

A PUBLICATION OF
THE CITIZEN
POLICE ACADEMY
ALUMNI OF AURORA

SPECIAL POINTS OF INTEREST:

OUR NEXT MEETING IS

TBD



INSIDE THIS ISSUE:

Note from Editor	1
Presidents Message	1
March Meeting Recap	2
BBQ	2
Status of Upcoming Events	2
Meals for APD Officers and Staff	2
Other Information	3
..COVID-19	
..Condolences	3
..Board Contact Info	
Stop the Spread of Germs	4
Steps to prevent the spread of COVID-19 if you are sick	5-6
2020 Calendar	7

AlumNews



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Note From Editor...

This Newsletter will address the upcoming months and how it affects the CPAAA.

Please note that due to the ongoing COVID-19 Pandemic stay-at-home order, the **April Meeting has been cancelled** and due to the canceling of community events through the end of May from the City of Aurora the BBQ scheduled for May has also been cancelled and will be rescheduled at a later date.

We will keep you informed as to what is being planned as things become clearer in the near future. Information will be provided on our Facebook Page, Web Site, through the newsletters and via email.

Presidents Message...

To All:

I'm quite sure none of us have ever experienced anything like the current pandemic. We are all fearful, anxious and unsure of the future and our health and well-being. Most of us know someone that has been impacted by this virus, someone with the virus or someone that has lost their job as a result of the shutdown or ...

Chief Ziman, Mayor Irwin and Commander Cross all contracted and ultimately recovered from COVID 19 and for that we are truly thankful. Our APD officers as well as all our first responders (fire fighters, paramedics, etc.) put themselves in jeopardy daily. Please keep them in your thoughts and prayers. We are all impacted by the situation.

The CPAAA is still striving to do things to help others during this difficult time, which includes but not limited to providing meals and volunteering at the local food bank. We may call on you to help us and I'm sure each of you will do what you can if/when asked.

I'm sure you know that we are **NOT** having CPAAA meetings until the crisis is over. If any of you need or want assistance or know someone that does, please contact one of the CPAAA board members. We'll do what we can. Their contact information can be found on page three of this newsletter.

Be safe and remember Social Distancing.

Thank You!
Denny Wowra
President, CPAAA

March Meeting Recap..

Our Guest Speakers) for March were: Judges Cruz, Villa and Flood.

Judge Cruz gave an overview of his experience and his program Worries of the World Wide Web which he presents to various schools. He gave a list of the dangers such as: Internet, Different Words which could be Harassment and Bullying, Photos/Videos Gaming Devices, Apps such as Tic Toc... He then introduced Judge Villa and Judge Flood. They gave a brief description of their background and then went on to present a number of crime scenarios and asked the audience to (Judge) the level of crime that each represented. A lively discussion and Q& A followed.

BBQ Fundraiser...

Due to the **COVID19** Pandemic the BBQ Fundraiser scheduled for May 12th has been cancelled and will be rescheduled for a later date. As soon as we have the go ahead for Social Gatherings we will schedule a new date.

For those who purchased tickets they will still be good on the rescheduled date. Also if you picked up tickets to sell and still have some, please hold on to them as they will be used for the re-scheduled event.

More information will be provided once we have it.

STATUS OF UPCOMING EVENTS...

The following is a list of future events that have been put into a hold state and their fate at this time is unknown.

Class #49—On hold and status not yet known.

Police Week and Cop on Top—Fate is unknown, but it is expected that all activities will be cancelled.

RiverEdge Volunteers— **We have no information on** events this summer. As soon as we are made aware we will let you know.

National Conference— To be determined if will be cancelled or rescheduled.

APPO Golf Outing— Scheduled for July but status is uncertain

Car Wash—Scheduled for August 29th but could change

Planned CPAAA Field trips—still to be determined

MEALS for APD OFFICERS AND STAFF...

The CPAAA board is currently in the process of working with Reuland's to provide meals for all employees at the APD. This would include all Officers and Support Staff. This will consist of approximately 400 meals over multiple days. This is still in the planning stage. Meal would consist of a Chicken dinner which includes potato/vegetable/roll.

The total cost for this is approximately \$2,800. We are asking approval to spend up to \$2,800 of CPAAA funds for this Project.

Look for an Email vote request within the next week.

Based on the inability to have fundraisers at this time we are asking that if anyone would like to donate toward the purchase of these meals to please click on the link below to make your donation. Your donation will help to reduce the amount of CPAAA funds uses for this project.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=54N3PWDNJE53W&source=url

You can also go to our website at: <http://www.cpaaa.net> and click on the donate button. .

Any overage of funds will go towards future purchases for the APD.

All who donate will be acknowledged at the food distribution.

Other Information...

COVID19

Just a few steps to help reduce the spread.

- Social Distancing—avoid close contact
- Stay home unless you have to go to work or to get essentials.
- Wear mask when social distancing is not possible (such as stores or where other people are close by.
- Cover your mouth and nose when sneezing
- Clean and sanitize
- Wash hands often.
- If you have symptoms stay home.

I have included a flyer from the CDC which provides more information on basic steps on page 4 along with a flyer on pages 5 & 6 on: Steps to help prevent the spread of COID-19 if you are sick.

Please be safe and protect yourself and loved ones from contracting **COVID-19**

THANKS

TO:



Basia Geiger
Lori Hendricks
Jay Short

For the snacks provided at the March Meeting

Special Thanks to Randy Brown for his volunteer help at the Aurora Area Interfaith Food Pantry.

CONDOLENCES /GET WELL—

If you or anyone in the Alumni has suffered an illness or loss of someone in their life, please let Janice Lindley know so we can acknowledge them in our newsletter.

..The Citizen Police Academy Alumni of Aurora is a 501(c) (3) nonprofit organization. Our mission is to promote and enhance the relationship between the community and the Aurora Police Department through continuing law enforcement education of our members and the community, supporting and promoting special projects that strengthen the services provided by the Aurora Police Department, and assisting the Aurora Police Department in specific projects.

..This newsletter is published monthly. Opinions expressed in this publication do not necessarily represent the opinion and/or objectives of the membership or the board of directors. All articles submitted are subject to editing for style, allotted space, and good taste. Authors submitting articles for publication are responsible for their contribution. The Citizen Police Academy Alumni of Aurora assumes no responsibility or liability for missing or inaccurate attribution.

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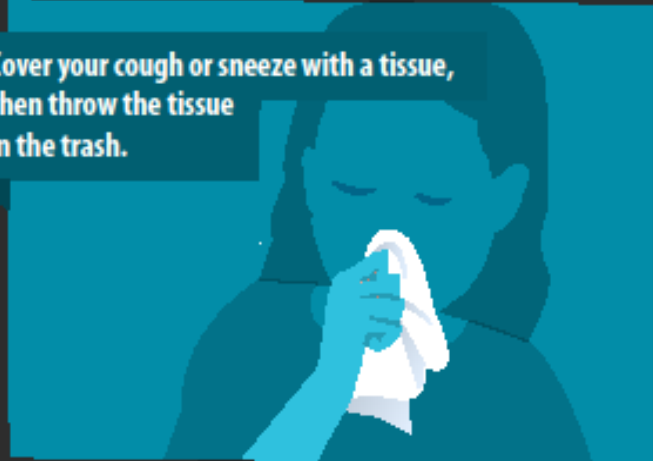
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.

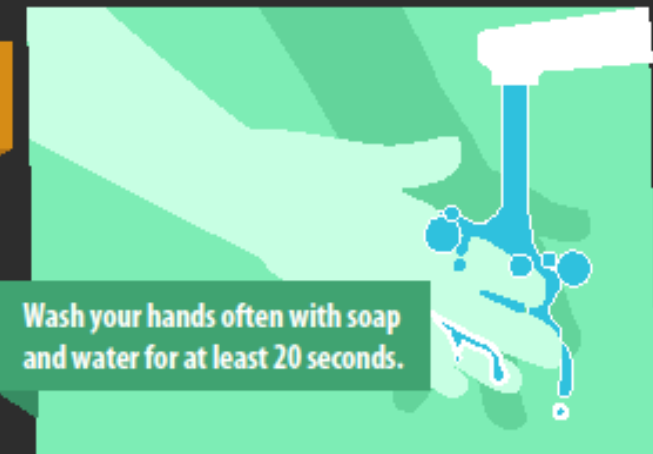


When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor:** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See COVID-19 and Animals if you have questions about pets. <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.



Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items


- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) .

Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can’t put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

CPAAA Calendar

Dates are approximate and are subject to change as information becomes available

Event	Date (if known)	Comments	Status
2020	ALL FUTURE EVENTS ARE TENTATIVE DUE TO COVID-19		
APD Employee of Year Ceremony		Members asked to assist at the event	
CPA Spring Practical's	Building Searches—2/27 Traffic Stops—3/26	Members help with building search and traffic stop classes. You can be as bad or good as you want to be.	
CPA Spring Graduation	4/9—TBD	Members help serve pizza at graduation & encourage graduates to join our organization	
NCPAA Conference	June 15, 16, 17,18	CPAAA pays registration for two Board members and one at large member as well as two Officers	
Police Week		Members help at Police Week events including Ceremony at APD	
Cop on Top		Members help officers collect donations for Special Olympics at various Dunkin Donut locations	
Police Week Cookout	May 10 –15	Members help setup, serve and cook for the annual Police Week Cookout.	
CPA Fundraising BBQ	TBD	BBQ will be rescheduled at a later date	
4th of July Parade	July 4	Members ride on the float or walk along side	
APPO Golf Outing	July 9	Members sell closest to the hole chances and assist with the outing, also teams of four will be formed	
RiverEdge	TBD	Members assist RiverEdge Park employees with entrance gate staffing at various functions	
Annual Car Wash	August 29	Members wash cars to raise funds	
CPA Fall Practical's		Members help with building search and traffic stop classes. You can be as bad or good as you want to be.	
CPA Fall Graduation		Members help serve pizza at graduation and encourage graduates to join our organization	
Annual Christmas Party	TBD	Date and Place??	
2020—General Member Meetings	TBD	1/14, 2/11, 3/10, 4/14, 6/9, 7/14, 8/11, /8,10/13,11/10	