

WHEELING BOARD OF HEALTH  
SPECIAL MEETING

January 26, 2016

I. CALL TO ORDER

The meeting was called to order at 7:00 p.m. by Chairman Bieber.

II. ROLL CALL

Present: Commissioners Bieber, Birnbaum, Ebeling, Hembd, Premo, Shannon, Simon

III. APPROVAL OF MINUTES – November 17, 2015

Commissioner Birnbaum moved, seconded by Commissioner Ebeling to approve the minutes dated November 17, 2015 as presented.

IV. CHANGES TO THE AGENDA - none

V. ON GOING PROGRAMS

(a) Blood Drives

Health Officer Slaby announced the date of the next blood drive on March 9, 2016. Letters were mailed to the Wheeling restaurants requesting door prize donations. The new owner of Dominos Pizza may be interested in donating pizza slices for the donors. Health Officer Slaby will follow up with the owner as the date gets closer.

Health Officer Slaby announced 113 units were collected in 2015 which was one of the lowest years since 2008. She explained nothing had changed regarding the drive and it is now advertised on social media. She was unsure of the reason for the drop in numbers but was glad for the 113 units that were collected. For every pint, three lives are saved.

Chairman Bieber asked if the Alyx donations were included. Health Officer Slaby confirmed they were included in the number.

The 2016 blood drive dates were distributed. Chairman Bieber was unsure if he would be able to assist in March. He asked for volunteers for the March 9<sup>th</sup> blood drive.

(b) Prescription Medication Collection

Commissioners Birnbaum and Ebeling worked the last collection. They were busy and collected 3 bins of pharmaceuticals, 2.5 bins of sharps, 2 bags of shopping bags and lots of batteries and eyeglasses.

Health Officer Slaby announced that 572 lbs of sharps and 410 lbs of pharmaceuticals were collected in 2015, which were both up from the last two years. Chairman Bieber mentioned in 2013 the volunteers were checking IDs and only taking Wheeling residents. Health Officer Slaby explained that technically the program was for Wheeling residents only. She wouldn't turn anyone down. The only people that should be turned down were businesses.

Health Officer Slaby announced 65 pairs of eyeglasses were collected in 2015.

The volunteer signup sheet was distributed.

Commissioner Ebeling mentioned people were asking for the large containers instead of the smaller

ones. Health Officer Slaby agreed to order 2 boxes of the gallon size and 1 box of the quart size. Chairman Bieber asked for a roll of masking tape to use for the containers with the wrong lids.

Health Officer Slaby mentioned she will make the 2016 activity pamphlets and will put them in the closet for the next collection.

Health Officer Slaby announced there were enough canvas grocery bags collected for the food pantry.

## VI. OLD BUSINESS

### Proposed community-based walking group program

Commissioner Birnbaum announced that Beth Harrington was the new wellness manager at the Park District. Commissioner Birnbaum mentioned to Ms. Harrington that the Board of Health was discussing a community-based walking program. She liked the idea. Commissioner Birnbaum expressed interest in including the walking program in the summer Park District brochure. The brochure will be printed in March.

Commissioner Birnbaum explained Ms. Harrington wants to call it a walking/running club. She proposed including the following information in the brochure.

Saturday mornings -- meet at 9:30 a.m.

Kick-off in May starting on Saturday, May 21-Saturday, October 1.

Proposed: Optional \$10 registration fee, includes free water bottle and walking log. Participants that log 100 miles receive a special t-shirt. People do not have to register to join the club but they would not be eligible for the water bottle, log or t-shirt.

Volunteers: to be walk leaders

Commissioner Birnbaum explained to Ms. Harrington that the Board of Health was looking for the Park District to be the voice to the public. Commissioner Birnbaum asked for input from the Board and asked if anyone wanted to meet with Ms. Harrington.

Health Officer Slaby asked if a leader would be needed every Saturday morning. She felt every Saturday was a big commitment from May–October to commit. She questioned who would be providing the leaders. Commissioner Birnbaum mentioned the Board of Health originally was considering once a month. She was unsure of the commitment the Park District wanted from the Board of Health. She asked the Commissioners how they wanted to get involved.

In response to Health Officer Slaby's question, Commissioner Birnbaum explained the program was prompted by her conversation with Ms. Harrington.

In response to Chairman Bieber's question, Commissioner Birnbaum confirmed the Park District was open to a partnership with the Board of Health. She suggested that the Board of Health determine how involved they want to be with the program.

Commissioner Shannon mentioned the program would be for 22 consecutive Saturdays which would overlap on some of the medication collection dates. She questioned if they planned to walk in the rain or move the walk indoors. Commissioner Birnbaum explained her vision was to continue it throughout the year and could move it to the indoor walking track during inclement weather. There is a \$5 fee for Wheeling residents to use the indoor track and \$10 for non-residents. There is no renewal fee. She suggested asking the Park District to include the indoor walking pass with the \$10 registration fee.

Commissioner Birnbaum felt the Park District liked the idea and wants to run the program regardless of the Board of Health's participation. Commissioner Birnbaum suggested including something in the brochure that indicates it was in conjunction with the Village of Wheeling's Board of Health.

Commissioner Birnbaum noted that the Board of Health had originally brought up a walking club to be held once a month and not on the same day as the medication collection. Health Officer Slaby suggested having the Board of Health provide the walking leaders once a month.

There was a discussion on the length of the walking trail and the amount of time it would take to reach the 100 mile goal. They questioned if the 100 mile goal should be reduced.

Chairman Bieber asked for input from the Commission.

Commissioner Simon wanted to participate but explained it was difficult for her to commit. She felt it was a good idea for the Board of Health to provide leaders once a month.

Commissioner Birnbaum suggested a "Walk with the Board of Health" once a month. Chairman Bieber suggested including Trustees. Commissioner Simon suggested having a slogan. Commissioner Birnbaum suggested including an announcement in the Village's newsletter... "The Board of Health supports the Park District's walking club on the second Saturday of the month." Commissioner Simon suggested "They don't only talk the talk, they walk the walk".

In response to Commissioner Premo's question, Commissioner Birnbaum explained there were different levels of walkers and benches were provided for those that needed to stop. There are also restrooms, water fountains, shelter along the path. Commissioner Premo agreed it was a good idea.

Commissioner Birnbaum offered to bring the Board of Health's message of support back to the Park District. Commissioner Shannon felt the Board of Health should commit to days using a roster if they were supporting the walk.

In response to Commissioner Shannon's question, Commissioner Birnbaum confirmed the Park District would provide the water bottles, t-shirts and the logs. Health Officer Slaby suggested including a Board of Health tagline/slogan on the water bottles. Commissioner Shannon suggested using stickers on the bottles in order to save printing costs.

The Park District is proposing the first walk on May 21. It is also on the same day as the medication collection. Commissioner Premo is scheduled for the collection. Commissioner Birnbaum offered to be a leader on the May 21<sup>st</sup> walk. Health Officer Slaby volunteered to work the medication collection. Commissioner Shannon felt the kick-off should include as many of the Board of Health Commissioners as possible. Commissioner Birnbaum was in favor of supporting the walk once a month. Health Officer Slaby will bring a sign in sheet to the March meeting.

Chairman Bieber questioned where the walk would start and finish. Commissioner Birnbaum suggested starting at the performance pavilion. Health Officer Slaby suggested using some of the Board of Health's budget to order small bottled waters for the walk.

Commissioner Hembd asked for a description of a walk leader. Commissioner Birnbaum explained it was someone who would walk with the group.

Commissioner Premo questioned if people would need to sign-in. It was determined if a walker had a log sheet they would sign in but others would not.

Commissioner Birnbaum asked for suggestions/comments to bring to the Park District. Chairman Bieber asked if the Board of Health should speak with the Park District. Commissioner Birnbaum offered to ask them and report back to the Board of Health at the next meeting.

Health Officer Slaby offered to seek donations from the local grocery stores for the Board of Health Saturdays. The Commission felt it was a good idea to offer a treat at the end of the walk.

Commissioner Shannon calculated that it would take 4.5 miles on every Saturday to reach the 100 mile goal. She was unsure if the mileage was only counted on the Saturday walks or would include walking during the week. She felt walking everyday should be encouraged. Commissioner Birnbaum will ask the Park District to define it.

#### NEW BUSINESS

Commissioner Ebeling questioned if there had ever been an issue with Legionnaires disease in the Wheeling area. Health Officer Slaby was not familiar with any issues in the Wheeling area.

#### VERBAL COMMUNICATION

Chairman Bieber asked for the Swank schedule of the rotating drop-offs over the summer months. Health Officer Slaby referred him to their website for the schedule.

Commissioner Shannon wants to make sure Public Works clears the walkways for the medication collection days during the winter months. She had fallen during the November collection.

Commissioner Shannon suggested canceling the medication collections on days when there was a weather advisory. Health Officer Slaby was unsure how to do it since no one worked on Saturdays to make the announcement. Commissioner Shannon suggested writing something in the brochures that the collection would automatically be canceled if there was a weather advisory. She explained it was a safety issue. Health Officer Slaby was in agreement to update the brochure and advertise it on the website and the cable station.

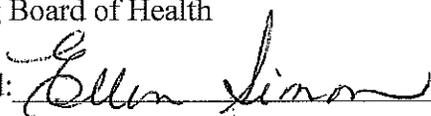
Commissioner Birnbaum read a definition of a walking leader. "A walking leader should enjoy walking in physical activities in general and they should be attentive, punctual, able to motivate others and willing to commit to the ideal and objectives of the program."

#### ADJOURNMENT

A motion to adjourn the meeting was entered at 8:08 p.m. by Commissioner Hembd. Commissioner Premo seconded the motion. The motion received unanimous approval by the Board of Health.

Respectfully submitted,

Ellen Simon, Secretary  
Wheeling Board of Health

Approved: 

Date: 3-22-16