

the GLENCOE QUARTERLY

Community Newsletter

Winter 2016-2017

Inside This Issue

Village

Village President's Message
9-1-1 Dispatch Consolidation
Village Website Redesign Underway
Snow & Ice Control Information
Security Through Surveillance
New Business Spotlight

Park District

From the Park Bench
Understanding the Park Board
Liza's Gazebo Grand Opening
Play Hockey Like a Blackhawk
Special Events

School District 35

Board of Education Message
Water Quality Update
South School Crawford Learning Center
Innovation in our Schools
Can You Hear the Sounds of Music?

Family Service

Executive Director's Message
Glencoe Community Holiday Drive
The Sandwich Generation Cares
Glencoe Senior Needs Assessment
The Legacy Project
Depression or the Blues?



VILLAGE
OF GLENCOE

GLENCOE
PARK DISTRICT

GLENCOE
SCHOOL DISTRICT 35

FAMILY
SERVICE OF GLENCOE

Every Home, Every Family Stronger

Family Service of Glencoe is expanding services to senior residents



Village President

Lawrence R. Levin

Board of Trustees

- Trent Cornell
- Barbara Miller
- Peter Mulvaney
- Scott Pearce
- Dale Thomas
- Jonathan Vree

Village Manager

Philip A. Kiraly

Village of Glencoe

675 Village Court
Glencoe, IL 60022

Public Works: 847-835-4111

Public Safety: 847-835-4112

Finance Department: 847-835-4113

Village Manager's Office: 847-835-4114

Website: www.villageofglencoe.org

Find us on Facebook and Twitter! (@VGlencoe)



Coming Events & Key Dates

Light the Village Lights

Friday, November 25

5 p.m. | Park and Vernon Avenues

Saturdays of the Season in the Downtown

December 3, 10 & 17

Glencoe Community Holiday Drive

Through December 12

Collection Boxes at Village Hall & Takiff Center

Christmas Day - Village Hall Closed

Monday, December 26

New Year's Day - Village Hall Closed

Monday, January 2

Martin Luther King Day Celebration

Sunday, January 15 | 4 p.m.

St. Paul AME Church

Curbside Christmas Tree Recycling

Wednesdays - January 4, 11, 18 & 25

Holiday Lights Recycling

Through April 1, 2017



VILLAGE PRESIDENT'S MESSAGE

Dear Neighbor:

As I sit here crafting your winter message, the vibrant array of leaves outside my window have finally begun to fall in earnest. While beautiful, the unseasonably warm weather we have enjoyed this year poses a unique challenge for our Public Works crews as they race to collect leaves before any snowfall. Extra passes through the Village will continue into early December, but with over 3,240 cubic yards of leaves collected through mid-November, I know the crews are up to the task. Stay tuned to the website for end of program updates.

Public Works isn't the only department on a tight schedule as winter approaches—Finance is busy working with all departments on the Recommended Fiscal Year 2018 (which begins March 1, 2017) Budget. The Budget will be presented to the Finance Committee at its December 13 meeting. I invite you to learn more about the proposed budget by reviewing our draft budget documents online. As always, I and members of Village staff and our Board are happy to discuss any questions or suggestions you may have. You should feel free to attend any of our open meetings to learn more or provide your feedback.

I always enjoy the budget process because it is both operational and tactical in nature, providing a key opportunity for Village staff, Board Members and myself to refocus on the Village's six strategic priorities (Financial Sustainability, Commercial Vitality, Infrastructure Replacement, Operational Effectiveness, Organizational Development and Community Engagement). This year the Budget process is also a critical opportunity to provide budgetary alternatives to maintain critical services in the event that the State's budget crisis results in reductions to shared revenue intended for local government. With a determined focus on

maintaining our strong financial position into the future (despite uncontrollable external stresses), we will continue to balance the highest possible service levels with innovation and cost saving measures.

One important innovation: the Sustainability Task Force, an effort that our Village Board and I championed over the past year, was created this past spring to bring new focus to these issues Village-wide. Funding requests for their primary initiatives, including resources for residents to connect with those who have completed successful sustainability projects, will be brought forth for consideration in this budget. Look for more information on the Task Force and their efforts in coming issues of the Glencoe Quarterly and on the Village website.

Other proposed expenditures, which directly align with our priority of Infrastructure Replacement, include the proposed storm water drainage improvements for segments of Greenwood Avenue, the Madison Avenue basin area as well as the Hazel Avenue underpass. Funds for these improvements, as well as those made this year in the Skokie Ridge and Terrace Court basin areas, were approved by you as part of our April 2015 bond referendum. We thank you for your willingness to continually invest in the Village's needed infrastructure improvements, and I hope your expectations have been exceeded thus far. These projects maintain our property values and keep our Village a wonderful place to live. Learn more about capital projects on the next page.

But enough business – the most wondrous time of the year, the holiday season, is upon us once again! As you are out picking up gifts and preparing for holiday meals, please remember to shop and eat in Glencoe to help support our local businesses. We have a wonderful variety of merchants and your support helps to keep it that way.

I join our Village Board members and staff in wishing everyone the happiest of holiday seasons. We look forward to serving you in the new year! ■

Sincerely,

Lawrence R. Levin
Village President



Holiday Garbage and Recycling Collection Schedule

THANKSGIVING - Week of November 21-25, 2016

Thursday collection will be on Friday, Friday collection will be on Saturday.

CHRISTMAS - Week of December 26-30, 2016

Monday collection will be on Tuesday, Tuesday collection will be on Wednesday, Thursday and Friday collection as usual.

NEW YEAR'S - Week of January 2-6, 2017

Monday collection will be on Tuesday, Tuesday collection will be on Wednesday.

MARTIN LUTHER KING, JR. DAY - Week of January 16-20, 2017

Monday collection will be on Tuesday, Tuesday collection will be on Wednesday, Thursday and Friday collection as usual.

9-1-1 Dispatch Consolidation

After a series of public meetings and discussions, the Village Board approved an intergovernmental agreement (IGA) with the Village of Glenview to provide Public Safety (police/fire/emergency medical services) 9-1-1 dispatch services to the Village of Glencoe. Glenview is expected to take over 9-1-1 dispatch responsibilities by July 1, 2017. Residents calling 9-1-1 will not see any reduction in public safety services once Glenview takes over 9-1-1 dispatch, calls will simply be answered in Glenview rather than Glencoe. Glencoe Public Safety Officers will continue to provide 24/7 police, fire, and emergency medical services once dispatch services are consolidated in Glenview.

Glenview currently provides 9-1-1 dispatch services for many local communities, including Highland Park, Lake Forest and Lake Bluff, among others. Glencoe staff members are working with Glenview and various communications vendors to implement the terms of the IGA and coordinate the consolidation process. Existing technology will allow for seamless transition of both telephone and radio communications between Glencoe and Glenview.

Once 9-1-1 dispatch services are transferred to Glenview, the Public Safety/Village Hall lobby will be closed after



regular business hours (8 a.m. – 4:30 p.m.) Monday through Friday and all day on weekends. Residents requiring walk-in lobby service outside regular business hours will utilize a video phone system in the vestibule of Village Hall for a direct link to dispatchers in Glenview. On-duty Glencoe Public Safety Officers will respond to assist as necessary.

The Village appreciates your patience and understanding and we will continue to provide public information throughout the consolidation process. Questions may be directed to Director of Public Safety Cary Lewandowski at 847-835-4112 or clewandowski@villageofglencoe.org. Additional information and documents are available on the Village of Glencoe website. ■

Village Website Redesign Underway

First developed in 2006, the Village website www.villageofglencoe.org is on deck for a much-needed makeover. With over 90,000 visits each year, the Village recognizes the important role the website plays in communicating with residents—but with the website design and functionality falling behind the times, staff is working diligently to launch a new website by early 2017. Our goal is to make finding information and communicating with the Village as simple as possible, and with the help of Revize (a government-focused website developer) we will also be able to enhance the website's design, navigation, search engine functionality and mobile optimization. Additionally, the redesigned website will serve as a portal through which residents can easily report issues, make payments and request services.

The website is one of several ways that the Village communicates with residents. With the new website, also look for changes to the look and feel of other Village publications, like the Glencoe Quarterly, to match the new site design. Any feedback during the transition is welcomed and can be directed to the Village Manager's Office at info@villageofglencoe.org or 847-835-4114. Stay tuned as the new design is unveiled! ■

New Village Water Bill Design

Your water bills are getting a NEW LOOK! The Village of Glencoe utility bill has been designed to be easy to read and provide customers with information regarding their quarterly utility bill charges. The top portion of the bill will be maintained for customer records, with the bottom portion being returned to the Village Finance Department with your quarterly payment. Added features in the new bill include: a chart that will show a history of your water consumption from year to year, an improved messaging center for important notices and an itemized listing of all fees. The first set of bills in the new format is expected to be delivered in early December.

Lastly, staff is working on going green with your water bills! Soon customers will be able to switch from the traditional method of receiving bills in the mail to receiving a notice electronically when a new bill is available. More information to come in the next few months, stay up to date on the Village website! ■

Public Works Projects Update

Storm Water Improvements

Design engineering is underway on the 2017 storm water improvements project in the Park Avenue and Madison Avenue neighborhoods. This \$2 million improvement is being funded by the \$10 million bond issue approved by voters in the April 2015 referendum. The improvement will include new larger capacity storm sewer pipe designed to reduce flooding issues experienced in both the Park Avenue and Madison Avenue basin areas. Plans and specifications are being finalized for a targeted bid opening for this project in February 2017. Engineering for a flood control improvement to the east side Public Safety driveway to the Village Hall is also underway for spring 2017 construction.

Rockgate/Brentwood Outfall Improvements

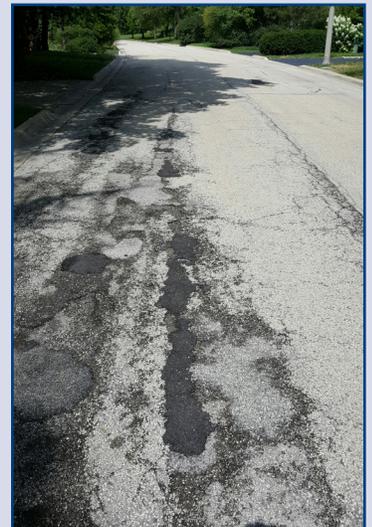
Plans are underway for significant repairs to the two Village storm sewer outfalls from Rockgate Lane and Brentwood Drive and the ravine area to which they flow. Reconstruction of these drainage system outfalls will reduce erosion and protect the ravine system. Survey and design engineering will be completed this winter in advance of spring 2017 construction.

Maintenance

Street Resurfacing

The Fiscal Year 2018 budget includes \$1.39 million for maintenance street resurfacing improvements. The Village is reviewing a recently completed condition rating evaluation of the entire street system that will be used to prioritize maintenance resurfacing for the next several years. The specific inventory of streets to be targeted for resurfacing in 2017 will be finalized this winter.

Look to the Village website www.villageofglencoe.org for regular project updates. ■



Tee Time

with Stella Nanos
General Manager

Glencoe Golf Club

621 Westley Road | 847-835-0250
www.glencoeclub.com



Glencoe Residents,

The Glencoe Golf Club staff would like to thank you for your ongoing support as we approach the end of another successful golf season. Although it is cold outside, it is the ideal time to consider gifts for the holidays, to improve your golf swing and to plan your tee times for next year's golf season. The Glencoe Golf Club can accommodate all of your golfing needs.

Give the gift of golf during the holiday season! The Glencoe Golf Club has gift cards available for sale in person, online or over the phone. The gift cards can be redeemed for greens fees, private lessons or merchandise. Fulfill your golfers wishes from the comfort of home; gift cards purchased remotely will be mailed out for your convenience.

The Glencoe Golf Academy will be teaching indoor lessons this winter utilizing video analysis and a Flightscope 3D simulator. Winter lesson packages as well as special rates for junior golfers are available. Schedule your lesson today by contacting one of the PGA teaching professionals on staff.

This is the year to treat yourself to a guaranteed round of golf every weekend at your neighborhood golf course. Permanent weekend tee time packages are now available for the 2017 season. The membership package includes 19 weeks of reserved weekend tee times beginning in May. If you are a single or twosome looking to join a group, please contact the golf shop to be put on a pairing list.

Summer golf camp registration is now open! The Glencoe Golf Club will be offering camps for junior golfers of all ages and ability levels. Our professional staff will concentrate on the fundamentals of the game while offering students the unique ability to test their swings on the golf course. Sign up today to guarantee your child's participation on the most popular summer camp dates.

I hope you enjoy a safe and happy holiday season. ■

Very truly yours,

Stella Nanos



Snow & Ice Control: Important Facts and Information for Residents

Winter weather is on its way, which means Public Works will soon implement their snow and ice control program. The goal of the program is to have all streets cleared and pavement in a safe and passable condition within eight hours following the conclusion of any snowfall event. The Plan divides the Village into six separate plowing and salting routes and within each route, streets are assigned a priority with the objective that major streets are cleared first followed by side streets and cul-de-sacs.

The Village plows and salts streets on a priority basis. Arterial streets such as Dundee Road, Sheridan Road, and Green Bay Road are cleared and salted first to maintain safe routes for all vehicular traffic. Side streets are cleared next and salt is used primarily at intersections, curves and hills.

The Village's policy is to control salt usage to reduce its impact on infrastructure, equipment and the environment, while still maintaining safe winter driving conditions. Cul-de-sacs and dead end streets are Priority three streets and are plowed using smaller trucks.

Residential sidewalks are plowed only after a snowfall of three or more inches. Like street plowing, priority is given to sidewalks along major street routes, around schools and in the downtown business district. Clearing all residential sidewalks generally takes a few days to complete. The Village encourages residents to help in this effort by clearing snow from the public sidewalks around their homes.

Driveways are often impacted by snow removal efforts. Village crews try to clear snow to the curb as soon after the storm as possible; however, during heavy snowfalls, plows may run as many as three or four passes to clear snow, resulting in snow being pushed across the base of driveways several times. Please consider this before you begin to clear your driveway. Also, remember to throw the snow removed from your driveway to the "downstream" side (the right side of your driveway as you face the street). This reduces the impact that street plowing has on your driveway access.

Winter parking restrictions. Parking on Village streets during a snow emergency is prohibited. A snow emergency is as any accumulation of two or more inches of new snow or ice in a 24-hour period. Vehicles parked on the street make it difficult for Village crews to plow and are at risk of being ticketed. Please assist in keeping streets clear in a snow event!

Help keep fire hydrants clear of snow. The Village asks that residents help keep fire hydrants accessible for the Department of Public Safety by clearing space around all sides of any hydrant in proximity to your home as you complete your shoveling or snow blowing. Your private contractor can help in this effort as well. Fire hydrants that are buried or blocked by piles of snow may result in the Department of Public Safety not being able to locate the hydrants in a timely manner during emergency situations.

For more information regarding the Village's snow and ice control practices, please contact the Public Works Department at 847-835-4134. ■



Security through Surveillance Program

The Village of Glencoe Security through Surveillance Program is a partnership between the Department of Public Safety and businesses and homeowners to prevent and solve crime utilizing security surveillance technology. This **voluntary** program allows businesses and homeowners to register their exterior security cameras with the Department of Public Safety so that in the event of a crime, they can use this database to view security footage when it is believed that a camera may have recorded events that could aid in an investigation. Often times, investigators have found when canvassing a neighborhood after a crime that a home or business surveillance system may have captured images of a suspect, vehicle or other events related to the crime. This footage can help investigations and lead to an arrest. It is important to note that the Village will not have direct access to video footage captured on private property and your information will be kept confidential. This program is an effort to partner with the community to help fight crime and keep our Village safe. Together we can make a difference for the greater good. For more information and to sign up for the Security Through Surveillance Program visit www.villageofglencoe.org or call the Public Safety Department at 847-835-4112. ■

Participate in Holiday Recycling Programs

Holiday Lights Recycling

The Solid Waste Agency of Northern Cook County (SWANCC) and the Village offer a holiday lights recycling program. Residents can drop off old string lights at the Public Works Service Building, 320 Hazel Ave., Monday - Friday from 8 a.m.-3:30 p.m., through April 1, 2017. Materials accepted include: mini-lights (Italian lights), C7 lights, C9 lights, rope lights, LED lights and extension cords. All colors and lengths will be accepted. Garland, live greens, wreaths or other non-recyclables are not accepted in this program.

Christmas Tree Recycling

The Village will collect Christmas trees from the curb every Wednesday during the month of January. This special collection does not require a landscape waste sticker. Please note, the Village cannot accept live garland and wreaths due to the significant wiring used in their assembly. These should be placed in your regular garbage. For more information, please contact the Public Works Department at 847-835-4134. ■

Chamber of Commerce News

Holiday Happenings in Glencoe



Glencoe kicks off the holidays with the traditional **Light the Village Lights** on Friday, November 25 at 5 p.m. at the intersection of Park and Vernon Avenues. On Saturday, November 26, a number of businesses are offering discounts and promotions to celebrate **Small Business Saturday**. However, in Glencoe **SMALL** business is **BIG** business! Please see the pull-out flyer for all participating stores' offers. Don't miss this opportunity to do your holiday shopping right here in town!

The Chamber of Commerce keeps the festivities going in December with our **Saturdays of the Season** on December 3, 10 and 17. Come to downtown Glencoe to enjoy treats, music, singing, Santa and horse drawn carriage rides. Please see the flyer and the Chamber website details on these events.

Throughout this holiday season, be sure to patronize our stores and businesses. They will be well stocked with gifts, entertaining needs, decorations, foods and beverages - everything you need to make your holidays delightful. It's close, convenient and stress-free to *Shop Glencoe*. Remember that a portion of your sales tax is returned to Glencoe, so you are also helping your Village when you *Shop Glencoe*. The members of the Glencoe Chamber of Commerce wish you, your family and friends a very happy holiday season.

GCG Winter Initiatives - Volunteers Wanted!

There is always a need for volunteers at the Glencoe Community Garden - even in the winter! The GCG has two terrific new initiatives. The first is a pilot program for winter compost collection. On Sunday mornings, residents can drop-off their produce kitchen scraps to be composted at the Garden. The GCG will also be building new vertical gardens and planters. Join in the construction at the Takiff Center on Wednesday, January 18 at 6:30 p.m. and Thursday, March 2 at 1 p.m.



One of our volunteers says it best: "I'm loving it, great people with common interests. It's fun, fulfilling and can fit into anyone's busy schedule!" Other volunteer opportunities include marketing, social media and program planning. Volunteers are the heart of the Garden. The GCG is 100% designed and built by the community. All of its crops are planted, harvested and delivered by volunteers. Dedicated members of the Composting Team help save kitchen waste from landfills. Outstanding community professionals partner to provide free educational programming pro bono.

For more information on how to be part of the GCG, please contact us at gcgarden18@gmail.com and like us on Facebook and Instagram. ■

New Business Spotlight Chalk

Address: 337 Park Ave.

Hours: Monday-Saturday, 10 a.m. - 5 p.m.
and by appointment

Phone: 847-424-0011

Website: chalkboutique.com



Chalk owners share that they decided to open their second boutique in Glencoe because it is a phenomenal community: its residents appreciate fine dining, world-class theater, and fashion, and it seemed there might be room for a boutique like Chalk. Chalk is a women's designer apparel and accessories boutique, with offerings for everything from running around town, to a weekend getaway, on into cocktail and black-tie events. Fresh, talented designers seek Chalk out, so it is able to offer its clients collections and pieces that no one on the North Shore or in the Chicagoland area have. Chalk believes strongly in the independent boutique experience, and has found that its clients love the boutique's intimate size; they rave about Chalk's editing, and know that they will walk out looking and feeling great in their new pieces. Chalk's team strives to greet each client warmly and authentically, to guide guests well through its collections, and to introduce them to incredible new discoveries. Fundamentally, Chalk seeks to help its clients find only the best pieces for their needs. Chalk also offers individualized styling services, Chalk dustings (closet cleanouts/consultations), packing and styling for travel, wish list fulfillment, and more. ■

Board of Park Commissioners

Seth Palatnik, President
Dudley Onderdonk, Vice President
Lisa Brooks, Treasurer
Steve Gaines, Commissioner
Andre Lerman, Commissioner

Executive Director

Lisa Sheppard, CPRP

Glencoe Park District

999 Green Bay Road
Glencoe, IL 60022

Phone: 847-835-3030

Fax: 847-835-7972

Website: www.glencoeParkDistrict.com



Special Events:

Liza's Gazebo Grand Opening

3-5 p.m. | Friday, November 25 | Kalk Park

Black Ice Friday

6-8 p.m. | Friday, November 25
Watts Ice Center

Merry & Bright Flashlight Night

6-7:30 p.m. | Friday, December 2
Takiff Center

Ceramics Art Fair

10 a.m.-2 p.m. | Saturday, December 3
Takiff Center

Itty Bitty New Year

11 a.m.-12:30 p.m. | Saturday, December 31
Takiff Center

Watts Below Zero

10 a.m.-12 p.m. | Monday, January 16
Watts Ice Center

Paint & Sip

6:30-8:30 p.m. | Friday, January 20
Takiff Center

Messy Morning Preschool Open House

9:30-11 a.m. | Saturday, January 28
Takiff Center Rooms 208-224

Daddy/Daughter Dance

5-7 p.m. | Sunday, February 12
Takiff Center

Teddy Bear Picnic

11:30 AM-1:30 p.m. | Saturday, March 4
Takiff Center



FROM THE PARK BENCH

Dear Glencoe Friends and Neighbors:

This fall, we were honored to re-open Phil Thomas Memorial Playground at Shelton Park. The park was originally commissioned in 1984, when the community rallied together to dedicate the space in honor of Phil Thomas, a young boy who died of cancer and wished to build a playground for children to enjoy. Our new treehouse playground, which is in the same spot as the original play structure, is full of little surprises and experiences, designed to bring joy into the lives of our littlest Glencoe residents. I invite you to take a stroll through the park soon and visit!

The day after Thanksgiving, we hope you will join us for a fun-filled day in Glencoe as we re-open another park. The day will start with the Grand Opening Celebration of Liza's Gazebo at Kalk Park. The gazebo was first constructed in 1989 as a labor of love from the friends and family of Liza Bates MacLeod, a young girl who died of cancer. The weekend marks the 20th anniversary of what would have been Liza's high school reunion, and we are thrilled to celebrate her legacy with a bash at Kalk Park. Live music, pony rides, and fun attractions will be at the park, leading up to the Village of Glencoe's annual Light the Lights celebration. Be

sure to join us at the park between 3-5 p.m. for free hot chocolate and fun!

After the celebration, the fun moves to Watts Ice Center for opening day! Watts Ice Center will kick off the start of the skating season with a new event, called Black Ice Friday. Generations of Glencoe families have enjoyed skating among the trees at this unique facility, which is the home of figure skating lessons, ice hockey, and recreational skating. Lace up your skates and spend your holiday weekend with us on the ice at Watts!

Finally, I'm excited to tell you that work at Melvin Berlin Park is complete. The construction fence will remain in place through the winter in order to allow the grass to grow properly. We will be celebrating the grand opening of Melvin Berlin Park in the spring with a baseball-themed party! Look for details on www.glencoeParkDistrict.com.

Throughout this winter, the Park District will be making plans to replace aging playground equipment at Astor Park, revitalize Lakefront Park, and add parking and fitness equipment to the Takiff Center. As project details progress, updates will be posted on the Park District's website www.glencoeParkDistrict.com. If you have specific questions, I invite you to email specialprojects@glencoeParkDistrict.com.

As always, remember to play! ■

Sincerely,

Lisa Sheppard, CPRP
Executive Director



One Great Afternoon in Glencoe

After you fill up on turkey and Black Friday deals, you may be looking for something fun for the whole family to enjoy! Glencoe Park District has a full afternoon and evening of community events planned for you to enjoy on Friday, November 25.

The fun kicks off at 3 p.m. with the Grand Opening of Kalk Park. The Empty Pockets, a Chicago rock band, will play a mix of popular covers along with holiday favorites from the new Gazebo stage. There will also be pony rides and a petting zoo, as well as games, rides, and hot chocolate. The afternoon will include the official re-dedication of Liza's Gazebo, a structure originally built in 1989 to honor Liza Bates MacLeod.

At the end of the Grand Opening Celebration, Santa will arrive on a Glencoe firetruck to lead revelers to the Village's Light the Lights ceremony. The traditional ceremony starts at 5:30 p.m. near Glencoe Roast, and will include carols from the North Shore Harmonizers and time to visit with Santa.

Next, travel to Watts Ice Center for opening night! Spend the night skating under the stars at Black Ice Friday from 6-8 p.m. The evening will include mini-skating lessons, games, and Blackhawk ticket giveaways. Lace up your skates for a family-fun night at the North Shore's premier outdoor ice rinks. ■



Understanding the Park Board

The Glencoe Park District is a local taxing body of government, governed by elected or appointed officials with the primary purpose of providing parks, facilities, and recreation programs that will enrich the quality of life for residents residing within the district's geographic boundaries.

The Glencoe Park Board is composed of five commissioners who serve 4-year terms and have the ability to assess taxes. Three Commissioner positions will be open in the April election. The Board serves three core functions: policy formation, decision making, and oversight. Responsibilities include:

- Determining the Park District's values, vision, mission, goals, and objectives
- Help establish a long-range plan and vision for the Park District's future
- Selecting and evaluating the Executive Director
- Provide sound financial oversight
- Formulate and approve policies
- Guide the organization to comply with laws and regulations

As an independent taxing body, the Glencoe Park District has the resources and financial structure to quickly adapt to emerging trends, address issues swiftly, and provide exceptional programs, services, and facilities.

In Illinois, park districts represent only five cents of every tax dollar spent, and the park districts supplement their income from taxes by programmatic fees for services whereby the user (or individual benefiting from the services) pays for them. A recent study concluded that 47 percent of these agencies' revenue comes from sources other than taxes. Revenues generated directly impact new parks and facilities, so your dollars are continuously re-invested in the community. When exploring the issue of intergovernmental cooperation, studies also show that, to a large extent, park districts share facilities, staff, equipment and other resources with the population served by similarly located units of local government and, in this respect, park districts may very well serve as a model for other government units.

In addition, park districts are professionally staffed units of local government. This means that services have the greatest chance of being provided in an effective and thorough manner and not as an outgrowth of political cronyism. Professional staffing assures that recreation programs and facilities are run and maintained by trained experts, uniquely qualified to provide for the responsible stewardship of a community's recreation assets. Independence also protects parks and services for future generations.

The Glencoe Park District takes financial responsibility seriously. As such, Moody's Investor Service recently rated the Park District with an A1a credit rating, which is the highest ranking available. ■



Glencoe Park District Provides Unlimited Outlets that Lead To...

EMPOWERED YOUTH

You entrust us with the care of your children and we value that trust. We develop their life-long motor skills as toddlers and young people by organizing programs specifically with



instruction and coaching developed for their age groups. Research on the effectiveness of park and recreation programs for young people include: enhanced self-esteem, development of self-awareness, more disciplined attitude, greater awareness of health and hygiene, gains in confidence, peer group socialization, and interaction with a positive, caring adult role model.

HEALTHIER LIFESTYLES

In addition to beautifying community space, park districts provide residents with a connection to nature which is associated with numerous health benefits. Issues such as the childhood obesity epidemic, aging populations, and chronic diseases are becoming increasingly common challenges that society is facing. The field of public parks and recreation is well positioned to be a front-runner in meeting these health and wellness-related issues.

SUSTAINABLE ENVIRONMENTS

Parks and open spaces serve a critical role in providing healthy habitats for people, wildlife, and plants. Illinois public park and recreation agencies have a successful track record of managing many of these areas. Their leadership and stewardship of these environmentally important spaces must continue as they represent one of the better, strategic approaches for slowing global climate change.

THRIVING ECONOMIES

Public parks and recreation is a \$3 billion dollar industry in Illinois alone. Financial reports will provide you with the profit/loss on a program, special event, or facility but does not quantify the peripheral impact on the community as a whole. As the largest youth employer in Glencoe, we teach tomorrow's leaders responsibility and values to set the course for their future. Called the Multiplier Effect, the impact of an investment may not net a profit but will have positive externalities associated with it.

ENGAGED COMMUNITIES

A thriving park and recreation agency builds an ongoing, permanent relationship for the purpose of applying a collective vision for the benefit of a community. Creating an engaged community is not easy and involves investing in other people and agencies but the return on that investment will benefit not only the Glencoe Park District, but the community at-large. In addition to bringing neighbors together to form life-long friendships, the Glencoe Park District works with community organizations, local government, and non-profit entities to share resources and provide tax-payer value. ■

Play Hockey Like a Blackhawk!

Minor Hawk program includes Blackhawks jersey and free hockey equipment plus opportunity to skate at the United Center!



Glencoe Park District's new Minor Hawk hockey program is designed to excite young athletes! Every student who signs up for Minor Hawk classes receives a free Chicago Blackhawks jersey as well the opportunity to skate during intermission at the Blackhawks-Blues game at the United Center.

As an official Blackhawks rink, Watts Ice Center will also be celebrating the team by giving away game tickets and memorabilia, as well as welcoming Tommy Hawk to the rink.

Through a grant from the Amateur Hockey Association of Illinois, Glencoe Park District is now offering a pilot program to give FREE gear to Minor Hawk participants (if needed). Anyone who wants the gear for the season must be signed up for a Minor Hawk class. The hockey equipment can only be used at Watts Ice Center and must be returned at the end of the season. Participants must pay a \$75 deposit, which will only be charged if equipment is not returned in a usable condition. This pilot program is limited to the first fifteen participants who sign up and are in need of equipment. To apply for the equipment, students must contact Bobby Collins at bcollins@glencoe parkdistrict.com.

Glencoe Park District's new Minor Hawk program is designed to give your child access to every aspect of the game. The new curriculum is designed to teach the fundamentals of hockey skating. In four levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques are the primary focus of the levels, with the goal to learn fundamentals to be successful in hockey practices and game situations.

On February 26, a number of Minor Hawk participants will be selected to skate during the Blackhawks-Blues game intermission at the United Center and Glencoe families are encouraged to cheer on their little athlete at the game in the Glencoe Park District fan section! The Park District has a number of tickets in this section available for purchase at a discount rate.

Minor Hawk classes start the last week of November and the first week of January. Morning and afternoon classes are available on Tuesdays and Saturdays, and are open to all kids ages 3-14. For more information, visit www.glencoe parkdistrict.com and look for Activity #302530. ■

WATTS SPECIAL EVENTS

All Watts Ice Center events, unless otherwise stated, are free with daily admission or season pass.

BLACK ICE FRIDAY*

6-8 p.m. | FRIDAY, NOVEMBER 25

Black Friday is opening day at Watts Ice Center! Join us for a skating party, complete with games, prizes, and mini-lessons! In the event of inclement weather, event will be canceled; visit www.glencoe parkdistrict.com for details.

BLACKHAWKS NIGHT*

7-9 p.m. | FRIDAY, DECEMBER 16

Wear your team colors and join us for a night dedicated to Chicago's favorite hockey team. Throughout the night, we'll be giving away Blackhawks tickets and memorabilia. In the event of inclement weather, event will be rescheduled; visit www.glencoe parkdistrict.com for details.

WATTS BELOW ZERO*

10 a.m.-12 p.m.

MONDAY, JANUARY 16

Celebrate everything winter with skating, games, ice sculpting, and more! Admission is free; skate rental is \$4. In the event of inclement weather, event will be rescheduled; visit www.glencoe parkdistrict.com for details.

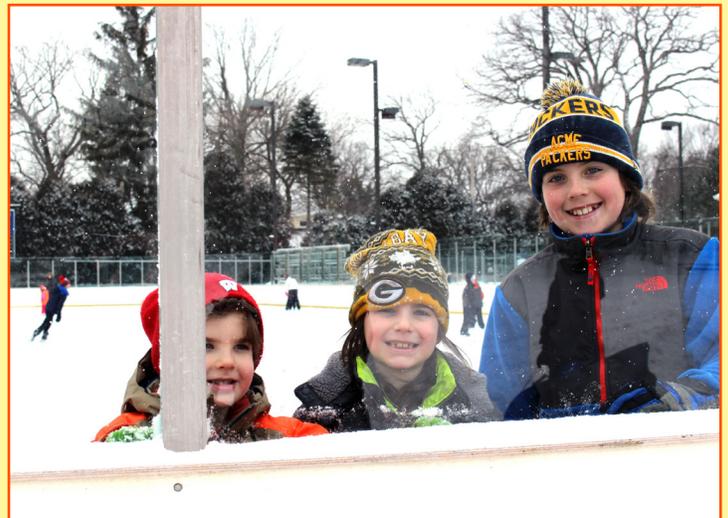


TEEN ICE NIGHT

6:30-8:30 p.m. | FRIDAY, JANUARY 27 & FEBRUARY 24

Join us for an evening of fun at the Watts Ice Center. We will enjoy pizza, hot chocolate, s'mores by the fire, games, give-a-ways and ice skating. Admission for season pass holders is \$5, daily admission for non-pass holders is \$15. Skate rental available. In the event of inclement weather, event will be canceled; visit www.glencoe parkdistrict.com for details.

*All children must be accompanied by an adult. ■



Upcoming Special Events!

FREE! LIZA'S GAZEBO GRAND OPENING

3-5 p.m. | FRIDAY, NOVEMBER 25 | KALK PARK

Celebrate the start of the holiday season and the grand opening of Liza's Gazebo! Enjoy a petting zoo, pony rides, games, and live music by the Empty Pockets. After enjoying a mix of classic rock and holiday favorites, follow Santa downtown for the Village's Light the Village Lights.

FREE! MERRY & BRIGHT FLASHLIGHT NIGHT

6-7:30 p.m. | FRIDAY, DECEMBER 2 | TAKIFF CENTER

On a dark night in December, we'll use flashlights to search for treats and prizes! We'll also decorate festive bags, listen to a story, and enjoy hot cocoa. Recommended for children ages 2-8; please bundle up and bring a flashlight!

CERAMICS ART FAIR

10 a.m.-2 p.m. | SATURDAY, DECEMBER 3 | TAKIFF CENTER

Enjoy light refreshments as our students share their work at our first Ceramics Art Fair. Ceramic pieces from all levels, youth through adult, will be on display. All pieces will be available for purchase and all proceeds will benefit the Park District's C.A.R.E. Scholarship.

ITTY BITTY NEW YEAR

11 a.m.-12:30 p.m. | SATURDAY, DECEMBER 31 | TAKIFF CENTER

\$7/12 R/NR PER CHILD | ACTIVITY: 320825-01

Ring in the New Year with dancing, crafts, and a countdown to noon, complete with a balloon drop! Advance registration required by December 26; recommended for children ages 2-6.

NEW! PAINT & SIP

6:30-8:30 p.m. | FRIDAY, JANUARY 20 | TAKIFF CENTER

\$25/28 R/NR (PER PERSON) | ACTIVITY: 320730-01

Grab a friend for an evening of painting and wine! Our painting instructor, Rino Liberatore, will guide you through the process of creating your own masterpiece. No experience or supplies necessary; new and seasoned artists are welcome! BYOB. Must be over 21 to attend.

FREE! MESSY MORNING PRESCHOOL OPEN HOUSE

9:30-11 a.m. | SATURDAY, JANUARY 28

TAKIFF CENTER ROOMS 208-224

Learn about the wonderful Glencoe Park District preschool programs while exploring our classrooms. Your child will get to squeeze, squish, paint, swat, and do all the fun stuff you would never try at home. No need to pre-register; just put on your oldest duds and drop in for a messy good time! Recommended for preschoolers, up to age 5, and their families.

DADDY/DAUGHTER DANCE

5-7 p.m. | SUNDAY, FEBRUARY 12 | TAKIFF CENTER

\$98/108 PER COUPLE | ACTIVITY: 320846-01

\$32 EACH ADDITIONAL CHILD | ACTIVITY: 320846-02

Join us for a special evening with your little princess! Enjoy a delicious buffet, dance to a DJ, and have fun making memories. Advance registration required by February 8. Recommended for girls ages 2-7 years and their special guest.

TEDDY BEAR PICNIC

11:30 a.m.-1:30 p.m. | SATURDAY, MARCH 4 | TAKIFF CENTER

\$8/10 R/NR PER CHILD | ACTIVITY: 320100-01

Bring your favorite stuffed friend for a bear-y fun afternoon, with delicious treats, furry-friendly activities, themed crafts, and a special story circle. Advance registration required by March 1. Recommended for children ages 2-6 with a parent. ■





Glencoe District BOARD OF EDUCATION MESSAGE

Board of Education

Mrs. Julie Ackerman
Mr. Robert Bailey
Mr. Edward Chez
Mrs. Melissa Estes
Mrs. Jean Hahn
Dr. Marc Glucksman
Mr. Gary Ruben - President

Superintendent

Dr. Catherine Wang

Contact Information

Board of Education
Glencoe School District 35
620 Greenwood Avenue
Glencoe, IL 60022
Phone: 847-835-7800
Fax: 847-835-7805
Website: www.glencoeschools.org



Coming Events:

Winter Break

Monday, December 19 - Monday, January 2
(school resumes on Tuesday, January 3rd)

We Care for our World

Tuesday, February 7
5:30 p.m. | South School for K-4 families

Glencoe Jr. High Project - All Shook Up

Thursday, February 9 - Sunday, February 12

Teacher Institute Day & South School Parent Teacher Conferences

Friday, February 17 | No School for Students

Presidents Day

Monday, February 20 | No School

Central School Book Fair

Tuesday, February 21 - Thursday, February 23

5th Grade Sharing Concert

Thursday, February 23
6:30 p.m. | Misner Auditorium

PTO South School Movie Night

Friday, February 24

To the Glencoe Community,

In April 2017, my tenure on the Glencoe School Board will come to an end. I have served on this Board for almost 24 years. Frequently, I run into neighbors and friends who ask if I am still involved with the School Board and, when I tell them yes and add that it's a true labor of love, inevitably comes the "... thank you for your service."

Back in 1993, I was encouraged by teachers to run for the School Board. At the time, the teachers were concerned about maintaining a good working relationship with the Board of Education, establishing good channels of communications with all the stakeholders, creating and providing a quality education, and receiving the financial resources needed to do so. These expressed needs appear to be timeless.

Having six children and business experience as a CPA and an attorney, I thought that serving on the School Board would be a meaningful way for me to contribute back to a community that has been so good to my family.

Time and again, I have witnessed the tireless efforts of our teachers and administrators to educate our children with the singular goal of advancing students in their unique individual way, to help these students, our children, to become lifelong learners and to empower them to reach their full potential in whichever path they chose.

Through the combined efforts of teachers, administrators, and the School Board, I have spent 24 years witnessing this process, repeat, evolve and refine itself. Throughout this, we have been committed to build a technology-rich environment, to search and fund best education practices, and to provide the ways and means to support our teachers and administrators. The legacy of the Glencoe Schools is a legacy of the adults of the community working hard to provide the best possible environment for education. While the classrooms look different (the blackboards are now "white" and "smart"), the goal is the same. Our focus is ALWAYS on the children.

It has been my great pleasure to be a part of such a wonderful institution. I will always cherish my time spent as a School Board member. I value the time spent with other School Board members, administrators and teachers and what we have accomplished as a team. It has been an incredibly enjoyable and fulfilling chapter. I will miss it.

So, I say to all of you, "No, really, it is for me to thank you!" ■

Sincerely,

Mr. Edward B. Chez



Dr. Wendy Mogel Visits Glencoe

Please mark your calendar to join in the community conversation with clinical psychologist, Dr. Wendy Mogel, on March 14, 2017. We look forward to taking these next steps in our community. ■

TIME WELL SPENT

The Art & Science of Parent-Child Communication
in an Age of Anxiety and Digital Distraction



Dr. Wendy Mogel is a clinical psychologist, parenting expert, New York Times best-selling author and international keynote speaker.

Dr. Mogel's new book, **Voice Lessons**, is for parents who have "lost their voice." She will lead a conversation about the new choreography of conversation with and about children at each age and stage of their lives.

Join Am Shalom, District 35, Family Service of Glencoe, Glencoe PTO, Glencoe Clergy Association and the Village of Glencoe for this important community discussion.

save THE DATES!

TUESDAY, MARCH 14
7:00PM

Conversation with
Dr. Wendy Mogel

THURSDAY, MARCH 16
9:30AM

A deeper dive with
community leaders

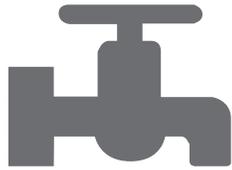
Both programs will be held at

Am SHALOM

840 Vernon Avenue, Glencoe

Water Quality Update

Recent events have brought a national focus to water quality and, more specifically, lead levels in water. While not a state or federal requirement, District 35 commissioned comprehensive laboratory testing for lead and copper throughout our three school buildings. Samples were collected in July from all water sources within the schools. These results showed two drinking fountains at Central School and one drinking fountain at West School with lead levels above the Environmental Protection Agency (EPA) acceptable threshold of 15 parts per billion. The District acted swiftly and enacted an action plan to immediately remove the drinking sources with elevated levels. On August 25, 2016, a second round of water samples were taken from all locations with prior elevated lead levels and 10% of other locations. On September 15, 2016, a second update was shared with District 35 parents. All drinking sources, including water fountains, health office sinks, and kitchen sinks function with no detectable level of lead.



2nd
ROUND
TESTING
SEPT
2016

ALL
DRINKING
SOURCES
CLEAR

3rd
ROUND
TESTING
MARCH
2017

The second round of testing revealed four hand washing sinks above the EPA actionable level of 15 parts per billion. The sinks include one faucet in a bathroom sink at Central School and three faucets in sinks at West School. The four sinks will remain labeled for hand washing only until the faucets are replaced and retested. The District continues to review options for hand washing sinks across our district.

The full September 2016 retesting report and results were posted on the District website (<http://tinyurl.com/D35-water>). A third round of testing will occur in March 2017. Once completed the Board will make a recommendation for the addition of water quality testing within our ongoing cycle of environmental testing. We remain committed to ensuring that our schools are a safe and healthy environment for our students and staff members. ■

2017-2018 School Calendar

The Board of Education approved the 2017-2018 school year calendar at the November Board meeting. Each year the District Calendar Committee meets to draft a proposed school calendar for the coming year. Members of the committee include teachers, teacher associates, and administrators. A one-page calendar reflecting major events and breaks for the coming school year is posted on the District web page www.glencoeschools.org. ■



2016 Tax Levy Hearing

The 2016 Tax Levy hearing will be held on December 1, 2016, during the Board of Education meeting. In the Intent to Levy Report, the District 35's Director of Finance and Operations, Jason Edelheit, identified the tentative tax levy as \$26,763,482 for operational purposes, an increase of 8.56% over the 2015 tax extension. This proposed increase is recommended in light of a tax cap limitation of 0.7% (Consumer Price Index) above the 2015 tax extension. The 8.56% proposed levy allows for significant new growth, while only increasing existing property taxes, for operational purposes, by the tax cap level of 0.7%.

The tax levy is a request for dollars converted by the County Clerk into actual amounts once the value of all old and new property in a school district is determined. Tax cap laws limit the increase to either 5%, or the Consumer Price Index, whichever is less. ■

South School Crawford Learning Center

"Libraries should be more like kitchens than grocery stores. They should be creation spaces, instead of pulling-things-off-the-shelf spaces."

— Ira Socol, Michigan State University, East Lansing

The Crawford Learning Center (CLC) at South School was redesigned within the plans for the implementation of full-day Kindergarten. The CLC is no longer simply a place to store books and materials. The new CLC has become a combined area for our students to be consumers of information ("Takers"-as in checking out materials and receiving instruction) as well as creators of information ("Makers"- as in creating new information, expressing ideas, exploring materials, and tinkering). The design includes flexible book storage on wheels, table and seating options for instruction, and many locations for our students to enjoy cozying up with a new book. ■



What Does Innovation Look Like in our Schools?

New Innovation Stations are up and running at South and West with the Crawford Learning Centers. Students are encouraged to wonder, imagine, learn, and discover while creating and tinkering in our flexibly designed, student-inspired innovation stations.



Fourth grade students work collaboratively to create plant structure models.

The innovation stations are designed to be an area that provides hands-on, creative ways for students to design, experiment, and invent as they engage in science, engineering, and tinkering. Our West School students have created plant structures in connection to their study of structure and function with plants. After reading *One Plastic Bag: Isatou Ceesay and the Recycling Women of the Gambia* by Miranda Paul, our South School students were challenged to consider



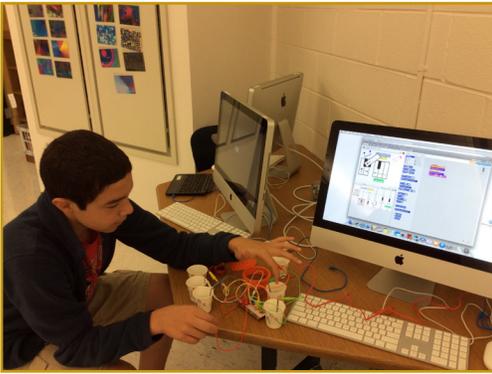
a way to help reduce the waste created with plastic bags. Students worked together to make jump ropes from plastic bags collected from home.

South School hosted an **Innovation Night** for over 40 second grade families on October 25. There were three stations allowing the families to explore various components of the Innovation Station and enjoy a hands on tour of the redesigned Crawford Learning Center. Many staff members volunteered to create a successful evening. Additional nights of exploration are planned on **January 19** for first grade families and **March 16** for kindergarten families. ■



Second graders collaborate to design and test the most effective bucket tower.

Central School Creativity Lab



Students use Makey Makey and Scratch to program tasks.



Students use GarageBand and Scratch to program animations.



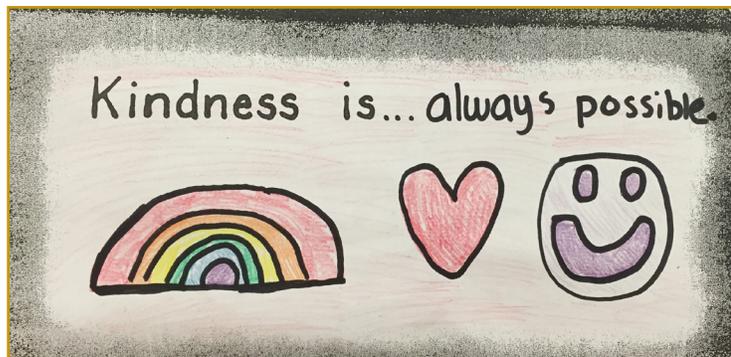
Students in all grades at Central School may explore science, technology, engineering, art and math concepts through a variety of experiences available through our Integrated Arts offerings. Within our Creativity Lab, activities combine high tech and low tech to provide problem solving opportunities with areas of interest. Students construct and program a variety of different robots; learn to code using multiple interfaces; and complete engineering tasks or create visual art. Our students gain insight into real world tools to create, collaborate, research, and communicate - with robots and humans alike. ■

Pink Day in Glencoe

An International **Say No to Bullying** Day began when two high school students in Nova Scotia, Canada witnessed a new classmate being bullied for wearing a pink shirt.

The two students bought all the pink shirts they could find and distributed them at their school for others to wear and show that bullying wasn't okay. Throughout the world, school communities carry on this tradition by celebrating Pink Day. Our District and community will be a sea of pink on Friday, December 2. We encourage students, staff members, and community members to wear pink and **Say No to Bullying**.

Leading up to this day, Central School students will receive blank bricks to write a personal definition of kindness. Our students will help to grow the *Kindness Wall* which serves as a daily reminder of the steps we each may take to care for others. ■



A simple message which is shared on the Central School Kindness Wall.

Can You Hear the Sounds of Music?

It is a delight to hear the voices of our students and the music they create in our school hallways and classrooms. Students are given musical experiences and opportunities beginning in kindergarten and continuing through eighth grade. The goal of our music program is to allow each child to participate in a variety of music experiences, and through these experiences nurture a love and appreciation of music as a medium for expression, creativity and personal achievement. Students develop an understanding, enjoyment and appreciation of music through both listening and performing. We welcome parents and community members to join in our upcoming performances.



Mark your Calendar and Save the Dates

West School Chorus Club Concert

Thursday, December 8 at 6:30 p.m., Misner Auditorium

West School Music Week

December 12 - December 15

6th Grade Dinner and Concert

Tuesday, December 13 at 6:15 p.m., Central School Gymnasium

New Trier Jazz Festival

Saturday, February 4, New Trier High School-Winnetka Campus

5th Grade Sharing Concert

Thursday, February 23 at 6:30 p.m., Misner Auditorium ■



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FSG Office Locations

675 Village Court, 2nd Floor
and

361 Park Avenue, Suite 202
Glencoe, IL 60022
847-835-5111



EXECUTIVE DIRECTOR'S MESSAGE



Dear Friends and Neighbors:

I love and admire my mom.

Throughout my life, she has inspired me through her words and actions, setting an example of lifelong learning. At the age of 48, having raised 8 children, she returned to school and graduated 2 years later from DePaul University with a bachelor's degree in gerontology. Her second career over the next 20 years of her life included positions at Covenant Village, Whitehall, Deerfield Senior Center and the Wheeling Senior Center. Now pushing 87, she recently visited from her home in Idaho to carry the message that aging is often just a state of mind, and older seniors can continue to live active and vibrant lives.

I find this inspiration especially meaningful as Family Service of Glencoe launches a new initiative designed to address the social-emotional needs of Glencoe seniors. I am pleased and proud to be helping lead this important effort. FSG is responding to specific needs expressed by Glencoe seniors and those who help care for them through a campaign of awareness, advocacy and access. At the heart of this new program is the intention and goal to reach out and connect with all those in need of

support, particularly those suffering from loneliness, depression and isolation.

Why is FSG adding more services for seniors? With an average of 10,000 baby boomers turning 65 every day, an increasingly extended lifespan, health challenges, financial insecurity and caregiver stress, the need for additional services continues to grow. Our research confirmed this as we found in our community assessment many new services starting up for seniors particularly in the areas of home care services designed to help seniors "age in place" in their home and community.

We are mindful that we could not embark on this new initiative without the strong support of a loving community. While funding is always a primary need, we have also called upon many residents, volunteers, community leaders, board and staff to help identify specific needs and shape the direction of programs and services. We are very grateful to all our fellow citizens for lending their time, talent and treasure.

We are also grateful to our program partners including North Shore Senior Center, Glencoe Park District, Glencoe Public Library, Village of Glencoe, Glencoe Public Safety, Committee for Senior Housing Aid in Glencoe, Glencoe Junior High Project, District 35 and the faith community. Over the next year, as we roll out new services and program activities, our collaboration will be critical to our collective success. As our program grows, I look forward to keeping you informed of our progress and achievements. ■

At the heart of our community,

William (Bill) Hansen, MSW

Executive Director

william@familyserviceofglencoe.org

The Glencoe Community Holiday Drive

How You Can Help:

- **Toy Drive** – Deliver new unwrapped toys to Village Hall or The Takiff Center
- **Food Drive** – Deliver non perishable foods or paper goods to Village Hall or The Takiff Center or purchase food at Grand Foods on collection days
- **Care Package** – Purchase a \$20 care package at Grand Foods for low income seniors and disabled adults
- **Funds or Gift Cards** – Deposit in the white Village mailbox. Make checks payable to "Village of Glencoe" write "Holiday Drive" in memo
- **Sponsor a family** – Email glencoecommunityholidaydrive@gmail.com
- **Volunteer** – Help collect, wrap, sort or deliver gifts by joining The Glencoe Community Holiday Drive Committee
- **Like us on Facebook!**

Donations will be accepted until December 12, 2016. For more information email glencoecommunityholidaydrive@gmail.com. Thank you to Grand Foods for their support! ■



The Sandwich Generation Cares

Adults have been caring for aging parents while simultaneously raising their own children since families began. So why has the phenomenon “the sandwich generation” garnered so much attention in recent years? Given that people are living longer (and often not in good health), and are marrying and having children later in life, it’s not surprising that more caregivers are feeling the squeeze. A growing number of adult children are returning to their parents’ home, and extending “the sandwich generation” years.

The challenges are real, especially when an aging parent’s physical or mental function deteriorates. Health problems may require medication management, adjustments to an elder’s home or finances, and driving to specialist appointments. Consequently, the caregiver’s work, family, and personal life can suffer from the disruptions, putting caregivers at risk of developing anxiety, depression, and other symptoms of emotional stress.

Today’s “sandwich generation” is overcommitted and overwhelmed, but steps can be taken to promote a more balanced and empowered life. Joan Merlo, LCSW, Family Service of Glencoe, helped shape these tips:

Protect time for self-care.

Open your calendar and commit to making time for your friends, your spouse or partner, healthy meals, adequate sleep, and exercise. When you clarify boundaries and routines, you are more likely to stick to them, and you free yourself up to think about other decisions. “Make your own care a priority,” Merlo recommends, “in fact, make it the foundation of your daily plan.”

Look at the big picture.

This natural life stage offers you an opportunity to repay the nurturing that an aging parent once gave you. Knowing that you helped a loved one feels good. They may not mention it, but your family members do appreciate your help. Lessons trickle down to your own children as you demonstrate the value of teamwork, family, and well-being. “Pause and notice the precious quality of a given moment,” Merlo suggests. “Remind yourself that this stage may feel like it will last forever, but it won’t.”

Grow your self-awareness.

“Notice your hot buttons or emotional triggers. Even when you feel exhausted as a result of caring for others, stay tuned-in to yourself, and interests outside the sandwich situation. This is an excellent life stage for personal growth,” says Merlo. “Spending a few minutes on mindfulness each morning, on priorities mid-day, and gratitude each evening, can help you feel more calm and focused.” For some, becoming more self-aware requires alone time – a walk, meditation, or yoga can be beneficial. For others talking to a friend or writing in a journal works best.

Ask for help.

Life creates more challenges than any of us can handle alone. Fortunately, relationships with children and friends typically improve when you let them help. What can you do?

- Try asking extended family members and friends to attend one of your teen’s activities when you can’t be there.
- Next time a friend asks, “Can I help?” Respond with a “yes.” Then add a specific idea such as, “Call me to schedule a movie night...”
- Ask the children, young adults, and aging parent in your family to think of new ways to pitch in. Involving them in the process increases cooperation.
- If you are the primary caregiver for your parent, ask other siblings to supply more indirect support by pitching in on paperwork, or in-person help.

For even more support, call a Family Service of Glencoe therapist. Your discussions may help you get answers to questions, identify unrealistic expectations, or validate emotions. Investing in a healthier you is a strength that can benefit everyone in your multigenerational family.

Contributed by FSG Board Member Beth Karnes ■

Glencoe Senior Needs Assessment

This past year, in follow-up to the 2014 community-wide needs assessment, FSG studied the needs of Glencoe’s seniors (14.5% of our village’s residents) through a targeted needs assessment. Utilizing a multiphase, mixed-method design, we conducted a qualitative assessment through key influencer interviews and focus groups. Findings from the qualitative study indicate that:

- Glencoe is seen as a good place to live for those 65+, with a perceived high quality of life.
- Living longer brings with it a unique set of challenges, particularly financial.
- There is a lack of housing options for those 65+ in Glencoe, i.e. downsizing and also wanting to stay in the community.
- Long-term residents report a feeling of less community and connectedness than they felt years ago.
- Diversity of the population is seen as significantly diminished.

Social-emotional issues include grief and loss, hoarding, loneliness, isolation, alcohol/substance abuse, family abandonment, and elder abuse. Physical and cognitive issues include reduced mobility, chronic health conditions, cognitive impairment, vulnerability to influence and scams.

Fifty-nine adult children of 65+ parents completed a quantitative study through an online survey. These respondents have parents currently in need of support or expected to be in need of support in the next five years.

Key areas of vulnerability include:

- caregiver stress
- potential for loneliness
- health challenges
- inadequate support systems

Respondents noted the following programs would be helpful:

- exercise programs
- social outings
- home visits
- referrals and assistance to address issues
- counseling support

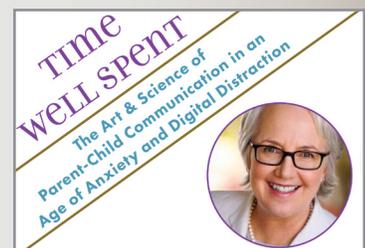
Expanded offerings for seniors are designed to thoughtfully address the unique needs of our older residents. For more information, or if you would like to make a financial contribution, please contact FSG Executive Director William Hansen at william@familyserviceofglencoe.org. ■

Save the Date

Tuesday, March 14 – 7 p.m.
Community Discussion with
Dr. Wendy Mogel

Thursday, March 16 – 9:30 a.m.
Follow-up discussion with
Dr. Catherine Wang, Al Ross,
LCSW, RDDP, and other
community leaders.

Both programs will be held at Am Shalom, 840 Vernon Avenue ■



New for Seniors

The Legacy Project:

Connecting Generations through Story

A collaborative exchange between Family Service of Glencoe and Glencoe Junior High Project, the Legacy Project echoes the oral traditions of the past with a little help from modern technology. History, lore and wisdom are passed from one generation to the next providing enriching experiences for students, seniors and the community. Through interviews and other social interactions, students and seniors will be able see each other's lives through different lenses. If you are interested in participating, please contact chuck@familyserviceofglencoe.org or 847-835-5111. ■



legacy project

CONNECTING GENERATIONS
THROUGH STORY

Depression or the Blues: How Do I Know?

The number of people who call themselves “seniors” is growing rapidly. As our society’s population matures, it is important to identify usual versus atypical signs of aging. After the death of a spouse, how long should grief last? Is Dad’s medication the cause of his decreased appetite and difficulty sleeping, or is it depression?

According to the Center for Disease Control, an estimated 20% of people 55 years or older report some type of mental health concern. While the most common conditions include anxiety and depression, they are not characteristic of growing older but rather are treatable conditions that are often under-recognized and either untreated or undertreated among older adults. Why is this significant? An estimated 17% of older adults misuse or abuse alcohol and medications. Moreover, older men have the highest suicide rate of any age group.

Why is aging more difficult for some? In renowned psychologist Erikson’s final life cycle stage, he believes that older adults take stock of their lives. Those who are content and fulfilled feel they have led a meaningful life and have contributed to society. Those who despair wonder if their life had purpose and often focus on perceived failures. This may lead to depression and anxiety.

Recognizing depression can be difficult. Your loved one may lose interest in activities that used to bring pleasure. His or her appetite may increase or decrease. There can be a change in sleep patterns – some individuals sleep more while others have difficulty falling asleep or wake often during the night. Rather than acting “down in the dumps,” some suffering from depression become angry. So what should you do if you suspect that your loved one is showing signs of depression?

- Consult a primary care physician. The doctor should be made aware of current medical conditions as well as all medications the senior is taking. Signs and symptoms can be confusing. Other medical illnesses sometimes mimic depression and depression sometimes affects the course and complicates the treatment of other diseases. A neurological assessment should be considered as part of any evaluation to rule out other potential issues, such as Alzheimer’s or dementia.
- Call Family Service of Glencoe. Our goal is to meet the needs of the entire family. Not only can a senior receive services, all those who care for him or her can, as well. We offer counseling services and referrals.

What can be done to prevent depression? According to Chuck Hutchcraft, LCSW, FSG staff therapist, social and emotional support is a central factor in reducing the risk of mental illness, physical illness, and mortality. While fear and stress have been associated with suppressed immunity, reduced cardiac function, and susceptibility to pain and infection, both social support and relaxation have positive influences on those same areas. Seniors need social interactions and activities – they can check out class offerings at the Park District, go to a book discussion at the library, or simply meet a friend for coffee. FSG is implementing a new *Senior Connections* program with the intended goal of bringing people together. The key to healthy aging? Stay active and connected.

Contributed by FSG Board Member Lisa Cardonick ■

New Senior Discussion Group Series: Vibrant Living

Thursday, December 8

Finding Balance in Caring for Your Emotional & Physical Health

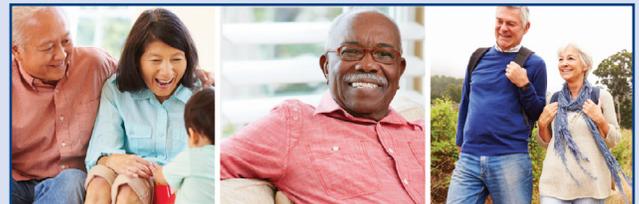
- Defining new priorities with perspective & humor
- Cultivating purpose, creativity & resilience

Thursday, December 15

The Challenges & Rewards of Maintaining Nourishing Relationships

- Becoming the parents, grandparents & friends we hope to be
- Practicing mindfulness, attuned communication & ways to share our life lessons

Facilitated by staff counselor Joan Merlo, LCSW. Join us from 9-11 a.m. in the Hammond Room at the Glencoe Public Library. Please RSVP to joan@familyserviceofglencoe.org or 847-835-5111. ■



DISCUSSION GROUP SERIES

vibrant living

Connect & learn from each other.

Local Postal Patron
Glencoe, Illinois 60022

Sharing Services

How Our Community Works Together

Across the country, a growing number of governments and non-profit organizations are entering shared service agreements to eliminate redundancies, achieve efficiencies and decrease unnecessary spending – the government agencies and organizations that serve Glencoe residents are no exception.

A prime example of shared services within our community is the service agreement between the Village of Glencoe and the Glencoe Park District. The Village provides fleet service and tree maintenance for the Park District, while the Park District cuts grass and weeds Village properties in addition to providing flowers for the Glencoe Golf Club grown in the Park District greenhouse. Both organizations share equipment, including geographic information systems (GIS) software. A similar agreement exists between School District 35 and the Park District in which the Park District cuts the grass for the School District's athletic fields, manages their tree inventory and provides ice rink time for gym classes and in return the School District provides gym space and athletic fields for Park District programs. In 2017, the Park District and School District will work together to build a joint-playground at West School for both students and community members to enjoy.

The Park District also works closely with other area park districts to offer additional services to residents, including resident rates and sports agreements with area park districts and special recreation services from the Northern Suburban Special Recreation Association (NSSRA). In addition, the Park District shares greenhouse space and other resources with the Glencoe Community Garden and the Chicago Botanic Garden.

With winter weather coming soon, snow and ice removal is a top priority for the Village. To reduce costs, Public Works partnered with seven area communities in 2016 for a joint-bid contract for bulk road salt.

For the Village, inter-governmental agreements also extend into the realm of public safety. The Village belongs to numerous different mutual aid partnerships, including the Mutual Aid Box Alarm System (MABAS), Illinois Law Enforcement Alarm System (ILEAS) and Northern Illinois Police Alarm System (NIPAS). Within MABAS alone, the Village could call for help from 18 other North Shore departments, with a total of 40 fire stations and over 950 firefighters.

Family Service of Glencoe has a long held partnership with the Village, including maintaining office space in Village Hall and working with the Village for information technology services. Likewise, Family Service of Glencoe provides the Department of Public Safety with crisis counselors for certain cases. Family Service of Glencoe also administers the Glencoe Park District's scholarship fund, ensuring necessary funds get to those who need it most.

Finally, this very newsletter, the Glencoe Quarterly, is the result of a shared services agreement that began in 2012 which allows the Village, Park District, School District and Family Service to continue direct mailing important service and program information to residents at a reduced cost to each agency.

As a result of these and other shared service agreements, partnerships and innovative uses of resources we are all able to achieve more with less for the residents of Glencoe. ■

