

Oak Park seeks dementia friendly designation

As the population of Oak Park ages, local leaders have recognized the growing need to increase awareness and recognition of the signs of dementia and to teach people to communicate and interact with individuals living with the debilitating condition.

With this in mind, the Village has partnered with the Oak Park Township, Oak Park Library and Park District of Oak Park to have the Village designated as a *Dementia Friendly Community* by the non-profit organization Dementia Friendly America.

What is a dementia-friendly community?

A dementia-friendly community is a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers, and provides supportive options that help improve quality of life.

Local governments in dementia-friendly communities plan and implement housing, transportation, public spaces and emergency response strategies that enable people with dementia and their care partners to live productive lives.

The goal, officials say, is to ensure people with dementia can live independently for as long as possible and be engaged in the community and its activities.

Adopting such approaches is critical, officials say, because more than five million Americans are living with dementia linked to Alzheimer's disease, a number that is expected to grow as the population ages.

An estimated 230,000 individuals afflicted with the condition live in Illinois, a number that is projected to increase to 260,000 people by 2025.

Local officials estimate that nearly



800 Oak Park residents 65 and older may now be living with dementia.

The Oak Park approach

The Village's *Aging in Place Commission* is leading the effort to develop an action plan for making Oak Park a dementia-friendly community.

These citizen volunteers, all of whom are at least 55 years old or represent organizations that provide services to local seniors, are charged with advising the Village Board on policies that facilitate aging in place.

The process to earn the *Dementia Friendly Community* designation got underway in October with a gathering of interested citizens, community leaders and other stakeholders to begin crafting the action plan.

Future Steps

Seeking the dementia-friendly designation is not just about the action of Village government, officials say.

Individuals of all ages and organizations private, public and faith-based must work together for the local effort to produce tangible outcomes beyond earning a designation.

For more information about the local dementia-friendly initiative — or to get involved in the process of helping

make Oak Park dementia-friendly — call 708.358.5420 or email development@oak-park.us.

Information on the local effort and links to a wide range of resources are posted on the Village website at www.oak-park.us/dementiafriendly.

Early Signs and Symptoms of Dementia

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

For more information, visit alz.org/10signs or call 800.272.3900.

Risks of vaping heighten local concerns

Oak Park public health officials are joining experts across the country in warning consumers to avoid e-cigarettes until the cause of a dangerous and sometimes fatal lung disease tied to vaping is determined. Evidence suggests vaping is especially dangerous when THC, the active ingredient in marijuana, is involved. Affected individuals have reported

symptoms including cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever and weight loss. Symptoms can develop within a few days or over several weeks after vaping. Health officials stress that young people and pregnant women should never vape. Parents are encouraged to talk with their children about the many dangers associated with vaping. The sale of all tobacco-related products to individuals under 21 years old is prohibited in Oak Park. Visit www.oak-park.us/vapingrisks for more information, including a rebuttal to common myths about vaping and tips for parents about how to talk to kids about vaping.



Police seek feedback through callback program

The Oak Park Police Department is reviving a program to gather feedback from citizens who have had a recent encounter with an officer. Being interviewed by a police officer after a crime or traffic incident can involve stressful, potentially negative situations. While Oak Park Police officers always strive to be professional, courteous and respectful when responding to calls for assistance, the callback program offers police supervisors a tool to make sure the needs of residents are being fully met. Police officials say feedback gained through the callback program will be used to improve the department's services and identify areas for training. Residents who wish to provide unsolicited feedback may contact the Police Department at 708.386.3800 or police@oak-park.us. More information about the Police Department is posted at www.oak-park.us/police.

Shop local, park free

Shopping local will be easier than ever beginning the Friday after Thanksgiving through Dec. 25 when Saturday parking will be free in public garages and for two hours at pay-by-plate stations and marked meters downtown and in the vicinity of south Oak Park Avenue. Parking in Oak Park is always free on Sundays. The program is intended as a thank you for residents and visitors who shop locally. Retail sales benefit not only local retailers, but the entire Village since 2 percent of every retail sale comes back to municipal coffers to fund vital public services. For many retailers, the holiday season is the

most important time of the year. Village officials say they hope this small gesture will increase sales as well as create goodwill among the businesses and their customers. For more information on parking in the Village, email parking@oak-park.us or visit www.oak-park.us/parking.



Backflow preventers required for radiator heating systems

With so many older Oak Park homes relying on boilers for heat, residents are reminded that federal, state and local regulations require a device that prevents any water from flowing back into and possibly contaminating the municipal water supply. Cross connections between in-home devices and the public water supply typically are protected by a valve called a backflow preventer. Property owners must have these valves installed and checked annually. Most plumbing contractors can install backflow preventers and are certified to test them. If your heat is supplied by radiators, the hot water boiler should have a backflow preventer, as should a water softener. Residential backflow preventers also are required for systems for filling swimming pools and water features, and on fire sprinkler systems. Toilets, bathtubs, sinks, hot water heaters and other standard plumbing fixtures do not require backflow preventers. For more information, call 708.358.5700 or email publicworks@oak-park.us.

Not too late for a flu shot

Getting vaccinated against the flu in November or even December is not too late. Public health officials recommend that everyone older than six months get vaccinated every year. Flu vaccine is offered at numerous commercial pharmacies, grocery stores and other retail sites in the Oak Park area. Most of these sites accept private insurances and Medicare Part B to help cover the cost of the flu shot. Many sites will vaccinate children as young as 18 months. Help finding a flu shot provider is available at vaccinefinder.org. Residents also can email health@oak-park.us or call 708.358.5483 with questions about access to an affordable flu shot.



Snowfall may trigger parking restrictions

After a two-inch snowfall, the Emergency Snow Removal Parking Plan goes into effect and the following parking rules are enforced seven days a week, including holidays:

- Main streets posted as snow routes must be cleared of all parked cars. These include Augusta Street, Austin Boulevard, Chicago Avenue, Division Street, Garfield Street, Harlem Avenue, Harrison Street, Jackson Boulevard, Lake Street, Madison Street, North Avenue, Oak Park Avenue, Ridgeland Avenue, Roosevelt Road and Wisconsin Avenue from Madison Street to the emergency entrance of Rush Oak Park Hospital.
- Non-snow route streets allow parking between 8 a.m. and 10 p.m. on the side of the street with even numbered addresses on even days and the side of the street with odd numbered addresses on odd days.
- Designated commercial parking areas as posted follow the odd/even rule between midnight and 8 a.m.
- Snow parking rules do not override other parking regulations, such as time limitations and prohibitions.
- Vehicles parked in violation of the snow restrictions are subject to ticketing and towing.

To find out if snow-related parking restrictions are in effect, call 708.358.7669 for a recorded message. Cable television subscribers can tune into VOP-TV, available on Comcast channel 6 and AT&T channel 99. Residents also can sign up for alerts at www.oak-park.us/notifyme.

Sidewalk shoveling required...Residents and businesses are urged to help improve walking conditions and public safety by removing snow and ice from sidewalks after a storm. Village ordinance requires snow and ice to be removed from the public sidewalk within 24 hours following any snow, sleet or freezing rain. If the snow or ice has become so hard that it cannot be removed without damaging the sidewalk, then sand, salt or other abrasive material may be used to make pedestrian travel reasonably safe. Being a good neighbor is important, too, so property owners are urged to help those who may need help clearing a sidewalk. Failure to clear a sidewalk fronting or abutting one's property could lead to a ticket and fine. For more information on the shoveling requirement or help finding resources, call 708.358.5700 or email publicworks@oak-park.us.

On-street parking rules eased for holidays

Overnight, on-street parking restrictions are eased to accommodate visitors and guests during major holidays, including Thanksgiving and Christmas. Restrictions will be lifted from 2:30 a.m., Wed., Nov. 27 until 2:30 a.m., Mon. Dec. 2, and from 2:30 a.m., Sat., Dec. 21 until 2:30 a.m. Mon., Jan. 6. However, parking restrictions will remain in effect during these times in overnight permit parking zones where residents have purchased quarterly passes. Other parking regulations, such as posted daytime and safety restrictions, also will remain in effect. Visit www.oak-park.us/holidayparking for more information.

Police offer crime-prevention tips

Nearly 90 percent of all crime in Oak Park is against property, with garages and bicycles the most frequent targets of burglars and thieves. But violent crimes such as armed robberies and vehicle hijackings do sometimes occur in Oak Park. The best defense, Oak Park Police say, is to try to avoiding being an easy victim. Police recommend the following:

- Report any suspicious activity or person immediately by calling 911.
- If possible, don't walk alone during late-night hours — there is safety in numbers.
- Let a family member or friend know your destination and your estimated time of arrival or return so police can be notified as quickly as possible if there is a problem.
- Stay in well-lit areas as much as possible, avoiding alleys and secluded areas that are not heavily traveled.
- Walk on the sidewalk whenever possible, staying close to the curb, avoiding doorways, bushes and other potential hiding places.
- Walk confidently, directly and at a steady pace, and don't stop to talk to strangers.
- Always be aware of your surroundings — if you are wearing headphones, don't turn up the volume so high that you cannot hear outside noises.
- If you observe another vehicle or people in the alley when parking in your garage, continue driving and call 911.
- When parked, be aware of your surroundings — if someone approaches your vehicle drive off immediately.
- Trust your instincts — if something or someone makes you uneasy, avoid the person or leave.
- If someone tries to rob you, don't resist, but try to note details about your attacker that may help Police make an arrest.

The Police Department posts crime prevention tips online at www.oak-park.us/crimepreventiontips. More information on the Oak Park approach to community policing is posted online at www.oak-park.us/police.



Snow Route Map

Fire Department offers free child safety seat inspections

The best child safety seat is the one that correctly fits the child and the vehicle, and is used correctly every time. That's why the Oak Park Fire Department has child safety seat technicians available to check your seat for safety and proper installation. To schedule a safety inspection, just email carseat@oak-park.us. Requests for appointments typically are followed up within 48 hours. Parents will need to bring their vehicle owner's manual and car seat manufacturer's manual along with the seat they wish to have inspected. Residents are asked not to come to the Fire Department for an inspection without an appointment — as on-call firefighter/paramedics, the technicians may not be available.



Common child car seat errors

- Turning seat forward facing too soon
- Not adjusting harness snugly
- Not securing seat properly in vehicle
- Not using lower anchors/latch system properly
- Not using top tether on forward-facing seat
- Forgetting to register car seat for recall notifications
- Moving to next size car seat or booster seat too soon

Follow policymaking online, on demand

Residents interested in keeping up with local municipal policymaking can follow Village Board meetings at www.oak-park.us/boardtv, where meetings are streamed live and archived for on-demand viewing. The online meetings database even offers the option to search the meetings archive using key words to find a particular topic of interest and sign up for alerts by topic. Users also can select a video by meeting date and then choose to view only the portion of the meeting that addresses the topic of interest just by clicking on the agenda item. Village Board meetings continue to be broadcast live on VOP-TV, which is available to Comcast subscribers on channel 6 and AT&T Uverse customers on channel 99. For those residents who want to dig even deeper into the details, complete board packets — the materials trustees use to prepare for meetings — are posted on the board TV web page as well, along with the approved minutes of past meetings, which are the official record of Village Board actions. The page also links to information on how to contact officials by telephone and email. For more information on Village board practices and processes, email village@oak-park.us.

Commission TV... Residents interested in the details of policy making related to planning and zoning matters can watch the process at www.oak-park.us/commissiontv. Meetings of the Plan Commission and Zoning Board of Appeals are streamed live and archived via the Village website for easy on-demand access via a computer, tablet or smartphone. For information on all of Oak Park's citizen volunteer boards, commissions and committees, visit www.oak-park.us/volunteer.



Clip and Save

Who to Call

Dial Direct (area code 708)

Village Hall	oak-park.us
TTY	711
Adjudication	358.5630
Development Customer Services	
358.5420	
Business Services	358.5425
Neighborhood Services	358.5410
Housing	option 1
CDBG	option 2
Property complaints	option 3
Permits & Inspections	358.5430
Planning	358.5440
General questions	option 1
Historic Preservation	option 2
Zoning	option 3
Finance	358.5460
Utility Billing Inquiries	358.5478
Fire (nonemergency)	358.5600
Human Resources	358.5650
Job Hotline	358.5650
Mayor & Trustees	358.5784
Police (nonemergency)	386.3800
Crime Tip Hotline	434.1636
Public Health	358.5480
Animal Control	358.5680
Public Works	358.5700
Parking	358.7275
Village Clerk	358.5670
Village Manager's Office	358.5770

EMERGENCIES 911

Park District	www.pdop.org
Administration	725.2017
Customer Service	725.2000
Building & Grounds	725.2050
Business Operations	725.2015

Public Library	www.oppl.org
Main Library	383.8200
Maze Branch	386.4751
Dole Branch	386.9032

School District 97	www.op97.org
Administration	524.3000

School District 200	www.oprfhs.org
Administration	383.0700

Township	www.oakparktownship.org
Senior Services	383.8060
Youth Services	445.2727
General Assistance	383.8005
Assessor Services	383.8005
Mental Health Board	358.8855
Transportation	383.4806

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- instagram.com/oakparkil
- pinterest.com/oakparkil
- twitter.com/vopnews
- youtube.com/vopnews

News You Can Use

Yard waste collection ends...Regular yard waste collection will end on Fri., Nov. 29. Yard waste will be picked up by appointment only during the winter months. To arrange a special yard waste pick-up call Waste Management at 800.796.9696. For information call 708.358.5700 or email publicworks@oak-park.us.

Holiday hours...Village Hall will be closed all day Thursday and Friday, Nov. 28 and 29 for Thanksgiving, from noon, Tues., Dec. 24 through Wed., Dec. 25 for Christmas, and on New Year's Day, Wed., Jan. 1. Regular Village Hall hours are 8:30 a.m. to 5 p.m., Monday through Friday. The Parking Services Center is open until 7 p.m. on Mondays, except holidays.

Heat required...Landlords must furnish heat to all Oak Park rental dwelling units from September 15 through May 15. An average minimum temperature of 68 degrees Fahrenheit must be maintained from 6:30 a.m. to 11 p.m., and 65 degrees Fahrenheit from 11 p.m. to 6:30 a.m. Complaints may be made by calling 708.358.5430 or email to housing@oak-park.us. More information is posted at www.oak-park.us/housing.

Practice caution...When using heat sources such as portable and baseboard electric heaters, fireplaces and woodstoves, remove nearby objects, keep furniture a safe distance away, do not block the heat flow and never use an extension cord. Working carbon monoxide detectors, smoke alarms and a family escape plan also are essential. Call 708.358.5600 or email fire@oak-park.us for more information.

Crime tips...Citizens are urged to report any suspicious activity to the Police Department's Crime Tip Hot Line at 708.434.1636. All callers remain anonymous. Anonymous tips also can be made at www.oak-park.us/police.

Winter refuse collection tip...Residents and building owners are reminded to clear snow away from refuse and recycling containers to avoid a missed collection. If the container is not accessible, it will not be emptied. Call 708.358.5700 to report a missed collection at any building served by the Village's refuse hauler.

Pet responsibilities...Dog owners are required to pick up and dispose of dog waste. Owners walking their dogs must carry a bag or other suitable means to pick up dog waste. Call 708.358.5680 to register a complaint about an animal, such as noise, excrement, cruelty or off leash.

Nature museum activities...Cook County's Trailside Museum of Natural History, 738 Thatcher Ave., in River Forest, offers a range of programs for children and adults alike, including nature stories, fitness hikes and close-up visits with the Thatcher Woods' many inhabitants. For more information, visit the Museum or call 708.366.6530.

Upcoming Holiday Events

Winter Greens Market...The annual Winter Greens Market at the Oak Park Conservatory, 615 Garfield St., will be open from Nov. 15 through Dec. 21. Among the items available for holiday decorating will be balsam, fir, boxwood, berries and a range of natural items. Visit oakparkconservatory.org for more information

Candlelight walks...Holiday candlelight walks are scheduled for 6 to 8 p.m. on Dec. 6 and 7 at the Oak Park Conservatory, 615 Garfield St. Activities will include carolers, refreshments and photos with Santa. For more information and tickets visit pdop.org.

Skating exhibition...Students of the Park District of Oak Park's Skate Academy will perform to holiday music at 5 p.m., Thurs., Dec. 19 at Ridgeland Common, 415 Lake St. Admission is \$2 at the door. More information is posted at pdop.org.

Mansion open house...Cheney Mansion, 220 N. Euclid Ave., will open its doors to the public from 3 to 8 p.m., Thursday, Dec. 19. Visitors who come to view the holiday decorations are asked to bring a non-perishable food item or a \$2 donation. Visit cheneymansion.com for details.



News for Seniors

Resource Consultations...One-on-one consultations are available locally to help senior citizens and persons with disabilities identify and use local, state and federal assistance programs. Appointments are available from 10 a.m. to 12:30 p.m., Thursdays at two West Suburban Medical Center locations – the River Forest Medical Campus, 7411 Lake St., Building A, room 1104 and the second and fourth Thursdays at the Medical Center, 3 Erie St. Call 844.794.4301 to register.

Memory café...Individuals living with memory loss and their care partners are invited to spend time at the Memory Café to connect with others, share snacks and enjoy recreational and educational programs in an open-house style. The café will be open from 1:30 p.m. to 3:30 p.m., Tuesdays Nov. 19 and Dec. 17 at the Township Senior Center, 130 S. Oak Park Ave. Call 708-383-8060 or email memorycafe@oakparktownship.org to register or volunteer.

Report abuse...Residents age 60 and over and persons with disabilities who may be victims of abuse, neglect or financial exploitation are urged to call the Oak Park Township at 708.383.8060, from 9 a.m. to 5 p.m., Monday – Friday. Reports also may be made 24 hours a day, seven days a week to the Illinois Department on Aging at 866.800.1409.

Reduced rate transit cards...Seniors 65 years old and older and persons with disabilities can apply for reduced-rate public transit fare cards from 9 a.m. to 5 p.m. weekdays at the Oak Park Township, 105 S. Oak Park Ave. The cards offer half-price rides on public transportation. First-time applicants may be required to pay \$3.50 for transit card photographs. Identification is required to apply. Call 708.383.8005 for more information.

Postal Carrier
 Pre-Sort
 U.S. Postage
PAID
 Permit No. 26
 Oak Park, IL

Residential Customer Local
 Oak Park, Illinois

Mayor Anan Abu-Taleb
Trustees
 Deno J. Andrews
 Dan Moroney
 Jim Taglia
 Simone M. Boutet
 Susan Buchanan
 Arti Walker-Peddakotla
Village Clerk
 Vicki Scaman
 Cara Pavlicek
Village Manager
 Vicki Scaman
 Cara Pavlicek



Village of Oak Park
 Village Hall
 123 Madison Street
 Oak Park, Illinois 60302-4272

Oak Park

OP/FYI

Fall leaf collection continues

The annual fall leaf collection program will continue through Dec. 12. Leaves should be raked into the street at least 18 inches from the curb the day before the scheduled pickup dates indicated on the map. Residents who miss a scheduled pickup date should keep leaves on the parkway until the night before the next scheduled pickup. Residents are urged to consider composting or using the leaves as garden mulch as an alternative to raking. For more information call 708.358.5700 or email publicworks@oak-park.us.



NORTH AVE		EAST AVE	SOUTH BLVD		AUSTIN BLVD
WEDNESDAY	Nov. 6 Nov. 13 Nov. 20 Nov. 27 Dec. 4 Dec. 11		THURSDAY	Nov. 7 Nov. 14 Nov. 21 Nov. 29 Dec. 5 Dec. 12	
TUESDAY	Nov. 5 Nov. 12 Nov. 19 Nov. 26 Dec. 3 Dec. 10		MONDAY	Nov. 4 Nov. 11 Nov. 18 Nov. 25 Dec. 2 Dec. 9	
HARLEM AVE			ROOSEVELT RD		

Community survey seeks citizen input

Surveys have been delivered to the mailboxes of Oak Park residences selected at random to help the Village gauge citizen views on a wide range of community aspects and issues. While taking only about 15 minutes to complete, survey responses will help policy makers better understand priorities for government action and citizen opinions on quality of life and public services. Oak Parkers who receive a survey are urged to promptly complete and return the document to ensure their viewpoints are part of the final tabulation. *National Research Center, Inc.* (NRC), a social science research firm whose core business is community surveys, was hired to ensure the scientific validity of the survey results. NRC assisted with surveys here in 2000, 2004, 2008, 2011, 2013, 2015 and 2017, standardizing questions for accurate comparisons of findings over the years. New this year, respondents selected at random will be able to choose to complete the survey online rather than mailing in their responses. Through its collaboration with the International City Managers Association, NRC has developed a national database of community surveys and survey questions, which allow the Village to compare many of its results with those from similar communities in Illinois and across the country. For more information about the community survey, or to review past survey results, visit www.oak-park.us/communitysurveys.

Village adopts broader diversity statement

Oak Park was one of the first municipalities in the country to make diversity a matter of public policy by formally adopting a written statement that embodied the importance of openness and acceptance to quality of life in a community. Following each two-year local election cycle since a Diversity Statement was first adopted in 1973, the Village Board has demonstrated its support of the high ideals embodied in the original statement by expanding and reaffirming its content via a formal resolution. With a focus on differences defining much of the current dialogue in the United States and the world, this year the Village Board took the statement to a new level, even broadening its title. The new Equity, Diversity and Inclusion statement was adopted unanimously by the Village Board in October. Residents are invited to read this new, updated version of the words that have helped define Oak Park and consider the broader intent at www.oak-park.us/diversitystatement.

