

CREATING A COMMUNITY WITHOUT BARRIERS

Coalition for **Healthy Communities**



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inside!

2013

“Leading our community
in a collaborative effort to
impact **health, wellness,**
and **social issues.**”

Letter from the President

As Coalition President, please allow me to introduce you to the Coalition for Healthy Communities (CHC). We have served the communities of Zion, Winthrop Harbor and Beach Park since 1995 and our accomplishments are substantial. Our vision to "Create a Community Without Barriers" is ambitious. Our membership is grounded in the belief that we can make a difference working together to remove community barriers to identified health, wellness and social issues. Our diverse and hard working citizens are in need...and our ability to help them is a focus of our "Belief Statements" which are printed on the back page of this publication.

The Coalition for Healthy Communities is comprised of area businesses, organizations and individuals. Our experience supports that three independent communities working together for a greater whole is powerful! CHC membership believes and has proven that we can find solutions to problems that create barriers. We are confident that the connections and resources of our membership can make a positive impact on the lives of our community members.

Our mission "to identify and address health, wellness and social issues in our tri-community area" is no small task. The passion and courage of our membership in confronting these issues speaks for itself. After a period of soul searching and planning for the future we have recently identified four (4) areas of focus and have established task forces with capable leadership and dedicated members. The four areas of focus which will be highlighted in the pages to follow are summarized below.



CHC President Dr. John Ahlgrim and CTCA Board President Emeritus, Art Fosland

Substance Abuse Prevention Task Force

Sustaining current substance abuse prevention programs such as "Healthy YOUth" and the "Social Norms" program while developing supplemental plans (page 5).

Community Partnership Task Force

Creating the "Zion-Benton Leadership Academy" in an effort to access and mobilize every area of our community to enhance quality of life for all residents (page 7).

Literacy Task Force

Developing the "Get Ready for Kindergarten" program to address early childhood literacy concerns. Developing other programs geared to early childhood, youth and adult literacy skills (page 8).

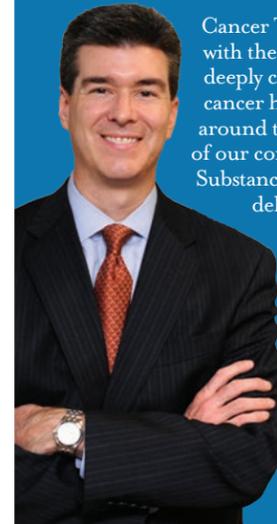
Community Wellness Task Force

Developing "Health is Wealth" activity fairs to encourage nutrition, exercise and other healthy living elements within our communities (page 10).

Your financial support is critical for our sustainability, growth and commitment to be a catalyst for positive change in our communities. Businesses, organizations and individuals who have partnered with CHC have found it rewarding to make a significant and tangible difference in the lives of many. We promise that your donation will also find its way into the lives of members of our tri-community area.

John Ahlgrim
SUPERINTENDENT, ZION ELEMENTARY SCHOOL DISTRICT & PRESIDENT, COALITION FOR HEALTHY COMMUNITIES

The Coalition: Delivering Value & Inspiring Our Community



Scott Jones
President and CEO
Cancer Treatment Centers of America®
Midwestern Regional Medical Center

Cancer Treatment Centers of America® (CTCA) at Midwestern Regional Medical Center (Midwestern) is proud to partner with the Coalition for Healthy Communities. As a leading employer in Lake County, Illinois, CTCA® at Midwestern is deeply committed to the health, wellness and strength of our employee stakeholders and our community. As a destination cancer hospital committed to delivering Patient Empowered Care®, more than 2/3 of our patients travel to Illinois from around the country to receive oncology care. When they arrive they become members of the CTCA family and members of our community. We continue to be inspired by the Coalition for Healthy Communities and the success of the powerful Substance Abuse Prevention & Education program, social norms campaign and the Great American Smoke Out program, delivered at the high school levels. Our patients and our community benefit from the Mary Brown Stephenson Scholarship, which provides nursing school tuition for community members annually. The Coalition for Healthy Communities participates in the selection process. It takes everyone, active citizens and engaged members in the community to ensure its success and vibrancy. The Coalition for Healthy Communities play a vital leadership role in strengthening our community, deserving of both applause and investment.



Giving Opportunities

The Coalition for Healthy Communities was founded in December 1995 as a 501(c)(3) not-for-profit organization. Your gift may be made as a restricted donation to support any of the following task forces:

- Substance Abuse Prevention
- Literacy
- Community Partnership
- Community Wellness

A detailed explanation of each task force's mission and initiatives is explained in detail on the following pages. Each task force has a dedicated chairman and membership working diligently towards achieving clearly defined goals through events that are planned or in the planning process. Your donation will allow these task forces to expand and enhance their initiatives in order to touch the lives of even more people in need.

The CHC is also in need of unrestricted donations. While the energy, passion and effort of the Coalition members and partners is volunteer, there are tangible costs associated with providing the programs, events and forums to reach out to our communities. Since its founding, the CHC has been privileged to have been partially supported by **Cancer Treatment**

Coalition for Healthy Communities Giving Categories

Dollar Amount	Donation Category
\$1 - \$249	Helping
\$250 - \$999	Enabling
\$1,000 - \$4,999	Activating
\$5,000 - \$9,999	Revitalizing
\$10,000 and above	Transforming



Centers of America® at Midwestern Regional Medical Center. However, we need your financial support as expenses are on the rise as the number of task forces and their respective initiatives have grown.

Anyone interested in reviewing the CHC financial statement can obtain a copy by contacting:

Coalition for Healthy Communities
c/o Paul Bouchard, Treasurer
1606 23rd Street, Zion, IL 60099
info@zbhc.com

Your mailed donation can be made by way of a check payable to the Coalition for Healthy Communities and sent to the address noted above; or, an electronic donation can be made on our website www.zbhc.com. CHC understands that donations are given out of kindness, generosity and compassion for fellow human beings. However, unless anonymity is requested, CHC recognizes its donors through media outreach efforts and on our website.



Rasheda Thompson

Class of 2006

"I am eternally grateful for the opportunity to serve in such an awesome organization as Healthy YOUth! It definitely helped to cultivate many of the skills and tools I use today. My research deals with examining gene expression variation after exposure to cocaine. I have also had the opportunity to teach a biology lab at the university I attend. EVERYTHING I learned during my tenure in Healthy YOUth I have utilized! This organization will always hold a place in my heart!

Thank you to the entire Healthy Youth team for investing in me so that I may invest in others!"



Healthy YOUth Graduate

Substance Abuse Prevention Task Force

The Substance Abuse Prevention Task Force was created to initiate and sustain substance abuse prevention programs as well as expand new initiatives in order to reduce substance abuse in the Zion-Benton community.

The objectives of this task force support:

- Healthy YOUth Program at Zion-Benton Township High School
- Social Norms Campaign at Zion-Benton Township High School
- Teen Court through NICASA in October 2012-September 2013 year
- A permanent site for a prescription drug drop box in the Zion-Benton communities
- CREW (Community Resources for Education and Wellness) and Coalition for Healthy Communities on BASSET (Beverage Alcohol Seller Server Education and Training) Program
- Local law enforcement in tobacco and alcohol compliance check efforts

Successes of this task force include:

- Received \$1.8 million in grant funding for substance abuse prevention from 1999-2012
- Created and sustained the Healthy YOUth peer education program at Zion-Benton Township High School for 15 years
- Over 200 pounds of prescription drugs collected since October 2011.
- All 5th and 6th graders in Zion Dist. 6 completed the 8 week Life Skills curriculum taught through the Coalition's partnership with the Lake Co. Health Department
- Ordinances in the following communities:
 - ✦ Social Host Ordinance in Beach Park, Zion and Winthrop Harbor
 - ✦ Smoke Free Parks Ordinance in Zion and Beach Park
 - ✦ Basset Ordinance in Zion

The Substance Abuse Prevention Task Force is not resting on its successes:

The Task Force will continue to look for new ways to further leverage its partnerships within the community, local law enforcement and CREW (Community Resources for Education and Wellness) to build on the impact made by programs such as Teen Court, BASSET Training, Prescription Drug Take Back, Social Norms, and Healthy YOUth. In addition, the success of these initiatives has generated interest in program development throughout other areas of the community. Through these community partnerships, the Task Force hopes to expand our reach to include those previously underserved in Zion, Winthrop Harbor and Beach Park.

The Substance Abuse Prevention Task Force was created to initiate and sustain substance abuse prevention programs as well as expand new initiatives in order to reduce substance abuse in the Zion-Benton communities.



ZBTHS Healthy YOUth members

Community Partnerships Task Force

"The reason I joined the Coalition for Healthy Communities is I like what the Coalition stands for; they care about the youth in the community and they are our future."

Dan Vigon

Walgreens Manager



"My 8th graders constantly keep me on my toes and constantly tug on my heart. I can honestly say that my experiences going into classrooms with Healthy YOUth (2000- 2004) were rewarding to me even as a teenager and definitely helped confirm that I wanted to be a teacher."

Angela Moore

Healthy YOUth graduate class of 2004



The Community Partnerships Task Force was established to build relationships that access and mobilize every area of our community in an effort to enhance the quality of life for all residents.

The objectives of this task force support:

- Organizing leaders from within the Zion-Benton community
- Empowering residents to address their concerns
- Creating avenues for residents to become active leaders in our community
- Building sustainable partnerships

Successes of this task force include:

- Supporting the Health Care foundation of Northern Lake County in sponsoring a community meeting on Healthcare access
- Creating Community Conversations for area residents to meet monthly and solve local concerns
- Partnering with GoFlo.com and North Point Digital Productions supporting zbguide.com - a one-stop tri-community website for information, events, and news you can use
- Partnering with New Tech High School to develop a website management project for Juniors and Seniors
- Creation of the Zion-Benton Leadership Academy in partnership with the CHARMM'D Foundation



ZBLA 2012 Participants

The Community Partnership Task Force's future is bright:

The Community Partnerships Task Force has an ambitious plan for growth in the future. The Task Force is focused on activities designed to highlight the positives in our communities and improve our ability to work together. In the coming year, we will focus on the creation and promotion of activities designed to develop future community leaders, increase business and employment opportunities, improve cultural acceptance, and empower our citizens to become involved in their community.

We are always open to ideas and partnerships.

The Community Partnerships Task Force was established to build relationships that access and mobilize every area of our community in an effort to enhance the quality of life for all residents.

Testimonials

Literacy Task Force



“For me these ESL classes have been indispensable. They have helped me with my children, to be able to communicate with people I come in contact with: doctors, nurses, teachers, my boss, when I go to the store. I’m not scared to talk in English anymore. With my child going into kindergarten at West this year, I’m going to be able to help him with homework.”

MARIA I. RODRIGUEZ

The Literacy Task Force seeks to promote literacy by creating a community of readers, and increase awareness of existing literacy resources. After a review of the literacy needs in our community, the task force identified two specific deficit areas in need of support. The first was that our schools determined that the readiness level for students entering kindergarten was less than ideal, which ultimately may lead to reading deficits in school. The second was a need to support the growing number of non-English speaking adults in our community, as indicated in our census data.

The objectives of this task force support:

- Community awareness of literacy resources
- English language programming for adults in the community in need of such services
- Kindergarten readiness by educating daycare providers and parents about early literacy

Successes of this task force include:

- Distributing “kindergarten readiness” flyers identifying IO academic skills and IO social skills necessary for students’ success prior to entering kindergarten
- Providing opportunities for parents to bring preschool aged children to the Zion-Benton Public Library to pick up free books provided by a Literacy Task Force partner, Bernie’s Books
- Developing adult ELL (English Language Learners) programming that serves well over 200 adults in our community each year

The Literacy Task Force’s future is bright:

Because kindergarten readiness is a vital component to success in education, the Task Force will host focus groups with parents and local day care providers to understand how to better help them promote and foster a culture of literacy in the children in their care. This will include a comprehensive list of available literacy resources to assist them. The expansion of our English Language Learners programming is also a key priority of the Literacy Task Force, with a focus on increasing enrollment, and expanding to additional locations within our community.

“I became a member of the Coalition after being volunteered to attend by Zion Police Chief Wayne Brooks. I was completely apprehensive about taking part in this group. Throughout my 26 plus years of being a law enforcement officer for the City of Zion, it has always been my perception that groups such as this are completely out of touch with reality, and looking at the world through rose colored glasses. We call these groups and the people involved do-gooders!

My perception quickly changed as I attended meetings and witnessed the energy and intense involvement of its members. Although the group lacked diversity it was still a good representation of the Zion-Benton communities. I began to see that members were people who really cared about our citizens and their well being as a whole. Coalition members come from a wide background of community leaders such as our schools, park district, businesses, hospital, social services, and banking.

I have always felt that the Police Department connection with the community we serve is so important. Connection on a basic level brings understanding and direction. There is so much more to law enforcement than making arrests and eating donuts. Being a part of the Coalition has given me other avenues to present our police department in a positive light. I also meet citizens who we do not normally have contact with. This brings the opportunity for feedback on how we are doing in our service to our community, good or bad.

I can truly say that I take away more from the monthly meetings than I give. As the Coalition continues to serve our communities and grows in its diversity, more will be touched by the energy. As we struggle within our daily lives, it is groups like our Coalition for Healthy Communities who strive to make Zion and Benton townships a better place to live, work, and play.

I think I have become a do-gooder!!!!”

Kevin Leslie

*Lt. Zion Police Department
2nd Vice President of the Coalition for Healthy Communities*



Testimonial

Community Wellness Task Force

The Community Wellness Task Force was established to encourage healthy lifestyles by our community members in Zion, Winthrop Harbor and Beach Park.

The objectives of this task force support:

- Raising awareness of wellness issues related to nutrition, exercise, social habits, and general health.
- Providing insights and activities that allow individual community members to learn about, reflect on, and commit to healthier habits are the first step toward a longer, healthier life.

Successes of this task force include:

Implementation of a series of "Health is Wealth" wellness fairs within the community. These fairs:

- Provided individuals with the opportunity to learn about a wide variety of wellness issues within an energizing two hour period of time, incorporating fun, group exercise within the program
- Helped to educate families about nutrition, sleep, the dangers of substance use/abuse, stress, etc.
- Are an active first step to allowing many community members to initiate healthier habits for themselves and their families!



The Community Partnership Task Force's future is bright:

While we have had great success implementing these fairs at schools as a family-based activity, we plan to expand these wellness fairs to other agencies and groups who are looking to provide their members with a fun opportunity to get some exercise while learning about a wide range of wellness issues. Our "Health is Wealth" wellness fairs can be adapted to meet the specific needs of organizations based on participants' age, interests, etc. as well as be adjusted to help support the mission of the hosting organization.

Additionally, the Wellness Task Force will undertake an audit of current wellness programs within our tri-community area during 2012-13 to help to promote current programs as well as identify activity programming needs for the future.



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Zion - Benton Township
High School Dist #126
Illinois Beach Sunrise Rotary
Grace Missionary Church
Zion Park District

Zion Elementary School District #6
Charmm'd Foundation
Zion - Benton Public Library
Zion-Benton Moose Family Center #667

Zion Township
Kiwanis Club of Zion - Benton
Winthrop Harbor Lions Club
Benton Township

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2011 & 2012 Financial Donors

A Huge Thank-you is also extended to the Lake County Health Department as well as the many businesses, organizations, municipalities, school districts, public entities and individuals that have been such an integral part of our success since 1995. They are far too many to list but all have given of their time and energy. They are the primary reason why the Coalition for Healthy Communities has been able to accomplish what has been identified within this report and what will be accomplished in the future.

Thank You

The Coalition for Healthy Communities Belief Statements

The Coalition for Healthy Communities believes the following statements best describe a healthy community. These beliefs, in conjunction with the Coalition's mission: "Leading our communities in a collaborative effort to improve identified health, wellness and social issues" will help serve as guidance to focus our efforts. The Coalition recognizes it has a role, along with our community partners, IN HELPING OUR RESIDENTS TO BE ABLE TO SAY, WITH CONFIDENCE:

- Everyone in our community has what it takes to be a leader and to improve our community.
- When our community agencies collaborate and share resources, each agency will achieve their goals.
- Everyone deserves to be safe where they live, work and play.
- Everyone in our community has something important to say, and they deserve to be listened to with respect.
- Our community works best when everyone is empowered and an active participant.
- All community members should have equal access to affordable education and value the importance of a quality education, literacy, and a commitment to lifelong learning.
- That diversity in our community is part of what makes it special.
- All community members deserve an equal opportunity to find well paid, meaningful work to support themselves and their family.
- All community members should have access to affordable quality healthcare.
- All community members should have access to appropriate and affordable housing opportunities.
- Equal opportunity for recreation, fitness, wellness and leisure should be available and affordable for everyone in our community.
- We live in a community that believes BIG, where every member of our community should have equal opportunities, resources and support to achieve their full potential.

