

MINUTES OF  
RIVERSIDE TOWNSHIP  
MENTAL HEALTH BOARD (RTMHB)  
10/15/2025

A meeting of the Riverside Township Mental Health board was held on Wednesday, October 15<sup>th</sup>, 2025 at Aging Care Connections, 111 Harris Ave., LaGrange, IL 60525.

Adam Wilt, President, served as Chair and called the meeting to order at 6:30p.m. Kara Kalnitz served as Recording Secretary.

Present were:

Christine Carr  
Kara Kalnitz  
Cynthia Kazmarczyk  
Melinda Lehman  
Adam Wilt  
Timothy Heilenbach

Absent was:

Joe DeRosier

Also present were:

Don Bestwina, Pillars Community Health  
Shawn Lewis, Aging Care Connections  
April Michalski, WSSRA  
Jillian Reid, Way Back Inn  
Peter Strietzel, Thrive

The Chair called for any comments, corrections, or additions to the minutes of the board meeting held on Wednesday, September 17<sup>th</sup>, 2025. Thereupon, on motion made by Christine Carr and seconded by Cynthia Kazmarczyk the following resolution was unanimously adopted:

RESOLVED, that the minutes of the meeting of the Riverside Township Mental Health Board held on September 17<sup>th</sup>, 2025, are herewith approved as circulated.

Kara Kalnitz read and reviewed the Treasurer's Report for the month of October previously sent by email to Board members. She reported that the beginning savings

account balance in September was \$27,512.17, and the ending balance \$5330.64. In the checking account the beginning balance in June was \$124,718.77, and the ending balance was \$5993.82. Kara Kalnitz reported that agencies are not receiving additional payments at this meeting, because tax revenue has not yet been received in the Mental Health Board's bank account.

Adam led a discussion regarding the change in the Treasurer's report noting uncleared checks. Board members agreed that they like this format that shows an actual balance in the accounts.

Thereupon, the following motion was made by Timothy Heilenbach, seconded by Melinda Lehman, and upon vote taken was unanimously adopted:

RESOLVED, that the Treasurer's Report for the month of October, be and the same is herewith approved, ratified and confirmed, a copy of which is attached hereto, incorporated by reference and made a part of these minutes.

The Chair called for a roll call vote in accordance with the provisions of Article III, Section 7c of the Constitution and bylaws, which was recorded as follows:

|                    |          |
|--------------------|----------|
| Christine Carr     | In favor |
| Timothy Heilenbach | In favor |
| Kara Kalnitz       | In favor |
| Cynthia Kazmarczyk | In favor |
| Melinda Lehman     | In favor |
| Adam Wilt          | In favor |

Adam Wilt shared Joe Troiani's Consultant's report (attached).

Timothy Heilenbach requested that agencies submit their reports to Joe Troiani for printing.

#### Agency Reports:

Aging Care Connections – Shawn reported that the CRC is in the libraries and events there seem to be going well. Open enrollment for Medicare is ongoing and he is helping people with that and LIHEAP applications (Low Income Housing Energy Assistance Program).

Pillars – Don reported that Pillars has been involved with the Loft, and there is an art show upcoming at that location. They have partnered with RBHS and they have over 30 pieces that will be exhibited on October 24<sup>th</sup>. They also had a block party in June that attracted over 300 people. They are also involved with Buddy's Place and youth mental health first aid. They have hired a new CEO, Lisa LoBianco, who is set to

start soon. They had an issue with their reporting system such that Don could not log-in to it. He will report their numbers to the Board as soon as he has access to it again.

Thrive – Peter reported that Thrive has created five new therapy offices, and they now have 70 team members. Case loads are growing as are service hours. The Federal portion of Medicaid accounts for 25% of their funding, and they are creating contingency plans in case that funding is lost. They plan to expand their case management program.

Way Back Inn – Jillian reported that the Way Back Inn is opening a young person's recovery program (18 to 24 year olds) that will be provided at no cost to clients. This program will focus on those recovering from opioids and/or stimulants. This is a pilot program that will run through September 30<sup>th</sup> of 2026.

WSSRA – April reported that they are engaged in fall programming including trips to a pumpkin patch and the zoo. Their adult basketball program is also in session. They are also gearing up for their Fallin' For Our Stars event on November 12<sup>th</sup>, 2025.

All reports submitted by RTMHB supported agencies are attached to these minutes.

Timothy Heilenbach provided an update on the 2025 levy request, and it is estimated at 2.9%. He also reported that there is no specific timeline for when county tax levies will be received. As a result, grants to agencies will be delayed. Next month the Treasurer will make sure accounts payable includes payment of those grants (if possible), and we will continue discussing the levy at that time. The members of the Finance Committee will convene in January to begin formulating the 2026-2027 RTMHB budget.

Community Engagement Committee update (report attached). The Chair led a discussion about giveaways for events. Shawn reported that Aging Care Connections has RTMHB branded chip clips that could be used for now. Discussion will continue when formulating next year's budget.

The Chair led a discussion about scheduling a program that addresses the effects of the COVID pandemic on youth mental health (tentatively titled 'the kids are not alright'). Timothy Heilenbach suggested that January may be a good month for this event with it occurring on a date after the January RTMHB Board Meeting. Dates suggested: 1. January 31<sup>st</sup>, 2026; 2. January 24<sup>th</sup>, 2026. Timothy Heilenbach will speak with Vera Wilt regarding space availability at the Riverside Township building for those dates.

The Board needs a new staff Secretary and the Chair reported that there are a couple of people who have expressed interest to Township Supervisor, Vera Wilt. Timothy Heilenbach reported that she will make the final decision about who to hire. He suggested that it would be wise to hire someone like the Board's prior secretary, Joan Labak, who has a legal secretary background. The Chair shared a document with members containing job requirements for the Board secretary.

Kara Kalnitz to submit the position notice with a submission deadline of October 24<sup>th</sup> via email to the Township Supervisor. The Board will discuss salary and additional job duties at future meetings.

Kara Kalnitz read the payables that total \$3076.00 and include \$126.00 to Growing Community Media, \$450.00 to Kara Kalnitz as acting secretary, \$2500.00 to WSSRA for the upcoming fundraising event. These total \$3076.00. The ACMAHI payment will be delayed to November due to limited funds in the Board's account.

The Chair called for a roll call vote in accordance with the provisions of Article III, Section 7c of the Constitution and bylaws, which was recorded as follows:

|                    |          |
|--------------------|----------|
| Christine Carr     | In favor |
| Timothy Heilenbach | In favor |
| Kara Kalnitz       | In favor |
| Cynthia Kazmarczyk | In favor |
| Melinda Lehman     | In favor |
| Adam Wilt          | In favor |

RESOLVED, that the Accounts Payable report for the month of October, be and the same is herewith approved, ratified and confirmed, a copy of which is attached hereto, incorporated by reference and made a part of these minutes.

No public comments.

Melinda Carr made a motion to adjourn, second from Christine Carr at 7:26 p.m.

Respectfully submitted,

Kara Kalnitz

Acting Recording Secretary

APPROVED:

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Adam Wilt, President

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Kara Kalnitz, Secretary-Treasurer