



THE MESSENGER

PUBLISHED MONTHLY BY AND FOR CITY OF HIGHLAND PARK EMPLOYEES



What's in this Issue?

Employee Anniversaries	Page 1
WIN Program	Page 2
Messenger Bulletin Board	Page 3
Employee Spotlight	Page 4
Every Beat Counts: Simple ❤️ Habits	Page 5
The Super Bowl: Then & Now	Page 6

Welcome to...

Anna Ford	PW	Civil Engineer
Anna Stawski	PW	City Engineer
Steven Smith	CD	Plumbing Inspector (FT)

Farewell to...

Katherine Salgado	PD	Police Records Specialist (PT)
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Around Town Highlights

Lynfred Winery: Groundhog Day

February 2 | 3—8pm
1823 St. Johns Avenue

Wayfarer Theaters

Screening: When Harry Met Sally

February 6, 8, and 11
1850 Second Street

Indus Progressive Indian: Qawwali Live Music

February 7 | 7:45pm
617 Central Avenue

Heart of HP Wednesdays

Wednesdays in February | 11:30am—1:30pm
610 Central Avenue, Ste. 160

Highland Park Poetry: Featured Poets & Open Mic

February 14 | 4—6pm
Wayfarer Theater—1850 Second Street

View more Highland Park events [here](#)!

Employee Anniversaries

Last Name	First Name	Dept.	Title	Years
Brennan	William	Fire	Deputy Fire Chief	28
Walter	Vic	CMO	Multimedia Specialist	16
Hitchmough	Jeremy	PW	Water Plant Operator	11
Limon	Carlos	PW	Bus Driver	10
Landmeier	Riley	PW	Maintenance Worker	9
Jogmen	Lou	Police	Chief Of Police	8
Rangel-Martinez	Miguel	CMO	Rental Worker	7
Bennett	Amanda	CMO	Communications Manager	6
Link	Kurt	PW	Facilities Technician	4
Pierce	Christina	PW	Water Plant Chemist	3
Calhoun	Stanley	CD	Fire Inspector	2
Lucido	Jane	CMO	Accountant	1
Henkle	Andrew	Police	Police Officer	1
McCraren	John	PW	Water Plant Operator	1
Smith	Cheryl	Fire	Management Analyst	1

Central Avenue Throwback



These three photos show the former Sunniday Chevrolet dealership on Central Avenue. The water tower can be seen in the background, and Jewel was also located on Central Avenue at that time.

The Sunniday Chevrolet building is now home to the Highland Park Post Office. It's always amazing to see how familiar places have transformed over the years while continuing to serve the community in new ways.

WIN Program



February is all about your health screening! As a reminder, the annual Biometric Health Screening is required for all WIN program participants and their participating spouses on insurance. **All health screenings must be completed by February 28, 2026.** You have several options to complete your screening:

- **City Biometric Event: February 18 – 21** at the Highland Park Police Department Training Room. This is the most convenient way to fulfill your screening requirement for 2026. To schedule your appointment, log in to CHC Wellness and register through your dashboard. And yes... we'll have juice boxes and cookies waiting for you after your screening! Appointments start in the early AM and are available through noon. February 21 is a Saturday option for convenience.
- **Remote LabCorp:** Select "Remote" as your screening option when registering. Print the required form and bring it to your LabCorp appointment. You must have your form with you to complete the appointment.
- **Physician Screening:** Select "Physician Screening" as your option when registering. Print the required form and bring it to your doctor's appointment. Your physician cannot complete the screening without this form.
- **Participating Firefighters:** Follow the same steps as the Physician Screening option, but coordinate with Health Endeavors to collect the required health data for your wellness check. Spouses must complete their screenings through one of the available options: City event, Remote LabCorp, or Physician Screening.



Reminder: Regardless of which option you choose, results **must be received by CHC Wellbeing no later than February 28, 2026.** Coaching call requirements (if applicable) will be determined by end of month as CHC processes and posts the results to the CHC portal.

New Participants – Join the WIN Program!

If you're not currently enrolled in the WIN program but want to participate, the February Biometric Health Screening Event is your opportunity to join. Visit CHC Wellness and use Program Code **7092Cit189** to register your account. Once registered, schedule your health screening to complete enrollment. Discounts for new participants will take effect once biometric results are confirmed.

January Nutrition Challenge

For those who participated in the January Nutrition Challenge, points will be credited within the next 2 weeks. Feel free to reach out to hr@cityhpil.com with any concerns or questions in regards to the application of points for this challenge.

Important Links: [CHC Wellbeing App](#) | [WIN Forms](#) | [WIN Handbook](#)

Messenger Bulletin Board



Bear down, HP! Our staff showed their Chicago Bears pride with spirit wear, smiles, and a little winter fun! Thank you to everyone who helped bring extra team energy across our buildings and celebrate an exciting season together.

Now we're gearing up for the big game! This Friday, February 6, we're getting ready for Super Bowl LX, when the Seattle Seahawks take on the New England Patriots in San Francisco! Non-uniform employees are invited to wear their favorite team jersey to work that day.

If you dress up, be sure to snap a photo of you and your colleagues and send it to hr@cityhil.com to share on the the Messenger!

The 2026 CHP Employee Store is now open!
<https://cityofhp2026.itemorder.com/shop/home/>

Choose your item and logo colors, with optional name/department embroidery available for an added cost. All items meet City branding standards.

Quick reminders:

- Items are optional and do not replace dress code or uniform rules
- Orders are fulfilled in batches — please allow about 3 weeks
- Orders can be picked up at City Hall
- Store is for Highland Park employees and Council only — please don't share the link

Happy shopping!



Employee Spotlight

Each month, this piece highlights an employee from a different department. This month's employee interview is with **Christopher Schenkenfelder, (Firefighter)**.

Messenger Editor: Where did you grow up, and what's one fun/quirky fact about your hometown that people might not expect?

Christopher Schenkenfelder: I grew up in Mount Prospect. A fun fact is that the Weber Grill was invented in Mount Prospect.

ME: As a kid, what did you imagine you'd be doing as an adult—and does any part of that dream still live on today?

CS: As a kid I wanted to be a Fireman/Garbage man when I was little. I thought the trucks were super cool and it would be fun to ride in them.



ME: If your personality were a season, which one would it be and why?

CS: I would say spring because I'm always smiling and laughing.

ME: What show, podcast, or book are you completely hooked on right now?

CS: My favorite book is *The Puppy Who Lost Its Way* by Chrissy Taylor.

ME: If you could wake up tomorrow having instantly mastered one skill, what would it be—and how would it change your daily life?

CS: I would say wood working. It would be awesome to make my own stuff from wood along with being able to help out more around my house.

ME: What's your go-to workday snack or drink that keeps you going?

CS: I enjoy a protein shake after I workout.

ME: It's karaoke night! What's your go-to song to bring the crowd to life?

CS: Fortnight by Taylor Swift

ME: You get three seats at your dream dinner table—anyone from any time. Who's on the guest list?

CS: I would have Matt Damon, Shane Gillis, and Ronald Regan

ME: Hollywood is making a movie about your life – who's playing you, and what's the title?

CS: I would be played by Myles Teller and the movie would be called, Shaw Shank Shenanigans

Every Beat Counts—Steps for a Healthy Heart

Your heart works around the clock to keep you alive and well, yet heart disease remains one of the leading causes of serious health conditions—making prevention essential

Every Beat Counts: 10 Simple Actions to Support Heart Health

GET ENOUGH QUALITY SLEEP

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.



MAINTAIN A HEALTHY WEIGHT

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

MANAGE STRESS

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health



CONTROL CHOLESTEROL

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease

CONTROL BLOOD PRESSURE

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher can cause serious health problems

MANAGE BLOOD SUGAR

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes

BE MORE ACTIVE

Getting enough physical activity helps to lower your risk of heart disease and stroke.



STOP SMOKING

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.



EAT BETTER

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

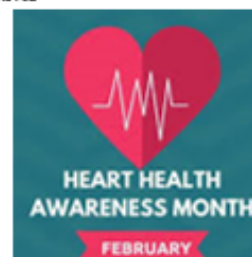


PRACTICE SELF-CARE & FIND SOCIAL SUPPORT

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits

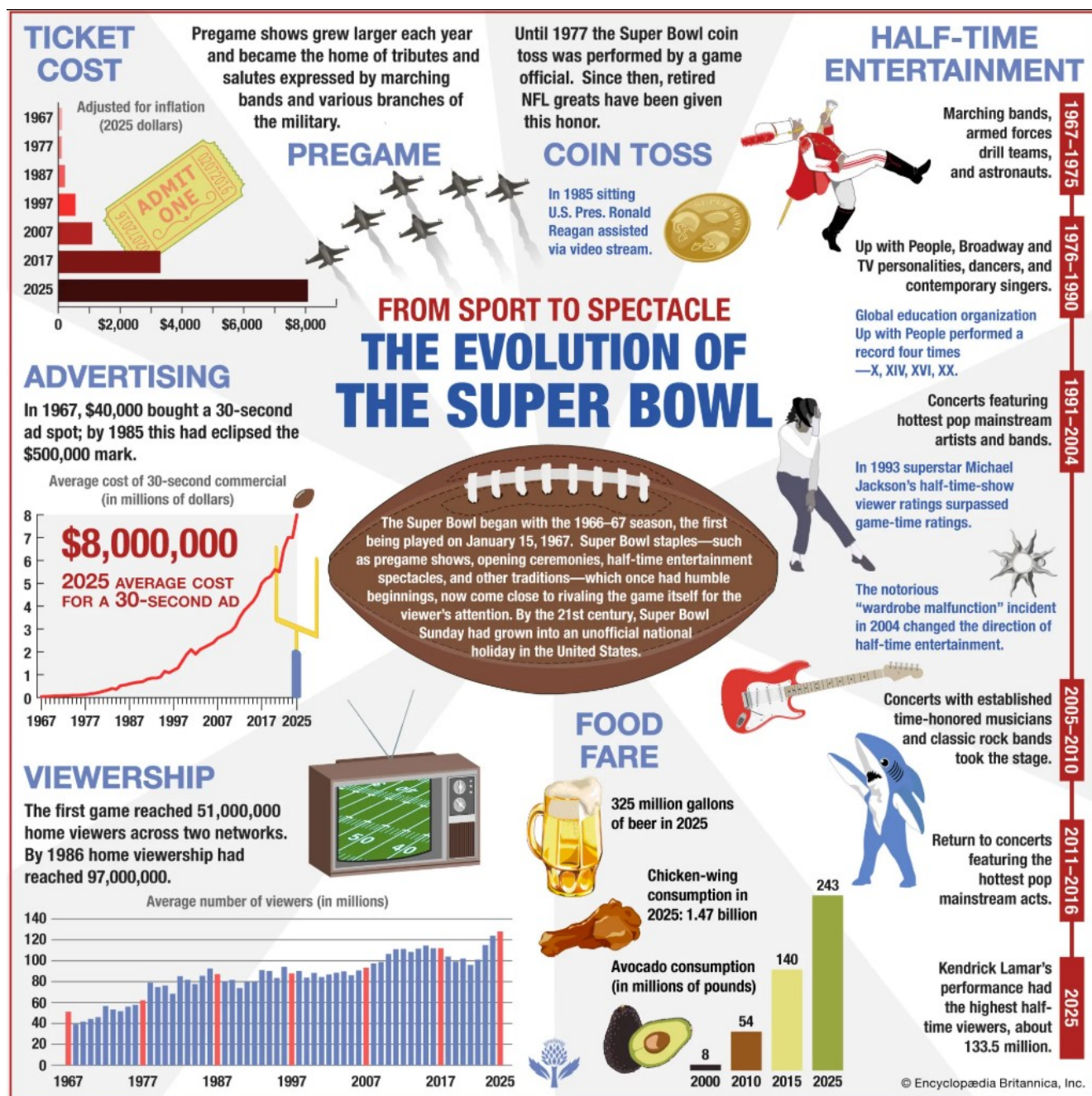


Self-CARE
• IS A •
PRIORITY



From Sport to Spectacle: The Evolution of the Super Bowl

What started in 1967 as a simple football championship game has grown into the annual event Americans plan around and the world watches closely. Over the decades, Super Bowl Sunday has become an unofficial holiday, complete with elaborate pregame ceremonies, iconic halftime shows, and commercials that are nearly as famous as the game itself. From marching bands to superstar performers, rising ticket and ad costs, and record-breaking viewership, the Super Bowl now blends athletics, entertainment, and culture in one unforgettable Sunday spectacle.



Source: <https://www.britannica.com/story/from-sport-to-spectacle-the-evolution-of-the-super-bowl>

Not quite sure what's happening on the field? This fun, easy-to-follow infographic breaks it all down in a way that actually makes sense. Check it out here: <https://www.creativechameleonstudio.com/work/superbowl-infographic>