



# CITY MANAGER'S NEWSLETTER



Volume III Issue 5

February 5, 2016

## **REC CENTER REACHES 1,200 FULL-TIME MEMBERS GOAL**

The “Join for \$20.16” promotion was a big hit as the Rec Center had a banner month signing up **83** new members, 14 temporary, and 11 punch cards. That brings the total full-time members to **1,200** the most since Snap Fitness and Cardinal Fitness (now Anytime Fitness) opened in Woodstock.

The Rec Center’s “Bring a Friend” promotion is also paying dividends as 26 of the new members were referrals. If the new member keeps current on his/her membership, the member who made the referral will receive one month free.

Thanks to **Rec Center Manager Mary Lynn Lisk** and her dedicated front counter staff for efficiently handling the registration for all the new members while performing their other duties. Despite a hectic facility, the biggest complaint from members and Rec Department participants is that the parking lots have been full.

## **MIPAY ONLINE**

All employees with an email on file should have received an e-mail notification on 1/27/2016 from [info@mipayonline.com](mailto:info@mipayonline.com). **If you are experiencing any difficulties in creating your username and password, please contact the Human Resources Department** during the hours of Monday – Friday, 8:30AM to 5:00PM at 815-338-1172 or via email at [dschober@woodstockil.gov](mailto:dschober@woodstockil.gov) or [jmay@woodstockil.gov](mailto:jmay@woodstockil.gov) and we would be happy to assist you.



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## **HR NEWS**

### ***DON'T FORGET TO SIGN UP FOR THE HEALTHPOINT CHECK-UP!***

**Who is eligible?** All Employees and their Spouses on the City's Medical Plan.

#### **What does the HealthPoint Check-Up include?**

- 35-panel blood draw including Vitamin D test
- PSA for men 40 years, and over
- HgA1c for anyone with an out of range Glucose Level
- Blood Pressure Check, Height, Weight & Body Mass Index (BMI)

#### **How do I Register?**

Register at [member.healthasweage.com](http://member.healthasweage.com) at "First Time User" login using Promo Code 4500

**Dates:** Thursday February 18<sup>th</sup> & Wednesday February 24<sup>th</sup>

**Time:** 6:00AM to 10:00AM.

**Place:** Woodstock City Hall, 121 W. Calhoun, 2nd Floor in Council Chambers & Conference Room

**Register by:** February 9th (For help contact: [support@healthasweage.com](mailto:support@healthasweage.com) or call 1-855-888-7006)

Please also note the following important dates:

- **February 9<sup>th</sup>:** the deadline by which HAWA accounts need to be created and HealthPoint Checkup appointments made
- **March 15<sup>th</sup>:** the deadline by which 100 points must be earned to receive a full calendar years' worth of applicable premium reductions (if 100 points are earned after this date, the premium reductions will be prorated by the number of full calendar months remaining in 2016)

**Questions?** Contact the **HR Department: Deb Schober** at ext. 11203 or **Jill May** at in 11206.



## **RECRUITMENT**

**Full-Time Office Manager – Public Works Department:** Interviews for chosen qualified applicants for the Full-Time Office Manager position with the Public Works Department were held on Friday, January 29<sup>th</sup>. Information on the position will be released shortly.

**Chief of Police – Woodstock Police Department:** The City of Woodstock is accepting electronic submissions for the position of **Chief of Police** with our Woodstock Police Department. The Chief of Police plans, directs, coordinates, and controls all aspects of the Woodstock Police Department including the enforcement of laws and ordinances, crime prevention, and law enforcement assistance for protection of life and property. The work is performed under the direction of the City Manager. This is an exempt position. Salary Range: \$87,690 – \$136,117 DOQ with excellent benefit package. **Application Deadline: Tuesday, March 1, 2016 at 5:00PM**

**Summer Seasonal Positions:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late Spring.** Pay rate to be determined but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides)
- **Playground Program Counselors:** Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. Minimum age is 16. Experience working with elementary school aged children is preferred. **This position requires attendance at the training session the first week of June and the ability to work during the entire 7-week session that runs thereafter. Tentative Dates: May 31<sup>st</sup> – June 3<sup>rd</sup> (Training Week) and June 6<sup>th</sup> – July 22<sup>nd</sup> (Program).** Pay rate to be determined but will be at least: \$8.25/hour.
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30 PM, Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined, but will be at least: \$8.46/hour.

**Application Deadline for Summer Seasonal Positions: Friday, March 4, 2016 at 5:00PM.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## **DECODING 10 NUTRITIONAL BUZZWORDS**

Are you tempted to buy foods with wholesome-sounding labels like “superfood,” “all natural,” or “energy-boosting”? Be careful: While these nutritional buzzwords sound good, the products themselves may not be all that healthy.

That’s because many of these terms have no specific legal definition, and can be used arbitrarily. “When you consider a product that uses any of these terms on its label, you might want to investigate further,” says

Laurie Deutsch-Mozian, MS, RDN, CDN,

Community Health Coordinator for the HealthAlliance of the Hudson Valley. “You may not be getting what you think you’re getting.” Furthermore, even some well-defined terms may be used in ways that can be misleading. Here are a few popular nutritional labels that don’t necessarily deliver on their promises:



1. **Natural or All Natural** - It’s generally understood that foods labeled “natural” don’t contain added colors, artificial flavors, or other synthetic substances, but the term is not defined or regulated, so the designation often doesn’t mean much. And many “natural” or “all natural” foods aren’t particularly wholesome—many are high in fat, salt, sugar, or other (all natural) ingredients you may want to limit. Check the nutrition label and ingredients.
2. **Ancient Grains** - While this term has no meaning for legal purposes, the Whole Grains Council, which markets grain products, defines ancient grains as those that have not been modified or changed in any way over the past several hundred years. Some commonly available ancient grains include spelt, farro/emmer, freekeh (green wheat), quinoa, amaranth, millet, and Kamut™ Khorasan wheat.
3. **Energy-Boosting** - Technically, energy comes from calories, so anything you eat that has calories will give you energy. But when used to market food or dietary supplements, “energy-boosting” often means that the product contains caffeine, ginseng (a plant; the root is used in cooking), guarana (a caffeine-containing plant from Brazil), vitamin B12, coenzyme Q10 (a naturally occurring antioxidant that’s often sold as a supplement), or other substances that may—or may not—help your body produce energy.
4. **Cage-Free/Free Range/Free Roaming/Grass-Fed/Humane/Pasture-Raised** - These labels are used to describe the living conditions (or diets) of animals or animal products (like milk or eggs) that are used for food. Most of these terms aren’t regulated, so while it’s implied that the animals are free to roam outdoors at least part of each day, this is not always the case. However, “free range” and “free roaming” do have a meaning: Producers must show that animals have access to the outdoors, according to the United States Department of Agriculture (USDA).
5. **Heirloom Foods** - The majority of fruits and vegetables in our food system are commercially grown from hybrid seeds bred by humans for specific traits (like large size or bright color) that make them more marketable. Heirloom, or heritage, vegetables are grown from open-pollinated (non-hybrid) seeds handed down unchanged through many generations of families or seed companies.

6. **Superfood.** Superfood is used to describe any food or food-based dietary supplement that's packed with health-promoting nutrients or contains a significant amount of a powerful or essential nutrient that may be hard to get from a normal diet. At the same time, a superfood presumably does not contain anything that might be harmful to your health. Deeply colored green leafy vegetables like kale and watercress; blueberries; seaweeds; green tea; chia seeds, and turmeric (a plant; the root is used in cooking) are all considered superfoods.
7. **Whole Grain** - There is no legal definition of "whole grain," but when it comes to product labeling, the generally accepted meaning is a food that contains the entire grain seed, or kernel. That includes the germ (the part of the seed that grows into a plant), the endosperm (the tissue that surrounds the germ), and the bran (the seed's outer layer), depending on the type of grain. The term whole grain may be used even if the seed has been cracked, crushed, or broken down in some way, as long as all the components are retained in the final product.

In addition, a few labels do have specific, legal meanings. Here are a few of them:

8. **No Added Sugars.** The phrase, as defined by the U.S. Food and Drug Administration, means that no sugar or sugar-containing ingredient has been added during processing. The word sugar refers to any type of caloric sweetener, including cane sugar, brown sugar, corn syrup, fructose, molasses, and malt syrup. Note that, naturally occurring sugars, such as those found in fresh fruit and dairy products, are not considered added sugars. A product that contains virtually no sugar at all (less than 0.5 g per serving) may be labelled "Sugar-Free." But be sure to check the ingredients label on foods that claim to contain "No Added Sugar" or are "Sugar-Free." They may still be high in fat, salt, or calories.
9. **Organic.** Any food that is labeled organic must be produced, handled, and labeled in accordance with USDA standards and regulations for organic ingredients. For example, most synthetic fertilizers or pesticides can't be used; for organic meat, the animals must eat a 100% organic diet, and not be given antibiotics or hormones. Manufacturers must also identify each organic ingredient used in a multi-ingredient product. (When a product label indicates the food is made with specific organic ingredients, non-organic ingredients may also be used.) Organic products can be labeled "100% organic," "organic," (if the product is made up of 95% or more organic ingredients) or "made with organic ingredients" (if at least 70% of the ingredients are organic).
10. **Certified Humane.** Farm animals raised according to standards established by the nonprofit organization Humane Farm Animal Care (HFAC) can be labeled Certified Humane. This means that the animals are raised in a responsible fashion, with adequate space, shelter, and water, and a quality diet with no added hormones or antibiotics. HFAC certification also ensures that animals have been handled in a gentle, humane manner to limit the amount of stress they endure throughout their lives. Very specific rules have been established for individual types of farm animals.

## A TWISTING GOOD TIME AT CORKSCREW GYMNASTICS



The **Recreation Department** has partnered with **Corkscrew Gymnastics** in McHenry to offer a variety of tumbling/gymnastics classes.

Pictured is a little gymnast registered for the Winter session of gymnastics. Classes that are running this session are *Parent-Tot Gymnastics* (ages 1-2 years), *Mighty Twisters* (ages 3-4 years) and *Beginning Gymnastics* (ages 5-16 years) and *Tumbling* (ages 6-16 years).

Classes are held at Corkscrew Gymnastics facility where participants can build strength on the floor, balance beam, vault and bars. The participants' favorite part of the class is the TumblTrak, a long trampoline that provides all the benefits of tumbling, without the wear and tear on the joints.

The second winter session began this week. Registration is available at the Recreation Department or online at [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com).

## MEETINGS

Tuesday, February 9 – Economic Development Commission, 8AM, Council Chamber  
Tuesday, February 9 – Parks and Recreation Commission, 7PM, Council Chambers

## Quotation

Our greatest experiences are our quietest moments.

Nietzsche



### Want to Start to Get Healthy with an Exercise Program?

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit

[www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com)  
for more information.

### ***MARY ANN STREET PARK SIGN***

Curb appeal is extremely important in the City of Woodstock. Maintaining public spaces like the City's twenty-four distinct park properties provides residents and passersby a positive impression of the City. An integral part of promoting the City's recreation areas includes maintaining each individual park entrance sign. The signs act as landmarks for residents and user groups seeking a specific site for a family outing, league tournament, or something as simple as a new place to walk the dog. A park sign is often the first thing residents and user groups see. That initial impression helps promote the entire park system and speaks to the beauty of historic Woodstock. As part of their ongoing efforts to provide quality recreation areas, members of Woodstock's parks maintenance staff recently replaced the sign at Mary Ann Street Park. The new sign resembles those at other park sites and will serve the community for many years.

If you have any questions about this project, or information on who is responsible for the missing sign please contact the **Department of Public Works**, 815-338-6118.





You are cordially invited to join Chief Robert Lowen at the Woodstock Police Department for coffee, conversation, and an informative program.

K-9 Officer Sharon Freund will attend and introduce her K-9 partner, Blue. Officer Freund will detail their activities since beginning their assignment in November 2015.

# Coffee with the Chief



Monday, February 8, 2016  
7:00 p.m. – 8:30 p.m.  
Woodstock Police Department  
656 Lake Avenue

For further information, please call  
Tamara Reed at 815-338-6787.