



Minutes
Village of Arlington Heights
Board of Health
33 S. Arlington Heights Rd., AH 60005
Buechner Room
October 20, 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.
Joseph Novak, Psy.D.
Shalu Gugnani, M.D.
Ashley Bae, LCSC

Also Present

Mila Tsagalis, Commission Liaison
Lindsay Dohse, Nursing Supervisor
Kimberly Witt, Administrative Assistant
Charles Wilk
Kris Zerfass, Link Together
Christopher Hong, Youth Commissioner

Not Present

William Moran, M.D.

Due to guest speakers, Dr. Meservey proceeded directly to NEW BUSINESS.

VI. NEW BUSINESS

A. Link Together Coalition (<https://linktogethercoalition.org/>), Omni Youth Services & Youth Commissioner Presentation: THC—Derivative Products

Christopher Hong, a Buffalo Grove High School student, 10-year Arlington Heights resident, and Youth Commissioner, along with Kris Zerfass, Director of the Link Together Coalition, introduced themselves and presented information on unregulated THC products in the Village of Arlington Heights, seeking support for an ordinance to ban these products.

They provided an overview of the 2018 Agricultural Improvement Act (Farm Bill), explaining how a loophole allowed hemp-derived products containing less than 0.3% Delta-9 THC to be sold without marijuana dispensary licenses, resulting in the widespread sale of unregulated THC products in gas stations, vape shops, and similar businesses. Advocacy efforts are underway at the federal, state, and local levels to close this loophole, including the use of local ordinances in Illinois.

A community scan in Arlington Heights found that 10 of 19 businesses surveyed were selling unregulated THC derivative products. These products, such as Delta-8, Delta-10, HHC, and related compounds, are chemically derived, lack regulation, and may contain unknown chemical by-products, heavy metals, and other contaminants. They are sold in various forms, including edibles, vapes, drinks, and oils, and are often marketed to youth through colorful packaging and flavors. The presenters emphasized the need for "catch-all" language in any ordinance to address emerging THC derivatives.

The presentation also included information on other unregulated substances, including kratom and tianeptine. Kratom was described as a psychoactive botanical substance with stimulant or sedative effects at low doses and opioid-like effects at high doses, commonly sold in retail locations and accessible to youth. Tianeptine, a synthetic compound with opioid-like effects not approved for medical use in the U.S., was also discussed, noting its availability in convenience and smoke shops and associated risks.

The stated goal of the presentation was to promote community safety by ensuring that all marijuana-related products are regulated and sold only through licensed dispensaries.

The presenters reported that numerous Illinois municipalities have adopted ordinances restricting or banning unregulated THC products, including Antioch, Aurora, Buffalo Grove, Carpentersville, Chicago (13th and 23rd Wards), Chicago Ridge, Des Plaines, Elgin, Elk Grove Village, Highland Park, Kankakee, Lake Zurich, Lincolnshire, Monticello, Mt. Prospect, Orland Park, Prospect Heights, Rolling Meadows, Vernon Hills, Viola, Waukegan, and Wheeling. Arlington Heights was noted as currently in progress.

They also outlined recommended action steps for an ordinance, including establishing a grace period to allow businesses time to comply while limiting sales to individuals age 21 and over, using broad "catch-all" language to address current and future THC derivatives, conducting frequent compliance checks by the Police Department following the grace period, and implementing escalating enforcement measures such as fines, license suspension, and potential license revocation for repeated violations.

They concluded by stating they were available to attend a future meeting to continue discussion on the matter.

Board members complimented the presenters on their presentation and expressed agreement that THC derivative products should be removed from store shelves.

A MOTION WAS MADE BY JOSEPH NOVAK PSY.D. TO ENDORSE THE THC DERIVATIVE INITIATIVE, SECONDED BY DR. GUGNANI AND APPROVED BY UNANIMOUS CONSENT.

III. APPROVAL OF MINUTES

A MOTION WAS MADE BY JOSEPH NOVAK PSY.D. TO APPROVE THE MINUTES OF THE JULY 21, 2025, MEETING, SECONDED BY MS. VANLANDEGHEM AND APPROVED BY UNANIMOUS CONSENT.

IV. REPORTS

A. Health & Human Services Director Update

Ms. Tsagalis reported on progress made since the prior discussion regarding the need to better promote Health and Human Services programs and improve communication and information distribution. While the effort is ongoing, staff have made progress by increasing promotion of nursing services through updated brochures and outreach, with support from staff working alongside Ms. Dohse to engage community groups. Similar efforts have been implemented for social services and the Senior Center.

She noted that the Senior Center's catalog of events and resources now more fully includes nursing and social services information and is being distributed more widely with formal tracking in place to ensure materials are current and effectively shared.

Ms. Tsagalis also reported increased use of social media, with staff sharing new posts and Ms. Dohse conducting extensive community outreach. These activities are being documented with photos and information for broader sharing, including on the Village's Facebook page.

Ms. Tsagalis discussed the approved strategic priorities for 2026–2027, included in the members' folders. She highlighted four key focus areas:

- Housing affordability and attainability – Continued work with the Housing Commission and Planning Department on a variety of housing options and strategies, with milestones to be developed over time.
- Policies and engagement to improve street safety and conditions – Ongoing efforts, including discussion of recent ordinances and regulations concerning e-bikes, to enhance community safety.
- Environmental sustainability – Opportunities to invest in infrastructure and encourage and recognize eco-conscious residents and businesses, with potential collaboration with the Environmental Commission.
- Reinvigorating and supporting Village Boards and Commissions – Ensuring full engagement and support of the Village's Boards and Commissions.

Members discussed Strategic Priority #4, noting that pedestrian and bicyclist safety should include proper safety equipment, reflective gear, and lighting. They also emphasized the importance of maintaining clearly marked crosswalks, particularly near schools, parks, and churches, to improve visibility for drivers.

The Board was informed that DEA Take Back Day is scheduled for this coming Saturday. While the Police Department regularly accepts medication returns, this semiannual event provides an additional opportunity for the community to safely dispose of medications.

B. Nursing Services Update

Ms. Dohse reported that the first form in the folder lists upcoming free vaccine clinics at the Cook County Department of Health in Arlington Heights. The first clinic is scheduled for October 25th, offering flu and COVID vaccines. Appointments are not required, and the clinic is open from 8:00 a.m. to 4:00 p.m. Insurance is not required. These clinics are a good opportunity for individuals seeking vaccines, especially for those who may not know where to go or cannot afford them.

Ms. Dohse reported that the municipal nurses meeting was hosted here in August. Nurses from communities that still have municipal nursing programs attended. The meeting included a speaker on hospice and palliative care, providing updates on coverage and services. Additionally, she hosted two lunch-and-learn sessions: one on colon cancer screening for employees, and an earlier session on the signs and symptoms of heart attacks and strokes.

She also noted that the annual Brats and Shots event was held on September 24th, allowing employees to receive a free flu shot and lunch. Attendance was 179, exceeding last year's total. Since early October, in-home COVID and flu shots have been offered for homebound residents, with 17 high-dose flu shots and 13 COVID shots administered to date. Additional vaccines were ordered to meet demand.

Ms. Dohse attended an introductory meeting with the 0–5 Years Action Council for Northern Cook County to network and gather information for future programming. She also reported continued strong participation in the library's New Parent Meetup, including a recent Halloween craft activity and a prior session with a speaker on self-care, which fostered community engagement and networking. She noted that in November, she will be teaching a child and infant CPR drop-in session (non-certification) and is promoting the event. No sessions are planned for December or January due to concerns about respiratory infections. She is also exploring the possibility of a virtual educational session with a library partner to maintain engagement during those months.

Ms. Dohse reported that she has been teaching Bloodborne Pathogen training for new hires in the Fire Department. She and the new nurse, Natalie Austin, also attended the Autumn Harvest event, providing safety information and small trinkets for children. In addition, the team distributed educational materials for adults on breast cancer awareness, including information for both females and males about screenings from the American Cancer Society, addressing the needs of both children and caregivers.

Ms. Dohse reported that she and Ms. Austin will attend a Minority Health Conference through IDPH in Naperville tomorrow and Wednesday. She also noted that she will speak to the Parkinson's Support Group in January about available services. Additionally, hearing and vision screenings are planned for November at Our Lady of the Wayside.

C. Social Services Update

Ms. Tsagalis first provided updates from Environmental Health:

- **Paint Recycling:** Three paint recycling events were held this year at Public Works, resulting in a total of 3,718 gallons of paint recycled. She noted the efficiency of the events and that next year additional events are planned.
- **Legionnaires Case:** A positive case of Legionnaires' disease was reported at an Arlington Heights nursing home. Cook County conducted the investigation, and no further cases have been reported.
- **Single-Use Plastics Report:** The Environmental Commission prepared a report on single-use plastics and submitted it to the Board of Trustees for review, which may inform future priority areas.
- **Mosquito Activity:** West Nile virus activity remains slightly higher than usual. A new invasive mosquito, the Asian tiger mosquito, has been observed. This mosquito is active during the day and often breeds in standing water, particularly in tires. Residents are encouraged to eliminate standing water around their homes to reduce risk.

Ms. Tsagalis noted that additional information on the Asian tiger mosquito and West Nile prevention can be provided to the Board if desired.

Ms. Tsagalis reported that Mr. Brown was unable to attend but provided information to share. She noted that the Matter of Balance program at the Senior Center, led by Ms. Kane and Ms. Colagrossi, continues to have strong attendance, encouraging both sitting and standing exercises for participants.

Mr. Brown provided de-escalation training to over 75 volunteers and staff at the Senior Center. The session was well attended, and Mr. Brown has been asked to offer the training again. Such training is important as mental health crisis situations occasionally arise at the Senior Center.

Ms. Tsagalis also provided social services updates. Nine northwest suburban municipalities have formed a consortium to coordinate homelessness strategies. The group, meeting for the second time next week, will make recommendations on funding, identify effective solutions, and enhance collaboration with the Alliance to End Homelessness in Cook County. This effort is distinct from a potential future task force involving social service agencies.

On August 5th, a water main break at a local apartment complex required relocation of over 20 units overnight. Social services, nursing staff, fire department personnel, and environmental health staff coordinated the safe evacuation, medication access, transportation, and temporary housing for 25 residents, including medically fragile and disabled individuals, utilizing emergency funds.

Social services continued engagement with local food pantries, hosting summer supper events and participating in back-to-school events. Attendance at the events was strong, with over 40 participants at the event hosted by the department. Additionally, efforts were made to connect social services providers and Commission members seeking volunteer opportunities with local groups such as Sue's Pantry and the Good Neighbors Network.

Mr. Brown completed two WRITs in August for individuals in Arlington Heights needing inpatient hospitalization. One was successfully served; the other could not be completed as the respondent was not located by police within the 72-hour deadline.

Mr. Novak asked Ms. Tsagalis to follow up with Mr. Brown regarding the Hopeful City initiative discussed at a previous meeting, noting that the initiative offers many valuable tools. Ms. Tsagalis responded that she will circle back and discuss the matter with Mr. Brown.

Ms. Tsagalis provided an update on homelessness in Arlington Heights, expressing concerns about the upcoming colder months and the need for sustainable housing solutions. She noted that the approach is to utilize available crisis teams and existing resources.

Ms. Tsagalis reported that the Senior Center submitted its Age-Friendly Livable Community Report and Action Plan to the World Health Organization and the American Association of Retired Persons. She noted that the report is well done and focuses on transportation, food insecurity, and housing attainment, and that a link will be emailed. She also reported that the November/December newsletter is available, the Snow Shoveling flyer is ready, and the Senior Center has been recruiting participants for the program. A back-to-school event video featuring seniors visiting Hersey High School was presented.

V. OLD BUSINESS

A. E-Bikes and Scooters Update

Ms. Tsagalis shared a memo from the Committee of the Whole dated October 15, summarizing discussions on further regulation and referencing the August 11 Committee of the Whole meeting when the ordinance was first discussed. She noted that during the July Board of Health meeting, feedback regarding helmet safety, rules of the road, speed, and appropriate speed limits for different classes of vehicles was provided and forwarded to the Village Board.

She reported that the Village Board requested additional information and tasked the Commissions with further research. An initial ordinance addressing reckless behavior, speed, and Class 3 vehicles was subsequently adopted. At the October 15 meeting, extensive discussion and public comment occurred regarding potential additional regulations. No decisions were made at that meeting; however, the Village Board voted to move forward with further research and the development of another ordinance for consideration. The Police Department provided a presentation and the presentation will be forwarded to the Board Members.

Ms. VanLandeghem suggested conducting a side-by-side comparison with other communities to evaluate how Arlington Heights' ordinance compares. Ms. Tsagalis will check whether such a comparison has already been completed.

Mr. Novak suggested that parent education include a demonstration showing how quickly an e-bike can accelerate from 0 to 28 miles per hour to illustrate its speed.

VII. OTHER BUSINESS

VIII. PUBLIC COMMENT

Guest Charles Wilk commented that he attended the October 15 Committee of the Whole meeting and emphasized the importance of the Police Department's recommendation to focus on speed rather than the location of use, noting that this approach is more enforceable given the variety of e-vehicle types. He also commented that all riders should wear reflective clothing when riding at night.

IX. ADJOURNMENT

MS. VANLANDEGHEM, SECONDED BY MS. GUGNANI TO ADJOURN AT 8:29 P.M., ALL CONCURRED AND THE MOTION CARRIED UNANIMOUSLY.

The next meeting will be held on January 26, 2026.