



What's in this Issue?

Employee Anniversaries	Page 1
WIN Program	Page 2
Messenger Bulletin Board	Page 3-6
Employee Spotlight	Page 7
Pedestrian Safety Awareness	Page 8
National Pet Day is April 11	Page 9-10

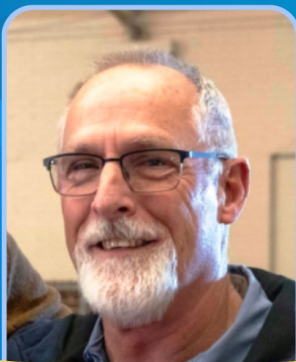
Welcome to...

Joe Williams	Police	IT Support Specialist
Kyle Maurer	Fire	Firefighter / EMT I
Milo Theis	PW	Seasonal Forestry Worker

Farewell to...

Warren Jones	Police	Police Officer
Brian Fabbri	Fire	Firefighter

Happy Retirement



Happy Retirement
RANDY CURTIS

Please join us in celebrating Randy as he begins this exciting new chapter in retirement, and in thanking him for his 9 years of dedicated service to the Public Works Department.

We are truly grateful for his commitment, professionalism, and the meaningful impact he has made on our community. Randy's contributions will be remembered, and he will be greatly missed.

Employee Anniversaries

Last Name	First Name	Dept.	Title	Years
Abbott	Nathan	Fire	Firefighter	18
Van Black	Griffin	Fire	Lieutenant	18
Leonard	Scott	PW	Foreman	13
Walters	Michael	PW	Maintenance Worker	12
Heavrin	Scott	PW	Maintenance Worker	11
Goss	Pete	Fire	Firefighter	11
Berland	Joe	PW	Maintenance Worker	10
Later	Charmain	CD	Deputy Dir. of Comm. Dev.	10
Phillips	James	PW	Bus Driver PT	10
Pluta	Rob	PW	Foreman	9
Iheme	Ikechukwu	PW	Bus Driver PT	8
Abbott	Randy	PW	Foreman	8
Kovilic	Radovan	PW	Engineering Inspector	7
Mount	Trevor	Fire	Firefighter	7
Shaughnessy	Matthew	Police	Police Officer	6
Coleman	Zubin	CD	Senior Planner	5
Larson	Robert	Police	Police Officer	4
Tunison	Don	PW	Facilities Technician	4
Traske	Nicholas	Fire	Firefighter	4
Shaw	Charles	Fire	Firefighter	3
Beverly	Andrew	Fire	Firefighter	3
Kruchten	William	Police	Police Officer	3
Klebe	Kimberly	Police	Police Records FT	2
Cohn	Corey	CMO	Business Dev Specialist	2
Samson	Margret	Police	Police Officer	2
Aviles	Jimmy	PW	Maintenance Worker	1

Ravinia's 2026 Summer Lineup is Here!

Tickets go on sale April 23



Check out the full summer lineup [here!](#)
 Explore the Ravinia Dining Guide [here!](#)

WIN Program



North Shore Classic Half Marathon / 5K Registration: The North Shore Classic is back! 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.

Date: May 31, 2026

Start Time: 5K 7:00 AM / Half 7:30 AM

Location: Start/Finish Line: St. Johns & Central Ave → St. Johns & Elm Place

How to Register:

- Visit <https://northshoreclassic.com/> and follow the steps to register for the race.
- At checkout, click "Use Coupon" and enter **HIGHLANDPARK2026**, then click "Apply Coupon."
- The coupon will apply 100% of the race fee for eligible participants. This code must be entered at the time of registration.
- After using the code, your registration will be pending until approved by HR.
- You will receive confirmation once approved and will be all set to race!

The registration deadline is **May 15, 2026**. This is a great opportunity to challenge yourself, enjoy the outdoors, and celebrate wellness. Let's represent the City strong!

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.


New Participants – Join the WIN Program! If you're not currently enrolled in the WIN program but want to participate, 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.

2026 March Sleep Challenge: Points have been credited for those who successfully completed the challenge.

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

Healthy Highland Park

BCBS Questions? HAS Customer Service Is Here to Help!



BlueCross BlueShield of Illinois **IPBC**
Industrial Professional Business Corporation


You don't need to be a rock star to have a personal assistant.

You already have one for your health care needs.
Are you ready for health care made easy? We think you are — that's why you have a Blue Cross and Blue Shield of Illinois (BCBSIL) health advocate* waiting to help with your benefits questions and health care needs.


Health advocates can help you and your covered family members:

- Get personal assistance with your health care matters
- Understand your health benefits
- Talk to your BCBSIL clinician about health questions
- Sort out a new diagnosis and what to do next
- Shop for quality, lower-cost health care
- Earn cash rewards for making smart health care choices

It's easy to reach a health advocate:

 Call toll-free 24/7 **877-245-5681**

Use MyEvide[®] to see all your health benefits:

 1. Visit myhealth.myevide.com or download the MyEvide app
2. Enter IPBC as Company
3. Complete personal information


So stop trying to do it all on your own, we're here for you. Call or chat with your health advocate today.

If you have questions about your Blue Cross Blue Shield (BCBS) benefits, the Health Advocacy Solutions (HAS) Customer Service Team (877-245-5681) is your best first point of contact. Their team is equipped to assist with employee-specific questions and can often provide the quickest answers. They can help with things like:

- Prior authorization questions
- Claim questions
- Benefit coverage questions
- Claim status updates

Reaching out to HAS Customer Service first helps ensure your question is directed to the right place and resolved as efficiently as possible.

Member Rewards: Savings for the Whole Family!






Member Rewards benefits the whole family!

Did you know that your covered family members can benefit from Member Rewards too? So whether you need an ultrasound or your child needs their tonsils removed, Member Rewards helps you save money and earn cash rewards.

Get rewarded for choosing quality, high-value care

Use Member Rewards to compare providers so you can choose the right one for you and your family. You can even earn a cash reward up to \$500! This program is administered by Zelis and included in your company's health plan benefits, offered through **Blue Cross and Blue Shield of Illinois**.

It's quick and easy to use Member Rewards

-  Find and select a reward-eligible provider.
-  Visit your chosen reward-eligible provider.
-  Receive a cash reward by check or an alternative form of payment, which will be sent to you after your claim is paid and the provider is verified as reward-eligible.

Shop online by scanning the QR code or visiting bcbsil.com. Log in or sign up for **Blue Access for MembersSM** and choose **Find Care**. If you need help, call the Customer Service number on the back of your member ID card.

Member Rewards **zelis**

MGR Medical, LLC, a Zelis company, is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to administer the Member Rewards program for members with coverage through BCBSIL. Reward-eligible claims and new members are subject to change. Eligibility for rewards is subject to the terms and conditions of the Member Rewards program. Rewards are earned through Zelis. Rewards may be applied to the balance of your payment. BCBSIL reserves the right to modify or discontinue the program at any time. Members that have primary coverage with Medicaid or Medicare are not eligible to receive Member Rewards under the Member Rewards program. BCBSIL makes no endorsement, representation or warranty regarding third party vendors and the products and services offered by them.

Did you know your covered family members can take advantage of Member Rewards too? Whether you need an ultrasound or your child needs their tonsils removed, this program helps you save on care and earn cash rewards along the way.

How it works:

- Shop for high-quality, cost-effective providers
- Choose a participating provider for eligible services
- Earn cash rewards up to \$500

Member Rewards is administered by Zelis and is included as part of your health plan through Blue Cross and Blue Shield of Illinois. It's a simple way to make informed healthcare choices while putting money back in your pocket!

Messenger Bulletin Board

Vaccine Pop-Up Clinic (Ages 65+) - City Employees Welcome!

Date: Monday, April 13

Time: 11:30 AM – 1:00 PM

Location: Highland Park Senior Center

Vaccines available: COVID, RSV, Tetanus, Shingrix, and Pneumonia

The CDC recommends an additional COVID-19 dose for adults age 65 and older, as well as individuals who are immunocompromised (generally 6 months after your last dose).

To register, please call the Senior Center at 847-432-4110.

Protect yourself and stay up to date!



JOIN THE 2026 RESIDENT ACADEMY!



Explore How the City Runs

While this program is designed for residents, City employees are also welcome to participate and gain a deeper understanding of how our departments operate day to day. It's a great opportunity to learn more about the services we provide and how everything comes together behind the scenes.

Start Date: Tuesday, May 12

End Date: June 23 (7-week program)

When: Tuesdays, 6:00 – 8:00 PM

Participants will get a firsthand look at what it takes to manage and operate the City. The Resident Academy also complements our existing programs offered by the Police and Fire Departments.

Don't miss this chance to learn, connect, and see the City from a new perspective!



→ Social Work Referral Information for City Staff

This sheet is intended to help City staff determine the most appropriate social worker to assist each resident. Please note that residents have the right to accept or decline services at any time. If unsure about where to direct a referral, please email socialservices@cityhpil.com (for city staff use only).

SENIOR SERVICES

The Social Services Specialist serves residents of Highland Park age 50 or older and members of the Highland Park Senior Center. Appointments are scheduled in advance with the social worker at the Highland Park Senior Center. Crisis walk-in appointments may be available during Senior Center hours.

CAN ASSIST WITH:

- Diagnosis Specific Information/Resources
- Financial Assistance Programs
- Hoarding/Home Safety
- In Home Care Referrals
- Volunteer Information
- Medical Equipment Loan Closet
- Senior Housing Referrals
- Short Term Counseling
- Social Service Groups
- Transportation Options
- Veterans Services

Contact Rachel Trabarais at 847.926.1868 or rtrabarais@cityhpil.com

RESILIENCY DIVISION

The Social Services Specialist can serve English and Spanish speaking individuals who need assistance in navigating trauma or challenges related to the 2022 Fourth of July Parade.

CAN ASSIST WITH:

- Case Management
- Referrals to Community Partners
- Social Service Groups
- Accessing Resources
- Financial Assistance Programs
- Long Term Counseling Referrals
- Short Term Counseling
- Crime Victims Compensation
- Housing
- Transportation

Contact Jazmin Alejandro at 847.926.1036 or jalejandro@cityhpil.com

POLICE

The Police Social Worker responds to a variety of crises, either at the scene or as follow up to a police report, by providing crisis response, court advocacy and support to victims of violent crimes.

CAN ASSIST WITH:

- Court Advocacy
- Crisis Intervention
- Family Conflict
- Financial Need
- Housing Instability or Homelessness
- Juveniles Involved in At-risk Behavior
- Mental Health Crisis
- Substance Use
- Survivors of Domestic Violence, Sexual Assault and Other Violent Crimes
- Traumatic Incidents and Deaths

Contact Amy Bricker at 847.926.1759 or abricker@cityhpil.com

The Social Services team has created a referral information sheet. The team is made up of Amy Bricker (Police), Rachel Trabarais (Senior Services), and Jazmin Alejandro (Resiliency Division). This sheet is intended to help City staff determine the most appropriate social worker to assist each resident. Please note that residents have the right to accept or decline services at any time. If unsure about where to direct a referral, please email socialservices@cityhpil.com (for city staff use only).

Messenger Bulletin Board



The CMO is bringing the energy all around: showing up strong for March Madness and proudly representing their alma maters! And they're not stopping there, they're also stepping up to the plate as baseball season kicks off! From the north side to the south side, the rivalry is alive and well, Go Cubs and Sox!

WELCOME, BABY CAILEIGH!

Join us in congratulating Shawn Norton, Plan Examiner/ Inspector in Community Development, on his newest and most adorable "inspection" yet! Caileigh has officially arrived and is already building her way into our hearts... no permits required!

Wishing Shawn and his family all the love, joy, and a few sleepless (but oh-so-worth-it) nights ahead.

Have a new addition to your family?
We'd love to celebrate with you! Share your baby photos with us by emailing hr@cityhpil.com.



Employee Spotlight

Each month, this piece highlights an employee from a different department. This month's employee interview is with **Dulcimer Krueger, Clerk (Community Development)**.

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

Dulcimer Krueger: I grew up in Evanston, IL. An interesting fact about Evanston is that Mean Girls was inspired by Tina Fey's experiences with Evanston Township High School.

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?

DK: I grew up figure skating, I always imagined myself coaching as a career. My dream lives on through my 15 year old daughter who is currently a competitive skater.

ME: If your personality were a season, which one would it be and why? **DK:** My personality would be winter. To me, winter symbolizes resilience, beauty and tranquility. These are qualities I deeply value and strive to embody.

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

DK: I just finished the series *The Midnight Gospel*, it covers tough subjects in a really beautiful, palatable kind of way.

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

DK: If I could master one skill, it would be the art of being present. My mind so busy and constantly running, I love to be able to shut it off and live in the moment.

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

DK: My daily emotional support Coke.

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

DK: *Goodbye Earl* by Dixie Chicks

ME: You get three seats at your dream dinner table—anyone from any time. Who's on the guest list? **DK:** Norman Finkelstein, Andrea Dworkin, and My Nona, Eileen.

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

DK: Vivien Leigh (if she were still living), Dulcita



EVERYONE IS A PEDESTRIAN

A pedestrian was killed every 72 minutes in traffic crashes in 2023.

Every day, millions of Americans walk — whether to school, work, the grocery store, or the bus stop.

When it comes to pedestrian safety, everyone has a responsibility — pedestrians, drivers, and all who use our roadways.

KNOW THE BASICS

Walking Safety Tips

1. Follow the rules of the road and obey all signs and signals.
2. Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic and as far from vehicles as possible.
3. Avoid crossing mid-block; always cross at crosswalks or intersections when available.
4. Watch for cars entering or exiting driveways or backing up in parking lots.
5. Embrace walking as a healthy and safe form of transportation.
6. Do not rely on others to keep you safe. Make eye contact with drivers and wait for a complete stop before crossing.

Safety Tips for Drivers

1. Slow down. Speeding endangers everyone on the road, especially pedestrians.
2. Watch for pedestrians at all times and minimize blind spots by properly adjusting mirrors.
3. Use extra caution at night or during bad weather when pedestrians are harder to see.
4. Yield to pedestrians in crosswalks and stop well back to allow other drivers to see them.
5. Slow down and be prepared to stop when turning or entering a crosswalk.
6. Never pass vehicles stopped at a crosswalk — pedestrians may be crossing where you cannot see them.

SAFETY STARTS WITH AWARENESS.

Whether you are walking or driving, staying alert and following basic safety practices can help prevent accidents and save lives.

National Pet Day—April 11



EMBER MACHUCA



FREY KITTENS



TILLY PARFENOFF



LOLA GONZALEZ

For many of us, every day is a reason to celebrate our pets, and this month, we're excited to feature our very own employees with their "fur family," with two full pages of photos to enjoy!



LOKI TAUB

Beyond the joy they bring, pets also support our well-being. Research from the National Institutes of Health (NIH) shows they can help reduce stress, lower blood pressure, and support overall health.



DUDLEY & JAXI LUKASIK

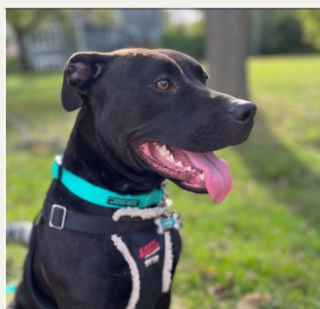
Take a moment to appreciate your pet, or enjoy the adorable photos of your coworkers' companions!



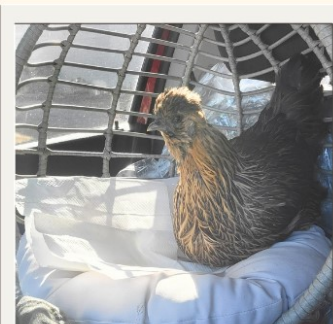
JERRY VRTIS-BENTZ



ZIGGY & TEDDY BARNES

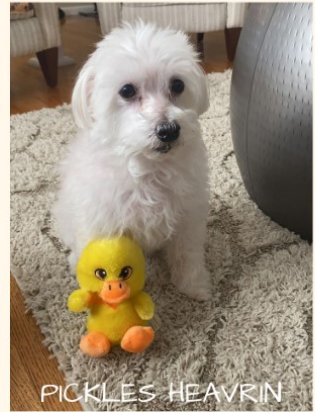
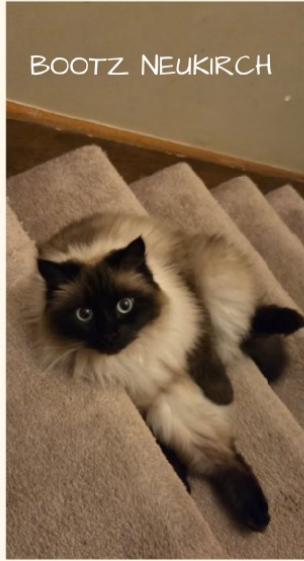


SAGE MACHUCA



JR WALTER

National Pet Day—April 11 (continued)



THANK YOU FOR SHARING YOUR PET PHOTOS!