joe motioned to accept the minutes and Alissa seconded

### **Updates**

**Health Local – send videos!**

**Health Happenings Newsletter – send info!**

**Calendar of events - POST Please!**

**Web Site - send blogs**

**Flat Apple Final Report**

**Apple Crunch Day**

**Teal Pumpkin**

**Feedback on Fairs (Glenbard North; Senior Fair; Family Play Day)**

### **D87 Healthfair:**

- DuPage Healthcare was at the D87 Healthfair
- Med Express: Alissa was also there and shared that there was a nice turnout and people seemed interested in the information.
- Jewel: Dana Fox was also there and said it was a nice turnout

### **Senior Fair:**

- Jewel: Dana Fox attended and said that it was very successful
- Several other members were there and shared that they wish that they had more space at the fair, it gets too crowded

### **GYM Bags: Rohma**

- We have had really great feedback on the bags.
- These are bags that kids from the park district and school are using. They take healthy activities out of the bag and record what they are doing.
- We have 50 bags and 25 are currently being used.
- We are already getting requests for replenishing supplies, which is great!
- We need to get kids away from screen time and get them moving and healthy!

### **New Business**

**Islamic Foundation School:**

- They want to get more involved with the Lombard community
- They are looking for community members to come in and give a talk. Each month is a different theme.
- If there is anyway that you could stretch the theme and come in and give a talk that would be great!

**Winter Activities:****Winter Fun Activities (puzzles; activities)****#ISPy:**

- I Spy Winter Activity – We have received some nice press about this and some kids have already posted some pictures of their I Spy activities.
- There will be a raffle at the end for a child to win a \$50 dollar gift card.

**Health Heroes:**

- HL has done this every year since we started. If you know someone that is doing something healthy, write a small paragraph stating who they are and what they did to start being more healthy. (stop smoking, start exercising etc.) They do not need to live in Lombard. Send it to Jay.

**Membership for 2019-2020:**

- Think about your membership in Healthy Lombard this last year, let Jay know if you think the perks of membership are good. Is there anything that needs to be changed?
- If someone wants to join early (before the end of the year) that would be fine.

**30 Second Share:**

- Don Bolger- Health Department – Syregenics - working to get the air and water sampling done. The department has been recently renovated.
- Rabia Mukhtar – Brought in some flyers of upcoming events. Shared the new YC magazine.
- Monica Barichello – Lexington getting ready for the holidays with the seniors.
- Dana Fox – Jewel – Has been attending the recent health fairs. Dana highlighted all of the services that they offer at Jewel
- Charlie Stevens – XL Power lifting – Event coming up December 14-16. January 12, 2019 – Women’s empowerment meet.
- Stephanie Shiszik – Has a recently certified therapy dog if anyone would like her to come out to visit let Stephanie know.
- Alissa – Med Express – Lombard and Downers Grove – Slow start to the season. Alissa highlighted all of the services Med Express has to offer.
- Clodagh McCall – Lombard 44 shared that the kids are excited for winter break and the teachers are doing their best to keep things moving.
- Melissa - DuPage Health Care – Dr. Sally Pepping does wellness talks and would love to meet with people to promote a healthy topic for clients, staff and students.
- Reach out for more information at Drsallyspeaks.com
- Crystal also with Dr. Pepping – They do acupuncture as well. Handed out informational material.

- Monica Martin – Ideal Wellness Centers new in the area. Focus on weight loss and healthy lifestyle. January 16<sup>th</sup> will be a ribbon cutting 11:00 -2:00.
- Joe McCann – Madison Meadow up to almost 3000 members. Reviewed upcoming events. Passed out free daily passes.
- Deb Allen- Tri Town YMCA – She wants to thank HL for the GYM bags, the kids love them! Annual Christmas tree sale... maybe will sell out this weekend. Work with *Shop with the Cop*. This is the last meeting as she is retiring officially! Congratulations!
- Mike Cerone – Local Dentist Recently received a nice award from his peers.
- Jenn McGrath – Acupuncturist and Chinese medicine. Some of the cancer patients share that this has helped to change their lives. Ear seeds are like acupuncture in the ear without the needles. She does have a biofeedback device that includes all of your organs, emotions etc. It gives feedback on what diet can help with any issues.
- Sandy – National Ovarian Cancer Society – Raise awareness for ovarian cancer and support survivors. Run Walk is the biggest event of the year. This year will be back at the United Center usually about 2500 participants. Save the date May 18, 2019. They have sponsorship opportunities.
- Jan Roehill - Conservation Foundation – Trying to set up a nature walk with doctors. Received a grant to work closely with park districts.

#### **Adjourn:**

Meeting adjourned at 8:45 am

Clodagh motioned to accept and Alissa seconded

#### **Meeting Schedule**

**(September, December, March, June)**