



## 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,

Falling leaves and changing weather let us know that it is time to prepare for fall leaf raking, the Village's annual leaf collection program, along with other seasonal outdoor activities. It is also time to get out the Halloween decorations. Trick-or-treating hours are posted on the Village's website, [www.vrf.us](http://www.vrf.us), and Halloween safety tips are provided later in the newsletter.

I am pleased to announce that the Northside Stormwater Management Project (NSMP) **is now nationally recognized as the National Project of the Year Award** in the \$5-25 million category by the **American Public Works Association**. This was the largest infrastructure project in the Village's history, and it has successfully achieved its dual purpose: reducing basement flooding from sewer backups and on-street flooding and addressing a Village Board goal to increase property values.

As I mentioned in my most recent State of the Village report, we must address how we can continue to make our community a better place to live and do business. In particular, I focused on the importance of doing more to help seniors and residents suffering from disabilities, medical conditions and other special needs. I'm pleased to report that our public safety personnel are undergoing training on how to aid residents with Alzheimer's, dementia as well as other medical and mental health issues. To assist our First Responders in identifying these issues during emergencies, the Police Department is offering free, personalized bracelets. **To obtain a personalized bracelet, please Contact Officer Glen Czernik via email or call 708-714-3543 for more information. Bracelets without a personalized tag are offered to all residents to show support for the Village and its efforts.**

### In This Issue

Message from the Village President

Electronics Collection Event on October 7, 2017

Pavement Rejuvenation

Fire Department Open House

Halloween Trick-or-Treating

Halloween Fire Safety

Fall Leaf Collection

Historic Preservation Commission

OPRFHS D200

River Forest D90

GREEN NEWS

RIVER FOREST LIBRARY SPOTLIGHT

PARK DISTRICT SPOTLIGHT

TOWNSHIP SPOTLIGHT

### Useful Links

[Village Website](#)

[Additional](#)

[Village News](#)

[Village Board](#)



Preliminary work has begun on the Village's new Comprehensive Plan. The success of updating this important planning document depends on your input, and the Village Board of Trustees and I encourage you to share your thoughts through surveys, [the project website](#), community meetings and events. Please also use the [map.social tool](#) to create maps of the issues and opportunities facing River Forest. We look forward to receiving your comments and invite you to contact us if you have questions or concerns.

The Village continues to make progress toward initiating up the process of establishing the North Avenue TIF District. Be sure to check the Village's [website](#) and [Facebook](#) page for updates.

To make it easier for residents to access Village information, the Village is working on a new website; we anticipate announcing a "go live" date in the near future.

Thatcher Avenue will be resurfaced this month and early November. Motorists, pedestrians and bicyclists are encouraged to exercise caution and obey special signage in this area.

Congratulations to the residents of the 700 block of Bonnie Brae for another successful LemonAid. We thank this year's co-chairs, Davis Birmingham and Emily Edmunds, for their hard work as well as all the enthusiastic volunteers and sponsors who made this a memorable event benefitting Kidz Express, an organization that strives to develop mentoring relationships among youth in the Austin neighborhood of Chicago.

[Agendas](#)

[Emergency](#)

[Notification](#)

[Sign-up](#)



Have a safe and wonderful Halloween.

Regards,

*Cathy*

Cathy Adduci  
Village President

## **Electronics Collection Event on October 7, 2017**

The County of DuPage will be offering an Electronics Collection Event on Saturday, October 7, 2017 from 8AM-12PM at the Village of Burr Ridge Public Works Department, 451 Commerce Street, Burr Ridge, IL. [Click here](#) to view the event flyer and for details on accepted items.

## **Pavement Rejuvenation**

The Village will be working with a contractor to perform pavement rejuvenation work, which is expected to take place in the coming week weather permitting. This work will require that "No Parking" signs be placed near this areas. The project consists of applying a liquid onto selected asphalt streets with a truck-mounted sprayer in an effort to prevent pavement deterioration. The liquid soaks into the pavement and "rejuvenates" it by restoring flexibility lost during exposure to the elements. The application only takes minutes but it can take up to a few hours for the liquid to dry. Streets will be blocked off during this time and will be reopened once access is restored.

The product that will be applied to the pavement is called Biorestor. This is an eco-friendly product that performs similarly to other pavement rejuvenators but is much safer for the environment. While environmentally friendly, it is accompanied by an odor that some may find unpleasant. While this odor is not typical of most construction projects, there is no cause for concern and no special action that must be taken. The odor fades

once the liquid is dry but it can temporarily return during hot weather or rain events for a few weeks after the project is complete. Additional information on this and other construction projects can be found on the Village website [here](#).

## Fire Department Open House

**Saturday, October 14, 10 AM - 2 PM, River Forest Fire Department, 400 Park Avenue**

The River Forest Fire Department will host an open house using the theme "Every Second Counts". Fire station tours and activities will be available, including tours of the Fire Department's brand new engine. [Click here](#) for full details.

## Halloween Trick-or-Treating

In order to have a safe and fun Halloween, the Village of River Forest has set official trick-or-treating hours from 3 PM – 7 PM on Tuesday, October 31. Residents are asked to try their best to participate within these hours.

Additional Trick-or-Treating Safety Tips from the Village of River Forest:

- Make sure your costume is visible to vehicles and others.
- Instead of a candle to light a pumpkin, use a small flashlight or a liquid light stick that glows in the dark.
- Purchase only flame retardant or flame proof costumes and masks.
- Be sure costumes fit properly to prevent tripping or falling and wear masks that allow full vision.
- Do not trick or treat alone.
- Only approach homes that are well lit and only approach the front door.
- Stay on sidewalks and obey traffic signs/signals.
- Carry a flashlight.
- Adults should check their child's candy before they eat it.

Have a safe and fun Halloween!

## Halloween Fire Safety

Stay safe this Halloween with [these tips](#) from the River Forest Fire Department!



## Fall Leaf Collection

The Village's annual Fall Leaf Collection Program runs now through November 30th. The next opportunity to dispose of leaves after November 30th will be during the yard waste collection program which starts in April 2018. Rake only leaves onto the street by 7 AM on your collection day, leaving the curb exposed, where Village and Strom crews will collect them. Please remember that this program is for **LEAVES ONLY**. Grass clippings, brush or any other type of yard waste mixed with your leaves will not be collected. Leaves are collected on both sides of the street in accordance with the following schedule:

**Mondays:** The area west of Thatcher including Edgewood, Auvergne, River Oaks and Lake, and all streets south of the Union Pacific Rail Road tracks.

**Tuesdays:** Harlem through and including William.

**Wednesdays:** Monroe through and including Lathrop, north of the Union Pacific Railroad.

**Thursdays:** Ashland through and including Park, north of the Union Pacific Railroad.

**Fridays:** Forest through and including Thatcher, north of the Union Pacific Railroad.

## Message from the Historic Preservation Commission – Application for Demolition of 747 William

The Village of River Forest Historic Preservation Commission is currently in the process of finalizing and reviewing a Certificate of Appropriateness application for the demolition of the structure located at 747 William. This home is of notable historic and architectural significance as it is a part of the 700 Block of William, a collection of prairie style homes all built in 1916. The announcement of a public hearing for this application is expected to be issued soon. The date, time, and location of the public hearing, along with the application, will be published on the Village's website. All interested persons are welcome to attend and be heard.

## Message from OPRFHS D200



**SAVE THE DATE, Imagine OPRF Invites You to a Community Conversation, Wednesday, November 15, 2017, 7:00 – 9:00 PM, OPRF High School Cafeteria**

Imagine OPRF is the high school's community-based team that will recommend a long-term facility plan to the Board of Education. Learn about Imagine OPRF's work so far, discover the characteristics of future-ready learning spaces, and tell us what facilities investments YOU think are important. Free babysitting available; request by Wednesday, November 8, by contacting Linda Hayes ([via email](#) or 708-434-3692).

[Click here](#) to read the OPRFHS Fall 2017 Community Connector.

## Message from River Forest D90

It's time to sign up for Parent/Teacher Conferences at District 90! Registration for Parent/Teacher Conferences is now open and closes on **Monday, October 30 at 10 PM**. Families can sign up online for a conference time with teachers by visiting the District's website, [www.district90.org](http://www.district90.org). Conferences will be held on Wednesday, November 1 and Thursday, November 2.

District 90 invites the entire River Forest community to participate in a community-wide reading initiative. The One District/One Book initiative encourages families and residents to read, reflect and discuss the same book together. Join District 90 in exploring the book, *Mindset: The New Psychology of Success*, by Carol Dweck. The book is available at local bookstores, the River Forest Public Library, online booksellers, and other sources. More information about upcoming events and activities will be forthcoming.

## GREEN NEWS

**Next Meeting** for the River Forest Sustainability Commission Tuesday, October 10 at 7 PM at the Village Hall.

**One Earth Young Filmmakers Contest** Creative students who love planet earth will want to participate in the One Earth Young Filmmakers Contest to win prizes, a matching gift, and a film premiere at Chicago's One Earth Film Festival in March 2018. For contest details watch [this short video](#). For workshop information [visit here](#).

**October 17, Chicago Botanic Garden Conference on Sustainable Landscapes - 8 AM to 6 PM** This conference is jam packed with speakers and information on sustainable

landscaping. You don't have to be a landscape contractor to attend. Educators, individuals, students, municipal employees, and not for profit groups are all welcome. [Click here](#) for full details.



**November 3, Illinois Soil, Food, Water and Compost Summit 8 AM - 4 PM in Chicago** Individuals are also welcome to learn more about soil, food, water and composting at the summit sponsored by Seven Generations Ahead. [Click here](#) for more information.

## RIVER FOREST LIBRARY SPOTLIGHT

### For All Ages

**Saturday, 10/7, 10 AM-3 PM, Maker Fest**

Join us at the Library for our first ever Maker Fest! Get ready for some hands-on, high-tech fun. There will be 12 exhibitors from around Chicagoland, including Vortex Drones, School of Rock, and Judy Steed Mosaics. Participate in some maker projects and activities such as drone presentations, musical petting zoo, robotics demonstrations, mosaic sampling and more. All attendees will be eligible for a techy giveaway and can enter the grand prize raffle. The Library is proudly collaborating with Eagle Scout candidate Ethan Baehrend to bring you this exciting event. Recommended for ages 10 and up but all ages welcome.



### Children

**Friday, 10/20, 5:30-7:30 PM, Family Fireside Halloween, Birth-10 years**

Join River Forest Public Library and River Forest Park District for an evening of family-friendly Halloween fun. Enjoy live music, pumpkin painting, spooky stories, creepy crafts, s'mores, games, and more. Ages 10 and under with a parent/caregiver.

**Saturday, 10/21, 2-3 PM, Lego Club, Grades K-4**

LEGO fans will be given a new LEGO building challenge each time we meet. LEGO bricks will be provided. [Advanced registration required.](#)

## Teens

### **Monday, 10/9, 2-3 PM, Cubelet Craze, Grades 5-8**

Cubelets® Robot Blocks make it fast and easy to build robots. There's no wrong way to build with Cubelets, so it is remarkably easy to transform these blocks into brilliant bundles of robotic curiosity. Create countless new robots and behaviors with the power of code. [Advanced registration required.](#) Grades 5-8.

### **Wednesday, 10/25, 3:30-4:30 PM, Nursery Nightmares, Grades 5-10**

Create your own little bloodsucker that is rotten to the core but oh-so-cute! Decide if you'd like to create a babyvamplet, mini-mummy, zombie cub, werewolf nipper or a creation of your own madness! You'll even get to create an undead certificate for your new devilish baby. [Advanced registration required.](#)

## Adults

### **Wednesday, 10/11, 10/18, 10/25, 10-11:30 AM, Connect with Tech , Adult**

Are you a local 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? Concerned about internet safety? Then join us for 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.

### **Saturday, 10/14, 1-2:30 PM, Foreign Film Forum, Adult**

Join us for a free screening of the French film *The Hedgehog*. Snacks will be served.

### **Sunday, 10/15, 2-3:30 PM, Tea101, Adult**

Tea lovers unite! Sarine Crouteau of Serene Teaz, Inc. will be here to discuss a variety of tea, its health benefits, and how to incorporate tea into recipes. There will also be a tea brewing demonstration and tasting! Samples will be provided to participants. This program is brought to you in partnership with the River Forest Township.

### **Thursday, 10/19, 7-8 PM, Fall Floral Arrangement, Adult**

Create a beautiful floral arrangement to serve as a fall centerpiece for your table! Peggy Garvin of Garvin Gardens will lead us in a demonstration and hands-on creation of an autumn-themed floral arrangement you can take home with you. Seating is limited and registration is required. To register, please bring cash or check of \$10 (for materials) to RFPL's second floor service desk. This program is brought to you in partnership with the River Forest Township.

### **Sunday, 10/22, 2-4 PM, Have Your Cake and Eat It, Too!, Adult**

Join us for this interactive cake decorating class with RFPL's own baking aficionado, Dorothy Houlihan. She will demonstrate common decorating techniques and participants will be able to practice and then decorate their own mini cake to take home.



Seating is limited to 20 and [registration is required](#). All materials and supplies will be provided.

## PARK DISTRICT SPOTLIGHT

### Family Fireside Halloween

Presented by the River Forest Park District and the River Forest Public Library.

Friday, October 20, 5:30 - 7:30PM, at The River Forest Public Library & Centennial Park, Children 10 & under, and their parents, are invited to this FREE, fun event!

Activities will include: Spooky Stories, Boo BINGO, Ghoulish Games, Glow Hunt, Pumpkin Painting, Live Music, Creepy Craft, Bonfire, S'mores & Hot Chocolate!

Wear your Halloween costume! [Click here](#) for more information on this event.

### Register Now for Rec Basketball!

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

Mandatory player evaluations are **Saturday, December 2**.

[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:* In partnership with Oak Park Township, your Township loans "gently used" medical equipment, including walkers, canes, shower chairs, and wheelchairs. Call 708-383-8005 for more details. Donations welcome.

*Fun fact #2:* Your Township funds structured after school programming at the River Forest Library for our middle school youth.

Visit [www.RiverForestTownship.org](http://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 [via email](#).

## Sibshops Return this Fall

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.

Sibshops will be held on the 1st and 3rd Saturdays as follows: **10/21, 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, [via email](#) 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 October 19.**
- **Adult Support Group:** For adults 18 and over, **third Mondays of each month, 7-9 PM. Next meeting October 16.**

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](http://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" on October 28

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.

The kickoff events recognize National Memory Screening Month in November:

- **Saturday, October 28, 10:00 AM-11:30 AM:** *"Health Living for your Brain and Body: Tips from the Latest Research"*. Speaker Mayra Ligeza from the Alzheimer's Association presents ways to keep your brain and memory healthy. To register,

call 708-366-2029 or [email](#).

- **Friday, November 17, 10:00 AM–noon:** *“Alzheimer’s Research: Embracing the Future”*. Speakers Dean Hervocho and Steve Satek from Great Lakes Clinical Trials discuss the latest research and the role of clinical trials. To register contact Steve Smith, 708-383-8060.

Both events will be held at River Forest Township (located at the River Forest Community Center), 8020 Madison Street. Light refreshments will be served.

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](http://www.alzheimers-illinois.org) for information and support group locations.

### **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-close-able 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, October 19, 10 AM–12:30 PM**, River Forest Medical Campus, 7411 Lake Street, River Forest, Building A, Community Room, Office-1104.
- **Thursday, October 12 and 26, 10 AM–12:30 PM**, West Suburban Medical Center, 3 Erie Court, Oak Park, first floor, room 1062.

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

### **“Celebrating Seniors™ All Year Long” Programs: September Line-up**

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

- **Sunday, 10/15, 2 PM – Tea 101** with Sarine Coutreau of Serene Teaz

- **Thursday, 10/19, 7 PM** – *Fall Floral Arrangements* with floral designer Peggy Garvin (\$10 fee per person)
- **Sunday, 10/22, 2 PM** – *Have Your Cake and Eat It Too...* cake decorating with Dorothy Houlihan

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.

## “Connect with Tech” this Fall!

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 in October** at the River Forest Library, 10-11:30 AM. Call 708-366-5205 for more information.

## Attention Seniors: We Need Feedback on Potential Programs

River Forest Township is considering two new free program offerings this winter:

- 4-week improv comedy class – enjoy improv training and games with a local improv comedian
- Movement & Memory for Joyful Aging – weekly classes in joyful movement, incorporating music from the 40’s and other favorite eras.

Please let us know if you are interested, and whether you prefer afternoons or early evenings. Call Cathaleen Roach 708-771-6159 x 234 or [email](#).

## 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.

Township Seniors Services is hosting a 6-week educational series entitled “*Powerful Tools for Caregivers*”, designed to help family caregivers take care of themselves while caring for an older relative or friend. **Mondays, October 2- November 13, 10 AM-12:30 PM**, at 130 S. Oak Park Avenue, Oak Park. \$25

donation is suggested to help defray book cost. Class size is limited; registration is required. Contact Steve Smith 708-383-8060. Call now to start October 9.

In addition, regular caregiver support groups continue:

- **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, [via email](#) or at 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, at 708-383-8060.

### Seniors: Navigate the Health Insurance Maze

Open enrollment for Medicare is October 15- December 7. Free SHIP counseling (State Health Insurance Program) can help!

SHIP services are available for all River Forest residents aged 60+. Trained counselors will answer questions about accessing Medicare, Medicare Supplement choices, and Medicaid. Whether you are a first time Medicare applicant, or are choosing a supplement plan, call for an appointment, held on Fridays at the Township Senior Services building, 130 S. Oak Park Ave, Oak Park, 708-383-8060.



If you no longer wish to receive this email please email [unsubscribe@vrf.us](mailto:unsubscribe@vrf.us).