

6.7 Community Education for Leisure

Narrative: Agency Evidence of Compliance

The district utilizes a variety of educational opportunities that are continuous and systematic in nature. The following is a list of educational examples whereas the district has made a positive impact on parks and recreation.

- Harper College Continuing Education Courses
- Natural Areas Management Plan
- Park Perspective Quarterly Newsletters
- Matters of Aging Flyer
- P.L.A.Y Parent Workshop
- HEALTHeKIDS Newsletter
- AthletiCo Physical Therapy FREE seminars/workshops
- Prairie Dog Multi-sport training club
- iPlay Hoffman – Local cable show
- Press releases on services in the local and regional network

HARPER COLLEGE COURSE ECE 153

Held at Hoffman Estates Park District

ECE 153: GUIDING CHILDREN AND MANAGING THE CLASSROOM

[Other Location-Offsite](#) > [Departments](#) > [Early Childhood Education](#) > 153

Provides methods of guiding children's behavior, encouraging pro-social behavior and dealing with common problems. Emphasis on principles and skills in classroom management.

1.000 Credit hours

1.000 Lecture hours

Levels: Credit

Schedule Types: Lecture

Business and Social Sciences Division

[Early Childhood Education](#) Department

Course Attributes: Approved Elective AA7_A57_3

Other Location-Offsite

	Time	Instructor	Location	Class #
Lec 1	W 6:00pm - 8:40pm	Lauri A. Marmorstone	Hoffman Estates Pk-TriphahnCtr	63051



HOFFMAN ESTATES PARK DISTRICT

CLICK HERE FOR:

NATURAL AREAS MANAGEMENT PLAN

PARK Perspectives

News and Information for Residents
of the Hoffman Estates Park District

Fall 2013

Green Team in Action!

The HEPD Green Team has been hard at work reducing the carbon footprint in our community. Here's the highlights of our 2012 efforts. Read more about the District's Green Team initiatives at heparks.org.

Back to the Tap

In select facilities, we installed water fountains that make it easy for you to bring your own reusable water bottle. That's because if every American household eliminated or recycled just one out of every 10 plastic bottles they used, it would keep 200 million pounds of plastic out of landfills each year! (earth911.org)

Reducing Paper Waste

The Park District replaced paper towel dispensers with hand dryers in all facilities. That's because hand dryers reduce waste, save energy and save paper. Paper towels use 2-3 times more energy to produce than hand dryers.

Plus:

- 17 trees are used to make on ton of paper.
- One ton of paper pollutes 20,000 gallons of water.
- One ton of paper consumes 3 cubic yards of landfill.

(Source: slate.com)



A Bright Idea

The Park District replaced 421 conventional bulbs with energy efficient light bulbs. That's because energy efficient bulbs use about 75% less energy than traditional incandescent bulbs and last at least 6 times longer.

They also produce about 75% less heat, so they cut energy by keeping our buildings cooler and require less air conditioning.

(Source: energystar.gov)

Go Back to the Tap!

If every American household eliminated or recycled just one out of every 10 plastic bottles they used, it would keep 200 million pounds of plastic out of landfills each year. (source: earth911.org) Plus, tap water in a reusable bottle is better for your health and your wallet. Choose a high-quality stainless steel water bottle or another reusable BPA-free water bottle. (source: thedailygreen.com)

 HOFFMAN ESTATES PARK DISTRICT



Save Some for the Fish

The Park District installed low flow shower heads in all our locker rooms. That's because low flow shower heads use 50-70% less water and save energy because there is less water to heat. You can save even more water by turning off the water while you lather up. Please do your part to reduce the demand on our limited water supply to protect our lakes and rivers. (Source: thedailygreen.com)

Your Needs Matter!

Every 5 years the Park District updates its Comprehensive Master Plan. Before doing so, we conduct a needs assessment to obtain feedback from residents that provides both qualitative and quantitative research results. One part of this is an Attitude and Interest Survey that will be conducted in the coming months.

The surveys will be delivered shortly after Labor Day. The Naperville based research firm of Public Research Group is leading the community input process that will include 2,000 paper surveys mailed in September to randomly selected households. In addition, a telephone survey of 1,000 randomly selected residents will also be conducted, and an e-mail survey will also be sent to 7,500 residents. The goal is to collect over 800 survey responses to learn how the Park District can continue to serve its residents in the future. If you are selected, please take a few minutes and participate, your input is valuable to us.

The survey will be available online on the Park District's web site for any interested residents to complete who were not selected in the random sample. The online survey will be available in late September.

In addition to the surveys, the Park District will host a series of in-person focus group meetings this fall to gather additional information regarding parks and recreation services. At the end of the process, the Public Research Group will present its findings in a public meeting prior to the end of the year.

 HOFFMAN ESTATES PARK DISTRICT

heparks.org 847-885-7500

Teens Mentor Youth in Hoffman Estates



This fall, youth in Hoffman Estates will have a chance to be mentored by local high school students. The Hoffman Estates Park District (HEPD), the Village and Hoffman Estates High School (HEHS), have created a program to address the need for more structured after-school activities for local youth. Research has shown that youth without structured activities after school are at a greater risk for substance abuse, violence and obesity.

Starting in September 2013 and each month throughout the 2013-2014 school year, students at Muir Elementary school, will be paired up with high school students at educational, social and recreational at safe after-school activities.

The high school students will accompany the younger children at the events.

The Park District will provide transportation from Hoffman Estates High School, and will provide snacks.

Muir Elementary School to Hoffman Estates High School, and will provide snacks. Trained Park District staff will oversee the program and be in attendance at the events.

The program will be funded by the Friends of the HE Parks Foundation, the charitable arm of the Hoffman Estates Park District. Friends of the HE Parks is a Section 501(c)(3) organization.

The Foundation was created to enhance the quality of life for all community members by helping the Park District provide the best in parks, facilities and recreational opportunities. The Foundation raises funds for scholarships and supports the park district's goals.

"We are looking to provide healthy and safe alternatives, so that kids can be enticed to make positive choices," said **Nicole Chesak**, Superintendent of Recreation for the Hoffman Estates Park District.

Foundation News

Scott R Triphahn Celebri-tee Golf Outing

In June, golfers had the pleasure of a fifth celebrity golfer added to their foursomes at the 15th annual Scott R Triphahn Celebri-tee Golf outing at Bridges of Poplar Creek Country Club, which raises money for the Friends of the HE Parks Foundation. The Foundation is the charitable arm of the Hoffman Estates Park District. The Foundation was created to enhance the quality of life for all community members by helping the Park District provide the best in parks, facilities and recreational opportunities. The Foundation raises funds for scholarships and supports the park district's goals.

In 2012, the Foundation provided \$14,500 in scholarships to Hoffman Estates residents facing financial difficulties that would preclude their families from participating in park district programs, such as swimming lessons, summer camp, youth sports, dance lessons, preschool and STAR Before and After School Program.



Save the date!
Uncorked & Untapped
Friday, September 6

Don't miss the Foundation's upcoming event where you can sample wonderful wines and craft beers paired with delicious dishes prepared by our chef at Bridges of Poplar Creek Country Club. Purchase your tickets or ask us about sponsorship opportunities by contacting Peg Kusmierski at pkusmierski@heparks.org or 847-310-3617.



Save the date!
Girls Night Out
Coming in February



Thank you to our sponsors!



ALEXIAN
BROTHERS
HEALTH SYSTEM



Daily Herald
MEDIA GROUP

Daily Herald Digital Reflejos NICHE BUSINESS LEDGER EVENT

Senior Club Gets a New Name: 50+ Active Adult Activities Center

Park Perspectives sat down with Program Coordinator Rica Cuff, who oversees programming for our 50+ active adults, about some changes evolving within her program area, including a new name. In the past four years, membership in the 50+ Senior Center has increased to nearly 500 active members. This is consistent with the new face of the so-called "senior" population.

Today, for many more men and women, life at 50-plus is better than expected, with a high percentage reported looking good, feeling youthful, working hard, traveling, playing with grandkids, volunteering and generally enjoying life in their 50s, 60s, 70s and beyond. Never, in the history of the United States have so many people been older than 65, a population that will swell by over one-third in this decade.

No longer do we have a senior generation, as we always have in the past, we have three. The youngest 65-plus people, born 1946 to 1956, are coming to be known as Leading Edge Boomers - they're just the start, because every day for the next decade, 8,000 members of their generation will turn 65. The entire baby boom generation was born from 1946 to 1964, a population of 74 million. We also have the group dubbed the Greatest Generation, the 4.5 million people 85 and older who grew up during the Depression. They're the boomers' parents. In between, we have the Silent Generation, the 27.6 million people now 67 to 84 who grew up in the 1940s and 1950s. The HEPD is working hard to change with the broadening definition of "senior" and offer programming that reflects a widening range of interests.



PP: Why did you decide the club needed a new name?

Rica: We're seeing the segment of 50+ adults growing considerably each year. The name change is about the new trend in provisions for seniors, seeking to engage folks as young as 50 years of age while still providing services for all older adults. The new name is meant to reflect the broadening definition of "senior" the wide range of activity levels and lifestyles of all our members.

PP: How did you decide on the new name?

Rica: We surveyed our 50+ Club members, received several dozen suggestions, then combined a couple of those suggestions to come up with "50+ Active Adult Activities Center".

50+ Events

Don't miss these upcoming special events at the 50+ Active Adult Activities Center. Here's your chance to see how much fun our group can be!

Open House

Sponsored by Comfort Keepers

Wednesday, August 21

9 am - 11 am FREE

Open to the public 50 years of age and up!
Triphahn Center Gym

More than a dozen vendors, including free chair massages, blood pressure screenings and Tai Chi and other class demonstrations. Free breakfast for the first 100 people. Samples, Giveaways and Door Prizes

WINGS Benefit Fashion Show & Luncheon

Friday, September 20

11:30 am - 2 pm

Triphahn Center Starring
50+ Club models!

Benefit WINGS: Women in Need
Growing Stronger

Door prizes, clothing boutique before and after show and luncheon. Drop off gently used items and monetary donations also accepted at the event.

Sock Hop

Saturday, October 26

6 pm - 10 pm

Triphahn Center Gym

Live DJ, dancing, dinner,

beverage and ice cream included in fee. Contests for hula hoop, Jitterbug, Best Dressed, too.

Games, prizes and 50-50 raffle.

Tickets available at the Triphahn

Center, 1685 W. Higgins Rd,

Hoffman Estates, North Wing

Service Desk.

HEPD is Getting Kids To Parks

The Hoffman Estates Park District (HEPD) is doing its part to encourage kids to get outside by joining forces with the National Recreation and Parks Association (NRPA) and the National Wildlife Federation (NWF) in its 10 Million Kids Outdoors campaign. The goal of this three-year campaign is to "seek a future in which all children spend time outside each day - creating a generation of happier and healthier children with more awareness and connection to the natural world."

Consider these sobering facts: Across all demographics and in every part of the country, kids are spending more time indoors more than previous generations. In fact, just one generation ago, 75% of American kids played outside daily; nowadays, only 25% do. The average child spends seven hours each day on electronic media – computers, phones, electronic games, etc. Part of this change can be attributed to changes in society including more structured after-school activities like sports and homework, cutbacks in recess time, fewer green spaces and parents' worries about the safety of playing unsupervised outside.

At HEPD we feel it's critical to reverse this trend as spending time outdoors has a great impact on our health and overall well-being. The NRPA states that "in the last two decades: child obesity rates have more than doubled, more children are vitamin-D deficient, the United States has become the largest consumer of Attention Deficit Hyperactivity Disorder (ADHD) medications in the world, and the use of antidepressants in pediatric patients has risen sharply." Studies suggest sedentary, indoor lifestyles as significant contributing factors.

Give your kids the gift of health by making sure they spend plenty of time outdoors at parks and exploring nature. Take your child to one of the HEALTHeFamily events listed above.



HEALTHeFAMILY Events

As part of our effort to get Kids to Parks and reduce childhood obesity in our community, the HEPD introduced monthly free family activities designed to get families outdoors and moving! Don't miss these upcoming free events.

Party in the Park

Saturday, August 3, 4:30 PM at High Point Park

Everyone will enjoy games, entertainment and a great family event. Decorate your bike and ride it to the event and we will watch it for you.

Prizes for the best decorations, too!

American on the Move

Sunday, September 22, 10 AM-Noon

Meet at Prairie Stone_{sm} Sports and Wellness Center.

Enjoy swimming and free time in the gym.

We will play jump ropes, Red Light-Green Light, and Simon Says.

Children's Health Month

Sunday, October 20 @ 2 PM- 4PM

Meet at Willow Recreation from 6:00-8:00 PM for basketball and other games in the gym.

Also, the racquetball courts will be open for racquetball and wallyball.



Keeping Kids Hydrated by Amy Daum, MPH, RD, LDN, HEPD Registered Dietitian

With the temperature rising, it's very important to make sure that children stay hydrated.

Over half to three quarters of our bodies are made up of water, depending upon our age and gender. Consequently, staying hydrated helps our bodies digest nutrients, helps our blood flow, keeps our joints lubricated, regulates our body temperature, and helps promote physical performance.

There is nothing better to keep you hydrated than water. Items like low sodium broth soups, 100% fruit juice, skim and low-fat milk and soy milk, fruits, and vegetables are also high in water content and can also help you stay well hydrated. Beverages higher in caffeine and added sugar (like soda) are not the best beverage choices for ensuring hydration.

Children that are more active will need more fluids. For every 15 minutes of physical activity, depending upon the intensity, children will need at least a half cup of fluid, if not more. Thirst can be an early sign of dehydration and active children should be encouraged to drink fluids throughout the day, before they become too thirsty. Urine can also be a great test to see if children are staying hydrated. If children are well hydrated during the day, urine should be clear to pale yellow. Darker urine may indicate dehydration. In addition, it is important not to overdo fluid consumption. Overhydration or water intoxication can cause low blood sodium. It is a very rare but serious condition. Balance is key when it comes to water consumption and it is important to speak with a health professional, like your family doctor, with any specific questions.



According to the Institute of Medicine of the National Academies, children receive 20-29% of their fluid intake daily from food sources, depending upon their age and gender. In addition, daily Adequate Intakes (AIs) for total beverages for children and teens, including drinking water, are as follows:

Age	Approximate Adequate Intake of Total Beverages in Cups
Children	
1 to 3 years old	4 cups
4 to 8 years old	5 cups
Males	
9 to 13 years old	8 cups
14 to 18 years old	11 cups
Females	
9 to 13 years old	7 cups
14 to 18 years old	8 cups

PARK Perspectives

News and Information for Residents of the Hoffman Estates Park District

Spring 2012

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New FUN is Coming to Your Neighborhood!

This spring and summer, we'll be making some big changes to the park playgrounds around Hoffman Estates. Each park is on our renovation list, and when its turn comes up, it gets a makeover! Below are the projects slated for 2012:

Olmstead & Sundance Park Playgrounds Renovations

The playgrounds were originally installed in 1994 and 1995

respectively. The existing equipment is primarily made of wood and has reached its life cycle end. New equipment installed for both 2-5 and 5-12 year old age groups will be designed with an emphasis on 3 dimensional fitness type play components. Olmstead playground will feature the district's first climbing web for the 5-12 year old age group.



Tropicana Park located at 680 Audubon Street.

This former private swim club site will be transformed into a neighborhood asset and will include a children's splash pad with spring toy rockers, two bocce courts, horseshoe pits, sand volleyball and a fabric sail shelter. All of the elements of the park will be linked with concrete walks.

Cannon Crossings Park Playground

The district will be adding additional playground equipment to this community park playground. This new equipment is designed to be fully accessible from the ground level and will include musical instruments, learning panels and wheel chair accessible glider. The glider is of the size to allow others to ride at the same time as the wheelchair bound individual thus providing integrated play opportunities.

Portable Restroom Enclosures

In an effort to improve the appearance of our parks, all of the district's portable restrooms will have enclosures built around them. In addition to the aesthetic screening, new concrete walks and pads will be installed to make access easier especially for those with mobility issues.

Free Mulch

The Park District is once again offering residents the mulch that was removed from the playgrounds during the renovations. The mulch can be used in vegetable gardens and home landscaping. The mulch consists of 50% wood chips and 50% hummus and aids in retaining moisture and adds nutrients to the soil as it breaks down. The old material is being offered for public use in residential gardens as an alternative to having the waste shipped to an organic waste facility. Residents should bring their own containers and shovels and load it themselves at:

- Birch Park
- Cannon Crossings
- Canterbury Fields Park
- High Point Park
- Olmstead Park
- South Ridge Park
- Triphahn Center
- Victoria Park
(Wood Creek Parking Lot)
- Willow Recreation Center

Water Safety

Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years, according to the Centers for Disease Control.

Swimming lessons are one of the best ways to keep your child safe in the water, for his or her lifetime. According to the Centers for Disease Control, participation in formal swimming lessons can reduce the risk of drowning by 88% among children age 1-4. And preschool children should always have undistracted 'touch supervision', which is a supervisor close enough to touch the child around water.

Throughout the summer, we offer affordable swimming lessons by qualified instructors for all ages and skill levels indoors at Prairie Stone Sports and Wellness Center and outdoors at Seascapes Family Aquatic Center. Browse the schedule in our Summer Guide at heparks.org or refer to the guide which was mailed to your home.



Scan for more information about water safety.



Safety Tips

- **Never, even for a moment, leave a child unsupervised near water.**
- **Stay within arm's reach of children who cannot swim.**
- **Teach kids to swim by enrolling them in our swim lesson program.**
- **Always swim with a buddy.**
- **Avoid water wings and other flotation devices; use a life jacket instead.**

What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Health care professionals may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

"Heads Up" on Concussion

Alexian Brothers Health systems has a Pediatric Concussion Clinic that emphasizes a medical exam and cognitive testing for a comprehensive concussion assessment. During the half-day appointment, a board-certified pediatric neurologist performs a thorough neurological examination, including strength, balance, coordination, and reflexes, and recommends brain imaging (MRI) and prescription medicine if necessary.

A fellowship-trained clinical neuropsychologist specially trained to work with children and adolescents performs a neuropsychological assessment to detect cognitive thinking, reasoning, remembering) and/or psychological (sadness, fear/worry, irritability) changes after a concussion.

www.alexianbrothershealth.org/
Call 847-981-3630 or email neurosciencesinstitute@alexian.net for more information.

Here are some signs that parents and guardians have observed in their children, courtesy of the Centers for Disease Control (CDC):

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following:

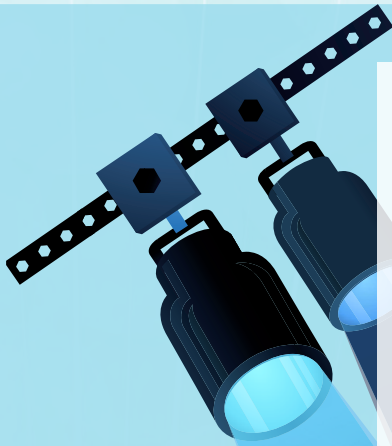
Signs and Symptoms of a Concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"





Open Auditions!

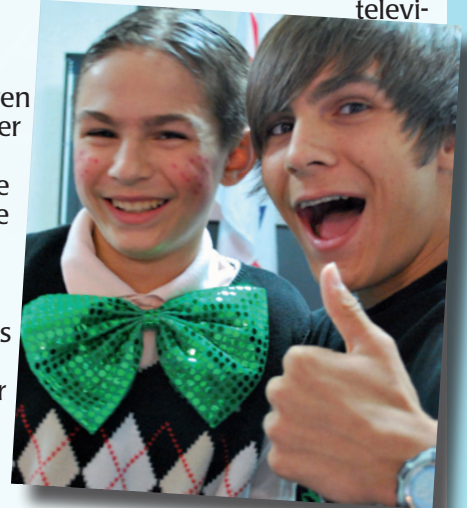
Wednesday, August 15
5:30-8 PM Youth age 6-16 are invited to audition. No preparation necessary, arrive anytime between 5:30-8 PM. If you are unable to audition at this time, contact the director, Mihoko Yamamoto at mihokoyamamoto@live.com.

Be a Star! Performing Arts Programs Growing at HEPD

The Hoffman Estates Park District is expanding its offerings in the performing arts area. For many years, our award-winning TC Dance Company and dance programs have been strong at HEPD, with hundreds of dancers performing at various skill levels each year. And for the second year, the Hoffman Idol event allows residents of all ages to compete in a singing competition modeled after the popular television show, "American Idol".

New in 2012 is an audition-based program for children interested in performing in theater. The Youth Theater group will perform "Where the Sidewalk Begins", an original play written by Elizabeth Corey based on the popular poems of Shel Silverstein's book, "Where the Sidewalk Ends".

The play is directed by Mihoko Yamamoto, who has taught music and theater privately and in classrooms for more than 15 years. She is a classical singer who has performed with the Orlando Opera Company for 5 years and has shared the stage with famous artists such as Denyse Graves (Mezzo Suprano), Debra Voight (Soprano), Anton Coppolla (conductor) and more. She has a Bachelor of Fine Arts Degree in Theater and Voice from the University of Kansas, and moved to Hoffman Estates in 2011 with her husband and daughter.



"If music be the food of love, play on."
- William Shakespeare

"We are so excited to have such talent as Mihoko to add to our performing arts programs," said Nicole Chesak, Superintendent of Recreation.

Photo courtesy of Mihoko Yamamoto

The Importance of Good Sportsmanship

Good sportsmanship creates a positive environment that encourages kids to continue with sports. Parents, coaches and administrators contribute greatly to the atmosphere and culture of our youth athletics programs, and establish the founding principles of youth athletics: fun, sportsmanship, and friendship.

The Hoffman Estates Park District is committed to providing an athletic experience for our youth that nurtures sportsmanship – respect for self, other players, coaches and referees. With "my game, your game, our game", we hope to instill the kind of ethics that promotes self-worth, pride and a healthy stimulating environment for our children.

We regularly survey parents for their input and feedback, and work to make changes based on the response. In 2012, we implemented changes to our basketball program, some of the changes included mandatory training sessions for officials, mandatory meetings for coaches with behavioral classes included.

For more information about our program, contact Nicole Chesak, Superintendent of Recreation at nchesak@heparks.org or 847-781-3635.





What's burning? Scheduled Ecological Burns

This spring, our Parks Services Division will continue with its initiative started in the fall to conduct "ecological burns" for several of our

natural areas throughout Hoffman Estates. To conduct a successful and safe burn, our crew must consider the direction of the wind, the air humidity and the amount of moisture in the ground. Controlled burns are continuing as weather permits, it has been somewhat slow going due to the mild wet conditions this winter.

What is an ecological burn?

An ecological burn is when experts use fire to burn away plant life. There are many benefits to this process, including helping to eliminate non-native invasive plant species, adding nutrients to the soil and stimulating native species.

Are burns safe?

Our ecological burns are conducted by fully trained staff properly equipped to conduct a successful, controlled burn. The fire department is notified of our scheduled burns and are available to assist if necessary.

While the smoke does emit carbon into the atmosphere, research suggests that by stimulating the accelerated growth of plants, burns may actually benefit the ecosystem in the long run. Wildlife are safe as well, they will instinctively evacuate the area and benefit from the renewed plant growth in the long term.

The in house burns that are complete are: Chestnut Park (lakeshore), Triphahn Center, Pine (sled hill), PSSWC (natural berms) and Shoe Factory Road Basin. The five sites remaining are: Eisenhower, Highland, Park Services, Seascape (sled hill) and Triangle Park. The contacted burns are progressing with three sites that are partially completed due to conditions and will be revisited when conditions permit; these sites are Oak Park, Golf Road Nature Area and Tall Oaks Pak. Hunter's Ridge and Victoria were completed in March. The other sites remaining are: Highpoint (MacArthur Area), Walnut Pond and Charlemagne.

If you have any questions or concerns, please contact us at 847-885-7500.



These Dogs Don't Sit! Prairie Dogs Multi Sport Club

There are many challenges for athletes who enjoy competing in long distance races, such as marathons, bi-athalons, cycling races and tri-athalons. Maintaining proper nutrition and energy, managing illness and injuries during training, finding the right equipment and keeping a positive attitude are just a few of the challenges long distance race athletes face. At Prairie Stone Sports and Wellness Center (PSS&WC), there is a unique group designed to provide support and knowledge for such athletes to help them overcome these challenges.

The Prairie Dogs Multi-Sport Club is a supportive community within Prairie Stone Sports & Wellness Center. This group is comprised of runners, cyclists, swimmers, du-athletes and tri-athletes of all levels and abilities who have an interest in training for races. You do not have to be a member of PSS&WC to be a member of the club.

"During my six years in the Prairie Dog Triathlon group, I have gone from not exercising a day in my life to being able to complete a marathon and sign up for an Ironman," said member Kevin Larson. "The group has provided me immeasurable knowledge and support, resulting in me living a balanced lifestyle at a healthier weight than before."

The group is very welcoming to new athletes as well as more experienced athletes. It is a very comfortable and supportive group no matter what your goals are. The group offers lectures and workshops throughout the year so athletes can improve on their skills. In addition, there are scheduled workouts along with impromptu workouts during both the on and off seasons. The Prairie Dogs have helped many athletes achieve their goals and cross many finish lines.

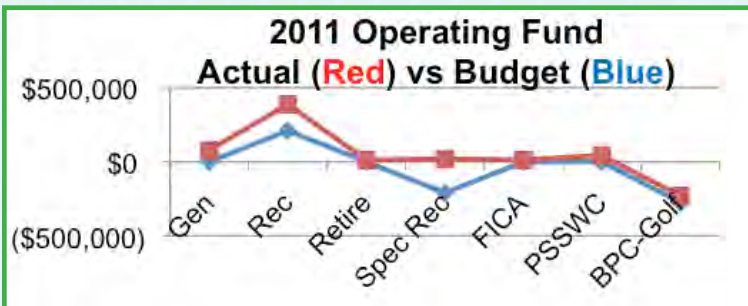
"Two years ago my exercise routine included only walking and some spinning" said member Deb Seger. "Joining Prairie Dogs has helped propel me to accomplish things I never thought possible. Within my first year I completed two sprint distance triathlons, a century (100 mi) bike ride, and a ½ marathon. The goal this year is to complete an Olympic distance triathlon and a marathon. There is just so much support from this group. They have become my mentors, my coaches, and my friends."

There are nominal annual fees associated with the club, to cover the costs of operations. For PSS&WC members, the fee is \$60 and for non-PSSWC members but Hoffman residents the fee is \$65 and the fee is \$70 for non PSS&WC members and non-Hoffman residents. For more information, contact Kathy Wasicki at 847-285-5416 or kwasicki@heparks.org.

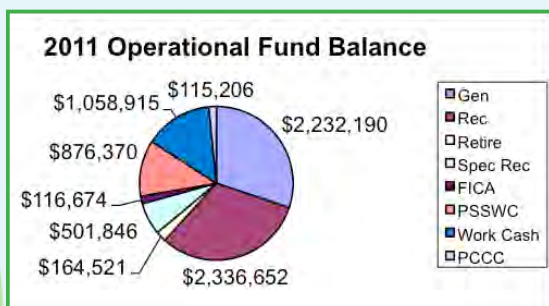
Hoffman Estates Park District has Another Successful Financial Year

It's been just two short year's since the Hoffman Estates Park District won the National Gold Medal for best park District nationwide in our population class. And despite some very challenging economic times since then, the District has flourished in helping residents meet their recreational needs. Many residents have come to realize that especially in tough economic times their Park District still provides them with first class parks, facilities, and recreational services at a great value or even no cost.

The District has carefully managed its finances to continue to fund our mission. Utilizing support from taxes, user fees and alternative revenue sources the District has carefully managed our financial resources and has had another successful financial year for 2011. The District has always been proud of how carefully we maximize the use of our tax receipts to provide for the numerous parks, open areas, and facilities of the District that are free of charge for the residents. Most programs, classes, and memberships are based on user fees that along with the alternative revenue sources the district has created helped generate the majority of the District's total revenues. Our financial operations from 2011 are summarized below (please note the negative budgets for Spec Rec and BPC were approved planning to use cash balances on hand):



The following chart shows the projected ending operational 2011 fund balances for all of the District's Operational Funds after the 2011 surplus (above) of \$325K was earned. The Debt Service Fund and Capital Fund also have cash reserves that fund debt retirement and capital projects. Operationally there is over \$7 million in reserves that help maintain cash flows and operational projects.



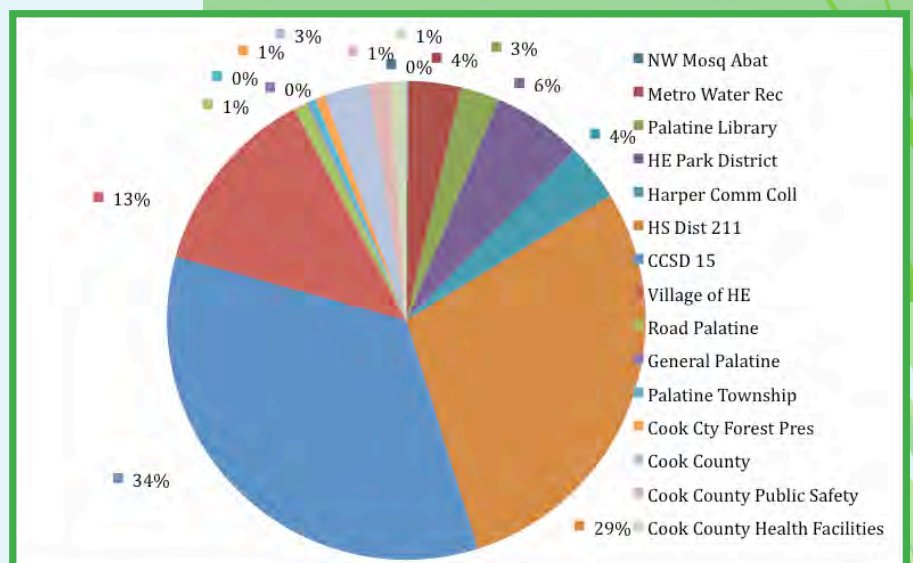
Sears Stays Our Neighbor

Congratulations to State Representative Fred Crespo and the Village of Hoffman Estates in their diligent efforts to keep Sears in the village. The Park District worked in cooperation with the Village and Representative Crespo to give insight into the importance Sears plays in supporting future district operations. Even after the economic development area (EDA) receives its funding the district will receive a large portion of tax dollars that we were counting on in our master plan to ensure the continued funding of our long range capital plan. Good job to everyone...we are glad Sears is here to stay.



Hoffman Tax Rates

This pie chart shows the 2010 Tax rate for a North side resident of Hoffman Estates. Of the entire taxes paid by a property owner, only 6.1% (or just 6 cents of each dollar paid) goes to the Hoffman Estates Park District. Annually this only equates to approximately \$270 on a home with a \$200,000 property value. These taxes provide for over 70 parks and facilities providing a tremendous variety of recreational, educational, and physically fit opportunities for our residents on a year round basis.





Be Well This Summer!

The Hoffman Estates Park District has teamed up with Alexian Brothers Health System and the Schaumburg Park District to encourage area residents to “Be Well” – a program that will help you move closer to your health and wellness goals this summer. Whether your goal is to lose body fat, increase muscle mass, reduce your cholesterol or blood pressure, or whatever your goal is, this program will give you a chance to measure your progress, attend free seminars, and get the support you need to move toward your goals.

“Partnerships like this are beneficial to everyone in our community,” said Tony LaFrener, Deputy Director and Director of Recreation at the Hoffman Estates Park District. “When the park districts can collaborate with our local medical experts, we have the opportunity to reach more people and have a greater impact on the overall level of wellness in our community. That benefits everyone.”

In May, participants will visit with an Alexian Brothers’ Registered Nurse to conduct a health assessment. The assessment will screen blood pressure, body fat, cholesterol, risk of stroke, and for women, risk of osteoporosis. Then, each month participants can have their blood pressure and body fat screened to monitor their progress. Throughout the summer, the park districts offer many opportunities for participants to increase their fitness levels, which can have positive effects on overall health and help participants reach their goals. Free seminars will be scheduled to help educate the community on a variety of health-related topics. In August, participants will return for a final full health assessment to measure their results.

The schedule of screening dates and times was designed to allow for daytime and evening appointments at the Hoffman Estates Park District facilities and at the Schaumburg Park District facilities, to make it as convenient as possible for people with diverse schedules.

The program is free of charge to everyone, but appointments are required for the initial and final assessments by visiting www.alexianbrothershealth.org or by calling 1-866-ALEXIAN.

Be Well This Summer!

Alexian Brothers Health System has teamed up with the Park Districts in Hoffman Estates and Schaumburg to present “Be Well” – a program that will help you move closer to your health and wellness goals.

Starting in May, you’ll have a chance to receive a FREE health assessment conducted by a registered nurse from Alexian Brothers Health System at a designated park district facility of your choice. See our schedule below of May screening dates and locations.

The FREE screenings will include:

- Blood pressure
- Body fat
- Cholesterol (finger stick, no fasting required)
- Osteoporosis (this screening is for women only)
- Stroke Risk consultation

Along the way, the park districts will offer you:

- FREE seminars on topics that will help you to reach your health & wellness goals
- MONTHLY blood pressure and body fat checks to monitor your progress
- ACCESS to state-of-the-art fitness and recreation programs to keep you active

Space is limited and appointments are required!

To schedule an appointment for your initial FREE health assessment, please call 1-866-ALEXIAN or visit www.alexianbrothershealth.org.

ALSO: Please be sure to visit the park district websites to browse the many options available to help you move toward your “Be Well” goals this summer!

Hoffman Estates Park District: www.heparks.org

Schaumburg Park District: www.parkfun.com



BE WELL

Alexian Brothers Health System | Schaumburg Park District | Hoffman Estates Park District



Hoffman Estates Park District – Screenings Schedule – May 2012

Mon May 7	5:00 pm – 7:30 pm	Prairie Stone Sports & Wellness Center
Tues May 8	9:30 am – 12 noon	Willow Recreation Center
Wed May 9	8:30 am – 11:00 am	Triphahn Center
Mon May 14	5:00 pm – 7:30 pm	Prairie Stone Sports & Wellness Center
Tues May 15	9:30 am – 12 noon	Triphahn Center
Wed May 16	9:30 am – 12 noon	Willow Recreation Center

Schaumburg Park District – Screenings Schedule – May 2012

Mon May 7	9:30 am – 12 noon	Meineke Recreation Center
Tues May 8	5:00 pm – 7:30 pm	Meineke Recreation Center
Wed May 9	11:30 am – 2:00 pm	Schaumburg Tennis Plus
Mon May 14	9:30 am – 12 noon	Community Recreation Center
Tues May 15	5:00 pm – 7:30 pm	Community Recreation Center
Wed May 16	5:00 pm – 7:30 pm	Schaumburg Tennis Plus

HOFFMAN ESTATES PARK DISTRICT

Prairie Stone Sports & Wellness Center
5050 Sedge Blvd.
Hoffman Estates, IL 60192

Triphahn Center
1685 West Higgins Rd.
Hoffman Estates, IL 60169

Willow Recreation Center
3600 Lexington Drive
Hoffman Estates, IL 60169

SCHAUMBURG PARK DISTRICT

Community Recreation Center
505 N. Springinguth Rd.
Schaumburg, IL 60194

Meineke Recreation Center
220 E. Weathersfield Way
Schaumburg, IL 60193

Schaumburg Tennis Plus
1416 N. Payne Road
Schaumburg, IL 60173



A Healthy Community Begins with Alexian Brothers.

www.AlexianBrothersHealth.org

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Renovations Prove Successful: Excessive Rain No Longer a Problem for Bridges of Poplar Creek

"Rain, rain go away" was the mantra heard by golfers across the area last July when rainfall reached record levels, closing golf courses around Chicagoland, but not at the championship golf course at Bridges of Poplar Creek Country Club. The course withstood record rainfall in July, proving the effectiveness of significant drainage work completed last spring.

While the course once succumbed to floods, it remained in excellent condition following 49.83 inches of rain last year, the highest total for Chicago in 122 years. With fairways not flooded and all bridges passable, Bridges of Poplar Creek was one of the only area golf courses to immediately open the morning after a day of 6.86 inches of rain, the second wettest 24-hour period in Chicago history since 1871.

"We have successfully changed our old stigma of not being playable after rain into a competitive advantage over area courses," says Brian Bechtold, General Manager at Bridges of Poplar Creek Country Club. "So much so that we received numerous phone calls from golfers and outings looking to play here because their normal facilities were closed due to the rainfall."

State-of-the-art drainage was installed along the golf course as part of a multi-million-dollar enhancement project that began last year. 15 holes were re-modeled and eight new bridges take golfers over critical flood-plain areas allowing the course to remain open even after heavy rains.

Formerly Poplar Creek Country Club, the newly-named Bridges of Poplar Creek Country Club earned rave reviews in the summer of 2011 from local golfers. Lohmann Golf Design led the modernization of the 35-year-old course, preserving the classic Killian-Nugent layout while enhancing strategic shot values for golfers.

The addition of multiple tee boxes gives renewed appeal to better golfers seeking added length and new golfers seeking shorter distances. Re-configured fairways and bunkers, the addition of fescue on many holes for depth and definition, and new lakes make for challenging yet fair land-water hazards.

The course renovation gave birth to "The Final Charge," a challenge for golfers to conquer the extremely stout holes 16, 17 and 18, which are routed in the shape of a lightning bolt. The Final Charge is fast becoming known as the best "tri-fecta" of finishing holes statewide.

Also new is a vastly expanded golf learning and practice center, including 55 driving range stations lighted for night play. PGA instruction is conducted for golfers of all abilities and ages in private, semi-private and group formats. The club Precision club-fitting resulting from golfers' swing and bio mechanics testing on the "FlightScope" launch monitor.



In addition, the clubhouse received an extensive facelift, now boasting a contemporary ambiance. The main banquet room that holds more than 300 guests

features new carpet, wallpaper, lighting, paint, ceiling construction, bathroom upgrades and a dance floor.

A new, 8,200-square-foot event area with a majestic gazebo and waterfall makes for aesthetically exceptional special occasions.

Bridges of Poplar Creek Country Club is extremely popular for weddings, as well as parties celebrating engagements, Bar Mitzvahs, Sweet 16s, retirements, reunions, bridal and baby showers, and holidays.

Business meetings, seminars and conferences are professionally executed with WiFi, screens, LCD projectors and other accoutrements. Large, mid-size and small companies range in style from formal to BBQ fare.

Bridges of Poplar Creek Country Club is located between Golf and Higgins Roads, east of Barrington Road, just off of Moon Lake Boulevard.

**For information, to reserve tee times or to schedule a facility tour:
www.bridgesofpoplarcreek.com, (847)781-3681.**

While the course once succumbed to floods, it remained in excellent condition following 49.83 inches of rain in 2011, the second highest total for Chicago in 122 years.



We are proud to announce that Bridges of Poplar Creek Country Club has been rated by local brides and voted **The Knot Best of Weddings 2012 Pick!**



HOFFMAN ESTATES PARK DISTRICT

1685 West Higgins Road, Hoffman Estates, Illinois 60169 www.heparks.org 847-885-7500



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join our eList



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PARK
erspectives this newsletter was printed on recycled paper

Upcoming Events

- April 21 **2-Person Scramble**, at Bridges of Poplar Creek
- May 5 **Touch-a-Truck**, at Seascap
- 12 **Disc Golf Doubles Tournament**, at Black Bear Park
- 19 **Community Garage Sale**, at Seascap parking lot
- 20 **9 & Stein Golf Outing**, at Bridges of Poplar Creek
- June 8 **Family Fun Friday Night**, at Seascap
- 9 **Fishing Derby**, at South Ridge Lake
- 16 **Free Movie Night**, Dolphin Tale at Seascap
- 17 **Father's Day BBQ**, Bridges of Poplar Creek Country Club
- 17 **Father's Day Pool Party**, at Seascap
- 29 **Free Movie Night**, Hop at Vogelei
- July 13 **Family Fun Friday Night**, at Seascap
- 24 **Hoffman Idol**, at Bridges of Poplar Creek Country Club
- 27 **Free Movie Night**, Scooby Doo at Seascap

See our website at www.heparks.org for event details!

Get Involved in Your Community!

HE Parks is looking for Community Representatives for the 2012/2013 year. Community Representatives make recommendations to the park board. For details about different committees and to download a questionnaire, visit heparks.org. To become a Community Representative, send your completed questionnaire by April 20 to Jane Kaczmarek at jkaczmarek@heparks.org or drop it off at the Triphahn Center, attn: Executive Director.

Thank You
Sponsors!

Daily Herald
Big Picture . Local Focus



If you are interested in becoming a sponsor or would like more information, please call (847)781-3672.

Roundtable discussion

Matters of Aging

*Find out your options on
everything from home and
residential care to finances,
funerals and family conflicts*

Wednesday

September 8, 2010

11:30 am

CCIA Senior center

Sponsored by

**Illinois Eldercare
Planning Council**



**HOFFMAN ESTATES
PARK DISTRICT**

1685 W. Higgins Road
Hoffman Estates, IL 60169
(847)885-7500
www.heparks.org

“I am looking for housing accommodations but I’m not sure where to start looking?”

“I have a disabled adult child or family member who needs assistance or housing and not sure how to pay for it?”

“I’m in my retirement years but I’m concerned that I will “outlive” my financial resources; what can I do to make sure I have enough money to last in my retirement years and maybe pass on to my family as a legacy?”

“I’ve lost so much of my financial portfolio that was invested in the market; what can I do to recover my losses that is not as risky as the stock market, yet will give me the kind of growth I need to sustain me and my family in my retirement years?”

“Is it true that the bank owns my home after I take out a reverse mortgage?”

“I have heard that because I have a mortgage on my home now that I can’t qualify for a reverse mortgage. Is this true?”

“What are some of the beginning signs of Dementia, and where can I go for help?”

“If I use my Medicare benefits for home health, will that take away from my Medicare benefits, if I need to go to a nursing home?”

“Who should be my successor trustee, executor or power of attorney?”

“How do I protect my estate if I go to a nursing home?”

Find out the answers to these and other questions!

FREE EVENT

RSVP to the CCIA Senior Desk

Light refreshments will be served

Not a members only event



HOFFMAN ESTATES PARK DISTRICT

Parent Workshop

HEPD
YOUTH SPORTS
my game · your game · our game



P.L.A.Y.

Performance and Lowered Anxiety in our Youth

www.playyouthsports.com

How athletes become frustrated

Disposition

Triggers

Cognitions

Emotions

Performance

A QUIZ FOR PARENTS

The following questions will help you assess your values in regard to youth sports. Pick one of your children who is active in sports and answer the questions with reference to that child. Circle the number or rank the item that best describes your attitudes and behavior.

Circle the number or rank the item that best describes your attitudes and behavior. If you have two or more children involved in sports, repeat the quiz for each child.

Child's (C) Name _____ Age ___ Sport _____

1. I go to C's games.

Never	Occasionally	Sometimes	Frequently	Always
1	2	3	4	5

2. The most important thing for me is that C (rank the following according to importance, with 3 being most important and 1 the least important):

- ___ has fun in his/her sport.
- ___ develops skills in his/her sport.
- ___ is successful in his/her sport.

3. C senses my disapproval when he/she performs poorly in sports.

Never	Occasionally	Sometimes	Frequently	Always
1	2	3	4	5

4. The main purpose of youth sports is for C to have fun.

Strongly disagree	Mildly disagree	Yes and no	Mildly agree	Strongly agree
1	2	3	4	5

5. I believe it is important that C has a goal when participating in sports (such as making varsity, being a ranked competitor, getting a college scholarship).

Strongly disagree	Mildly disagree	Yes and no	Mildly agree	Strongly agree
1	2	3	4	5

6. The main value of your sports is for C to learn certain physical skills (catching, running, skiing).

Strongly disagree	Mildly disagree	Yes and no	Mildly agree	Strongly agree
1	2	3	4	5

7. I prefer that C work with a coach who emphasizes (rank as in question 2):

- ___ having fun in his/her sport.
- ___ developing skills in his/her sport.
- ___ being a winner in his/her sport.

8. I am willing to make financial sacrifices so that C can get the best opportunities in sports.

Never	Occasionally	Sometimes	Frequently	Always
1	2	3	4	5

Instructions for Scoring

Place your answers for each item in the boxes below.

	Fun	Skills	Goals	Involvement
				1.
	2a.	2b.	2c.	
				3.
	4.			
			5.	
		6.		
	7a.	7b.	7c.	
				8.
Totals				

Your Parental Profile

Now take your total scores on each dimension and place them on the chart below.

	Fun	Skills	Goals	Involvement
	11	11	11	11
High	10	10	10	10
	9	9	9	9
	11	11	11	11
Moderate	10	10	10	10
	9	9	9	9
	11	11	11	11
Low	10	10	10	10
	9	9	9	9

Draw a heavy dark line that connects the number of your score under each item. This line is your profile

What kind of sport parent am I?

the **PERSUADER**

the **AVOIDER**

the **ENABLER**

“We must become the change we want to see.” - Mahatma Gandhi

paRent

R _____

Definition: _____



Rank your top 3 goals for your child

- Become a good athlete
 - Win
 - Learn to deal with defeat
 - Learn "life lessons"
 - Have fun
 - Other (specify _____)
- Learn to play the sport
 - Gain self-confidence
 - Physical exercise
 - Make friends
 - Earn a college scholarship

parEnt

E_____

Definition: _____

Take a minute and define what a successful game looks like for you.

Mastery and appropriate competitiveness versus outcome orientation (“Did you win?”)

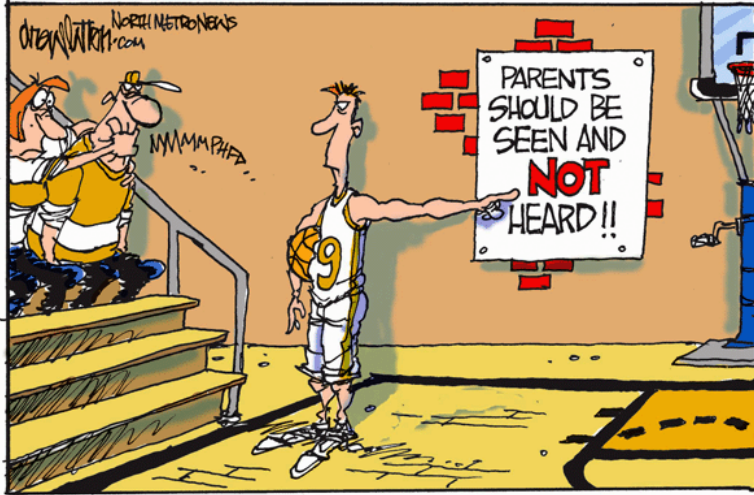
HIGH EGO	HIGH MASTERY
Only winners profit. Losers get nothing.	There are multiple paths to victory. Losing bring progress and development.
The value of competition lies in the prize to be won.	The value of competition is personal development and long term success.
Happiness comes from winning.	Happiness comes from being good at what you love.
Sportsmanship is peripheral to competition. Cheating is ok if you can get away with it.	Sportsmanship is part of the essence of competition. Cheating robs you of success.
Practice is useful if it makes you look good.	Practice provides you the opportunity to become good at something you enjoy.

“You cannot find a player who ever played for me at UCLA that can tell you that he ever heard me mention “winning” a basketball game. He might say I inferred a little here and there, but I never mentioned winning. Yet the last thing I told my players, just prior to tipoff, before we would go on the floor, was, ‘When the game is over, I want your head up-and I know of only one way for your head to be up-and that’s for you to know that you did your best...This means do the best YOU can do. That’s the best; no one can do more....You made that effort.” – John Wooden

pareNt

N _____

Definition: _____



"Pass it!" or "Great pass!"

The effects on your child from coaching from the bleachers:

Dear Coach,

Here is my child, a player for your team. This is difficult for me because I am entrusting you with a child I love more than life itself. It seems silly that a volunteer with 8 games and 6 practices can shape my child's life but it's true. So coach, there are a few things I wanted you to know and that I hoped you would share with my child. Teach my child to win gracefully but more importantly teach my child to lose with even greater dignity.

Know that my child takes what you say to heart so please choose your words carefully and tread lightly. School is hard for my child and life hasn't been so easy lately. This sport is the one thing that makes my child smile.

Sitting on the sidelines stinks, we both know this. I realize that my child is not your best player but please, coach, notice the effort. It's possible that my child could surprise us all someday. My child can be a pest, sometimes whiny, sometimes out of control. You have my permission to teach my child the consequences of inappropriate actions. If my child gets hurt in the game, please look for me in the stands, I am the one whose heart has stopped beating. Please help me teach my child the kind of sportsmanship that will carry far beyond what happens on a playing field. As a parent, watching my child can be excruciating, I want to protect but as a spectator I've been rendered helpless. My child's successes and failures are out there for everyone to see. Help me to keep my perspective. Most of all please teach my child that this is only a game, that there will be plenty more. Ask my child to work hard, to give their best effort and especially to have fun. Through your words and actions show my child what it means to "love the game". Thank you coach, for all you do, your time, patience and influence... It will last a lifetime.

Sincerely,

Every Parent

For more information on this workshop or future workshops please contact:

PLAY: Performance and Lowered Anxiety in our Youth

www.playyouthsports.com

910 Skokie Blvd, Suite 215

Northbrook, IL 60062

Dr. Andrew A. Rosenbloom

Dr. Andrew A. Rosenbloom received his undergraduate degree in psychology from Indiana University and his Masters and Doctorate degrees in Clinical Psychology from the Illinois School of Professional Psychology. He has been working with children, adolescents, adults, and families for over ten years. Dr. Rosenbloom's clinical experience includes working at Children's Memorial Hospital, The Sonia Shankman Orthogenic School at The University of Chicago, Jewish Child and Family Services, Connections Day School, Counseling Connections, and Psychological Consultations. Additionally, Dr. Rosenbloom has been a travel basketball coach, feeder, and AAU coach for 10 years. Currently, he is the director of the school refusal partial hospitalization program at Compass Health Center and runs a private practice for children and adolescents. Dr. Rosenbloom is an adjunct professor at The Chicago School of Professional Psychology where he teaches sport psychology courses. Dr. Rosenbloom is a member of the American Psychological Association (APA) and Association for Applied Sport Psychology (AASP).

Email: andrew.rosenbloom@gmail.com

Phone: (847) 497-8377



HEALTH e KIDS

A publication for parents in Hoffman Estates concerned about the health and wellness of the children in our community.

 **HOFFMAN ESTATES PARK DISTRICT** heparks.org 847-885-7500

Portion Sizes for Kids

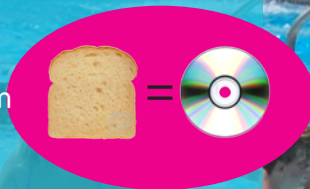
by Amy Daum, Dietitian, MPH, RD, LDN

Over the last several decades, the size of many common pre-portioned and prepared foods has increased – especially in the grain group and the protein group. One and two ounce burgers with bun slices the size of a hockey puck have increased two to three times in size. While foods are often purchased, prepared, and served in these larger portions, they are often times much larger than what is considered a healthful portion size for both children and adults.

Here are some great tips for visualizing healthful portion sizes of common foods, for grade school children, using everyday items:

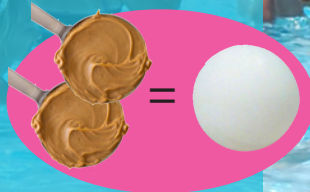
Grains Group

- A slice of bread = a CD case
- A half cup of pasta or rice = a small computer mouse or half of a lunchroom milk carton
- A cup of dry cereal = a baseball



Protein Group

- Two to three ounces of cooked meat = a deck of cards
- Two to three ounces of fish = a smart phone
- Half a cup of cooked beans = a small computer mouse or half of a lunchroom milk carton
- Two tablespoons of peanut butter = a ping pong ball



Fruits Group and Vegetables Group

- One cup of fruits or vegetables = a baseball
- One baked potato = a bar of soap



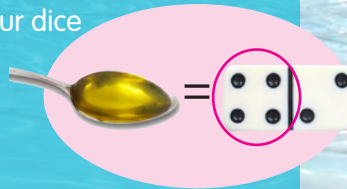
Milk Group

- One cup of milk or yogurt = the common one cup (half pint) carton of milk in your school lunchroom or the size of a baseball
- Two ounces of low-fat processed cheese or 1.5 ounces of natural cheese = four dice



Fats and Oils

- One teaspoon of oil or healthful, buttery spread = half of a domino



June 2013

To receive future issues of Health e Kids Newsletter through e-mail, text **HEALTHEKIDS** to 22828.

Ways to Stay Active in June

Family Fun Friday Night

Friday, June 7 @ 4-7:30 PM
Seascape Family Aquatic Center
Enjoy games and activities all night!
Admission fees apply.

Friday Fun in the Park

Friday, June 14 @ 10 AM, FREE
Vogelei Park
Steve Beno will entertain kids on the Pavilion stage. Make a day of it by bringing a healthy lunch, and stay after the show to play on the playground and splash pad.

HEALTHe Family Event

Sunday, June 16 @ 2-4 PM, FREE
Seascape Family Aquatic Center
Swim in the pool and learn share water safety tips and lifeguard demonstrations from staff.

Friday Fun in the Park

Friday, June 28 @ 10 AM, FREE
Vogelei Park
The Roper Warrior will entertain kids with jump ropes on the Pavilion stage. Make a day of it by bringing a healthy lunch, and stay after the show to play on the playground and splash pad.

For more information on healthful portion sizes for preschoolers, children, teens, and adults, please visit ChooseMyPlate.gov.

Amy Daum is available for private consultations. Contact Kathy Wasicki at (847)285-5416 or kwasiccki@heparks.org to make an appointment.

Fit and Fun Birthday Parties

Beach Party Cake or Cupcakes

Use blue frosting, graham cracker crumbs for "sand", Teddy Graham crackers on the "beach" laying on Fruit by the Foot "beach towels" and floating in the water in Life Saver Gummy candies. Tropical drink umbrellas provide shade!

Life Saver Gummy candies. Tropical drink umbrellas provide shade!

For your child's next birthday party, you can incorporate healthy treats and include activities that will get the kids moving and having a BLAST! An active birthday party gives kids a chance to try a sport or activity that may be new to them. They might find a new passion for sports and games. The Hoffman Estates Park District offers a wide variety of birthday parties for kids. Each month we'll give you some great party ideas!

Beach Party Themes at Seascapes Family Aquatic Center

Kids will have a splashing good time in the zero depth pool, sand play area and sliding down the water slide on inflatable tubes. The party package includes 2 hours in our party tent, full day's admission for up to 20 guests, a t-shirt for the birthday child and a party attendant to help out with the party. Food must be handled separately through our concession provider at SeaFare. We recommend that you bring your own dessert, paper goods (plates, napkins, plasticware) and a lighter or matches for the birthday candles. Be sure to provide plenty of adult supervision to watch children in the water, depending on the age and number of children in attendance. Don't forget the sunscreen!

Goodie Bag Ideas

Pack these fun beach toys in a little sand bucket with a shovel: bubbles, clementines, inflatable beach ball, Gold Fish crackers, sun glasses and a travel size tube of sunscreen.

Water Safety: Drowning Can Be Prevented

Swimming lessons are available year-round at the Hoffman Estates Park District, at Seascapes Family Aquatic Center and at Prairie Stone Sports & Wellness Center. Classes are available for children as young as 6 months with a parent, to advanced classes for teens. We also offer swim lessons for adults and private and semi-private lessons. Classes run six days a week and start at just \$39 for resident group lessons for a four-week session. Scholarships are available for families in need who are residents of Hoffman Estates.

To apply for a Swim Lesson Scholarship from the Friends of the HE Parks Foundation, pick up a Scholarship Application at the Triphahn Center front desk.

Swimming and boating are among the most favorite summer activities for families. For that reason, it's important to remember good water safety habits. Drowning is silent and it happens in seconds. It is the leading cause of death in children under the age of 5. Drowning can be prevented. Follow these tips from Katie Miller, Program and Aquatics Supervisor, and the Centers for Disease Control:

1. Always provide adult supervision constantly while children are in or around the water, even if a lifeguard is present.
2. An adult should always be within an arm's reach, with no distractions from books or magazines, and free from the influence of alcohol.
3. Seconds count! Learn CPR. CPR classes are available to the public by the Village of Hoffman Estates and the American Red Cross.
4. Air filled toys such as pool "noodles" and water "wings" are not safety devices. These toys are not designed to keep swimmers safe. Weak swimmers should be kept safe in the water by wearing properly fitted life jackets.
5. Teach your children to swim. Formal swimming lessons can reduce the risk of drowning by as much as 88% among children 1-4 years old, according to the Centers for Disease Control.



HEALTH KIDS

A publication for parents in Hoffman Estates concerned about the health and wellness of the children in our community.

April 2013

 **HOFFMAN ESTATES PARK DISTRICT** heparks.org 847-885-7500



New!
To receive future issues of Health Kids Newsletter through e-mail, text HEALTHKIDS to 22828.

Do You Have Picky Eaters? Start Planning a Fruit and Vegetable Garden

by Amy Daum, Registered Dietitian, MPH, RD, LDN

Did you know that April is National Garden Month? It's the perfect time to start planning your family garden with your kids, for some delicious, fresh produce. Children are much more willing to try fresh fruits and vegetables when they've helped you grow them in a garden.

Tips for Getting Your Garden Started

- Bring your children with you to your local store or gardening center to pick out fruit and vegetable seeds or plants.
- Want to start your garden early? Start planting seeds now in smaller containers inside your home so that you are ready to plant after the last frost.
- Encourage your kids to help plant the seeds and plants, as well as care for the fruits and vegetables, until harvest time.
- Have your children help you pick and prepare the fresh produce. Kids who help prepare healthier foods are more invested in eating them on a regular basis.

Check out more great gardening ideas for your family at kidsgardening.org.

Grow Your Garden!

The Garden Club and the Village of Hoffman Estates Commission for Senior Citizens is holding a spring event featuring the president of the Hoffman Estates Garden Club, Susan Monahan. She will present information on a variety of garden topics, including easy planting, easy growing and gardening in general. Ms. Monahan will also answer your questions on all things green.

Friday, May 10, 10 AM
Village Hall, 1900 Hassell Road.
Light refreshments will be served.
For more information,
• call 847-781-2606.

What's in Season?



Have you ever wanted to try some new fruits and veggies, but you're not sure where to start? Picking seasonal fruits and vegetables are often the most fresh and cost effective choices, whether shopping at a grocery store or a farmer's market this spring. Check out this great list for selecting seasonal fruits and veggies from the Illinois Department of Agriculture at gr.state.il.us/whererefreshis/whatsinseason.pdf

Family Fun at Your Local Farmer's Market



Farmer's market season is right around the corner and most children and adults do not eat enough fruits and vegetables. Fruits and vegetables are lower in calories and great sources of vitamins, minerals, fiber, and water. If you are looking for a fun way to incorporate more fruits and veggies into your diet this spring, take your family out for a visit to a local farmer's market. Encourage your children to help you pick out and prepare new produce during each trip! Locate your nearest farmer's market online at illinoisfarmdirect.org/market_search.html.

Gardening Club

The Hoffman Estates Garden Club meets the first Thursday of each month at 7 PM at the Schaumburg Public Library, Central Library. Members to share gardening tips.

All are welcome to attend.

Beat Spring Fever With Fun Summer Plans

Has Spring Fever struck your family? A fun way to help get through the last bit of Spring is to start planning ahead for Summer. Make sure your plans include plenty of physical activity for your entire family. In the summer the days are longer allowing for more time outdoors and the weather is perfect for outdoor activities. Take advantage of these two factors to add extra physical activity to your schedule. Get the details of these in the Summer Guide, which comes out on April 19, or visit heparks.org.

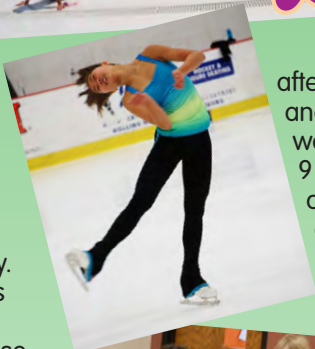
Seascope Family Aquatic Center – Seascope opens Saturday, May 25 with a new, extended operation schedule giving you more days to enjoy fun in the sun. A pass allows you the freedom of a quick dip in the pool on a hot evening and a great way to get a couple extra hours of activity in the day. It's a great value and creates a lifetime of memories for your family. Make this summer your Seascope Summer! Passes are currently 15% off until April 15, so hurry into one of our facilities to purchase your pass.

Baseball – Baseball is a great sport because everyone can play; you can be tall, short, big or small, fast or slow, everyone has something they can lend to the game of baseball. Teams are now forming for 4 and 5 year old t-ball to teach the fundamentals of the game.

Lacrosse – A fairly new sport that combines elements of basketball, soccer and hockey. Playing the game requires more coordination and agility, less strength. Fast runners do well in lacrosse as it is fast paced. Lacrosse teams for boys and girls grades 3-8 are forming now for the summer league.

Tennis – Tennis is a fun sport that requires hand-eye coordination and agility. It's great for kids who like to compete as an individual or in pairs rather than as a team. We offer lessons outdoors and indoors. Check the Summer Guide or heparks.org for details.

Dance – Lessons run all year for dancers of all skill levels. Dancing improves coordination, circulation, bone density and improves cardiovascular health, too. The HE Stars Dance Company performs at **Party in the Park** on August 3.



Summer Camps

We offer a wide variety of camps for kids from kindergarten to 8th grade. Camps run one week at a time, all summer long, so kids can try a new camp each week – they love this! All our camps spend two

afternoons swimming at Seascope and go on a field trip once a week. Full day camps run from 9 AM to 3:30 PM, but half day camps are available too. Before and after camp care and bus transportation is available, too, which is convenient for busy parents.

Summer Camp registration is now open!
heparks.org

Explore A Park A Day – Did you know we have 70 parks in Hoffman Estates? If you explored one each day starting June 21, the Summer Solstice, you would visit your last park sometime around Labor Day. That's a new park for every day of summer! Don't miss High Point, Brittany and Lincoln Parks where new playground equipment is being installed this Spring.

Free Community Events – Every month we offer a HEALTHeFamily activity that is free to the community and is designed to get the whole family moving and include a healthy snack too. See the schedule below. Our **Touch A Truck** event takes place on May 5, and you'll find a great bargain at the **Community Garage Sale** on May 18. Both events take place outside in the parking lot at Seascope Family Aquatic Center.

Free Children's Entertainment – This popular series continues this year, every other Friday at 10 AM at the Vogelei Park Pavilion starting in June. Spend the whole afternoon at Vogelei by bringing a picnic lunch, play on the playground, splash on the splashpad; this park offers hours of fun.



Look for the HEALTHeKids apple icon when browsing the Summer Camp Planner for camps that encourage a healthy lifestyle.



Did you know?

You and your kids can burn calories without even trying! Just get outside and play! Games and activities like hopscotch, dodge ball, and playing on playground equipment can burn up to 46 calories in 15 minutes! Shooting baskets can burn up to 40!

Source: Calorielab.com

So go outside and play!

HealtheKids Events

Park Clean Up Day
April 20 - 9:30 AM
earthday.org

National Physical Fitness & Sports Day
May 19 - 2-4 PM
We will have a variety of organized sports in the Triphahn Center gym.

See
heparks.org
for event info!

Make a
note of it!



HEALTH KIDS

A publication for parents in Hoffman Estates concerned about the health and wellness of the children in our community.

May 2013

HOFFMAN ESTATES PARK DISTRICT heparks.org 847-885-7500

To receive future issues of Health Kids Newsletter through e-mail, text HEALTHKIDS to 22828.

How to Disguise Your Child's Workouts as Fun!

by Kathy Wasicki, Fitness Supervisor

Remember when we were kids and we would spend countless hours outside playing, running and exploring? This was what we did, this was fun it was not exercise. Let's bring this back to our kids!

While times have changed, and parents don't want their kids roaming the neighborhood alone anymore, you can put a modern spin on playing outside and make it "family fun!"

Teach your kids some of the outdoor games you or your parents used to play.

Remember these: Mother May I, Red Light, Green Light, Red Rover, Kick the Can, Duck Duck Goose or Monkey in the Middle?



How about a good old-fashioned game of tag?

You can add some variety to this by having them freeze on 1 foot and balance (using core and stabilizer muscles) until it's ok to move again.

Not a game person?

Try a nature walk. You can even bring some binoculars along and look for different birds or flowers along the way. If you plan it out ahead of time you can even leave some "surprises" along the route and make it a treasure hunt.

Get your neighbors involved.

Go knock on their doors and ask if they can come out to play and watch the smile spread across their faces. Before you know it you will be having as much fun as your kids. You may even be the one asking "do we have to go in?"

How to play "Mother May I?"

One player is designated Mother (it can be a girl or a boy) and all the others are children. Standing on opposite sides of a room or field the children take turns asking "Mother may I _____?" filling the blank with a suggested movement. For example, one might ask, "Mother, may I take five steps forward?" Mother replies, "Yes, you may" or "No, you may not, but you may take _____ instead" and adds a suggestion. Mother may offer an amended suggestion that is a direction the child MUST follow, leading the child closer to or farther from the goal of reaching Mother. Any child who forgets to ask "Mother may I?" must return to the starting line. The first child to reach Mother wins the game and becomes Mother.

Objective:

Running, walking, and creativity. The fun derives not from the end result, but from the imagination used in the "Mother May I" questions.

Suggestions:

The players may ask some of the following of Mother. Mother, may I _____?
Take (a number of) steps forward
Take (a number of) GIANT steps forward
Take (a number of) BABY steps forward
Run forward for (a number of) seconds
Crabwalk forward for (a number of) seconds

If Mother does not approve of the suggestions she might:

Reduce the original child's suggestion. She could reduce five giant steps to three giant steps. Take (a number of) steps backward
Run backward for (a number of) seconds
Walk backward until I (Mother) says, "Stop."

-From Grandparents.com

Summer Camp Registration
NOW OPEN!
HEPARKS.org



Buy Local, Buy Healthy at Your Farmers Market This Season

By Amy Daum, Registered Dietitian, MPH, RD, LDN



Farmers markets typically run May through October in Illinois. It is one of the best ways to support your local farmers and try the freshest, seasonal produce in your area. Fruits and vegetables are low in calories, and higher in vitamins, minerals, fiber, and water. They make a refreshing addition to any meal or snack!



Most children and adults do not eat enough fruits and vegetables. Farmers markets can be a great way to encourage kids to pick out some new produce for meals and snacks. Children who help pick out the family produce at a farmers market, and assist with simple and safe preparation techniques, are much more invested in eating fruits and vegetables.

Check out this great list of seasonal, Illinois produce to find out what may be available each month at your local farmers market:
www.agr.state.il.us/markets/WhatsInSeason.pdf.

There are several farmers markets in our area. Check out these locations:

Old Dundee Farmers Market

319 N. River Street

May - October Saturdays 8 AM to 2 PM

Olde Schaumburg Centre Farmers Market

190 S. Roselle Road, Town Square

June - October Friday 7 AM-1 PM

Downtown Elgin Harvest Market

200 North Grove Ave

June - October Thursdays 4-8 PM

For more information on farmers markets throughout Illinois, please visit <http://www.agr.state.il.us/whereshis/>.

-Amy Daum is a Registered Dietitian and is available for private consultations. Contact Kathy Wasicki at 847-285-5416 or kwasicki@heparks.org.

OK, you've got your farmer's market veggies...
How do you get your kids to eat them?
Make a great, healthy Dip!

Hummus Dip

Rinse two cans of garbanzo beans, add to a food processor with 1/4 cup tahini paste, a big bunch of parsley, two cloves of garlic, and mix in enough olive oil to desired consistency.
Salt to taste.

Great for dipping carrots, cucumbers, peppers, celery, mushrooms and zucchini slices.
Healthy and tastes good!

HealtheKids Events

Get Moving!

Mark your calendar for these family-friendly events designed to get your whole family moving.

FREE Touch-A-Truck

Saturday, May 4

9 AM-noon

Seascope Family Aquatic Center
Climb on trucks big and small at this rain-or-shine FREE event.

Mother's Day Skate

Sunday, May 5

3:15-4:45 PM

This year, give mom what she really wants...time spent with her kids! Moms get in free with a paid child. Skate rental is available. At the Triphahn Ice Arena.

FREE HEALTHeFamily Event

Saturday, May 19

2-4 PM at Triphahn Center

We will have a variety of sports in the gym, variations on dodge ball, grab and go, basketball and soccer. Play as a family! For more information contact Nicole Chesak nchesak@heparks.org or 847-781-3635.

Seascope Family Aquatic Center

Opening Weekend

Saturday, May 25-27

11:30 AM-7:30 PM

Enjoy the zero depth entry, 25 yard lap pool, water slides, diving boards, sandy play area, water playground, and sand volleyball court.

Season passes are on sale now.

FREE Friday Fun in the Park

Friday May 31

10 AM Vogeley Park

Features R.C. Juggle (a variety show) at Vogeley Park. Make an active day of it by packing a healthy lunch, playing on the playground, riding bikes and big wheels at Safety Town, splashing at the splash pad.



CONCUSSIONS AND THE YOUNG ATHLETE: What every parent needs to know.

Athletico and Hoffman Estates Park District are teaming up to present a complimentary lecture on concussion awareness and injury prevention in young athletes. As a parent, you will learn how to appropriately identify when a concussion is sustained and what you need to do to reduce the impact on your young player. We will discuss the facts and myths of concussions as well as the latest ways pros are being treated. Don't miss this educational lecture!

Presenter: Athletico's Concussion Special Interest Chair, Mike Palm, MS, MBA, ATC

DATE: Monday, October 15
TIME: 7:00pm (or) 8:00pm
LOCATION: Triphahn Center Board Room
1685 W. Higgins Road
REGISTER: Online for your session of choice
at heparks.org, space is limited.

ATHLETICO
PHYSICAL THERAPY
Better for every body.



RUNNING INJURIES AND PREVENTION MANAGEMENT

Come join us for an interactive talk with Marissa Mortenson, therapist from Athletico, and Zac Marshall, personal trainer from Prairie Stone Sports & Wellness Center. Learn about common running injuries and prevention management. Gear up for a safe, injury free running season!

When: Thursday April 18th at 7:00 p.m.

Registration is required. Please call Athletico Hoffman Estates at 847-645-9673 or stop in to reserve your spot. The presentation will be held in the Pilates room of Prairie Stone Sports & Wellness Center.



ATHLETICO

PHYSICAL THERAPY

Better for every body.



search...



Prairie Dogs Multisport Club



Seeking to sharpen your competitive edge while improving your performance and confidence in running, swimming, and/or cycling? Find camaraderie as well as support as you train to become stronger in one or all of these areas of endurance by joining the Prairie Dogs Multisport Club. The club hosts a variety of group runs, rides, and other workouts and meets monthly to share experiences and celebrate achievements. Check out our Fitness Calendar on this website for upcoming events, workshops, and workouts! Prairie Dogs Multisport Club membership is offered for an annual club fee and is open to both PSS&WC members as well as non-members.

For additional information, please contact Kathy Wasicki, Fitness Supervisor, at kgabrys@heparks.org or by calling 847.285.5416.

<< May 2013 >>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

[DOWNLOAD OUR GROUP FITNESS SCHEDULE](#)

ALL ACCESS PASS

Members enjoy access to the fitness centers at Willow Recreation Center and the Triphahn Center!

*Restrictions apply.

JOIN THE F.O.R.C.E. +

A complimentary 12 week program for new members of PSS&WC offering tiered incentives and professional support to help you reach your fitness goals.

**Fitness. Objectives. Reward.
Connection. Education.**



Swedish hockey teams visiting Hoffman Estates for hockey tourney

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By Jessica Cilella

A group of close to 40 children from Sweden are getting a taste of American culture by staying with host families in Hoffman Estates and participating in a new hockey tournament this weekend.

The Hoffman Estates Park District is hosting the Krolak Cup through Sunday. Two Swedish teams of 13- and 14-year-olds were getting a special welcome during the tournament's opening ceremony Thursday night at the Triphahn Community Center and Ice Arena.

The Krolak Cup is named in honor of Bob Krolak, who worked on doing cultural exchanges in sports and other youth groups for more than 30 years. He was president of the Illinois Amateur Hockey Association, an inaugural member of the Illinois Hockey Hall of Fame and co-founder of the Spirit of Chicago Foundation, which sponsored foreign exchange programs for children. Krolak, of Orland Park, died last April after a battle with Parkinson's disease.

His friend and Hoffman Estates Park District employee Mark Brunner first participated in one of those exchanges about 14 years ago, when he took a hockey team he coached to Sweden, which he said is known for having "some of the best hockey in the world."

"I realized on that trip what an unbelievable experience it was for all the players," he said, noting the camaraderie and friendships that developed during the visit. "That kind of trumped the competitive nature of the tournament."

Upon returning, Brunner founded the Krolak Cup on the North Shore. This year, he decided it was time to expand the tournament, as it was Krolak's dream to do so, and he knew Hoffman Estates would be a perfect location.

"With the facility that we have here and the amount of housing and hotels and shops and all that, and easy to get to downtown (Chicago) ... it seemed like a really, really good fit," he said.

The Swedish hockey players arrived last Friday and are staying with kids their age who are part of the Hoffman Estates Wolf Pack teams. They were accompanied by dozens of parents and siblings, who are staying in local hotels.

Brunner said besides getting a chance to practice their English, try American foods and experience Illinois weather, the Swedes will have the opportunity to go to school with children in their host families, visit local attractions, like Woodfield Mall, and go to a Blackhawks and Chicago Wolves game.

Teams — which also includes the Rolling Meadows Chargers, the Joliet Jaguars and the West Dundee Leafs — will play one game each on Thursday and Friday and then two games each on Saturday. Semifinals and finals will be held on Sunday, followed by a farewell banquet.

Brunner is hopeful that the kids will enjoy the experience and want to host the Swedes again — and perhaps even go visit them one day.

"We want to carry these (tournaments) on to honor (Krolak) and continue to develop these friendships," he said. "They ultimately are lifelong friendships."

4-12-2013

Longtime Hoffman Estates park commissioner retires

By Jessica Cilella

Hoffman Estates Park District Board Commissioner Lollie Guiney is stepping down this month, ending 16 years of public service.

Guiney, 82, recalls being recruited to the position by former Hoffman Estates Mayor Virginia Hayter and a former village trustee's wife who said she would be great for the job because of her interest in sports.

"I went in emotionally kicking and screaming, but it was much better than I thought it would be," said Guiney, whose last meeting is May 21. "It's something that just kept me going."

Guiney said she is going to miss going to parks conventions because she learned so much at them, as well as attending board meetings — she believes she hasn't missed more than four in the last 16 years. But she is looking forward to finding new things to do with her time.

"My summer's almost been planned for me," she said, explaining that she will be attending a class reunion in Cincinnati in June and visiting Massachusetts for a few weeks to attend two grandchildren's graduations,

Guiney also participates in the Senior Olympics, which start in late July. Over the years, she has won more than 100 medals in everything from track and field to swimming.

A reception will be held in Guiney's honor from 1 to 4 p.m. Saturday at the Bridges of Poplar Creek Country Club in Hoffman Estates.

iPlay Hoffman TV show

March

<http://youtu.be/eEnrLwKYzf4>

April

http://youtu.be/88rNOo_W5qw

May

<http://youtu.be/d2PvA0Ab070>



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Article updated: 4/10/2013 12:26 AM

McGinn to join vets on Hoffman Estates park board

By Jessica Cilella

The Hoffman Estates Park District will have a new commissioner on the board as newcomer Patrick McGinn was elected Tuesday alongside three incumbents.

With 2,513 votes, McGinn was the top vote-getter in unofficial tallies among the five candidates seeking four seats on the board.

McGinn, a sales and distribution planning manager, said he wanted to give back to the community in a bigger way after coaching youth sports for 15 years. He said his experience as an accountant and his work in the sporting goods industry would be beneficial to the board.

Also winning Tuesday were Michael Bickham and Ron Evans, who were both appointed to the board in 2011, and fellow incumbent Kaz Mohan, a commissioner since 2003. Bickham had 2,435 votes, Evans had 2,431 and Mohan had 2,032.

Newcomer Junaid Afeef, an attorney who touted his "legal experience in legislation, public policy, government budgeting and open government laws," lost with a total of 1,559 votes.

Bickham said one of his top priorities is promoting transparency, and he would like to continue reviewing programs experiencing declining enrollment. Evans said he wanted to focus on getting kids active and off electronics more often. He advocated an expansion of senior programming and continuation of joint efforts with other municipalities.

Mohan said during the campaign that staying fiscally responsible is a top priority.

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