



CITY MANAGER'S NEWSLETTER



Volume III Issue 24

June 17, 2016

LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS

The 2016 Illinois Law Enforcement Torch Run for Special Olympics was held on Sunday, June 5th. Members of the **Woodstock Police Department** participated in the event; they were **Chief John Lieb, Deputy Chief Jeff Parsons, Sergeant Constantino Cipolla, Officer Dave Sharp, Telecommunicator Grant Havens** and his wife, **Jennifer**, and former **Police Explorer Courtney Dalton**.

Sergeant Cipolla is still collecting donations; at present they total approximately \$150.00. He also has commemorative ILETRSO T-shirts available for purchase. T-shirts are \$15.00 each; cash or checks made payable to "Special Olympics" will be accepted. Proceeds from T-shirt sales will directly benefit Illinois Special Olympics (and they look *great* at the gym!) Various sizes are still available; please contact Sergeant Cipolla at 815-338-2131 or at ccipolla@woodstockil.gov for further information. T-shirt sales will continue until Friday, July 1st.

POLICE ASSIST WITH COUNTY EXERCISE

McHenry County Health Department held a medicine distribution exercise to be prepared in the event that there is an attack or outbreak in which mass dispensing of antidote(s) or medicine is required. **Sgt. Dan Wesolek** served as the PD's primary contact for the planning group, since he has been the PD's long-standing representative on disaster recovery. At today's exercise, Sgt. Wesolek, four WPD officers, and two Explorer Scouts acted as role players as the "site security." The security portion of this exercise is important because in a real-world event, emotions will likely be tense as more and more citizens have to wait in line for an antidote after an exposure. Some of the volunteer/citizen role players were given instructions to be disagreeable with the MCHD staff to where an officer may be called over. This event serves as another example of where the City of Woodstock continues to work together with other agencies within this region to ensure the citizens of Woodstock and beyond are well-served.



2 Welcome New Employees
3 Woodstock Challenge
4 -5 Health News

HR NEWS

WELCOME SUMMER SEASONALS!

The City of Woodstock is very pleased to welcome the **102** seasonal employees for the summer of 2016! Seasonal employees are hired as **Lifeguards**, **WSI Swim Instructors** for Woodstock WaterWorks, **Playground Program Counselors** with the Woodstock Recreation Center; **General Maintenance Workers** with the Public Works Department in the Parks, Streets and Wastewater Treatment Divisions; **Facility and Events Workers** for the Woodstock Opera House.

The City's summer seasonal employees are valuable members of the City of Woodstock workforce community. The City looks forward to their partnership during their summer employment with the City.

Welcome!



MEETINGS NEXT WEEK

Tuesday, June 21 – City Council, 7PM, Council Chambers

Quotation

*“I’ve learned that people will forget what you said,
people will forget what you did,
but people will never forget how
you made them feel.”*

Albert Einstein

HEAT MAKES FOR A GREAT POOL PARTY BUT TOUGH ON THE RUNNERS AT THE WOODSTOCK CHALLENGE ROAD RACES



Temperatures hovered near 90 degrees which reduced race day registration but still over 300 runners participated in the **Recreation Department's** 39th Annual *Woodstock Challenge Road Races* last Saturday.

Jorge Pichardo of Woodstock won the 5K with a time of 17:48 followed not far behind by the Women's overall winner, Samantha Schmitt of Woodstock with a time of 21:40.

In the 10K, John Amaya of Naples, Florida was the overall winner with a time of 38:28; Kim Reinhard of Crystal Lake won the Women's Division with a time of 43:10.

Over 100 kids along with a number of parents were led by **Mayor Sager** in the 1-Mile & 1/2-Mile Family Fun Runs.

With the warm temps, Woodstock Water Works was full of runners, their families, and volunteers cooling off and also enjoying Subway sandwiches, Burger King burgers, fruit, donuts, and bagels in the pavilions.

The Recreation Department would like to thank all the City departments that assisted with the event including the **Police Department**, the **Opera House** and the **Parks Division**. Thanks also to the Fire/Rescue District, County Sheriff's Department, the State Police, the corporate sponsors, and the 50+ volunteers and lifeguards who made the event a success.

This year we had a record 23 corporate sponsors.



EARLY WARNING SIGNS OF DIABETES



The American Diabetes Association estimates that more than 25 million Americans today are living with this chronic condition, which causes elevated blood sugar levels in the body that leads to a number of serious health problems.

Types of Diabetes

There are several different forms of diabetes. Type 1 diabetes comes on suddenly, often presenting in childhood or adolescence. Type 2 diabetes, which is the most common type, comes on more gradually. Until recently, Type 2 mainly affected people over 40 years of age. However, this has been changing in recent years as obesity rates have risen in children and adolescents, putting them at risk, too.

Recognizing the Signs

Both forms of diabetes cause similar symptoms, but in Type 2 diabetes, they come on more slowly and often mimic other health conditions, explains Marianne Chojnicki, MHA, RN, CDE, a Certified Diabetes Educator at the Joslin Diabetes Center. “That’s why people often refer to Type 2 diabetes as ‘the great imitator,’” she says. Nonetheless, getting a proper diagnosis is essential, so you can make healthy lifestyle modifications and get on the right treatment regime as soon as possible.

Typical Diabetes Symptoms

Some typical symptoms of both Type 1 and Type 2 diabetes include:

- Increased thirst
- Frequent urination
- Extreme fatigue
- Blurred vision
- Tingling in the hands and feet
- Weight loss as the condition worsens

Chojnicki points out people with Type 2 diabetes may live with the condition months or even years without knowing it. It often isn’t until the weight loss becomes noticeable that they figure out something is wrong.

Screening Guidelines

In an effort to find diabetes before it even gets to this advanced state, the American Diabetes Association recommends that people over the age of 45 undergo diabetes screening every three years. To check for diabetes,

your doctor may want to measure your fasting blood sugar or may ask you to drink a sugary substance to see how your body handles the glucose.

More frequent screenings may be warranted if you have some of the following risk factors:

- Being overweight
- Belonging to a high-risk ethnic group
- Having gestational diabetes (a temporary form of diabetes that affects women during pregnancy)
- Living a sedentary lifestyle
- Having blood pressure higher than 140/90
- Having elevated triglycerides (over 250)
- Having components of metabolic syndrome (a group of risk factors)
- Having diabetes in your immediate family
- Having previous lab results of elevated blood sugar
- Being pre-diabetic

Lowering Your Risk

While you can't change your age, ethnic background, or family history, Chojnicki points out that you can increase your exercise level, watch your weight, and make more nutritious food choices. All of these steps can help improve your health and reduce your risk for diabetes. If you already have diabetes, such healthful choices are especially essential for your well-being. It can also be helpful to work with a diabetes educator to determine what else you can do to manage your condition over the long term.

For more information about diabetes, visit the American Diabetic Association's website at www.diabetes.org at or Joslin's website at www.joslin.org.

© 2016 Lisa D. Ellis, Qualityhealth.com

Want to Start to Get Healthy with an Exercise Program?

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit www.woodstockrecreationdepartment.com for more information.

Guide to Low Water Pressure

Experiencing a decrease in water pressure, or feel like your home's water pressure is not what it should be? Very often, the issue is found within your home; use the checklist below to help determine the cause.

- ☑ **WATER SOFTENERS** – In many cases, the cause of a sudden change in water pressure throughout the home is the result of debris building up inside a water softener. Try putting the water softener on “bypass” mode to see if water pressure increases or consider having a technician evaluate the softener's operation.
- ☑ **CLOGGED AERATORS** – If low pressure seems to affect one or two faucets, try inspecting the faucets' aerators. To do this, unscrew the end of the faucet and inspect the screen for debris or scaling. Clean the aerator or replace it.



- ☑ **PARTIALLY CLOSED SHUT-OFF VALVE** –

Many homes have water shut-off valves near the water meter. These valves allow the water to be shut off in the home during a plumbing repair. If a repair has been made in the home and the decrease in water pressure has occurred afterward, make sure these valves are open completely. Even a slightly closed valve can decrease a home's water pressure.

- ☑ **LOW PRESSURE HOT WATER ONLY** – If the low water pressure seems to only affect the hot water in your home, there could be a problem with your hot water heater. If there is a water shut-off valve near the hot water heater, make sure it is fully open. Beyond that, you may need to consult a licensed plumber to determine if it is affecting the water pressure.
- ☑ **PRESSURE REDUCING VALVE** – Some homes have a pressure reducing valve or PRV installed somewhere in the system. This is not a very common reason for reduced water pressure throughout a home; however, it is possible for a home's PRV to be adjusted or fail and need to be replaced.



Please contact the Department of Public Works with questions regarding a low water pressure situation in your home at pwdept@woodstockil.gov or at (815) 338-6118.

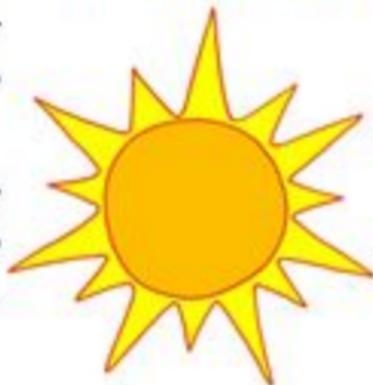
Maximizing Cool While Minimizing Cost



These hot days of summer give a car's air conditioner a workout. To save fuel and stay cool(er), look for a button in your vehicle's climate control center that resembles a u-turn or select 'MAX A/C'. When the recirculate button is off (or on regular A/C) warm air is being drawn from outside into the system. Your vehicle works harder and uses more fuel when forced to

cool the super-heated outside air drawn into the cabin.

When recirculate mode or MAX A/C is used, it allows your vehicle to draw from the cooler cabin air. The vehicle does not have to work as hard to cool the air, which saves fuel and colder air will come out of the vent...
maximizing cool, while minimizing cost.



What's Blooming in the Bump-outs?



There are 1,000's of flowers and plants to view within and surrounding the beautiful Woodstock Square...