

The Forest View

VIEWS FROM THE DESK OF...

Dear Employees:

Believe it or not, it's almost time to begin the next budget season. As part of that process, we are preparing for the next round of requirements of the Affordable Care Act (ACA). To help make recommendations on our health insurance moving forward, the Employee Benefit Committee has been brought back together.

They have begun working with consultant Peter Wright and will be exploring various options to help control costs. Your committee members are Anthony Anaszewicz, John Bardi, Amber

Campbell, John Eldridge, Michelle Friedrich, Ben Grum, Diane Hall, Rob January, Jim Koblas, Michelle Kousins, Bob Serkowski, Mike Strong, Carla Ward and Joanne Yorro. Feel free to check in with them on their progress.

The BMW was once again a huge success. The weather challenged us, but held out and we had a spectacular event.

Enjoy the fall and Go, Bears!



IN THIS ISSUE:

- 2.... Birthdays, Library's View (Library Holiday Hours), CROYA (Lake Bluff Parade)
- 3.... Conway Park Autumn Classic, Battle of Bannockburn
- 4.... 7th Annual Rib Cookoff & Employee Picnic
- 5.... Stay Healthy, Questions to ask before filling a Prescription
- 6.... CLF Open Enrollment Schedule



BIRTHDAYS

Troy Reeves	FIT - IT	9/25	John Eldridge	Parks/Rec - Rec	10/23
Jim Held	Police	9/26	Brett Marquette	Police	10/25
Jim Fahey	Police	9/30	Mike Strong	OCM	10/25
Josh Hucker	Com Dev	9/30	Rob Copeland	Police	10/28
Kate McManus	Com Dev	10/1	Michelle Friedrich	Com Dev	10/29
Kim McCann	OCM	10/5	Bob Heelan	Police	10/31
Andy Rick	Fire	10/6	Sally Swarhout	Parks/Rec - Admin.	11/1
Jim Santostefano	PW - Bldg. Maint.	10/7	Matt Signa	Police	11/2
Patty Jenkins	Senior Resources	10/8	Brenda Skylling	Library	11/6
Morgan Collins	Parks/Rec - Rec	10/9	Dan Martin	PW - Admin.	11/7
Dave Tisinai	Fire	10/11	Rob Monahan	Police	11/9
Val Gonzalez	Parks/Rec - Rec	10/11	Lorie Rohrer	Library	11/9
Bob Wolff	PW - Sanitation	10/14	Colleen Syc	Police	11/10
Ken Haglund	Fire	10/14	Angie Tappa	Police	11/11
Mike Mounts	Fire	10/14	Dan Draeger	PW - Water Plant	11/12
Brian D'Souza	Police	10/17	Dan Lainio	Fire	11/12
Tony Caringello	PW - Streets	10/19	Dwight Davis	Police	11/18
Mary Webber	Library	10/21			

THE LIBRARY'S VIEW

Lake Forest Library Changes

The Lake Forest Library has had some changes in Adult Services staffing. Jean Larson has left the library to pursue further studies. Kate Buckardt has moved from part-time to fulltime to be our new outreach librarian.

Jake Rogers and Karen Schachtschneider have been hired to be our new part-time librarians. Jake recently received his MLS from U of I Urbana Champaign. Jake previously worked at Winnetka-Northfield Circulation and is also working part time at Glencoe Public Library. Karen works part time at Argonne National Lab and also Northbrook Public Library.

Library Holiday Hours

Wednesday, November 25 - early close at 5 pm for Thanksgiving.

Closed: Thursday, November 26
Thursday, December 24 and
Friday, December 25

Thursday, December 31 - early close at 5 pm for New Year's Eve

Closed: Friday, January 1, 2012

CROYA celebrated 35 years of serving the local youth as the Lake Bluff 4th of July Parade Marshal and won 1st Place in the Youth Division! - Director of PW Michael Thomas' HS band reunited for the LB parade as well! That's him on drums below.



Conway Park Autumn Classic 5k

We had a great turnout to represent The City of Lake Forest as participants or volunteers!



Top L to R: Bernard Pondexter (Engineering), Peter Gordon (Forestry), Ann Shaw (Rec), Tricia Schwall (Parks&Rec), Anthony Caraballo (PW). **Bottom L to R:** Amber Campbell (HR), Bridget Hardy (Forestry), Colleen Syc (Police), Susan Simms (Rec), Dani Spann (Rec), Shivani Saigal (Rec), Jackie Madura (Rec)



Battle of Bannockburn

Once again the City was represented in the Battle of Bannockburn Cookoff by employees and their families. The LF team won 2nd place for Side Dish with Sarah Goodman's classic spicy corn! Thank you all for the hard work; it was a wonderful day!



Top L to R: Mike Issel, Matt Goodman (ComDev), Bob Serkowski (Fire), Scott Robertson (Retire Fire) **Bottom L to R:** Ali Issel, Sarah Goodman, Grace Goodman, Mary Robertson, Jane Robertson



7th Annual Rib Cookoff Champions



1st Place - Water Utilities



2nd Place - LFTV



3rd Place - Fire



People's Choice - Building Maintenance

**Employee Picnic
and BBQ Rib
Cookoff 2015!**

Fun to be had by everyone!



Stay Healthy

ASK YOUR DOCTOR

- 1. Why are you prescribing this specific medicine?** Your doctor should fully describe the benefits you'll get—and how soon—so you don't waste money on a drug that's not working.
- 2. Is there a lower-cost generic?** Generics can save you from 20 to 70 percent and sometimes more. In a recent price review, a generic cholesterol medication cost \$5, compared to \$230 for a brand-name drug.
- 3. Is there an over-the-counter alternative?** It pays to know you can buy allergy nasal sprays Flonase or Nasacort for less than \$20, compared to around \$150 to \$300 for brand-name options.
- 4. Do you have free samples?** I asked my own doctor this, and was given \$1,080 worth of a new nonaddictive painkiller. (My pharmacy was charging \$20 per pill.) Drug makers routinely leave samples for doctors.
- 5. Do you have a manufacturers' discount card for the drug?** Savings cards could allow you to try an expensive \$500 drug, such as AbbVie's testosterone booster AndroGel, for as little as \$10 for an entire month.
- 6. Is it OK to split the pill, or take it every other day, to cut costs?** Never do this without checking with your doctor.
- 7. Could you write the prescription for 14 days or less?** If your doctor is suggesting a brand-name drug (which, on average, can cost four times as much as generics), ask for a 14-day supply to start, so you can see if it helps before shelling out for more.

12

QUESTIONS

to Ask Before Filling a PRESCRIPTION

By Frank Lalli

Save money by enlisting help from your doctor, insurance company and pharmacist.

Susan Timoney of New Port Richey, Fla., was paying \$20 a month for her blood pressure medicine until her doctor mentioned a better idea: She should ask her pharmacy about discounts. Many chains offer a few common generics free or deeply discounted—but you might miss out on such savings if you never speak up. Here are 12 questions to ask to get the treatment you need at the best possible price.



ASK YOUR PHARMACIST

8. Is my drug on your deep-discount generics list—in any dosage?

Recently a New Jersey chain store was selling a 90-day supply of the 20 mg antidepressant paroxetine for \$10. But the 25 mg extended-release version was selling for \$321.84. Asking can pay off!

9. Can I save by buying the medication from you directly? The pharmacist can check your cash price against what you'd owe under your insurance plan. This can be especially helpful if you have a high-deductible plan.

10. Can you steer me to assistance programs from the drug manufacturer, nonprofit groups or the government? Many pharmacies can do this. In some cases, these programs will cover the entire cost of expensive drugs, including cancer medicines costing more than \$500 a day.

ASK YOUR INSURER

11. What are your "preferred" drug stores near me? Since pharmacies, like any other merchant, can set their own prices, the same medication could go for anywhere from \$4 to \$400 in your area. Your insurer's "preferred" stores should offer the best prices.

12. Is my drug on your approved list? This is critical if you have to take a costly specialty drug for a serious illness. If your insurer refuses to cover the drug because it isn't on its approved list, ask your doctor to help you appeal.

Frank Lalli, the Health Care Detective™, is writing a book for Simon & Schuster on how to find affordable health care.

**Watch for Open Enrollment Info coming to your home around
November 1. Also, new online enrollment for Flex. Details to follow.**

**OPEN ENROLLMENT SCHEDULE 2015
(Including time to meet with Aflac)**

<u>DATE</u>	<u>TIME</u>	<u>PLACE</u>	<u>WORK GROUP</u>
Tuesday, November 10	7:00 a.m. to 9:30 a.m.	Public Safety	Police Fire Water Plant
	10:00 a.m. to Noon	Municipal Services Training Room	Recreation CROYA Golf Course Cemetery
	1:30 p.m. – 2:15 p.m. 2:30 p.m. – 4:00 p.m.	Library Public Safety	Library Police Fire
Thursday November 12	7:00 a.m. to 9:00 a.m.	Public Safety	Police Fire
	9:30 a.m.	Municipal Services Training Room	Building Maintenance Engineering Fleet Anyone missing schedule
	10:30 a.m. to 12:00 p.m.	Municipal Services Training Room	Streets Water Utilities
	1:00 p.m. to 3:00 p.m.	Municipal Services Training Room	Parks Forestry
	3:00 p.m. to 4:30 p.m.	Municipal Services Training Room	Public Works Administration Finance/IT Community Development
Friday November 13	7:30 a.m. to 9:30 a.m.	Public Safety	Police Fire Sanitation
	10:00 a.m. to 11:00 a.m.	City Hall	OCM, Seniors, Water Plant Anyone missing schedule
	1:00 p.m.	MS Training Room	Private conferences
Friday, November 20	8:30 a.m. to Noon	Various/MS Training Room	Follow-up & catch up
	1:00 p.m.		Private conferences

Any employee wishing to have a private conference with the AFLAC personnel should contact Carla Ward, ext. 3531 or Amber Campbell, ext. 3532. They will be scheduled for Friday, November 14. All missing or follow-ups will have the opportunity to meet Aflac on Friday, November 20.

Every employee must complete a Flexible Spending Account form every year, even to decline the benefit.

ANY EMPLOYEE MAY ATTEND ANY OF THE ABOVE TIMES.

Please do not arrive at the ending time, but come earlier in your allotted time; i.e., if your group is scheduled from 11-12 arrive closer to 11:00. We need to be able to pack up and go to the next location!