

**Town Hall:** 1155 East Route 22 • Lake Zurich, IL 60047  
**Phone:** 847-438-7823 **Fax:** 847-438-9269  
**E-mail:** info@elatownship.org

## **HEALTH & WELLNESS COMMITTEE MEETING**

Ela Town Hall 1155 E. Route 22, Lake Zurich  
Friday, October 7, 2022, 8:30 A.M.

### **MEETING MINUTES**

Approved October 13, 2022

1. Call to Order: Trustee Wilhoit called the October 7, 2022 Health & Wellness committee meeting to order at 8:33 a.m.
2. Roll Call: Present were Supervisor Palmblad, Trustee Wilhoit, Trustee Sikes, Township Manager Marciniak, and Director Marx.
3. Groups: 9/28 grief group began. Director Marx presented the flyer. It's an 8-week program, 3 members attend. Three is good for grief group, discussed having a minimum number of people for groups. They will advertise for parenting care giver support group. Sara will distribute to village of Lake Zurich. Director Marx and Betsy met with the new Liberty Lakes Manager. Liberty Lakes suggested having a booth there so people know services available. Liberty Lakes recommended subjects: bullying, parenting and budgeting. Kids are being pulled from school and home schooled due to bullying. Sara hopes to do a program there. Gloria told us about previous groups – Girls group, young teens to help with issues at that age, young girls group, girl scout age, and a mother daughter program. Sara to reach out to Omni Youth Program to see what they have done in the past.
4. Intergovernmental Agreements: Received from Villages of Lake Zurich and Kildeer. Hawthorn Woods has not signed.
5. Staffing: Melanie completed her independent license – LCSW. Melanie running grief groups. Melanie is going on maternity leave. Melanie may be going into schools to talk to social workers when she returns. Betsy is working on EA/GA and receiving training. Sara is utilizing free training through the state for admins. Staff includes Spanish, Polish and Russian speaking people.
6. Monthly stats – 16 referrals every month. Hoping to get more EA with getting the word out. Contact Joanie's closet. Lending Closet is being used all the time. Gloria said it was included in the 55+ newsletter sent to homes throughout. May need coats, giving tree, Sara to contact library.
7. New Business
  - a. Marketing Materials: Sara will resend the brochure with changes for approval. Goal to have printed this month.
  - b. Events: 10/25 Ela Coalition is having an event about vaping, and panel discussion as well in the evening. 10/25 daytime Joanie's Closet brunch. Doing Shop with a Cop, Sara attending TOI in Springfield Nov 13-15.
  - c. Working on putting more clickable links on the website.
  - d. Large purchases- none for next year. Will need a new printer.
  - e. Performance: Move forward, nothing to discuss.

8. Old Business: None.

9. Set Date for Next Health & Wellness Committee Meeting; December 9, 2022 @8:30am

10. Adjournment: The meeting was adjourned at 9:14 a.m.

Respectfully submitted by Trustee Wilhoit