

**Minutes - Elmhurst Commission on Youth Meeting
November 13, 2017 at 12:30 – Elmhurst City Hall**

Prepared by Mark Soehn

In Attendance: Kim Brigman, Dan Corrigan, Jan DeCoursey, Annie Jaworska, Joey Kalwat, Sharon Karpel, Marisa Mancini, Dannee Polomsky, Bob Rasho, Mark Soehn, Jackie Tamer

Absent: Mike La Spisa, Patricia McKernan, Derek Schlager, Melea Smith, Nick Waldenmeyer, Anne Zimmer

Public Comment

Introduction of Guests **Jackie**

- Jan DeCoursey

Reviewed / Approved October 16, 2017 minutes. **Jackie**

- Only edits were changing “psychical” to “physical” and removing Brian Brigman from absent list as he is not a board member.

Reviewed / Approved September 11, 2017 minutes. **Jackie**

Treasurer Report **Patty**

- No report. No changes from last month.

Fall Presentations

- Brent Sopol learning disability / alcohol wrap-up **Jackie**
 - Commission hoped for a better turnout, but felt Brent Sopol’s presentation was well received and that he connected with several kids who have Dyslexia.

Upcoming Events **Jackie**

- Teen Job and Volunteer Fair, Wednesday, March 14, 2018 at York High School Commons
- Youth Exemplary Service Awards, Thursday, April 26, 2018 at Bryan Middle School (change of venue due to Sandburg being booked up). Nominations accepted December 1 through March 9. Keep an eye out for youth to nominate.

New Business/New Ideas **All**

- Panel of Experts: Depression
 - Commission agreed to focus on this topic.

- **Annie** volunteered to present: Depression, stress management, coping strategies, winter blues, stress and how it affects the body and mind, anxiety, resilience, etc.
- **Sharon** will see if the library is available.
- **Jackie** will check with **Melea** to see if York is available.
- Panel of Experts: Vaping (Commission agreed to present on this topic in the spring.)
 - **Dan** will look into if the Elmhurst Police Department would present / show vaping paraphernalia and share what they are experiencing and its effects on the body.
 - Explain what action steps Elmhurst is taking to stay in front of the vaping issue.
 - Involve the Public Safety Committee.
- Social Media (Commission agreed to table this topic, for now.)
- **Annie** shared the idea of presenting on “Mindfulness” and “Meditation” as a possible 2018 topic. Michael Todd Fink as the presenter. Focusing on present, not future. Annie saw Michael Todd Fink’s presentation and said it was “engaging and powerful”.
- **Bob** commented that our topics / events were important / relevant, but that we should 1) make sure we coordinate with other Elmhurst organizations and 2) prioritize our topics / events so that we weren’t focusing on too many topics.
- **Danee** commented that a quorum had not yet been defined for the Commission on Youth.
- **Jackie** will email the Commission the Commission’s Mission and Goals Statement. Asked that the Commission review the document and be prepared to share feedback / changes at our next meeting.

***Next meeting Monday, December 11, 2017 at 12:30pm, City Hall**