



VILLAGE OF RIVER FOREST E-NEWS

Thank you for taking the time to read the Village's E-News. These messages are sent approximately once per month and include timely information regarding Village events, news and other useful information. We strive to keep the content brief and relevant to the issues that matter most to the community.

Message from the Village President



Dear River Forest Residents,

Welcome to November. With the holiday season approaching, it promises to be a busy month for us all.

At our November 13th meeting, the Board of Trustees and I will consider a plan to identify a development partner for the Village-owned property at Lake and Park. We will issue a Request for Qualifications to find a firm or firms and may have responses as early as next month. We look forward to reviewing some fine proposals in the weeks ahead. Lake and Park is an important site for a commercial or residential project - or both - and we will be looking for ideas that will afford the highest and best use of the site. Many have looked at Lake Street as our downtown, and now with Lake and Lathrop moving forward, it is time for us to start looking at ways to make this a reality.

Work continues on the Village's new Comprehensive Plan, and we need your help. The Village Board of Trustees and I believe that residents and business owners in River Forest have unique insights that will ensure that the final product will reflect the community. We encourage you to share your thoughts and offer several ways you can get involved:

- Check out the [project website](#) to find out more about the plan and use the [map.social](#) tool to tell us what is good, what needs

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help, what development(s) you would like to see, and much more.

- Attend a meeting. We invite residents to attend a Town Hall Meeting from 7 to 8:30 p.m., Thursday, November 16 in the OPRF Room in Koehneke Community Center at Concordia University. We encourage River Forest business owners or operators to attend a Business Workshop from 8 to 9 a.m., Tuesday, November 14 the Village Hall.
- Complete an [online questionnaire](#) to help us identify Village issues and priorities.
- Run your own workshop! Contact the Village Staff at (708) 366-8500 or email jpape@vrf.us to get a DIY kit that can be used in the classroom, with the community groups, and more.



Taxing districts serving River Forest are now surveying residents on how they can improve their communications in the community. This questionnaire was designed by representatives of the Village, Elementary School District 90, Oak Park and River Forest High School, the River Forest Public library, Park District and Township. Survey results can help make these units of government more efficient and transparent. Responses will be gathered through Wednesday, November 22. All information will remain anonymous and no personal identifying information will be collected. To participate, [click here](#).

River Forest is a vibrant community, and during the October 23rd the Village Board and I honored three outstanding examples of community service.

LemonAid, our September 11th annual fundraiser, earned a place of distinction this year when the Cook County Board passed a resolution recognizing its dedication and success. [A resolution](#) attesting to the group's work was presented by Commissioner Pete Silvestri to this year's co-chairs, Emily Edmunds and Davis Birmingham. The 2017 campaign raised more than \$36,000 for Kidz Express, a Chicago organization that offers mentoring to underserved youth in the Austin neighborhood - the most raised for one charity ever. Congratulations for a job well done!

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We also applauded the achievement of Ethan Baehrend, whose Eagle Scout project, Maker-Fest, promoted the importance of creativity and technology in our community. The convention-like event allowed guests to learn more about the creative use of technology and electronics by viewing demonstrations, trying their hands at different techniques, and learning more about local camps and events that promote technology and creativity. Congratulations to Ethan on the success of his event!



Finally, the Board of Trustees and I honored Trinity High School with a Resolution commemorating its centennial celebration. An honorary sign, proclaiming the 1200 block of Lathrop Avenue as Trinity High School Way, was hung on November 1st. Click [here to view video of the event](#). A Mass and reception to kick off a year of events will be held on Sunday, November 5 at 10:30 a.m. in the school's auditorium. It is open to the public.



The Village Board of Trustees and I wish you and your family a wonderful Thanksgiving.

Regards,



Cathy Adduci
Village President

Thanksgiving Holiday - Village Hall Closed

The Village Board and staff wish all residents a happy Thanksgiving holiday. Please note Village Hall will be closed Thanksgiving Day (11/23) & Friday (11/24).

Thanksgiving Holiday Parking

Will family be visiting this year? Do they need somewhere to park? Contact the Police Records division Monday through Friday 8:00 AM to 4:30 PM for answers: 708-366-8500 x 345, and use our 24/7 non-emergency line to call for permission to park a vehicle on the street overnight: 708-366-7125. Please stop by the Village Hall for a free refrigerator magnet that keeps parking and other important contact information within reach.

The Overnight Parking Ban will be lifted for Wednesday, 11/22 (12:01 AM) through Monday, 11/27 (12:01 AM). No overnight waivers will be required during this period.

Reminder - parking is not permitted on any Village street after two inches of snow or more has accumulated on the street, and for up to eight hours after the snowfall ends, to allow snow plows to safely clear the street.

Warning from Cook County Recorder of Deeds

The Cook County Recorder of Deeds has asked a company operating under the name "Home Title Lock" to stop using the County's name to sell a fraud monitoring service that Recorder's Office already offers for free. According to the County, Home Title Lock falsely claimed that the County's Free Fraud Alert program only covers Chicago when, in fact, it covers Chicago and all of Cook County. Further, homeowners are advised that they are not able to "lock" or "freeze" the title of their property. More information on the County's Free Property Fraud Alert can be found at www.CookRecorder.com, including a quick and easy online registration form.

Safety for the Season

The River Forest Fire Department wants everyone to enjoy the season and holidays safely. Please take time to read [these safety tips](#) before Thanksgiving!



Mating Time is Here, Don't Veer for Deer

Autumn brings shorter days, cooler temperatures and a new set of driving habits for Illinois motorists. The Illinois Department of Transportation and Illinois Department of Natural Resources warn drivers to be vigilant during mating season as deer will be more active and visible throughout the state. The risk for deer vs. vehicle crashes greatly increases in October, November and December, especially at dusk and dawn.

Motorists are urged to follow these safe driving tips during mating season:

- Be aware of your surroundings and pay attention to deer crossing signs.
- Scan the sides of the road for eye shine - the reflection of headlights in the eyes.
- Slow down if you see deer. They travel in groups, so more are likely in the area.
- Prepare for the unexpected. Deer can stop in the middle of the road or double back.
- If a collision is inevitable, try to glance the vehicle off the deer and avoid swerving into the opposite lanes of traffic.

Read the full article [here](#).

River Forest ID Bracelet Program

The River Forest Police Department is now proud to offer a new service for River Forest residents. Mirrored from a similar program started by the Oak Park Police Department in the summer of 2017, RFPD is now providing free, personalized bracelets to residents with disabilities, medical conditions, or other special needs. The bracelets are intended to give officers a means of quickly locating necessary information to help these residents in emergencies, while maintaining sensitivity and confidentiality of personal data. Additional bracelets without the personalized attachment are being offered to all residents to show support for the Village and all of its residents. To obtain bracelets, please

Contact Officer Glen Czernik via email or at 708-714-3543 for more information.



Package Theft Prevention Tips

Historically, November and December are the months when the Chicagoland area experiences an increase in reports of delivered packages being stolen from the homes to which they are delivered, and River Forest is no exception. If you are having packages delivered to your home, here are some tips to avoid becoming a victim of package theft:

- If possible, have packages delivered to your workplace.
- Have packages delivered to a place where they can be received in person, such as the home of a trusted neighbor who stays home during the day, or a retired relative.
- Request the shipper require a signature confirmation or hold your package at their pick-up facility so you can pick it up in person at your convenience.
- If available, request store delivery.
- Request a specific delivery date and time from the shipper when you know you will be home.
- Provide delivery instructions to the shipper so that packages can be left at a safe location at your home that is out of sight from the street.
- Sign up for delivery alerts from the shipper.

Additionally, please remember to lock your vehicles whether parked inside or outside, and do not leave valuable items visible inside the vehicles.

Message from Elementary School District 90

District 90 Hosts Town Hall Forum

District 90 is hosting a Town Hall Forum on Tuesday, November 7 at 7 PM in the auditorium of Roosevelt Middle School. The topic for the Forum is *Student Achievement and Standardized Assessment in District 90*. Dr. Alison Hawley, Director of Curriculum and Instruction, will provide a briefing on the role and types of assessment used in the District. There will also be information provided about how students in District 90 performed on recent standardized assessments, with attention given to areas of relative strength and opportunities for growth.

The Forum is intended to be an interactive session between the audience and presenters, so please bring your questions, insights, and a friend. We hope to see you there!

One District/One Book with District 90

Please join District 90 and the River Forest Village in its One District/One Book reading experience. District 90 families, faculty, and staff, along with Village residents, have begun reading the book, *Mindset: The New Psychology of Success*, by Carol Dweck.

We invite you to read *Mindset*, and while reading think about how you can apply some of the book's tenets to your life. Would the book's essential premise be more applicable to your school or work life, children, relationships, leadership efforts, or sport and recreation activities?

Books are available for borrowing from the River Forest Public Library. Copies are available at local booksellers, such as The Book Table and Magic Tree bookstores in Oak Park, Amazon.com, and other online retailers. *Mindset* is also available in audiobook, Kindle, Nook and other e-reader formats. A limited number of paperback versions are available for loan at the District's schools – Lincoln, Roosevelt, and Willard. You can also visit the [Mindset website](#) for additional information on the growth mindset approach.

In February or March, District 90 expects to host several activities and events surrounding *Mindset*. Details are still in the planning stages. More information will be forthcoming.

GREEN NEWS

Street Leaf Pick Up is for Leaves Only-No Pumpkins or Other Yard Waste Please

Did you know that leaf pick up is billed to the Village by the ton? Pumpkins and items such as potted plants are heavy and increase the tonnage, and cost, significantly. In addition, it is dangerous to bikes and vehicles to add these items to the leaf piles in the streets. Residents are reminded to use yard bags with a Roy Strom sticker attached or enroll in the Village's curbside composting program for all other organic items other than leaves placed in the street. To sign up for curbside composting, [click here](#).

Next Meeting for the River Forest Sustainability Commission Tuesday, November 14 at 7 PM at Village Hall. All are welcome to attend.

November 13 Lawn & Land Forum

River Forest Sustainability Commission member, Sue Crothers, will serve on the panel at the Lawn and Land forum put on by Midwest Pesticide Action Network. This forum is not just for municipalities and park districts. If you have any interest in leaning more about pesticides and the importance of green spaces in our community, this forum is for you. [Click here](#) for more information and how to register.



Calling all Young Filmmakers-Workshops Available

December 3, Grades 6-8 and December 10, Grades 3-5 - at the River Forest Parks District

For more information on the Young Filmmakers Contest which is part of the One Earth Film Festival [click here](#).

RIVER FOREST LIBRARY SPOTLIGHT

Here are some highlights of upcoming programs at the Library. For a complete listing of programs and services, visit www.riverforestlibrary.org.

Adult

Sunday, 11/5, 2-3:30 PM, Chicago, True Stories
Sizzle, Sequins, Murder & Mayhem! The 1920's was a delirious decade. Join Martina Mathisen of Edu-Tainment Living History as she takes us back in time to this remarkable era. Brought to you in partnership with the River Forest Township.



Monday, 11/6, 10-11 AM, Coffee Monday
Come to the library on the first Monday morning of every month for coffee, breakfast snacks and conversation. It's a great way to get to know your neighbors and learn about things going on in the community. Today is Transportation Services Day! Hear from Rahman Burton of the Regional Transportation Authority and Charles Barnes of the Oak Park Township Senior Services on ways to make travel easier and safer. Coffee Mondays are supported by Blue Max Coffee and River Forest Township.

Sunday, 11/19, 2-3:30 PM, Pre-Civil War Quilts: The Hidden Codes to Freedom

During this presentation, Connie Martin will illustrate some Pre-Civil War quilts and their significance to the freedom of slaves through the Underground Railroad. The stories surrounding the secret messages in quilts are rich in American culture. Replicas of actual quilts that slaves used on their journey will be displayed and the meanings behind the different patterns will be discussed. Brought to you in partnership with the River Forest Township.

Middle School/Teen

Wednesday, 11/8, 3:30-4:30 PM, Crochet Club, Grades 5-12

You may have been inspired by amazing creations on Pinterest, or the beautiful keepsake your granny made you, but no matter your skill level, we'll get you started and on the fast track to Etsy fame! New patterns available each month. November is Scarves 101.

Wednesday, 11/15, 3:30-4:30, Teen Tasters, Grades 5-8

What's your favorite thing in the entire world? SNACKS?! Come try lots of zany flavors of your favorite snacks and vote for the one you think is the best. [Advanced registration required.](#)

Children

Thursday, 11/16, 4-5 PM, A World of Wonder, Grades K-4

Celebrate the release of *Wonder*, the film based on the beloved book by R.J. Palacio, by supporting your community. Do activities that inspire kindness and helping others. We'll provide the supplies, you'll provide the love.

Wednesday, 11/22, 2-3 PM, Family Circuit Play , Grades K-4

Families work together as they explore and build with snap circuit kits. An adult caregiver is required to supervise play. One kit per family. [Advanced registration required.](#)

Thursday, 11/30, 10-10:30 AM, Toddler Art, 2-3 years

Calling all budding toddler artists! Come listen to a story and make a related masterpiece. Advanced registration is required. Ages 2-3 with parent/caregiver.

PARK DISTRICT SPOTLIGHT

Holiday Tree Trimming

Thursday, December 7, 4-5 PM. *The tree lighting ceremony will be at 5 PM.* **The deadline to sponsor a tree is December 4!**

Community businesses, organizations and neighborhoods are invited to sponsor a tree which will be on display along Lake Street in Memorial Parkway. A tree with lights will be provided, and sponsors will bring and hang their own decorations. Sponsorship is \$25 per tree.



Rec Basketball

To avoid disappointment, residents are encouraged to register as soon as possible for Rec Basketball. Registration fills up early. **Register today!**

Mandatory player evaluations are **Saturday, December 2**. [Click here](#) to register.



Safe Sitter

Saturday, November 4, 9:30 AM - 4 PM, Ages: 11 - 15

Safe Sitter® prepares students to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students use CPR manikins to practice CPR and choking rescue! [Click here](#) to register.

TOWNSHIP SPOTLIGHT

Building on 100 Years of Vital Human Services

River Forest Township turns 100 in 2017! Your Township funds and supports a full array of *vital human services* to youth, seniors, those with mental health needs, and those in financial need...in addition to

our active Assessor's office.

Fun fact #1: Your Township Assessor is specially trained to assist you with property tax questions, appeals, and exemptions.

Fun fact #2: The I-Search safety program, attended by all River Forest elementary and middle school students, is funded by River Forest Township.

Visit www.RiverForestTownship.org to view more Township programs and services and to see upcoming events, or call 708-366-2029.

Special Parent Event on November 8

Calling all Parents: learn more about how to encourage your kids to make healthier choices! You are invited to a workshop on social media and risk-taking behaviors entitled, "*Sex, Drugs and Snapchat*". Led by award winning author and speaker, Carrie Goldman, the event is hosted by IMPACT and OPRF HS Parent Connection. **Wednesday, November 8, 6:30-8:30 PM**, OPRF HS, 2nd floor staff cafe.

Funded in part by River Forest Township. Childcare and translators available by request at least one week in advance. RSVP by 11/1 to Latonia Jackson at 708-434-3008 or ljackson@oprfs.org.

Community Survey on Underage Drinking: Deadline November 14

The Positive Youth Development (PYD) Workgroup, a coalition which addresses underage drinking in Oak Park and River Forest, is developing a communications strategy aimed at our general community. To help in that effort, PYD is now conducting a brief online survey.

Your input is very important, so please complete the survey by November 14. Responses are needed from ALL community members, not just parents! [Click here](#) for the survey. Thank you!

Saturday Sibshops Continue

Sibshops are back! Sibshops is a program specially designed for siblings of kids with disabilities and mental/physical health challenges. Siblings engage in fun activities and share conversation with each other and trained Sibshop facilitators.

Remaining fall Sibshops will be held on the 1st and 3rd Saturdays as follows: **11/4, 11/18, 12/2, 12/16. 11:30 AM-1:30 PM**, at Thrive Counseling Center, 120 S. Marion St. in Oak Park. Lunch is provided.

Pre-registration is required. \$10 per session. Need-based scholarships are available. For more info, please email Carla Sloan, River Forest Township Supervisor, at cbsloan.rftownship@gmail.com or call 708-366-2029.

New Support Groups for Those Losing a Loved One to Suicide

Two new monthly drop-in support groups are starting up in River Forest for those suffering the loss of a loved one to suicide. Groups are hosted by LOSS (Loving Outreach to Survivors of Suicide) and are led by a

licensed clinical social worker.

- **Teen Support Group:** For teenagers 13-18, **third Thursday of each month, 6-7:30 PM. Next meeting November 16.**
- **Adult Support Group:** For adults 18 and over, **third Mondays of each month, 7-9 PM. Next meeting November 20.**

Held at River Forest Township (located at the River Forest Community Center), 8020 Madison Street. Please call 312-655-7283 for more information and to register, or visit www.catholiccharities.net/loss.

All are welcome to try the groups. LOSS is a completely non-denominational program of Catholic Charities.

Township Launches "Brain Health Initiative"

In commemoration of its 100th anniversary, River Forest Township, in partnership with Oak Park-River Forest Township Senior Services and the Village of River Forest, is introducing the "Brain Health Initiative", a multi-faceted program aimed at education, outreach, support and safety related to brain health, memory and dementia. November features the following talk:

- **Friday, November 17, 10:00 AM – noon:** *"Alzheimer's Research: Embracing the Future"*. Speakers Dean Hervochon and Steve Satek from Great Lakes Clinical Trials discuss the latest research and the role of clinical trials. Held at River Forest Township (located at the River Forest Community Center), 8020 Madison Street. To register: Contact Steve Smith 708-383-8060.

The Alzheimers Association is a valuable resource for those interested in learning more about brain health, for those experiencing symptoms of dementia, or their caregivers. Call their 24-7 HELPLine, 1-800-272-3900, staffed by licensed clinical social workers. Visit www.alzheimers-illinois.org for information and support group locations.

Encore Senior Chorus Hosts Holiday Concerts

The local Encore Senior Chorus invites people of all ages to attend its two free holiday performances, *Sounds of Joy*:

- **Saturday, 12/9, 4:00 PM**, at Good Shepherd Lutheran Church, 611 Randolph St., Oak Park
- **Thursday, 12/14, 2:00 PM**, Fourth Presbyterian Church, Chestnut St. and Michigan Ave., Chicago (all area Encore choirs)

Community Health Needs Assessment is Completed

River Forest Township, in partnership with the Oak Park Community Mental Health Board and the Oak Park Health Department, has just completed a comprehensive Community Health Needs Assessment. This plan provides direction for our two communities in the areas of physical health, behavioral health, developmental disabilities and substance use. Numerous agencies and organizations from the community participated in

the plan's development process. [Click here](#) to view the document.

Safe Disposal of Prescription and Over-the-Counter Medications

Safely dispose of unused or expired medications in the secure box in the basement of River Forest Village Hall, 400 Park Avenue. Pills/tablets only. No liquids/creams/hazardous items; no loose items. Pills can be disposed of in bulk in re-closeable plastic bags.

This safe action removes potentially dangerous medications from the home and helps the environment. The program is sponsored by the Cook County Sheriff's Department and is hosted by the River Forest Fire Department. A second secure collection box is located in the lobby of the Oak Park Police Department at Oak Park Village Hall, 123 Madison Street.

New Information Assistance Program for Seniors and their Caregivers

Trained staff from Oak Park and River Forest Township Senior Services are available to talk with seniors and their caregivers about various local, state and federally funded senior-related programs, on Thursdays at two locations:

- **Thursday, November 9, 10 AM – 12:30 PM**, West Suburban Medical Center, 3 Erie Court, Oak Park, first floor, room 1062.
- **Thursday, November 16, 10 AM – 12:30 PM**, River Forest Medical Campus, 7411 Lake Street, River Forest, Building A, Community Room, Office-1104.

Please call to register for an appointment: 844-794-4301.

"Celebrating Seniors™ All Year Long" Programs: November Line-up

Seniors: Join us for these informative and engaging free programs, held at the River Forest Public Library!

- **Sunday, 11/5, 2 PM** – Edu-tainer Martina Mathisen takes us back to the 1920's with *Chicago, True Stories*
- **Sunday, 11/19, 2 PM** – *Pre-Civil War Quilts: the Hidden Codes to Freedom*, shared by teacher Connie Martin

Co-sponsored by River Forest Township and River Forest Library. People of all ages from all communities are welcome!

Seniors: Start the Week with Coffee Mondays

Coffee Mondays continue at the River Forest Library on the **first Mondays at 10 AM**, Coffee provided by Blue Max; co-sponsored by the Township and Library.

- **November 6-** Transportation Services Day! Representatives from the RTA and Township Seniors Services share ways to make travel easier and safer.
- **December 4-** Librarian Dorothy Houlihan shares about the

library's new Talking Book and Braille Service

"Connect with Tech" this Fall!

Are you a senior who wants to get more out of your smartphone, eReader, tablet or personal computer? Would you like to explore better ways to connect electronically with family and friends? Come to "Connect with Tech", which helps beginner tech users in a small, intimate group setting. Bring your questions and devices, or use one of the laptops provided. No need to sign up, just drop in anytime during the session to learn.

The newly revamped "Connect with Tech" program, formerly known as Computer Learning Lab, is offered in partnership with the River Forest Library.

"Connect with Tech" is held on **Wednesdays, November 15 and 29**, at the River Forest Library, 10-11:30 AM. Call 708-366-5205 for more information.

Caregiver Support

Whether you are caring for a family member or are a paid caregiver...whether you are caring for a senior, grandchild, or person with special needs...support is available.

- **Concordia University: 2nd and 4th Mondays, 4 PM**, Koehneke Community Center/Concordia Campus. Sponsored by Concordia's Center for Gerontology (in partnership with River Forest Township). Contact Dr. Lydia Manning, lydia.manning@cuchicago.edu, 708-209-3218.
- **Township Senior Services: 2nd and 4th Fridays, 10 AM**, Oak Park & River Forest Township Senior Services, 130 S. Oak Park Avenue. Contact Steve Smith, 708-383-8060. No meeting on November 24.

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