

Minutes

Woodridge Community Wellness Council

January 23, 2008

Attendees

Kathleen Brower, DuPage County Health Department
Rev. David Buerstetta, Woodridge United Methodist Church
Julie Burke, WCWC Chair
Tim Cramer, Breaking Free, Inc.
Shari Johnson, Breaking Free, Inc.
Dave Krupka, Woodridge Police Department
Mary Landis, Girls Scouts-Prairie Winds
Michelle Lanzi, DuPage County Health Department
Jill Marten, FACS teacher, Jefferson Jr. High
Greg O'Donnell, Metropolitan Family Services
Lee Pistilli, St. Scholastica School
Julie Rhodes, Woodridge Park District
Beth Van Opdorp, Woodridge Public Library
Theresa Vasile, Woodridge Community Resource Center

Introductions and Announcements

Julie Burke, Woodridge Community Wellness Council (WCWC) Chair, welcomed the council members to the meeting. The minutes of the October 3, 2007 WCWC meeting were approved by a unanimous vote.

Breaking Free, Inc. - Tim Cramer

The focus of Breaking Free Inc. is on drug and alcohol prevention and treatment. Many programs are available.

Woodridge Public Library - Beth Van Opdorp

- The Woodridge Public Library has a new Director, Susan McNeil-Marshall.
- A Chicago Wolves reading program currently being held in the children's department. A variety of adult programs are being offered as well.
- The League of Women Voters will hold their Great Decisions program at the library on eight consecutive Thursday evenings beginning February 7th.
- The current e-mail address for the Woodridge Public Library is:
askus@woodridgelibrary.org.

DuPage County Health Department - Michelle Lanzi

There have been many changes at the DuPage County Health Department including the naming of a new Executive Director, Maureen McHugh. The health department is still giving flu vaccines. Check the health department website at www.dupagehealth.org or call 630.682.7400 for further information.

Girl Scouts-Prairie Winds - Mary Landis

The Girl Scouts have been sponsoring a girl's self-esteem building program at Autumn Grove apartments. They have also started troops that meet at Murphy, Siple, and Edgewood schools in addition to the Community Resource Center. A variety of programs that are beyond traditional troop activities are available to young girls, such as Be Fit and Drug Awareness programs.

Woodridge United Methodist Church - Rev. David Buerstetta

The church sponsors an after school program on Wednesdays that is open to all children in grades 1 through 6. It meets from 3:30 to 5:00 p.m. There is no fee. Children enjoy games, crafts, and snacks. There are currently about 12 regular attendees. Many church programs are available to youth and adults. The church has a very well attended youth group of middle school and high school aged students that meets on Wednesday evenings.

Woodridge Park District - Julie Rhodes

The Woodridge Park District 2008 winter catalog is available with a myriad of offerings. The Park District has after school programs for children at the Woodridge Park District facility and at Murphy School. Additional after school programs are being formed. The park district is currently hiring lifeguards and deck attendants for the summer season at Cypress Cove Aquatic Park.

St. Scholastica School - Lee Pistilli

The school children are continuing gathering contributions to the Woodridge Food Pantry. During one pantry drive they collected over 1000 diapers. Students made birthday party kits to be donated to the Woodridge Food Pantry and collected necessities for U.S. troops. Special events were planned for Catholic Education Week.

Metropolitan Family Services - Greg O'Donnell

Metropolitan Family Services is celebrating 150 years of service, 75 of those in DuPage County. Programs are offered range from pregnant moms to senior citizens. A Winter Carnival will be held for families at Seven Bridges Ice Arena on Sunday, January 27th. There is a program for caregivers to the elderly that enables caregivers to receive respite from their responsibilities. A program for grandparents raising grandchildren is also available. MFS offers family counseling, children's mental health services, Parents as Teachers, and many other services and programs. It is also looking for youth mentors. For more information on mentoring, contact Marsha Ndoko at 630.784.4836 or check online at www.metrofamily.org.

Breaking Free Inc. - Shari Johnson

Breaking Free Inc. offers both in-school and after school drug/alcohol prevention programs. Too Good for Drugs has a target population of students in grades 4-8. Guiding Good Choices parenting workshops are also available. Both programs are available to Woodridge youth and parents. For more information contact Shari Johnson at 630.897.1003 extension 228.

DuPage County Health Department - Kathleen Brower

- The health department offers many tobacco education programs, such as,
- I Choose to be Smokefree, Not on Tobacco, Smoke Free Solutions, Reality Illinois
- Project 1200, aims to collect 1200 pairs of shoes to illustrate how many people die per day from tobacco related diseases. The shoes will be donated to the

Soles4Souls program which provides new and gently used shoes to needy people on several continents.

- The DuPage Coalition Against Tobacco will be meeting February 27 from 9:00-11:00 a.m. at the DuPage County Health Department.
- See more about Smoke Free Illinois and other programs at www.dupagehealth.org.

Woodridge Police Department - Officer David Krupka

A question was raised as to the status of DARE programs in School District 68. Officer Krupka explained that the DARE program is still incorporated into the schools. DARE programs geared to different age levels. While some studies show that the DARE program isn't effective, many police officers consider the program to be beneficial. The officers selected to teach DARE classes find it personally gratifying and enriching.

Woodridge Community Resource Center - Teri Vasile

The Community Resource Center offers many programs to our community members. Its after-school program is a great success with homework help and creative activities available.

- The second annual dance production will be held on May 21st.
- On February 19th the CRC, in coordination with Metropolitan Family Services, will interview candidates to act as mentors. For more information on mentoring, contact Marsha Ndoko at 630.784.4836 or call Greg O'Donnell at 630.784.4810.
- The resource center Girl Scout troop had great cookie sales this fall.
- The Latino Outreach Program is being revived and redirected. On February 12, Mr. Nieman will be presenting information at the Latino Outreach Program on immigration laws. Contact Teri Vasile at 630.910.7027 or tvasile@vil.woodridge.il.us for more information.

General Announcements - Julie Burke

WOODRIDGE COMMUNITY PANTRY

Children's Champion Award

The Woodridge Community is renowned for assisting local families in need with food programs, education and supportive services. The pantry recently received a 2007 Children's Champion Award from Voices for Illinois Children and National City Bank. Voices for Illinois Children are a private not-for-profit agency that champions the full development of every child in Illinois to assure the future well-being of everyone in the state. It works with families, communities and policymakers on all issues to help children grow up happy, healthy, nurtured, safe and well-educated. The award is given annually to organizations whose work contributes in an exemplary way to improving the safety, health care, education, and nurturing of Illinois children. The pantry was of only 16 organizations in the state to receive this prestigious award. The award included a \$1,000 grant to further its mission. Ms. Burke said that the award was a recognition of all the hard work the pantry does and is well-deserved.

Fundraiser

The Pantry will hold its annual Cabaret Dinner Show/Silent Auction fundraiser on Sunday, April 20th at Benedictine University in Lisle. The cabaret begins with cocktails and silent auction at 5:30 p.m. followed by dinner and a show at 6:30 p.m. This is the Pantry's most significant fundraiser of the year and it hopes to raise \$40,000 in the process. The pantry served 17,000 individuals (half of whom were children) and

distributed half a million pounds of food in 2006. It recently signed a lease/purchase agreement that expanded their facility from 3,000 to 6,000 feet. Persons wishing to support the Pantry with a donation or to receive a sponsorship form should call Barbara Schmith at 630.512.9921 or e-mail BSchmith@wcpinc.org. Forms are also available online at www.wcpinc.org. Contributions are tax deductible. Sponsoring businesses receive a variety of benefits, depending on level of sponsorship.

Volunteers Needed

The Pantry is looking for volunteers in a variety of capacities. Especially needed are people to pick up food at local merchants in Woodridge, Downers Grove, Lisle and Willowbrook. For more information contact Anne Banks at 630.512.9921 on Mondays, Wednesdays or Fridays or e-mail her at ABanks@wcpinc.org.

THE WALK-IN MINISTRY OF HOPE

The Walk-In Ministry of Hope is a consortium of area churches, local businesses and community organizations that provides a coordinated effort to provide compassionate assistance to individuals and families in need of assistance. In addition to providing for immediate needs through vouchers for food, meal, medicine and gasoline, bus and train tickets, eyeglass referrals with Lenscrafters, and small automotive repairs. It gives referrals for shelter services through PADS, helps with applications to Access DuPage LIHEAP and All Kids and helps clients with DuPage Human Services and LOVE Christian Clearinghouse. WIMOH serves Darien, Downers Grove, Lisle, Westmont, Willowbrook and Woodridge. It is housed at First Congregational Church, 1047 Curtiss Street in Downers Grove (across from the library). Hours are 10:00 - 11:45 a.m. Monday through Friday and 6:30 - 8:15 p.m. Monday evening. Phone number is 630.322.9803; e-mail is info@WIMOH.org; website is www.walkinministryofhope.org.

HELPING GIRLS NAVIGATE ADOLESCENCE

Helping Girls Navigate Adolescence, Inc. is a volunteer organization dedicated to empowering adolescent girls to achieve their fullest potential through education, advocacy, and community collaboration. Its next event is Chick Chat, a one day workshop for 4th-6th grade girls that provides a safe, nurturing environment where they can explore themselves, build their self-concept, and have fun. Girls will leave feeling empowered to build stronger friendships, make healthy decisions and identify their true selves. The workshop will be held on Saturday, March 8th. More information to follow. Phone number is 630.963.5335; website is <http://www.hgna.org/>.

Selection of Vice Chair

Julie Burke asked if anyone would be willing to fill the vacant vice-chair position. No one came forward.

Next Meeting

The next meeting will be on April 9, 2008 at the Woodridge Public Library.

The meeting was then adjourned.