



Minutes
Village of Arlington Heights
Board of Health
33 S. Arlington Heights Rd., AH 60005
Buechner Room
July 21, 2025
6:30 PM

I. CALL TO ORDER

Chair Meservey called the meeting to order at 6:32 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.
William Moran, M.D.
Joseph Novak, Psy.D.
Ashley Bae, LCSC
Shalu Gugnani, M.D.

Also Present

Mila Tsagalis, Commission Liaison
Darren Brown, Social Services Coordinator
Kimberly Witt, Administrative Assistant
Lindsay Dohse, Nursing Supervisor
Natalie Austin, Community Health Nurse

Not Present

Chair Meservey introduced and welcomed Mila Tsagalis, Director of Health & Human Services, Village of Arlington Heights. Ms. Tsagalis gave an overview of her background. Board members introduced themselves.

III. APPROVAL OF MINUTES

A MOTION WAS MADE BY JOSEPH NOVAK PSY.D, TO APPROVE THE MINUTES OF THE APRIL 28, 2025 MEETING, SECONDED BY MS. VANLANDEGHEM AND APPROVED BY UNANIMOUS CONSENT.

IV. REPORTS

A. Health & Human Services Director Update

Ms. Tsagalis requested Board assistance in filling two commission vacancies; a youth member for the Environmental Commission and a member for the Commission for Citizens with Disabilities.

She stated that once the Village Board establishes Strategic Priorities for 2026-2027, the department can set goals for Boards & Commissions. She noted that in early July, the Trustees held a retreat to discuss current Village events and will adopt new priorities in the fall.

A question was raised regarding the age range and term length for the Youth Environmental Commissioner. Ms. Tsagalis will follow up with the information.

A question was also asked about the eligibility requirements for the Commission for Citizens with Disabilities. Ms. Tsagalis stated that members must either reside or work in Arlington Heights.

Ms. Tsagalis reported that Frontier Days was celebrated without major incidents. Environmental Health staff inspected and supported 19 food vendors, moved large buckets of water, tested food temperatures and performed exceptionally well. They are busy during the summer with temporary Food Truck events and other seasonal events.

The department currently has a summer intern who is gaining hands-on-experience, including updating the multi-family recycling program, shadowing health officers, conducting solo inspections, performing pool inspections and handling complaints.

A latex paint recycling collection was held on July 15 at Public Works as a drive-thru, appointment only event. A total of 1,341 gallons of paint were collected. This was the second of three scheduled events, with the next scheduled for October 14.

Ms. Tsagalis also noted that the Illinois Department of Public Health (IDPH) has banned latex gloves in food establishments effective January 1, 2025. Health officers are informing and updating establishments on the ban during inspections.

Ms. Colagrossi, Senior Center Manager and her team continue to remain very active, with ongoing events at the Senior Center. Ms. Tsagalis noted her visits to the Senior Center and expressed appreciation for the wide range of services provided both on-site and in the community.

Hannah Kane, Geriatric and Disability Social Worker is partnering with Ms. Colagrossi to conduct the Matter of Balance program in the fall. During Falls Prevention Week, September 22 -26, multiple activities are planned, including a presentation at the library on September 26. The week will involve collaboration among the Fire Department, Social Services and the Senior Center. Flyers will be distributed once available, with efforts made to share them with residents who have called paramedics for falls and home visit patients.

The Senior Center has also begun providing tokens for use at farmers markets. Eligible seniors may complete a form at the Senior Center to receive token redeemable at neighboring farmers markets. This new program is progressing

well, and Ms. Colagrossi is hopeful that Arlington Heights Farmers Market will be included next year.

The Pickleball Tournament is scheduled for Saturday, September 13, at Dryden Park. The event is a major fundraiser with sponsors and also provides a fun opportunity for participants.

There was discussion on how these events are promoted to the residents and how the residents can receive it. The Senior Center now has their own Facebook page and they are focused on promoting their services in addition to sending out biweekly emails.

Ms. Tsagalis mentioned that the Wheeling Township's Mental Health Board's grant program application is now available and due August 1. She asked that if any Board members know of non-governmental organizations that might want to apply, they should help share the information. The application can be found on the Wheeling Township website homepage.

B. Nursing Services Update

Ms. Dohse reported that the Community Health Nurse Natalie Austin joined the team and is settling into her role. She participated in the Live Well, Age Well Expo at the Senior Center, attended an Arlington Business Network breakfast to share Health Department programming, held a resource hour, and taught a CPR course at the library. Wellness calls were made to at-risk seniors due to elevated heat index levels. The New Parents Meetup has seen increased participation in recent months, with 14 parents and 7 babies attending in June and 8 parents and 4 babies in July, and continues to go well. She is hoping to have speakers at the Meetup in the upcoming months.

Due to the heat during Frontier Days, many of the issues at the first aid tent were heat-related. About 54 people were assisted at the tent. Staff also addressed mobility concerns, helping individuals get to their desired locations. It was suggested from the Board that, since Frontier Days takes place over several days around the 4th of July, a designated cooling station should be provided to help mitigate the effects of high heat.

She continues to visit the food pantry at Lutheran Church of the Cross on the first and second Tuesdays of the month and has observed a significant increase in individuals—particularly elderly residents and families—seeking healthcare referrals and general information.

Ms. Dohse reported that the Home Visit Program has been very busy. In June alone, approximately 45–50 pill box fills were conducted, up from the previous monthly average of 8. There is a high demand for residents who are unable to manage their medications independently or safely. Home visits have also increased and are at the highest level in several years. Attendance at clinics at Village Hall and the Senior Center has risen each month since January.

Nursing Services conducted joint home visits with Social Services for patients facing challenges such as low vision, isolation, and severe self-care neglect. Nursing Services also collaborated with a senior living facility, the Fire Department,

and Social Services regarding an older adult struggling with hoarding, which posed significant risk to her and other residents of the building.

Ms. Dohse expressed appreciation to Senior, Inc. for assisting with translating the Nursing Services brochure and blood pressure cards into Chinese, Ukrainian, and Spanish.

She added that flu and COVID vaccines will soon be available for homebound residents, and the “Brats and Shots” event for employee flu vaccinations is scheduled for September.

C. Social Services Update

Ms. Tsagalis reported that the new flyers will be used as part of the outreach at higher-need apartment complexes in the community, in collaboration with the Fire Department and Police Department, scheduled for Saturday, July 26.

She also noted the ongoing Summer Suppers program, hosted at various churches throughout the summer, providing dinners and volunteer support. The next dinner will be held on Tuesday, August 12, at Faith Lutheran Church. The Health & Human Services Department will host and provide the meals for the August 12 dinner.

Mr. Brown is currently presenting at a special Committee of the Whole meeting regarding strategies to address the needs of unhoused residents. Ms. Tsagalis noted that Arlington Heights faces challenges similar to surrounding suburbs. The discussion will focus on supporting unhoused individuals in seeking shelter, collaborating with current partners, and identifying potential solutions.

Ms. Tsagalis reviewed the budget for emergency services for 2023, 2024, and the current year to date, noting a slight increase in spending this year compared to previous years.

She reported that Social Services has served 45 individuals or families experiencing homelessness or seeking assistance so far this year. Staff assess each request and make appropriate referrals to partner organizations, utilizing emergency services when needed.

V. OLD BUSINESS

VI. NEW BUSINESS

VII. OTHER BUSINESS

A. Discussion on E-Bikes, Motorized Scooters, and Mini Bikes

Ms. VanLandeghem raised the topic of what the Village is doing regarding e-bikes, motorized scooters, and mini bikes. From a safety and health perspective, Board of Health members support the Village researching guidelines and/or local ordinances to regulate their use. Priority areas identified include prohibiting e-bike use on sidewalks, defining and regulating scooter use, setting age limits, ensuring knowledge of the rules of the road, establishing conservative speed limits, promoting helmet use, and providing education for parents. The Board members

will research practices in the surrounding Villages and revisit the topic at the next meeting. Ms. Tsagalis will determine if the Village Board is currently addressing this matter and, if so, identify the next steps.

B. Discussion on Vaping Dispensing Machines

Chair Meservey inquired whether any vaping dispensing machines are located in Arlington Heights, specifically in restaurants. Ms. Tsagalis reported that she had previously inquired and is not aware of any in the Village. Chair Meservey noted the possibility of one located in a snack/dining establishment. Discussion followed regarding regulations and safeguards to ensure customers are of legal age to purchase such items in the community. Ms. Tsagalis reported that there is a teen Youth Commissioner that is very interested in this subject and is a Passion Project for the teen, not just vaping but also THC and Kratom.

VIII. PUBLIC COMMENT

IX. ADJOURNMENT

JOSEPH NOVAK PSY.D, SECONDED BY MS. VANLANDEGHEM TO ADJOURN AT 7:56 P.M., ALL CONCURRED AND THE MOTION CARRIED UNANIMOUSLY.

The next meeting will be held on October 20, 2025.