

VILLAGE OF CLARENDON HILLS POLICE DEPARTMENT



DATE: April 16, 2021
To: Village Manager Kevin Barr
From: Chief P. Dalen
Subject: Weekly Activity Report

Metra commuters can now report suspicious activity and safety concerns via a convenient phone app.

The advertisement has a red-to-orange gradient background. At the top, the headline "Your Safety is our Highest Priority." is in white. Below it, text says "You can now report safety and security concerns with the new Metra COPS app, available for Apple and Android devices." There are two download buttons: "Download on the App Store" and "GET IT ON Google play". A list of reportable incidents is shown: "Unattended bags or packages", "Safety concerns", "Suspicious activity", "Vandalism", and "Robbery or theft". An image of a smartphone displays the app interface with "Report a Problem" and "Call Metra Police" buttons. At the bottom, a train is shown, and text provides a text-to-report number (312-313-9015) and emergency numbers (911 and 312-322-2800). The Metra logo is at the very bottom.

Your Safety is our Highest Priority.

You can now report safety and security concerns with the new Metra COPS app, available for Apple and Android devices.

Download on the App Store | GET IT ON Google play

Metra encourages you to report:

- Unattended bags or packages
- Safety concerns
- Suspicious activity
- Vandalism
- Robbery or theft

You can also text comments/photos to 312-313-9015.
(Text or data rates may apply.)

In the event of an emergency, call 911 or Metra Police at 312-322-2800.

Metra

Recent Training and Meetings

- Officers received refresher training on our administrative tow policy.
- I attended Irma's police chief steering committee meeting.
- Officers continue to complete online training.

Recent events:

April 15, 10:06pm, officers responded to a hit and crash at 35 Chestnut. As you can see, the offender piled into the parkway fire hydrant, damaging it. The offender fled on foot after attempts to back the vehicle out of the parkway proved futile. Anyone with further information not already given to officers can call 911 to report it. Pending.



I want to remind residents that April 24th is National “Take Back Day”. The link provided will give locations of drug collection sites.

[DEA | Office of Diversion Control :: Collection Site\(s\) Search Results \(usdoj.gov\)](https://www.usdoj.gov/dea/diversion-control/collection-site-search)

TALK TO YOUR DOC

There are many options for treating pain that do not include opioids

 1 in 10 people who receive Rx opioids after surgery use them long-term

YOU HAVE CHOICES!

Next time you are prescribed an opioid for pain, ask your doctor if there are non-opioid alternatives instead.



- Ice, Elevation, Compression
- Deep Breathing
- Heating Pads
- Acetaminophen (Tylenol)
- NSAIDS (Advil)
- Local Anesthetics

For more information and tips to have this conversation, visit: www.DuPagePLT.org



HOW TO TALK TO YOUR DOCTOR ABOUT PAIN

One of the Most Effective Combinations for Pain Relief is

200 mg + 500 mg

of ibuprofen of acetaminophen

If you experience an injury, accident, surgery, or other medical condition, the National Safety Council (NSC) recommends getting answers to these four questions when speaking with your doctor about managing your pain.

1. Am I being given an opioid?
2. If so, is there a non-addictive option? Ask for a different option if there is one. Studies show that the most effective medications for severe pain relief are not opioids, but ibuprofen and acetaminophen taken together. Tell your doctor or dentist you want the best treatment for acute pain.
3. If opioids are needed, is a short-term prescription possible? Ask your doctor to limit the dose and length of time you take the opioid medication. Ask if a 3-day prescription is right for you.
4. Do I have any medical conditions, mental health issues, or a family history that could increase my risk? Be very clear and honest with your doctor about your medical history. There is no way to decide who will become addicted to a prescription painkiller, however, people with a history of substance use including alcohol or other drugs, or those who have depression and anxiety, are at greater risk. Tell your doctor about all other medications and drugs you take and about how much alcohol you drink.

HOPEDUPAGE.org

For more information, visit hopedupage.org