



THE MESSENGER

PUBLISHED MONTHLY BY AND FOR CITY OF HIGHLAND PARK EMPLOYEES

April 2024 Edition

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Welcome to...

ANTHONY MISTRETTA	COMMUNITY DEVELOPMENT	PLANNER I
KIMBERLY KLEBE	POLICE	POLICE RECORDS SPECIALIST
SAMUEL HERTEL	PUBLIC WORKS	CIVIL ENGINEER

Farewell to...

JERRY DUNHAM II	COMMUNITY DEVELOPMENT	PLAN EXAMINER
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Learning Corner

Health Insurance Deductible vs Out of Pocket Maximum

In simple terms, a health insurance deductible is the amount you need to pay for your medical services before your insurance starts to cover the costs. If your deductible is \$1,500, you have to pay that amount on your own for most medical expenses before the insurance pitches in. On the other hand, the out-of-pocket maximum is the total amount you'll ever have to spend in a year. Once you hit this limit, which includes your deductible, copays, and coinsurance, your insurance will cover 100% of your covered medical expenses for the rest of the year. So, your deductible is what you pay before insurance coverage starts, and the out-of-pocket maximum is the cap on what you spend in a year.

Employee Anniversaries

Name	Home Department	Number of Years
ERROL MITCHELL	PUBLIC WORKS	26
DOMINICK DANIELE	POLICE	19
ROBERT LARSON	POLICE	3
NATHAN ABBOTT	FIRE	16
GRIFFIN VAN BLACK	FIRE	16
MICHAEL WALTERS	PUBLIC WORKS	15
SCOTT LEONARD	PUBLIC WORKS	11
SCOTT HEAVRIN	PUBLIC WORKS	10
JOE BERLAND	PUBLIC WORKS	10
PETER GOSS	FIRE	9
CHARMAIN LATER	COMMUNITY DEVELOPMENT	8
JAMES PHILLIPS	PUBLIC WORKS	8
ROBERT PLUTA	PUBLIC WORKS	7
RANDY ABBOTT	PUBLIC WORKS	6
IKECHUKWU IHEME	PUBLIC WORKS	6
JOHN CEGIELSKI	COMMUNITY DEVELOPMENT	6
RADOVAN KOVIC	PUBLIC WORKS	5
TREVOR MOUNT	FIRE	5
MATTHEW SHAUGHNESSY	POLICE	4
ZUBIN COLEMAN	COMMUNITY DEVELOPMENT	3
RATI AKASH	COMMUNITY DEVELOPMENT	2
DONALD TUNISON	PUBLIC WORKS	2
JACKEY HUNT	PUBLIC WORKS	2
NICHOLAS TRASKE	FIRE	2
ANDREW BEVERLY	FIRE	1
MICHAEL DELK	POLICE	1
WILLIAM KRUCHTEN	POLICE	1
CHARLES SHAW	FIRE	1





Creating a culture of health

In partnership with:

Newsletter
April 2024



Highland Park Marathon / 5K Registration: The North Shore Classic is now the Highland Park Half Marathon / 5K. As part of our ongoing effort to support health and wellness, the City will be sponsoring runners/walkers who would like to participate in this year's event. This opportunity is available to both spouses and employees currently enrolled in the WIN program. Those who complete the race will earn 25 WIN points per participant towards their WIN goal. To sign up, visit <https://highlandparkrun.com/> use following team code at checkout by clicking "Coupon": **CHP2024**. The team code will be entered on the last step of the registration process during the page to complete your order. Enter the code in the area provided for coupon code and press "Apply Coupon" to zero out the registration fee. The deadline for registration is end of day **May 17, 2024**. Registration will not be accepted after this date. Registration packets will be picked up by HR following the registration deadline. Please do *not* choose the mail registration packet option as these extra fees will not be covered by the coupon code.

- **Date:** June 2, 2024
- **Start Time:** 5K 7:00 AM / Half 7:30 AM
- **Location:** St Johns & Central Ave

2024 March Sleep Challenge: Points will be credited this week for those that successfully completed the challenge.

Coaching Calls: Do you require coaching calls? To review if you require coaching calls, log in to the CHC app and click the "Rewards Level" button in the top left corner. From this screen you will be able to see to whether or not your coaching call requirement has been satisfied. If "Engage with a Health Coach" is checked, you do not require coaching calls OR you have successfully completed your coaching calls. If the "Engage with a Health Coach" is *not* checked (meaning the requirement is not yet satisfied), it means that you still require coaching calls. You should schedule your initial coaching call via the "Health Coaching" button on your home screen.

ELIGIBILITY REQUIREMENTS	
<input checked="" type="checkbox"/> Engage with a Health Coach	0 / 0 pts
BIOMETRICS	
<input checked="" type="checkbox"/> Be in Range for Glucose	0 / 0 pts
<input checked="" type="checkbox"/> Be in Range for Blood Pressure	0 / 0 pts
<input checked="" type="checkbox"/> Be in Range for Body Mass Index	0 / 0 pts
<input checked="" type="checkbox"/> Be in Range for Triglycerides	0 / 0 pts
<input checked="" type="checkbox"/> Be in Range for HDL Cholesterol	0 / 0 pts

New Participants: If you are not a current WIN participant, but wish to enroll, visit <https://app.chcw.com/#newparticipants> and use Program Code **6306Cit189** to register your account. Follow the prompts on the website to register for your Health Screening. Your discount will be applied upon receipt of results of your completed initial health screening.

Messenger Bulletin Board

Fire House Updates

Fox 32news stopped by the Ravinia Fire Station a few weeks ago for a hands-on cooking demo with Frankie Gulo. Frankie shared his homemade chicken parmesan recipe! A big thank you to Fox 32 and the Highland Park Fire Department for coordinating!

The video can be seen here: <https://www.fox32chicago.com/news/heating-up-the-kitchen-chicken-parm-highland-park-fire>



Deputy Fire Chief Frank Nardomario accepted the role of IESMA VP for Region 4. The Illinois Emergency Services Management Association membership is comprised of professional emergency managers, emergency management staff and private sector partners across the State of Illinois. As the voice of Emergency Management, IESMA serves as the conduit from local to state and federal agencies. IESMA utilizes a collaborative platform to enhance the emergency management profession through mutual aid services, public relations and professional standards. If you know Frank, please tell him congratulations!



Messenger Bulletin Board

Employee Spotlight

Each month, this piece highlights an employee from a different department. This month's employee interview is with Megan Cherry, Administrative Program Specialist.



ME: Where are you from originally?

MC: I was born in Chicago but grew up in Arlington Heights.

ME: When you were a kid, what did you want to be when you grew up?

MC: I wanted to be an astronaut. I still love all things space!

ME: What is your favorite thing to do in the summer?

MC: I love playing corn hole with friends and family. We all get very competitive.

ME: What are you watching or reading right now?

MC: I just finished Jonathan Abernathy You Are Kind by Molly McGhee and I just started watching The Bear.

ME: What is your favorite month and why?

MC: I love fall so I'd have to say October. Plus, Halloween!

ME: What is the best thing you've ever eaten?

MC: My mom's bistec encebollado (steak and onions). It's so good!

ME: If you had to sing karaoke, what song would you pick?

MC: Don't Stop Believin' by Journey

ME: You can have dinner with any three people, living or deceased. Who would you choose?

MC: As a composer/musician, I think I'd choose Beethoven, Clara Schumann and Michael Giacchino.

ME: They're making a movie about your life. Who would you cast to play yourself?

MC: I love any movie Saoirse Ronan is in, so I'd probably pick her.

FIRST AID FOR MINOR BURNS

Burns can be caused by heat, electricity, chemicals, or radiation. How serious a burn is depends on how many layers of skin are burned and where the burn is located. First degree burns are painful. They damage just the outer layers of skin, which become red and slightly swollen. There may be a few mild blisters. Second degree burns are much more painful. The "under skin" is burned as well as the top layer, and there is usually blistering and swelling. The skin may be wet and shiny, and clear fluid may ooze. Third degree burns are the most serious because skin is destroyed. The victim may not feel pain in the area if nerve endings are destroyed. The burned area may be white, gray, or charred.



A MINOR BURN

There are three kinds of burns: minor, moderate, and critical. A burn is called minor if it is first degree, or if it is second degree but covers 15% or less of the person's body. Even a third degree burn can be minor if it's covering just 2% of the body (like a small splash of chemical on someone's leg.) An important exception to this rule is any burn on the hands, feet, face, or genitals. If these areas are affected, the burn is generally considered moderate or critical.



RULES FOR MINOR BURNS

It's always important to eliminate the cause of the burn and to cool the area as quickly as possible. Even with a minor burn the person can go into shock. Symptoms of shock include cold or clammy skin, weakness, nausea, and rapid pulse. If you notice these symptoms, keep the person comfortably warm (not hot) and lying down, and get medical help immediately. Never use neutralizers, ointments, butter or any other substance unless you are told to by a chemical professional. Don't try to clean or scrub the skin, and never break blisters. To flush a burn, use any running water you can find. After flushing, cover the burn with a sterile dressing.



THERMAL (HEAT) BURNS

Rinse the area without scrubbing or immerse in cool water (you can add ice to the water) until the pain goes away. Then pat the burn dry with sterile gauze or bandage and keep it covered.



ELECTRICAL BURNS

Avoid any contact with the electric current while you remove the victim from it. Make sure the victim's breathing and heartbeat are regular. Treat for shock and get medical attention if necessary. Check the places where the electricity entered and left the body. Treat minor burns there with cool water.



CHEMICAL BURNS

If you can find the container, follow directions on the label. For burns caused by a dry chemical like lye, brush the chemical off the skin and then flush for 15-20 minutes. For acid chemicals, flush the area immediately for 15-20 minutes. If a chemical burns someone's eyes, first flush the eyes for 30 minutes and get emergency medical treatment.



Important Dates in April

The month of April gets its name from the Latin word *aperio*, meaning “to open [bud],” because plants really begin to grow now. [Read more about how the months got their names.](#)

April Calendar

April 1 is All Fools’ Day—otherwise known as “**April Fools’ Day.**” [Where did this silly day come from?](#)

April 22 is the start of [Passover](#), which begins at sundown.

April 22 is **Earth Day**. To celebrate, see some [Earth Day ideas and activities.](#)

April 24 is the [birthday of Robert B. Thomas, the founder of *The Old Farmer’s Almanac*!](#)

April 28 is **National Arbor Day**. Find out [who started Arbor Day](#) and how we observe this day honoring trees.

