

# The Forest View

## VIEWS FROM THE DESK OF...

Dear Employees,

We live in a time of great uncertainty. Who will be our next president? Will the State ever pass a budget? If so, how will it impact the City? Can the Blackhawks win another Stanley Cup? Will the Cubs really make it to the World Series in 2016? All troubling matters that keep us up at night.

What is very certain and something I do not lose sleep over is the camaraderie and sense of team that permeates our organization. At the recent Employee Recognition Dinner it was delightful to see the fun and enjoyment shared by all those in attendance.

Even when faced with a difficult challenge like balancing our upcoming capital budget, a group of employees worked collaboratively to identify opportunities to reduce costs

while maintaining our community's infrastructure. Our Benefit Committee worked tirelessly to address the rising cost of our health insurance.

I believe that we are successful because we act and operate first and foremost as a team – with one common goal; one common purpose. It also helps when people truly enjoy working with each other!

Thank you for all that you do and being a valuable part of the City Team. I hope you and your families have a joyous holiday season.

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# BIRTHDAYS

Troy DeVries	Police	11/20	Joe Stanonik	Fire	12/18
Charlie Franco	P&R - Cemetery	11/21	Laronda Haines	FIT - Finance	12/18
Christine Axelson	Library	11/22	Jason Mitchell	P&R - Forestry	12/19
Lynn Krambeer	Library	11/22	Barb Lueder-Manetti	Police	12/20
Lauren Reaumont	CROYA	11/23	Will Wright	Police	12/21
Chris Teresi	ComDev	11/24	Bob Serkowski	Fire	12/23
Dave Andersen	Fire	11/27	Bob Kiely	OCM	12/25
Tim Magoon	PW - Fleet/Eqpt	11/27	Mark Krygeris	FIT - Finance	12/28
Jose Diaz	PW - Water Plant	11/28	DeSha Kalmar	HR	12/30
Mike Gallo	Fire	11/29	Amber Campbell	HR	12/31
Rick Anderson	Police	12/1	Brian Pogachnik	PW - S&S	1/2
Chuck Kriens	Fire	12/4	Cory Kazimour	Fire	1/7
Judy Grasmick	Library	12/4	Mitch Rogalski	PW - S&S	1/8
Rigo Coria	P&R - Forestry	12/5	Craig Lepkowski	Police	1/13
Miguel Camarena	P&R - Parks	12/8	Brian Acello	PW - S&S	1/14
Nada Sydow	Police	12/10	Bob Martinelli	Fire	1/18
Jeff Sulkin	Police	12/14	Ed Johnson	OCM	1/18
Madeline Palenica	Police	12/15	Tricia Schwall	P&R - Admin.	1/20
Eric Krueger	P&R - Parks	12/17	Rob Brown	PW - Bldg. Maint.	1/23

**This is Thomas. He is one of Lake Forest's young residents. He thinks his LF refuse collector is so cool and has such a cool job that he wanted to be just like him for Halloween! Recycle bin and all.**



## SAFETY

***Helpful Hints for a Healthy Back (See page 5 for Backsafe 3 minute workout and microbreaks)***

### **Sitting**

- Avoid long periods of sitting. Get up & move frequently.
- Sit in a firmly padded chair with the spine pushed back.
- Try to eliminate the hollow in the lower back.
- Always have the feet supported.
- Sit back in your chair with your back erect & supported.

### **Lifting**

- Never lean forward without bending at the knees.
- Keep back straight & bend knees, squat & lift with legs.
- Face the object you are lifting squarely.
- Lift with your legs, arms & abdomen, not the small muscles of the back.
- Keep the arms close to the body.
- Hold the object close to the body. If this cannot be done, don't lift it – get help!
- Feet should be shoulder width for balance.
- Avoid twisting motions with heavy objects.
- Move slowly and avoid sudden movements.

**SPOT**



## NEW EMPLOYEES



**Tara Purtell** has joined the City as an Administrative Assistant at Dickinson Hall. Tara comes from the Waukegan Park District.

She is married and enjoys any aquatics... paddleboarding, boating, fishing.



**Mark Krygeris** has joined the City as Payroll Clerk in the Finance department. Mark previously worked for LaSalle Network.

Mark likes sports, especially football and hockey. He also likes to read and is on a big Stephen King kick.



**Dani Spann** has joined the City full time as an Administrative Assistant in Parks & Rec. She has worked for the City as an Admin part-time on and off since 2004.

She enjoys running 5k's for the t-shirt, reading and marathons on Netflix.

## RECOGNITION

**A Cut Above --** Congratulations to Lieutenants Andy Allan & Steve Grost & Firefighters Richa Brijia, Chuck Kriens & Chris Roberts on receiving the Cut Above award from Northwestern Lake Forest Hospital.

Their critical care resulted in two positive outcomes for two different patients and they should be very proud of their efforts.



*From left:* Eric Farr, Pete Siebert, Andy Barnes, Dan Lainio, Eric Podowski



*Above from left:* Rich Brijia, Mike Gallo, Chuck Kriens

*Right:* Rich Brijia with young patient.





# Employee Golf Outing



**1st Place:** Amber Campbell, Jim Held, Bob Kiely, Ramesh Kanapareddy



**2nd Place:** Jason Olson, John Eldridge, Ken Pierini, Joe Mobile



**3rd Place:** John Varner, Rich Volpe, Dan Draeger, Fred Hoeft






# THINK HEALTHY, THINK SAFE

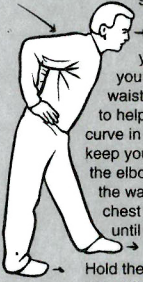
## Backsafe® 3-MINUTE WORKOUT & MICROBREAKS

### KNEE PULL



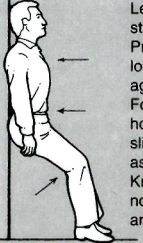
Sit upright with back supported. Hold one knee and slowly pull towards chest, then across to the middle. Switch to the other knee.

### HAMSTRING STRETCH



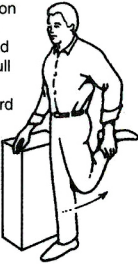
Stand in a staggered stance with both feet facing forward. Place your hands on your curve in your waist, fingers forward to help maintain the curve in your back and keep your head up. With the elbows back, bend at the waist. Bring your chest toward the floor until you feel a stretch in your front leg. Hold the stretch for 5 seconds. Switch leg.

### WALL SLIDE




Lean against stable surface. Press or flatten lower back against surface. For strengthening, hold wall slide for as long as possible. Knees should not pass your ankles.

### QUAD STRETCH




Place one hand on a stable surface. Stand upright and bend one leg. Pull foot back and move hips forward with knees together. Don't arch your back. Feel stretch in front of thigh.

### RUNNER'S STRETCH



Place hands on a stable surface, with elbows touching sides, with heels flat on floor, shift your weight forward. Turn the toes of the back foot out 2" and stretch, then in 2" and stretch. Switch feet.

### BACK EXTENSIONS - Standing/Seated



After sitting for a while, place your hands on your hips, gently push downward, pull shoulders backward, raise the chest upward and arch back.

Your Injury Prevention Specialist is:

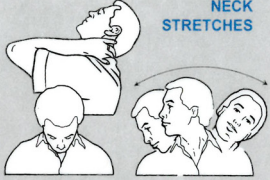
[www.backsafe.com](http://www.backsafe.com)  
1-800-775-2225

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## Backsafe® 3-MINUTE WORKOUT & MICROBREAKS

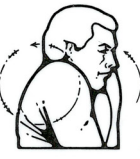
*Stretching prepares the body for physical stress and helps relieve accumulated stress. Done often during work, these stretches will increase energy and comfort. Stretch gently, holding each stretch for two breaths. Stop stretch immediately if you feel pain.*

### NECK STRETCHES




Bend head downward then place 1-2 fingers from each hand on back of neck. Pull forward/look up. Bend neck sideways toward shoulder, hold, look down, then switch sides. Slowly and fully turn head to one side then the other.

### SHOULDER ROLLS




Roll shoulders backwards in three large circles.

### SIDE STRETCH



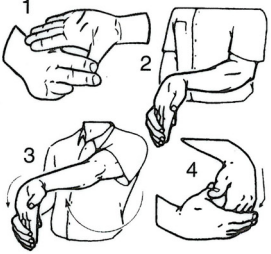
Bend knees slightly and without twisting, reach high overhead and bend to one side. Switch sides.

### CHIN TUCK



Slide chin and head straight backward, hold for a few seconds, repeat three times.


### HAND AND WRIST STRETCHES



**Caution:** This must be done slowly with minimal force. Hold each stretch for five seconds.

1. Palm up, pinkie against stomach — gently push thumb down.
2. Palm up with elbow at side and forearm level with ground. Hold fingers, gradually pull down and back.
3. Gently hold as you slowly straighten your arm.
4. Arm straight, turn palm down and gently pull fingers away and down. Switch hands.

### CHEST AND SHOULDER STRETCH



Clasp hands with the palms together behind your back. Keep your head level and try to lift your arms away from your back. Sitting forward in the seat or standing up may help.

### Backsafe® Code of Conduct

- Keep head level while lifting
- Keep the load close
- Keep nose between your toes™

## What is an EAP and does the City have one?

Our **Employee Assistance Program (EAP)** consists of City-provided benefits that help employees cope with personal problems that may impact job performance, health, and personal well-being and has expanded to include treatment for a variety of issues that affect job performance. Our EAP provides confidential support for employees experiencing difficulty with their personal and professional lives.

### The Family Service EAP assists with a variety of problems including:

- Presenteeism
- Financial problems
- Substance abuse
- Absenteeism
- Alcoholism
- Marital difficulties
- Mental health
- Work/life balance
- Fatigue/sleep problems
- Stress management
- Poor job performance
- Smoking cessation

If you experience any of these, consider looking into the City's EAP through Family Service. **Cost for counseling:** The City pays 100% for the first 12 sessions; 75% for the next 12 sessions, and 50% after 24 sessions. The employee is responsible for the portion not covered by the City on a sliding-scale fee, based on the individual's ability to pay. To make an appointment, to obtain more information or to refer someone, please call:

**Family Service: 847.432.4981 - 9:00 a.m. to 5:00 p.m. weekdays; or HR Department: 847.810.3531**