



AGENDA
Board of Health
Buechner Room
Arlington Heights Village Hall, 33 S. Arlington Heights Rd., AH 60005
September 23, 2024
6:30 PM

I. CALL TO ORDER

II. ROLL CALL OF MEMBERS

III. APPROVAL OF MINUTES

A. June 3, 2024 Minutes

IV. REPORTS

A. Health & Human Services Director Update

B. Nursing Services Update

C. Social Services Update

V. OLD BUSINESS

VI. NEW BUSINESS

VII. OTHER BUSINESS

A. Announcements / Correspondence

VIII. PUBLIC COMMENT

Anyone wishing to speak on a subject not on the Agenda may speak at this time. Please limit your comments to three minutes.

IX. ADJOURNMENT

Persons with disabilities requiring auxiliary aids or services, such as an American Sign Language interpreter or written materials in accessible formats, should contact Erin Mercado, at 33 S. Arlington Heights Road, Arlington Heights, IL 60005, emercado@vah.com or 847/368-5793.



Minutes
Village of Arlington Heights
Board of Health
Commissions Room
33 S. Arlington Heights Rd., AH 60005
June 3, 2024
6:30 PM

I. CALL TO ORDER

Chair Meservey called the meeting to order at 6:33 p.m. All stood for the Pledge of Allegiance.

II. ROLL CALL

Present

Jerome Meservey, M.D.
Chairperson
Karen VanLandeghem, MPH
Kristen Brown, M.D.
Joseph Novak, Psy.D.
Shalu Gugnani, Dr.

Also Present

James McCalister, Commission Liaison
Lindsay Dohse, Nursing Supervisor
Darren Brown, Social Services Coordinator
Kimberly Witt, Administrative Assistant

Not Present

Ashley Bae, LCSW
William Moran, M.D.

III. APPROVAL OF MINUTES

A MOTION WAS MADE BY JOSEPH NOVAK, PSY.D. TO APPROVE THE MINUTES OF THE MARCH 4, 2024 MEETING, SECONDED BY MS. VANLANDEGHEM AND APPROVED BY UNANIMOUS CONSENT.

IV. REPORTS

A. Health & Human Services Director Update

Mr. McCalister reported that the state has adopted new FDA Food Code changes that will take effect on January 1, 2025. The key updates are:

1. Hand Sink/Handwashing: Water used for handwashing must now be at least 85°F, instead of the previous 100°F requirement.
2. Pets: Pet dogs may be permitted in outdoor dining areas if approved by the regulatory authority.
3. Sesame: Sesame is now recognized as a new major food allergen.
4. Allergy Awareness: Employees are required to describe major food allergens and recognize the symptoms of allergic reactions.
5. Allergen Labeling: Allergen information must be included on all labels, including those for bulk food.

Mr. McCalister reported that the swimming pool program commenced on Memorial Day. He noted that Arlington Heights' code stipulates that all pools must have a pool attendant. This requirement applies not only to park district pools but also to condominium and apartment pools. The Village's policy is distinctive because most communities do not inspect private pools or require a pool attendant. Additionally, this past month, the IDPH issued a warning based on a recent CDC study. The study, which reviewed 20 years of data, found that drowning is the leading cause of unintentional injury deaths among children aged 1-4 years and the second leading cause for children aged 0-17.

Mr. McCalister relayed that the IDPH is actively monitoring and responding to the avian influenza A(H5N1) outbreak, which has been detected in multiple states outside of Illinois, affecting dairy cows and poultry flocks. While avian influenza has previously affected poultry, this is the first instance of these viruses being found in cattle. As of May 28, there have been two reported human cases.

In response, the IDPH is taking the following actions:

1. Enhanced Surveillance: Increasing respiratory virologic surveillance throughout the summer.
2. Protective Equipment: Providing farmers with personal protective equipment, including N95 respirators, gloves, goggles, face shields, Tyvek suits, and polyethylene aprons.
3. Veterinarian Registry: Updating and maintaining a comprehensive list of all veterinarians in the state.

Mr. McCalister noted that the IDPH announced that the first two batches of mosquitoes to test positive for West Nile Virus were detected, with one batch coming from Hoffman Estates.

Mr. McCalister mentioned that Terese Biskner led several green initiatives in April. On April 16, 135 residents participated in a latex paint drop-off event, with the next paint disposal event scheduled for July. Later in the month, on April 27, she organized a shredding and textile event at Forestview, where 15,600 pounds of paper were processed—about a ton more than at the previous event in 2022. They asked about adding electronic recycling to the event, but accommodating this would require additional space. Single-family residents can recycle up to two items per week with Groot, so they generally do not need this service. However, since multi-family residents do not have that option, they might benefit from the additional service. Additionally, approximately 50 compost bins were sold to residents at cost.

The IDPH has reached a significant milestone in its firearm safety initiative, announcing that it has distributed over 100,000-gun locks since the program launched a year ago.

On May 11th, the IDPH reported that multiple individuals had sought treatment at four different hospitals in Cook County with symptoms of opioid toxicity, but did not respond to naloxone. Toxicology reports indicated the presence of Medetomidine, a powerful non-opioid veterinary sedative that is not approved for human use. Dr. Gugnani explained that dealers are adulterating their supplies with substances that intensify the high, such as cutting heroin with fentanyl, which increases addiction rates.

At the last meeting, the Board inquired about the Fire Department's perspective on the primary causes of Narcan cases involving seniors. They indicated that these cases are predominantly related to cardiac arrest.

Mr. McCalister mentioned that the local hospital is undergoing substantial construction. They have a permit for pouring concrete across the street for new doctors' offices, cancer research facilities, and storage. The plans also include a walking bridge over Central Road. The hospital has also acquired the United Church of Christ property and plans to develop it into a neuro institute.

Mr. McCalister gave an overview of the Senior Center Age-Friendly Survey results. The survey covered eight domains of livability and was conducted from October 15 to November 18. A total of 377 individuals completed the survey, all over the age of 50, with 99% being Arlington Heights residents. The demographics showed that 33% were aged 60 to 69, 35% were aged 70 to 79, and 77% were predominantly White or Caucasian.

The results indicated that 70% of respondents had lived in Arlington Heights for at least 25 years. Many of them had already moved once within the Village and plan to stay. Half of the participants stated they would remain in their current homes indefinitely, while 24% expressed a desire to move to a different residence within the community. Notably, 95% of older adults in Arlington Heights emphasized the importance of remaining independent and aging in place.

Transportation emerged as a significant concern. According to the most recent survey, 97% of respondents still drive themselves, while usage of public transportation and taxi services was low, at 3% and 4%, respectively. The survey also included a new question about awareness of existing services, revealing that many people are unfamiliar with available programs. This highlights the ongoing challenge of effectively communicating about the programs and services offered.

The Senior Center is currently conducting a survey at their kiosk for the Better Age Program. This survey focuses on health, wellbeing, and mobility. To date, there have been 250 responses. A meeting is now scheduled with the data provider to discuss how to use the collected data to enhance services at the Senior Center.

Approximately 175 seniors attended the Senior Health & Fitness Day. Ms. Dohse and Mr. Brown, who staffed a booth at the event, can provide more details.

Mr. McCalister expressed his appreciation for the evidence-based programs offered at the Senior Center. He noted that both the Matter of Balance and Fit & Strong programs have been highly successful.

B. Nursing Services Update

Ms. Dohse reported that they are currently in the third week of the Fit & Strong program, an evidence-based initiative from UIC. This program targets older adults with osteoarthritis, aiming to improve endurance and strength. It includes a half-hour of education followed by an hour of physical activity, conducted twice a week. The program lasts 12 weeks, with the goal of increasing strength and mobility, and helping older adults establish a personal exercise routine. Ms. Dohse and Senior Center Manager Tracey Colagrossi lead the classes. The program is going very well, with older adults enjoying the class, and Ms. Dohse finds great satisfaction in teaching exercise to others.

For the first time, Nursing Services partnered with Futabakai School to conduct hearing and vision screenings. The school has around 100 students, many of whom are new each year. Since the school operates from April through March and had a school nurse until March, they needed to complete the screenings promptly. They offered to conduct the screenings annually if the school needs them, although this will depend on whether the school hires a nurse.

Ms. Dohse mentioned that they have received their A1c Hemoglobin machine and have already tested between 40 and 50 people. The machine's portability is a significant advantage, allowing them to bring it to the Senior Center, senior living facilities, and even on home visits when a doctor's order is provided. Additionally, the machine is very easy to use.

For Senior Health & Fitness Day, the hospital arranged for four volunteer nurses to monitor blood pressures. This allowed Ms. Dohse and Community Nurse Ms. Finn to take the opportunity to discuss the services they offer and demonstrated hands only CPR.

Ms. Dohse was invited by the PTA to speak at Olive Elementary School about choking and poison control. Her presentation aimed to educate students on how to prevent and respond to these emergencies.

Ms. Dohse initiated a monthly speaking series at Cedar Village, where she covers various topics such as diabetes, vaccines, medication management, and other subjects beneficial to seniors.

She took part in a discussion on medication management and fall risks at the Matter of Balance program at the Senior Center, a topic she also covered last year.

The New Mom's Support Group is being rebranded as the New Parents Meet-Up and will now be open to all. Beginning in June, the meet-up will be held in partnership with the library and will take place at the library's location.

Ms. Dohse plans to begin teaching CPR at the library starting in August or September and will need to acquire additional manikins for the classes. The library has been incredibly supportive, both in collaborating on and advertising these events.

Ms. Dohse expressed her gratitude to the Social Services division for their support. With numerous crisis visits occurring, it's invaluable that they can conduct home visits, as many people in the community are in need of assistance.

They will be manning the first aid station for Frontier Days.

Ms. Dohse is beginning discussions with the Fire Department due to the high number of falls in the community. Although they receive many referrals from the Fire Department, a challenge arises when individuals express a desire for help but are unresponsive when assistance is offered. Ms. Dohse is independently researching more effective ways to support residents and plans to address this issue further in the fall.

C. Social Services Update

Mr. Brown introduced himself to the Board and shared that the Kenneth Young Center has recently launched their Living Room program. This new initiative, which is part of the state's crisis program, is the closest facility to south Arlington Heights and has no geographic restrictions. The Living Room is a 24/7 crisis center that welcomes anyone who walks in, with minimal restrictions as long as they are willing to work with a counselor. The center provides round-the-clock support from a team of clinicians and peer support specialists, with additional staff available on call if needed. The goal is to provide an intermediary option for those in crisis, offering a supportive environment as an alternative to not receiving help or going directly to the emergency room. Mr. Brown has collaborated with the Police Department's social services team, who joined him on a tour with the aim of establishing new processes for assisting individuals in crisis.

There is a drop-in center that is connected to the Living Room that operates during the day. Open to everyone, this center offers a structured program with enrichment, social, and emotional support for adults. Mr. Brown believes there is no fee for participation. The center can accommodate between a few individuals and up to 30 people at a time. In addition, they organize low-cost activities, such as trips to the movies or plays. Individuals can stay for up to 23 hours at a time but must leave each day and wait 24 hours before returning.

The Wheeling Township Mental Health Community Needs Assessment Team is currently conducting focus groups to help develop the Wheeling Township Mental Health Board's Programs and Services. They are inviting community members and service providers from Wheeling Township to participate. Mr. Brown and his team have already taken part in a focus group, but they are seeking additional participants.

Mr. Brown explained that he is new to the division and is currently familiarizing himself with the staff, community, and ongoing issues. He has been actively learning about various agencies through numerous tours and outreach efforts, with a particular focus on housing conditions and homelessness, which appear to be significant priorities. There is also a high demand for rental assistance and support for placing unhoused individuals. Additionally, there is a notable need for assistance with adult children who have mental health needs and are living with parents who are no longer able to manage their care.

Mr. Brown has visited several agencies, including Northwest Compass, Journeys, and the Mental Health Ministry at St. James. He has also attended Rolling Meadows drug court and discussed referral points with local substance abuse programs. His focus has been on identifying efficient referral pathways to streamline the process and avoid delays in connecting individuals with the services they need.

The division has established connections with local organizations serving people in need, including the library, which has been very supportive with outreach efforts. Additionally, the Metra Police now has two social workers who address social

services issues on the Metra. There is significant overlap in their work, particularly regarding homelessness-related matters.

Mental Health Awareness month just ended and the division participated in an event at the library called Thrive Together which is a mental health fair. There were panelists from different agencies and representatives from the state. They answered questions regarding mental health. The division has been hosting resource hour at the library and presented a mental health presentation for the staff at the library.

Mr. Brown reported that Erin Mercado, a social worker, participated in the Senior Health & Fitness Fair. Ms. Mercado specializes in working with older adults and individuals with different abilities. She teaches the Matter of Balance class and is nearing completion of the second round, with both sessions having been fully attended.

For summer plans, there will be more outreach at the library. Summer Suppers will start, it's a once-a-month program that feeds people in need. They will be working with the Fire Department on fire outreach events at different apartment complexes.

Mr. Brown shared that his background is in working with youth, particularly in crisis counseling. He has reached out to Shelter, Inc., although nothing is in place yet, but he has established initial contact. He is also working on connecting with Omni Youth Services. Mr. Brown hopes to build bridges with local schools, drawing on his previous experience in school-based work. His goal is for school social workers to provide referrals to students who need extended services beyond what the schools can offer.

He's also working on the Children at Play (CAP) program, a popular before- and after-school initiative supported by the Park District. Additionally, Ms. Mercado is now certified in grief counseling. The plan is to develop a grief support program by the fall to help schools manage and respond to the unexpected loss of a teacher or student.

V. OLD BUSINESS

VI. NEW BUSINESS

VII. OTHER BUSINESS

Mr. McCalister noted that in the last meeting, a member inquired about the number of businesses selling vapes in Arlington Heights. After checking with the building department, he confirmed that there are six such businesses.

Chair Meservey inquired about Journeys and their lack of overnight accommodations. Mr. Brown did not have an update at the time but will request one before the next meeting. He mentioned that their shelter services were closed for the summer but were typically open two days a week due to a shortage of volunteers.

Chair Meservey asked about the Youth Commission and whether they were working on a mental health program. Mr. McCalister responded that although there was discussion about focusing on mental health, the Youth Commission decided to pursue a different direction. He explained that the Youth Commission encounters

challenges due to the annual turnover of graduating Commissioners, who are replaced by new members with differing ideas and priorities. Chair Meserve expressed his interest in attending the next Youth Commission meeting.

Mr. Novak inquired about any updates on the mandated mental health screenings in schools. Mr. McCalister responded that he had not received any new information.

Dr. Gugnani shared that she is working on advocacy efforts for the elderly, focusing on pharmacies and insurance companies limiting dosages of buprenorphine monoproduct.

VIII. PUBLIC COMMENT

IX. ADJOURNMENT

DR. GUGNANI, SECONDED BY DR. BROWN TO ADJOURN AT 7:49 P.M., ALL CONCURRED AND THE MOTION CARRIED UNANIMOUSLY.