

## Minutes

### Woodridge Community Wellness Council

October 3, 2007

#### Attendees

John Augustine, Kiwanis International  
Kathleen Brower, DuPage County Health Department  
Julie Burke, Resident and WCWC Chair  
Andrea Conley, Darien School District 66, Lakeview Junior High  
Tim Cramer, Breaking Free  
Shari Johnson, Breaking Free  
Mary Landis, Girl Scouts of America  
Michelle Lanzi, DuPage County Health Department  
Jill Marten, Jefferson Junior High and WCWC Secretary  
Amy Melinder, Woodridge Chamber of Commerce  
Greg O'Donnell, Metropolitan Family Services  
Beth Van Opdorp, Woodridge Public Library  
Julie Rhodes, Woodridge Park District  
Lee Pistilli, St. Scholastica School  
Rob Siebert, Boy Scouts of America  
Becky Surber, Woodridge School District 68  
Teri Vasile, Woodridge Community Resource Center

#### Guests

Pat DeAngelo, Lisle Character Counts Alliance  
Debbie Pallardy, Lisle Character Counts Alliance  
Barbara Reh, Breaking Free and Lisle Teens with Character

#### Introductions and Announcements

Julie Burke, WCWC chair, welcomed the council members to the meeting. She said she hoped the council could become even more representative of the community than it had been in the past. To that end, she reached out to segments of the community who had stopped attending meetings and to others who had never been part of the council.

#### Lisle Township

Lisle Township has many services which include a resume writing workshop and a job club. Contact Joy Maguire-Dooley at 630.968.1880 or [joy@lisletownship.com](mailto:joy@lisletownship.com) or visit [www.lisletownship.com](http://www.lisletownship.com) for further information.

#### Golf Clubs for the Troops in Iraq

In partnership with Downers Grove Community Bank, the Downers Grove Park District is having a drive for donations of golf clubs, balls, and tees to send to the military troops in Iraq. The drop off location is the Park District's golf course located at Belmont and Haddow in Downers Grove near Puffer School. While the drive will continue until November 15<sup>th</sup>, the Park District recommends

dropping the items off by October 15<sup>th</sup> when the golf course hours will be more predictable. For more information contact Karen Shannon at 630.963.1304 or visit [www.dgparks.org](http://www.dgparks.org)

### **Second Annual Diversity Forum**

The Village of Woodridge is hosting its second annual diversity forum on Wednesday, November 14<sup>th</sup> at the Community Center. The featured speakers will be:

- Bernie Kleina, Executive Director of the Hope Fair Housing Center of DuPage. Mr. Kleina photographed Dr. Martin Luther King during the civil rights movement. Fifty of his photographs will be on display during the event.
- Laina Stuebner, a junior at Downers Grove North High School who learned of the invisible children in Darfur and elsewhere in Africa and has taken up their cause.

Contact Julie Cedillo at 719.4709 or [jcedillo@vil.woodridge.il.us](mailto:jcedillo@vil.woodridge.il.us) for more information and to register for the event.

### **Public Safety Month**

Julie Burke passed out flyers from the Naperville Fire Department listing activities that are open to the people in Naperville and surrounding communities. Contact the Marita Manning at the Naperville Fire Department at 630.305.7055 for more information.

### **Free Smoke Detectors and Night Lights for Seniors, Disabled and Homebound**

The Lisle-Woodridge Fire Protection District has a grant that provides free smoke detectors and night lights to seniors age 65 and older, the disabled, and homebound individuals. The fire department will provide and install the detectors and do a safety inspection of the home. While the grant does not provide for free carbon monoxide detectors, the fire department will install them while they are at the home if the owner has already purchased them. For more information contact Jay Caron at 630.353-3059 or [JCaron@LWFD.org](mailto:JCaron@LWFD.org).

### **Woodridge Community Resource Center** - Teri Vasile, Youth Services Coordinator

- The Resource Center offers many programs for our community members. September 24<sup>th</sup> was the first day for the After School Program. They have a total of 84 students enrolled from K through 6<sup>th</sup> grade. Homework hour is from 3:00 - 4:00 with enrichment programs in art, dance, crochet, and kids yoga following from 4:00 - 5:00.
- On October 18 at about 4:00 p.m. there will be a balloon release showing their support for Lights on After School. The balloons are tagged with identifying information so that people who find them and can return the tags and let the children know how far the balloons traveled. In past years some have gone as far as Indiana and Schaumburg.
- On October 25 the CRC will host a Latino Outreach Program meeting from 6-9 p.m.
- October 27 is Make a Difference Day. Teenage volunteers will assist senior residents in winterizing their yards and LWFD will check smoke and carbon monoxide detectors to ensure they are operational.
- The Resource Center had a very successful "Dancing with the CRC Kids" evening last June. Attendees had the opportunity to dance with Village Administrators as well as others. There were 200 attendees.
- The CRC will also continue hosting the College of DuPage and the Sisters of St. Joseph School on Wheels English as a Second Language classes and a computer class by Peoples Resource. It will be adding a computer class taught in Spanish.

### **Kiwanis International** - John Augustine

John is the new president and a new member of WCWC. The Kiwanis organization is always looking for opportunities to help with the needs of the community and especially the children in the

community. New members are always welcome. Lunch meetings are held on the second and fourth Tuesdays each month at Suprossa at Seven Bridges. For more information about the club and upcoming events, call John Augustine at 630.985.5507 or e-mail him at [John.Augustine@AugustineLegalResearch.com](mailto:John.Augustine@AugustineLegalResearch.com)

**Woodridge Public Library** - Beth Van Opdorp, Reference Service and Young Adult Coordinator  
There are many programs offered to all age groups at the Public Library. The library is always interested in serving the community. For information: [www.woodridgelibrary.org](http://www.woodridgelibrary.org) Ask your questions: [askus@woodridgelibrary.org](mailto:askus@woodridgelibrary.org)

**Boy Scouts of America** - Rob Siebert  
Rob is a new member to the WCWC. The Boy Scouts strive to help youth in making good moral and ethical decisions. They would like to increase their contacts and thank the community for supporting the Boy Scout popcorn sale.

**Woodridge Park District** - Julie Rhodes  
The Haunted Forest Walk will be Friday, October 26th and Saturday October 27th at its new location in Hawthorn Hill Woods. Park District programs are underway, serving all age groups. Call 630.353.3300 or check [www.woodridgeparks.org](http://www.woodridgeparks.org) for more information.

**DuPage County Health Department** - Michelle Lanzi  
DCHD is encouraging community members to get flu shots beginning in late October from Osco or Dominick's. Persons getting flu shots there will receive a \$5 appreciation coupon for their next in-store purchase. The offer is valid from Oct. 1, 2007 -Dec. 31, 2007. Shots will be available on a limited basis. Check the Health Dept website at [www.dupagehealth.org](http://www.dupagehealth.org) for further information or call 630.682.7400.

**Metropolitan Family Services** - Greg O'Donnell  
**MetroMentors of DuPage Program**

- In the Neighborhood Program - This site-based mentoring program matches children with volunteers in a supervised setting.
- In the Classroom Program - Mentors meet with their mentees during the child's lunch hour at school.

The program partners with local businesses, corporations, churches and other organizations. For more information, contact Marsha Ndoko at Metropolitan Family Services at 630.784.4800.

**Parents as Teachers (PAT)** is a parent education and family support program serving families in Woodridge School District 68 throughout pregnancy until age 5. The program is offered in English and Spanish. Parents are supported by PAT-certified parent educators. By understanding what to expect during each stage of development, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development and motor skills. A PAT family:

- Receives personal visits during which the parent educator shares age-appropriate child development and parenting information, helps the parents learn to observe their child, and addresses parenting concerns.
- Attends parent group meetings in which there are opportunities to share information about parenting issues and child development. Parents learn and support each other, observe their children with other children and practice parenting skills.
- Has their child participate in developmental playgroups.
- Screenings to assess the child's overall development as well as health, hearing and vision.
- Has access to a resource network that links their family to other community services.

Contact Pat Nugent at 630.784.4978 for more information.

Metropolitan Family Services has many other programs. See [www.metrofamily.org](http://www.metrofamily.org) for more information.

**Woodridge School District 68** - Becky Surber, Assistant Superintendent for Curriculum

- The school district is the recipient of a PEP grant for Physical Education. The district will receive \$100,000 each year for 3 years to be used on fitness equipment for student use and nutrition information.
- The district also received a grant to train staff in Social/Emotional Learning Standards. Three teams of teachers were sent for training.
- Woodridge School District 68 and Midwestern University are currently in their third year of a campus-community partnership. This partnership, which is supported through a grant received by the university, was designed to help develop and implement new innovative programs and activities for children and families in the Goodrich and Jefferson Schools that will improve health literacy and preventative behaviors.
- Teachers are preparing for Red Ribbon Week and have met to coordinate efforts.
- Navigating the System training for bilingual parents will go statewide.

**DuPage County Health Department** - Kathleen Brower

The Health Department offers many tobacco education programs including:

- "I Choose to be Smokefree" for grades K-8
  - "Not on Tobacco" for ages 14-19
  - "Smoke Free Solutions" is an adult smoking cessation program
- If you are interested in hosting a class at your facility or for more information, please contact Kathleen at 630.682.7979 ext. 7148. See [www.dupagehealth.org/tobacco/home.asp](http://www.dupagehealth.org/tobacco/home.asp) for more information.

**St. Scholastica School** - Lee Pistilli

Plans for Red Ribbon Week and CHARACTER COUNTS! are well underway at St. Scholastica.

**Girl Scouts of America** - Mary Landis

- Troops are formed at all elementary schools except Murphy and Siple. The goal is to register 390 girls for this year. Some students are being served by the GSA at the Community Resource Center.
- GSA is working on a "Be Fit" program and an anti-bullying program.

**Breaking Free Inc.** - Shari Johnson

While the Breaking Free office in Naperville is still open, the majority of staff are now located in the Aurora office.

- Breaking Free is now offering the **Guiding Good Choices** parenting workshops for parents of students ages 9-14. Breaking Free provides the staffing to deliver the 5 week workshop. Each session is 2 hours with a onetime fee of \$13 per family. Scholarships are available. The program is available on request.
  - Breaking Free also can partner with schools to provide **Too Good for Drugs** drug prevention curriculum for grades 4-8. It is a 10 week curriculum; each session is 45 minutes in length.
- Contact Shari Johnson at 630.897.1003 x228 for more information.

**Lakeview Jr. High** - Andrea Conley

Lakeview has students from several surrounding communities and wishes to stay knowledgeable on what programs, services, and activities are available for their students.

**Breaking Free Inc.** - Tim Cramer

Breaking Free specializes in helping build coalitions.

**Breaking Free Inc.** - Barbara Reh

Her main focus is working with CHARACTER COUNTS! program and with the Lisle Teens with Character.

**Woodridge Area Chamber of Commerce** - Amy Melinder

The Chamber works in the community on a variety of projects.

- It will host Ladies Night Out and Holiday Boutique on Wednesday, November 28th from 5:30 p.m.-9:30 p.m. at Bobak's Signature Events at Seven Bridges. Admission is free. A portion of all proceeds from the Boutique go to Family Shelter Services, Woodridge Community Pantry, and American Cancer Society.
- In partnership with the Woodridge Public Education Foundation, the Chamber hosted a Season Starter Road and Trail Race in May. It was very successful!

**Lisle Character Counts Alliance (LCCA) Presentation** - Pat DeAngelo, Debbie Pallardy and Barbara Reh.

The Lisle Character Counts Coalition originated in 2002 when a group of citizens came together to find a way to integrate the CHARACTER COUNTS! program into the Lisle community as a whole. It is a partnership between community members, schools, businesses, government and local service organizations to promote the six pillars of CHARACTER COUNTS!: trustworthiness, respect, fairness, responsibility, caring and citizenship.

Within the LCCA is a teen led group called **Lisle Teens with Character**. It began three years ago as a grass-roots effort by teens after founding the Flag Rally and volunteering their time in various areas of community service. The membership has grown to 85 members, who have contributed over 4,000 hours of service to the Lisle community since the inception of the group. The teens decide on service projects, maintain the website, run meetings, and follow up on service projects. Some of the many skills teens learn are: the running an organization, conflict resolution, social skills, and community leadership skills. The vast majority of funds raised during service projects are donated to charity.

**WCWC Website Discussion**

The group discussed ways to improve the WCWC website that is currently maintained by the Lisle Woodridge Fire Protection District. One suggestion was to add descriptions of programs serving Woodridge youth and families to the site so that the WCWC minutes would be clearer to a visitor to the site. Julie Rhodes suggested adding links to the programs within the minutes. Greg O'Donnell recommended buying the WCWC name so that individuals looking for the site could find it more easily.

**Past and Future Direction of Council**

Julie Burke explained that she had been told that the WCWC began as a consortium to oversee a drug or violence prevention grant, or both. Those grants were time limited and in time the Council directed its attention to the CHARACTER COUNTS! programs in the schools. It has been comprised of the schools, the community pantry, the park district, police and fire departments, the clergy, village staff, the village's youth service director, the library, the county health department, the Girl Scouts, Metropolitan Family Services, Breaking Free and the Lisle Township Youth and

Family Advisory Board. Many partnerships result from information shared in the meetings. The Council is about to connect community needs with available services. Chamber of Commerce website listing of community businesses is a very helpful resource. The chair asked if anyone could suggest a member of the faith community to be a member of the council. Pastor Dave Buerstetta of Woodridge United Methodist Church used to attend meetings but did not respond to a phone call and e-mail about this meeting.

**Selection of Vice-Chair**

The opportunity was offered for a WCWC member to become Vice-Chair of the council. Since no one came forward, members were asked to consider taking the position. The topic will be reconsidered at the next meeting.

**Next Meeting**

The next meeting will be on January 23, 2008

The meeting was then adjourned.