



Village of River Forest



RIVER FOREST

Proud Heritage • Bright Future

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

Message from the Village President



Dear River Forest Residents,

Welcome to April. As we are experiencing the COVID-19 pandemic, it is important to remember how powerful our community can be. Even while we are apart, River Forest comes together to help each other. For all COVID-19 information and updates, visit vrf.us/Virus. Thank you to everyone who continues to stay home and save lives. Please join me in supporting our campaign by remembering these important tips, click [here](#) for guidance.

What does #RiverForestStaysHome mean:

Do's

- Do stay home
- Do exercise* in your home or walk alone or with one other family member around the neighborhood while walking your dog
- Do work in your yard or garden
- Do clean your home
- Do read a book. Check out our [library's](#) digital books.
- Do call and check in on friends, family and neighbors
- Do essential tasks such as grocery shopping (see [grocery guidelines](#) to help prevent contracting the COVID-19 virus)

Don't's

- Don't walk or exercise with groups - even if you are 6 feet apart
- Don't gather with others or allow a party in your home
- Don't play in the park. The Parks are CLOSED.
- Don't have play dates and gather with other children or young adults

To encourage our residents to support #RiverForestStaysHome here are a few fun things to do:

- [River Forest Stays Home BINGO](#) is a fun way to stay home and stay healthy. Get a BINGO or complete them all and share your card and photos on our Facebook and Instagram and yours using #RiverForestStaysHome and tell us #wedidit. We will share a new BINGO card weekly - send us your ideas for next week!
- If your child (or anyone) has a birthday coming up, let us know! We'll send over a police or fire truck to do a "drive by" wave. Parents should call 708-366-7629 and we'll handle the rest. Please take photos and post on social media.

Please be sure to complete the 2020 Census. It is NOT over. Census response online or by phone goes to May 28, for now. Completing the census only takes about 10 minutes. Your data is safe and secure and responding is a mandatory civic duty. Please go to vrf.us/Census for more. Click [here](#) to watch a video and learn why the Census is important for Illinois.

While you are observing the stay at home order, be sure to still support River Forest businesses. [Good Earth Greenhouse](#) has everything you need to stay at home and work in your garden. [River Forest Chocolates](#) is taking orders for door drop delivery for anyone interested in chocolate bunnies or other treats. Our local businesses are vital to our community and need our support.

I want to assure our residents that our community remains prepared to respond to this emergency. We have maintained strong fiscal policies for years and remain financially stable.

Please do your part – stay home and save lives. We will ALL get through this together.

I wish all of you a warm and wonderful Passover and Easter.

Sincerely,



Cathy Adduci
Village President

*Our local [CycleBar](#) is hosting in-home bike fitness programs so you can cycle with instructors while staying at home. Email opr@cyclebar.com for more information.

Village Spotlight



The Village has 28 sworn police officers and 19 firefighter/paramedics who are ready to assist the community 24 hours a day, every day of the year. They protect the community and are the first to arrive to lend a helping hand in emergencies.

While public works may not come to mind as first responders, the Village has 10 crew members ready to serve any time of the day to keep roads safe to drive on and

ensure your water keeps flowing.



Thrive Counseling Therapists Available



If you are feeling overwhelmed about Covid-19, you are not alone. [Thrive Counseling Center](#) has just launched a free phone support line. If you need to talk, Thrive's professional therapists are ready to hear from you. Please call the Thrive Check-In line at 708-383-7500, ext. 888, Monday – Friday between 9 AM - 2 PM. Thrive's experienced professionals can provide support for any emotional issues you may be experiencing during this uncertain and often stressful time.

ComEd Assistance

ComEd is suspending disconnects for customers unable to pay their bills and waiving new late payments charges through at least May 1, 2020. ComEd will be working with customers on a case-by-case basis to establish payment arrangements and identify energy assistance options to address their specific needs. To learn more, click [here](#).



Public Hearing

On Monday, April 13, the Village Board of Trustees will hold a public hearing for the upcoming budget year starting May 1, 2020 and ending April 30, 2021. The hearing will be held virtually at the beginning of the regular Board meeting, which starts at 7 PM. Meeting information, including the draft budget document, will be posted [here](#) as it becomes available.

River Forest Police Department

The River Forest Police Department continues to make public safety its top priority. The



Department is committed to providing professional service for our community and keeping employees healthy. This is critical to ensure the Department continues to protect and serve the residents of River Forest. During these uncertain times, it's important to take a proactive approach for the prevention and management of COVID-19. Click [here](#) to view Chief O'Shea's news release regarding the Police Department's alternative procedures for non-emergency calls.

River Forest Fire Department

Safety for the Season

The River Forest Fire Department and River Forest Township want to remind residents that knowing what to do in the event of a fire is particularly important for older adults. Click [here](#) to learn more about important fire safety reminders for older adults.

GREEN NEWS

Pickup of finished compost, previously scheduled for April 25, is postponed. Please be on the lookout for a rescheduled date.



SCHOOL DISTRICT 90 SPOTLIGHT

School Closed

Due to Governor Pritzker's executive order suspending in-school instruction, District 90 schools remain closed. Please monitor the District's [website](#) for more up-to-date information about any developments regarding instruction.

SCHOOL DISTRICT 200 SPOTLIGHT

OPRFHS Meal Distribution

Mondays, 11 AM – 1:30 PM: As long as the high school is closed due to the COVID-19 pandemic, food service staff will be holding a weekly meal distribution for OPRF students on free and reduced lunch, as well as for any other OPRF students in need. Parents/guardians or students can pick up five breakfasts and five lunches at the concession trailer, which is on the south end of the Mall near the entrance to the football stadium. Please either drive through by entering the Mall by the tennis courts on Erie Street or walk up to the trailer.

PARK DISTRICT SPOTLIGHT

River Forest Park District Summer Fun Guide

The River Forest Park District Summer Fun Guide will be mailed to all homes beginning the week of April 6. Resident registration begins on Monday, April 13. At this time, only online registration will be available. Please click [here](#) to view the Fun Guide or to register.



Now Hiring Summer Camp Staff

The River Forest Park District is hiring summer camp staff. Summer camp runs from June through mid-August. Click [here](#) to view all available positions. The Park District would love to have you join the team!

RIVER FOREST LIBRARY SPOTLIGHT

Library Closed Until Further Notice

In accordance with Governor Pritzker's executive order to extend the stay-at-home order to April 30, the library and its

exterior book drop returns will remain closed through at least April 30. The earliest the Library would be open at this time is Monday, May 4.

Please keep your library materials at home until the library reopens. There will be no fines assessed and you will not get overdue notices as the Library's system will extend all due dates until May 1.

For additional updates, please visit www.riverforestlibrary.org.

TOWNSHIP SPOTLIGHT

River Forest Township is here to help support your needs during the COVID-19 pandemic. Please visit the Township website, www.RiverForestTownship.org, or the River Forest community calendar at www.RFHappenings.com, or [email](#) Supervisor Carla Sloan. Please note: many services and programs have been temporarily suspended due to the COVID-19 pandemic.

Mental Health Resources

These are stressful and unpredictable times. Many local mental health agencies and related resources are standing by to provide help, primarily by telehealth and phone. Click [here](#) for an updated listing of local resources related to mental health, available during the COVID-19 crisis.

Township Youth Services social workers are offering support to youth and families by phone; please call 708-622-8535.

In addition, Support4U is an anonymous, confidential texting service available 24/7 to middle and high school students. Support4U connects students with a licensed clinician, where they can text about issues like depression, anxiety, substance use, etc. Text 844-670-5838. OPRF students: text CARE and Roosevelt students text SAFE.

All residents are invited to visit "the HUB", www.healthconnectionhub.org for an extensive list of online resources relating to mental health, food, and other needs.

Support4U and the HUB are offered and funded by River Forest Township and other local health-related organizations.

Township Senior Services

Township Senior Services is still operational and delivering essential services, including transportation for dialysis or other urgent medical appointments; delivery of shelf-stable and frozen meals; care management from qualified case managers; and the information referral line. Call Township Senior Services at 708-383-8060 for assistance. If you need the services of a River Forest Senior Citizen Response Program volunteer, Township Senior Services will refer you. If you wish to volunteer, please send an [email](#).

AROUND RIVER FOREST

Still looking for more River Forest info? Click below.

[River Forest Community Calendar – RFHappenings.com](#)

[Village of River Forest](#)

[River Forest School District 90](#)

[OPRF High School District 200](#)

[River Forest Park District](#)

[River Forest Public Library](#)

[River Forest Township](#)

