

Keeping Healthy In The Cold



Exposed skin can freeze within one minute at wind-chill equivalent temperatures below -25 F. Frostbite affects the extremities, such as fingers and toes. If a body part has been frostbitten once, it is more susceptible to frostbite again, even in milder conditions. Redness and a burning sensation are indications frostbite will occur unless the extremity is warmed. Numbness is an indication that frostbite has already taken place. If frostbite is discovered, hold the affected part tightly against the warm skin or another part of the body; for example, place frozen fingers under arm. When thoroughly warmed, keep covered and make an effort to keep area from freezing again.

Under conditions of prolonged exposure to cold, the body may begin to lose heat faster than it can produce it. A condition called hypothermia begins to develop. The symptoms become very apparent and include:

- Uncontrollable shivering
- Vague, slow, slurred speech
- Memory lapses
- Incoherence
- Immobile, fumbling hands
- Frequent stumbling
- Lurching gait
- Drowsiness
- Apparent exhaustion

CodeRED Emergency Notification



The Village of Glendale Heights has a CodeRED Emergency Notification System, an ultra high-speed telephone communication service for emergency notifications. CodeRED allows us to telephone either the whole Village, or targeted areas of the Village, in case of an emergency situation that requires immediate action (such as a water boil notice, gas leak, missing child, etc.) The system is capable of dialing 50,000 phone numbers per hour. The recorded message will be delivered to a live person or to an answering machine, making three attempts to connect to each telephone number. Optional text messaging to a cell phone and/or email notification is available.

Glendale Heights residences listed in the white pages are included in the existing CodeRED database.

If you are a resident with a non-published or unlisted phone number, or if you would like your cell phone added as a back-up notification, sign up directly by visiting the Code Red link on the village's web site at www.glendaleheights.org

All information is subject to verification before entry.



Neighborhood Watch News

January 2024

Please join us at our next Neighborhood Watch meeting on **Wednesday, January 24, 2024 at 7:30 p.m.** at the GlenOaks Day School—Pheasant Ridge Campus, located at 43 E Stevenson Dr. Glendale Heights, IL. We will go over preliminary end of year crime statistics.

Members of the police department will be present to answer any questions.

Our Mission:

To Serve and Protect our Community while enhancing trust through Professional Police Services.



The Pillar of the Month:
January—
Responsibility



Officer Mehrshad Bashang #3030

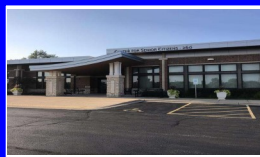
The police department would like to welcome Officer Mehrshad Bashang, who graduated from the Southwestern Illinois College Police Academy on December 22, 2023.

Officer Bashang has successfully completed a rigorous 16 week academy and will continue his training in our 16 week long FTO program. Please join us in wishing Officer Bashang a long and successful career!

Winter Driving Advice



- ⚡ SLOW DOWN in winter conditions
- ⚡ Use headlights in bad weather
- ⚡ Don't use cruise control in slippery conditions
- ⚡ Remove ice and snow from windows, mirrors and vehicle lights
- ⚡ Always wear your seatbelt
- ⚡ Leave extra space between your vehicle and the one ahead of you
- ⚡ When possible, avoid driving in bad weather conditions



Warming Shelter

The Glendale Heights Police Department is asking for residents to check on their relatives and friends to assure they are not in need of assistance due to the extreme weather conditions.

When needed, Glendale Heights will activate a warming shelter to assist the needs of our residents. For information, call the police departments non-emergency number: (630)260-6070.

As a reminder, in ANY emergency you should always call 911 for immediate assistance.

2024 Heroes & Helpers

This year the Glendale Heights Target Store sponsored 12 kids to shop with our cops. In all, 12 GHPD officers volunteered their time to take the chosen children to breakfast at Ki's (provided by FOP Lodge 52) and then shopping at our local Target store, making the holidays a little brighter for these kids and their families.

A great time was had by all!



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