

MINUTES AS TAKEN BY DANIEL MARTIN AT THE REGULAR MEETING OF THE NEW
LENOX SAFE COMMUNITIES AMERICA COALITION

MEETING 16-03
WEDNESDAY, MAY 25, 2016

Call to Order

Dan Martin called the meeting of the New Lenox Safe Communities America Coalition to order at 10:30 am.

In Attendance

Dan Martin / NLPD, Liz Wetmore / New Lenox Public Library, Katie Roley / Will County Health Department, Richard Hazel / American Red Cross, Gia Washington / Sertoma Centre, Inc., Holly Pierson / Lincoln-Way West High School, Mary Kate Burns / Trinity Services, Inc., Paul Lyons, Home Helpers, Stephen Kehoe / Silver Cross Hospital, Lisa Arp / NAMI of Will-Grundy County, Kathie Johnson / New Lenox Township, and Marisa Schrieber / New Lenox Fire Protection District.

Also in attendance:

Liz Schwenke / Older Adults Falls Prevention Task Group
Ann Powers / Suicide Prevention and Awareness Task Group
Gina Glasgow / Senior Services of Will County
Dr. Susan Bergin
Tom Moore
Erin Kelly / Silver Cross Hospital

Approval of the March 30, 2016 Minutes

The minutes of the March 30, 2016 meeting were sent to the members via email prior to the meeting. Kathie Johnson made a motion to approve the minutes as presented, seconded by Stephen Kehoe. After no further discussion, the motion carried and the minutes were approved.

A combined motion was made to approve the minutes of the March 30, 2016 Citizen Corps Council meeting and after no further discussion, the motion carried and the minutes were approved.

Guest Speaker – Erin Kelly / Silver Cross Hospital (Behavioral Health)

Dan introduced Erin Kelly from Silver Cross Hospital who was in attendance to provide a presentation on “The Relationship Between Substance Abuse and Suicide.” Erin provided some sobering statistics about suicide, which included that fact that it’s the 10th leading cause of death in the U.S. and that 40,000 people died by suicide in 2012. Erin also covered the risk factors for suicide such as prior suicide attempts, mood disorders, access to lethal means, and a family history of suicide. Erin noted that “poisoning” is the 3rd leading method used in suicide deaths and that roughly 1 in 3 people who die from suicide are under the influence of drugs (typically oxycodone / heroin or alcohol). Erin advised that drugs make up 75% of suicide deaths due to poisoning. Erin also noted that alcohol and drugs increases impulsivity and decreases inhibition. Alcohol and drugs also increase negative self-image and decreases self-esteem. Erin also went over the warning signs of substance abuse such as bloodshot eyes, dilated or constricted pupils, abrupt weight changes and bruises, infections or other physical signs at the drug’s entrance site on the body. Erin provided some excellent tips for those that are worried that someone is abusing substances, which included what to do and who to call. Silver Cross Hospital has some excellent resources available such as Emergency Department Social Workers (815-300-1053) as well as the Silver Cross Intake Worker for Behavioral Health and Chemical Dependency Outpatient

Programs (815-300-7528). Erin also shared the number for the Suicide Prevention Hotline 1-800-273 TALK (8255). Erin also allowed time for questions during and at the end of the presentation. Dan thanked Erin for an excellent presentation and invited her to stay for the remainder of the meeting, which she did.

New Business

None

Old Business

Re-Accreditation Ceremony

Dan reminded everyone that the re-accreditation ceremony would be held on June 1, 2016 at the New Lenox VFW. Coalition members and their supervisors (if applicable) were sent invitations and it's shaping up to be a very well attended event. Dan thanked Liz Schwenke for her efforts in securing the VFW as a venue as well as securing the luncheon sponsors (Marilyn Kurtz and Gatto's Italian Restaurant).

Dan also reminded everyone that there would be a recognition of the re-accreditation at the June 13th Village Board Meeting. Dan advised that the item would be at the top of the agenda and that representatives from the National Safety Council would be in attendance. All meeting attendees were extended an invitation to attend.

UIC School of Public Safety Collaborative Partnership – CDC Worksite Health Scorecard

Dan advised that our Safe Communities America Coalition is fortunate to have the support and partnership of Dr. Linda Forst and the UIC School of Public Health. Dan advised that a project that is currently in the planning stages will assist our coalition's injury prevention efforts in the area of workplace safety. Dan advised that our coalition, in partnership with the New Lenox Chamber of Commerce, will send a link to the CDC's survey to New Lenox employers with 20 or more employees. The CDC survey will be completed (most likely by Human Resources personnel) and will provide feedback for the organization in areas such as: nutrition, tobacco control, physical activity, stress management, high blood pressure, signs and symptoms of heart attack and stroke, occupational health and safety, etc... The scorecard will assist organizations by providing feedback in these areas with the goal of strengthening areas where lower scores are recorded. If extra emphasis in these areas is given, it will help to make the workplace healthier and safer.

Annual Safe Communities America Conference – August 8th and 9th in Chicago, IL

Dan reminded everyone that the Annual Safe Communities America Conference will be held on August 8th and 9th in Chicago, IL. Dan highly encouraged coalition members to attend as it's an opportunity to learn and network with others from across the country. Dan also advised that Mayor Tim Baldermann was asked to sit on a panel this year and it would be great if New Lenox had a good turn out to support the Mayor. Links to registration will be sent by National Safety Council staff and Dan will forward the information.

Safe Communities America Quarterly Call Update

Dan advised that on May 23rd he participated in the Safe Communities America Quarterly Call on behalf of our coalition. Dan went over the highlights which included, in summary, the following:

- Our coalition was mentioned as having a re-accreditation coming up on June 1st.
- The Safe Communities America Annual Conference (August 8th and 9th) was discussed.
- October 5th will be "Safe Communities America Day." The National Safety Council will send a

social media kit, community event kit and a media kit. All coalitions were requested to participate.

- The Safe Communities America Annual Report was completed by 93% of the coalition (New Lenox did complete a report). Dan mentioned that our colleagues across the country are working on similar issues (older adult falls, suicide prevention, poisoning by prescription drugs, emergency preparedness).
- Conference call participants learned about those communities that are in the “pipeline,” toward accreditation. Dan mentioned that Hanover Park, Illinois was included as one of those communities (application under review).
- June is National Safety Month. Coalitions were requested to participate in the campaign.

Task Group Reports

Suicide Prevention and Awareness

Stephen Kehoe advised that the task group is planning an event in support of World Suicide Prevention and Awareness Day. The event will be held in at the New Lenox Village Hall on September 7th from 6:00pm to 8:30pm. Tentatively, the event will include vendors (6:00pm to 7:00pm) with information related to behavioral health, an panel discuss with a variety of speakers (7:00pm to 8:00pm) and a remembrance walk in the Commons (8:00pm to 8:30pm). Stephen advised that additional information will be passed along as the event comes together.

In addition, Stephen advised of two additional classes:

- September 28, 2016 / 7:00pm at the New Lenox Village Hall: Question, Persuade and Refer (QPR).
- October 12, 2016 / 8:00am at the New Lenox Village Hall: Mental Health First Aid (MHFA).

Older Adults Falls Prevention

Liz Schwenke gave the report on behalf of Laura Regis who could not attend the meeting. Liz advised that A Fit and Strong Class is scheduled for this summer on Mondays, Wednesdays and Fridays beginning June 13th. The class will be held at the Spencer Pointe/Crossing Campus from 9:30am to 11:00am and will graduate on August 5th.

Liz advised that another Matter of Balance Class is scheduled to graduate on May 26th at the New Lenox Public Library, while one just graduated on May 23rd at Trinity Lutheran Church. These two classes were the 3rd and 4th classes held this Spring. Additional classes will be held in the Fall.

Liz also advised that an event will be held on Thursday September 22, 2016 at the VFW, in support of National Falls Prevention Day. The event will include approximately 15 vendors who will offer free literature and health screenings to seniors. The event will also include a free pancake breakfast. Additional information will be passed along as details become finalized.

Emergency Preparedness

Dan advised that the New Lenox CERT and SAR teams have been training hard and have also been active in the community. New Lenox CERT will be assisting with the Triple Play Concerts this summer as well as a number of 5K races.

Dan shared the April 2016 CERT / SAR Newsletter with those in attendance and commented on the outstanding volunteers that continue to display their commitment and dedication to the respective

programs.

Poisoning by Prescription Drug Overdose

Dan introduced Tom Moore who lost his son to a heroin overdose. Tom took a few minutes to share his story and advised that he looked forward to working with the New Lenox Safe Communities America Coalition in prevention heroin overdoses in the community.

Workplace Safety

Dan reiterated how fortunate our coalition is to have Dr. Linda Forst and the UIC School of Public Health as a partner. In addition to the CDC Workplace Safety Survey, there will be other exciting projects with UIC coming in the near future.

Announcements / Organization Updates

Those in attendance provided information regarding activities and events being offered by their respective organizations. Some coalition members passed around flyers and Dan offered to share the information via email if he received an electronic version of the flyers.

Next Meeting Date

The next bi-monthly meeting of the New Lenox Safe Communities America Coalition will be on **Wednesday July 27, 2016 at 10:30 am.** The meeting will be held in the Community Room at the New Lenox Village Hall.

Adjournment

The meeting adjourned at approximately 11:45am.