



Agenda
Village of Arlington Heights
Board of Health
Commissions Room-33 S. Arlington Heights Rd., AH 60005

March 4, 2024
6:30 PM

I. CALL TO ORDER

II. ROLL CALL

III. APPROVAL OF MINUTES

- A. December 4, 2023 Minutes

IV. REPORTS

- A. Health & Human Services Director Update
- B. Nursing Services Update

V. OLD BUSINESS

VI. NEW BUSINESS

VII. OTHER BUSINESS

VIII. PUBLIC COMMENT

IX. ADJOURNMENT

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**Board of Health
3/4/2024**

Item: Minutes

Department: HHS

ATTACHMENTS:

Description

December 4, 2023 Minutes

Type

Minutes



Minutes
Village of Arlington Heights
Board of Health
Buechner Room
33 S. Arlington Heights Rd., AH 60005
December 4, 2023
6:30 PM

I. CALL TO ORDER

Chairperson VanLandeghem called the meeting to order at 6:31 p.m. All stood for the Pledge of Allegiance. All introduced themselves.

II. ROLL CALL

Present

Karen VanLandeghem, MPH,
Chairperson

Jerome Meservey, M.D.

Ashley Bae, LCSW

Joseph Novak, M.D.

Shalu Gugnani, M.D.

William Moran, M.D.

Also Present

James McCalister, Commission Liaison

Lindsay Dohse, Nursing Supervisor

Michelle Finn, Community Nurse

Kimberly Witt, Administrative Assistant

Not Present

Kristen Brown, M.D.

III. APPROVAL OF MINUTES

A. Minutes from September 18, 2023

A MOTION WAS MADE BY DR. MESERVEY TO APPROVE THE MINUTES OF THE SEPTEMBER 18, 2023 MEETING, SECONDED BY DR. MORAN AND APPROVED BY UNANIMOUS CONSENT.

IV. REPORTS

A. Director Health and Human Services Update

Mr. McCalister mentioned that the Board inquired about the Harm Reduction Center located in the Police Department lobby at the previous meeting. He reached out to the Police Department and received some positive news. Since August, the department has distributed 64 boxes of Narcan, which contains two doses per box. Family members have come in to collect Narcan, which is a positive sign. Additionally, the police department has collected around 10 lbs. of expired or unwanted liquid aerosol prescription medications and sharp objects. Over the years, they've collected hundreds of pounds of unwanted or expired prescription pills. Overall, it seems that the Harm Reduction Center is off to a good start.

The Board also expressed an interest in the number of overdose deaths in Arlington Heights. Mr. McCalister provided the board with relevant statistics sourced from the police department from 2014 to present which contained that the top overdose death is opioid related, more male than female and age range was all over the charts with 35-39 age range leading the charts.

In the same period, there were 40 physical-non-gun deaths reported due to suicide. The majority of these deaths were among the white population, with more male than female deaths and the leading age range between 50-54. In order to compare the population statistics, there was a conversation about the racial makeup of Arlington Heights. Mr. McCalister said he would obtain census numbers for the next meeting.

Mr. McCalister announced that the Social Services Coordinator, Nicole Espinoza, has left the Village to work in the private sector. Despite this, the team is still working diligently to provide support to those in need. Currently, they are focused on their holiday assistance program, which has received a great response. As of now, they have 61 sponsors for 70 families, and they are continuing to work towards finding matches for the rest. Erin Mercado, Social Worker, and Tre Collins, Administrative Assistant, have played a critical role in ensuring a seamless transition. Ms. Mercado has been responsible for managing all police and emergency crisis calls, while Mr. Collins has been in charge of providing emergency assistance.

Mr. McCalister referred to the Business Plan from the previous meeting and mentioned some new projects that were included after collaborating with the Village Manager. The Health Department has introduced five additional projects since the last meeting, including one focusing on diverse populations. With a significant Asian population in the south end of town and an increasing number of Eastern Europeans in the community, efforts will be made to engage with these groups. Discussions have already taken place with the hospital regarding potential programs at the Senior Center, and there is anticipation to see how these initiatives progress.

The second addition was to research, create, and implement the Disability Employment Partnership Pilot at the Senior Center. There is a café at the front of the Senior Center that they aim to utilize more effectively since it's the first thing you see when you enter. Currently, there are initial discussions with Gerry's Cafe. A meeting is scheduled this month to explore the possibility of sharing equipment and supplies at the Senior Center. In this partnership, Gerry's Cafe would also oversee the café on certain days of the week. This collaboration would provide a beneficial opportunity for individuals with disabilities to work there. They are hopeful that this initiative will move forward successfully.

The third project added involves creating and executing a strategic planning project for the Senior Center. After discussions with the BKV group regarding the vision for a new Senior Center, they suggested building it at the current site. Securing funding is not expected until 2030. The upcoming phase includes developing a strategic plan in collaboration with various agencies to outline objectives from 2025 to 2030. This plan will involve partnering with a university and conducting focus groups and strategic planning workshops to progress over the next five years.

Mr. McCalister announced the conclusion of Arlington Cares, an organization that backed the emergency assistance fund. Presently, the emergency assistance account holds a solid financial position with a healthy fund balance. A week before their closure, Mr. McCalister met with them and received an additional \$20,000. While the account is financially secure at the moment, there are plans to revive the assistance fund or set up a foundation in the future. Consultation with the legal department is underway to explore available options. Their future goal is to establish a foundation akin to Arlington Cares to sustain their support efforts in the upcoming years.

Mr. McCalister mentioned that the Environmental Commission conducted a survey on residents' priorities, with composting options being one of them. Additionally, a few trustees have asked for supplementary composting options, so that is included as a new goal.

Mr. McCalister said that the Health Department's proposed budget will be presented to the Village Board that evening, along with the entire budget. During his last budget meeting with the Board, all his requests were approved. The Health Department's budget request stands at \$2,613,300, reflecting a 1.7% increase from 2023. The Board was content with the proposal and had minimal questions. Mr. McCalister does not foresee any challenges arising tonight.

Mr. McCalister announced their interest in the Illinois Department of Public Health Fit & Strong program, which provides evidence-based support for individuals experiencing joint pain and stiffness, either in person or virtually. Lindsay Dohse, Supervising Nurse and Tracy Colagrossi, Senior Center Manager, are preparing to become instructors for this program. Ms. Dohse described the program as quite rigorous, with classes scheduled three times a week for 90 minutes each session – including one hour of exercise and thirty minutes of educational content. Although official training with the state has not commenced, it is set to start on Thursday. The possibility of data collection was discussed, and Ms. Dohse indicated that while she has not yet reached that stage, it is likely that data will be collected. In a related initiative, the Matter of Balance program at the Senior Center provided an 8-week course to help individuals enhance their balance. Ms. Mercado, and Ms. Colagrossi successfully completed this program and plan to conduct another session for eight weeks in March or April.

Regarding the Age-Friendly Livable Community Survey by AARP, the survey was open from October 16 to November 18, gathering insights on the interests of the senior population and their preferences within our community. Currently, AARP is in the process of tabulating the results. They anticipate receiving feedback on the outcome in approximately one week.

Mr. McCalister addressed the Snow Shoveling Program, noting that 300 seniors were enrolled while only a few teens had signed up. To address this, the Youth Commission promoted the program in schools, resulting in 35 teens now participating. This increase is a positive

development compared to previous years, and it's encouraging to see more individuals joining the initiative.

Mr. McCalister discussed enhancements to the Illinois Department of Public Health Enhanced Hospital Report, focusing on patient safety and quality of care. He reviewed data on Northwest Community Hospital's patient recommendations from the third quarter of 2021 to the second quarter of 2022, with a 71% recommendation rate. The report includes detailed information on various health conditions. Historical data is also available on the website for further exploration.

Mr. McCalister shared a winter food newsletter with local restaurants listing common violations. The newsletter includes reminders for when establishments should close on their own, such as during power outages, lack of hot water, sewage backup, non-functional toilets, and insufficient refrigeration.

Mr. McCallister mentioned that there were three paint collection events for residents since the last meeting. These events took place in September, October, and November at the Public Works drive-thru resulting in the collection of 3,740 gallons of paint.

Mr. McCalister checked the COVID-19 hospital admissions on the IDPH website that day. Initially, all Illinois counties were marked green, but now some have shifted to yellow, with five counties in the orange zone. He is curious to observe the situation in the following week, particularly after Thanksgiving, as that period typically shows a slight increase in cases.

A question arose regarding mental health and the update on the Youth Commission report. Mr. McCalister mentioned that Ms. Espinoza was scheduled to meet with the Youth Commission, but due to the lack of a quorum and Ms. Espinoza's departure from the Village, the discussion has been postponed until the position is filled.

Chairperson VanLandeghem thanked Mr. McCalister for providing the data on overdose deaths from the Police. She inquired about possible actions the Board of Health could take, emphasizing their previous discussions on mental health and addiction. In response, Mr. McCalister suggested ongoing support and advocacy for social services. He indicated that interviews for the Social Services Coordinator role are planned for the next week.

Dr. Gugnani expressed gratitude for the data provided by the police on overdoses. She inquired about the cost of the Narcan vending machine and the possibility of acquiring another one. She also questioned if there was a method to monitor and receive feedback on its effectiveness, considering installing another machine in a more accessible location. Dr. Moran asked if paramedics record data on Narcan usage, its source, and procurement methods. Mr. McCalister mentioned that he would inquire as he was unsure of the details. There was a discussion regarding whether the data pertained to Arlington Heights residents or incidents occurring in the area, along with the specific locations of these overdoses within the town, such as the south end. Various inquiries were raised about data collection methods, including tracking if paramedics could identify Narcan dispensed from the AH vending machine. Ashley Bae inquired about the funding of the Narcan, Mr. McCalister mentioned that he thought it was grant-funded and that the Police Department employs a grant writer to obtain such funding. Ms. Bae clarified that SUPR offers free Narcan. Mr.

McCalister will inquire with the Police Department about their funding for the upcoming meeting. Ms. Bae also noted that they have introduced a 988 number as an alternative to 911 for mental health and behavioral health crises, and they are dedicated to implementing this service. She mentioned being unsure about the extent of public messaging from DMH. However, this number can be contacted for a mobile crisis response team to assist individuals at their location. Mr. McCalister highlighted that once it is launched, all relevant information can be accessed on the website.

Mr. McCalister provided an update on the progress of the Gateway project located in the southern part of town, which is advancing rapidly and will introduce new housing where the Daily Herald building once stood. Additionally, three other buildings have demolition permits and are scheduled to be taken down within the next few weeks. This development has the potential to bring a significant amount of housing to the community. The ongoing discussions with International Plaza have also progressed, with the Village recently receiving a demo permit request from them. A memorandum of understanding has been established between the Village and International Plaza, indicating a potential project advancement. If the project moves forward, the Village plans to allocate a corner parcel for their use. Talks have also included affordable housing and other new development areas within the community.

Mr. McCalister stated that they continue to hold monthly meetings with Journeys, The Road Home, which supports homeless individuals in the community. These meetings provide insights into their initiatives and how we can collaborate to offer assistance. Our department frequently encounters individuals from this demographic, prompting discussions on the best ways to support them and understand Journeys' operations. Dr. Moran highlighted that high living costs on the east coast are primarily due to an affordable housing crisis, not mental health or criminal issues. Rising rent prices make low-income housing unattainable, leading to financial instability. The community also faces mental health and substance abuse challenges. Dr. Moran suggests prioritizing affordable housing and mental health services to address these issues.

Dr. Meservey mentioned a residential program for the mentally ill that was discussed around twelve years ago but was subsequently abandoned. He inquired if there have been any recent talks on this matter. Mr. McCalister responded that these subjects remain challenging. Tonight's board meeting will address the construction of a facility at the south end of town for individuals with disabilities and Vietnam Veterans. Anticipated objections from residents opposing the facility highlight the difficulty of addressing such issues.

B. Nursing Update

Michelle Finn, Community Nurse, discussed the New Moms Support Group program she initiated a few months back. Although the hospital had a pre-COVID program, it was not reinstated. Commencing with the first meeting in October, she has been conducting monthly sessions on a trial basis to gauge feedback, which has been positive. With three successful meetings to date, hosting 5 to 8 moms and babies, the response from the community has been enthusiastic. Looking ahead to the new year, the aim is to sustain this momentum. Discussions have touched on the program's capacity and its promotion strategies. Currently held at the Senior Center, accommodating 10 to 12 moms, Ms. Finn has distributed flyers to

pediatricians' offices, the hospital, and social media platforms. While each session includes a brief educational segment, the primary focus is on fostering mutual support among new moms, with Ms. Finn serving as a facilitator to keep conversations flowing.

Ms. Dohse took part in a program known as Echo at the University of Chicago, which extends into community healthcare outcomes. This involved working for twelve weeks with two geriatric physicians on case studies and discussion topics. The sessions took place every Tuesday morning for twelve weeks, providing valuable learning experiences and access to great resources.

Ms. Dohse mentioned that she, along with Ms. Finn and the on call nurses, conducted hearing and vision screenings at Our Lady of the Wayside, screening over 255 children. They plan to conduct screenings at Saint James in January. In November, Nursing Services offered free blood sugar screenings to raise awareness about diabetes and held a special clinic for employees. They aim to acquire a hemoglobin A1C machine in December to cater to the community's significant need. Regarding result dissemination, Ms. Dohse emphasized that patients primarily seek to understand their results. If the results indicate a critical situation, she strongly recommends consulting their physician or visiting the emergency room. Ms. Dohse mentioned that they are conducting CPR training at the Senior Center. They are also undergoing training for the new CDP computer database system to enhance communication and increase referrals for their community program. This software allows real-time charting instead of the traditional paper-based method, improving efficiency. Moreover, they participated in a Municipal Nurses meeting in Hanover Park to discuss program initiatives.

Furthermore, Ms. Dohse shared that they organized their annual employee flu shot event during the Brats and Shots event, where a total of 178 individuals received flu vaccinations, marking an increase from the previous year. They have recently been able to provide high-dose flu shots for eligible employees, a new addition to their services. Additionally, they conducted a drive-thru family flu clinic at the Public Works facility, which was found to be more efficient and safer during the pandemic. Subsequently, it was agreed to continue the family clinic at Public Works. They also administered high-dose flu shots to 50 homebound individuals and purchased 30 COVID-19 vaccination boosters, offering in-home vaccinations for residents free of charge.

Ms. Dohse talked about the impact of pharmacology and medication on fall risk during a Matter of Balance class. In the upcoming months, there are plans to conduct hearing and vision screenings in January and February. Additionally, efforts will be made to acquire a hemoglobin A1c machine and focus on cholesterol screening in February for Heart Month. Moreover, they will be rehosting a CPR course to employees in February and collaboration with Dr. Brown's clinic to start a new parent CPR course.

During the discussion about procedures and risk assessment for patient encounters, Ms. Dohse clarified that most patients are walk-ins and no personal information is gathered. However, under the new program, some data will be collected for reporting needs. If vital signs are abnormal during assessment or screening results show issues, the nurse will strongly advise the patient to visit their primary physician. In more critical situations, such as severe results, the nurse will contact emergency services. Ms. Dohse will connect with other Village nurses to explore their protocols.

V. OLD BUSINESS

VI. NEW BUSINESS

VII. OTHER BUSINESS

VIII. ADJOURNMENT

DR. MESERVEY, SECONDED BY DR. MORAN, MOVED TO ADJOURN AT 8:01 P.M., ALL CONCURRED AND THE MOTION CARRIED UNANIMOUSLY.

DRAFT