About our Presentation:
As the phrase “Internet of Things (IoT)” becomes more commonly used, it also becomes more important to understand what it means. The IoT will change how we live and work, or so we are told. But how will it do that, and how does it affect the built environment?

This presentation will explain the concepts and systems that are expected to define the IoT, explore the changes in technology and society that have enabled its development, and discuss expected integration into every facet of our lives. Specifically for Facility Managers, we will address the many ways that the IoT is expected to change how the built environment is planned, designed and operated.

Learning Points
After attending this presentation, attendees should:
- Gain a high level understanding of technology evolution within commercial buildings.
- Understand current market drivers and trends in built environment technology systems
- Comprehend the varied definitions of the Internet of Things
- Know current and expected trends in how the Internet of Things will affect the built environment

About our Speaker:
Dan Michaud joined Arup in 2015 after a career focused on technology systems for the built environment. His 27 years’ experience working in technology design, consulting, contracting and integration firms gives him a well-rounded perspective on technology implementation methodologies in new and retrofit projects.

Dan is an Associate Principal and Senior Technology Consultant in the Arup Digital team and has spent his career becoming familiar with all low voltage/ICT systems that are used in the built environment, spanning wired to wireless, IT to audiovisual, and security to building automation. His experience working directly with MEP teams in project development and execution give him a unique perspective on the implementation of integrated building systems as well as insight to the fields of sustainability and energy optimization. Dan also has experience in cross-discipline data center development and design.

An experienced technology project manager, Dan has developed customized processes in program and project management for integrated building systems from both a design and implementation perspective. At Arup, he is tasked with developing these processes into management consulting offerings that bring enhanced value to clients.

Currently, he is performing Digital Master Planning for large mixed-use developments, addressing how to leverage technology and data to enhance experiences and outcomes for ownership, tenants and visitors.

Continued on page 7......
Platinum Sponsors:

- **INGRAM ENTERPRISES, INC.**
  - **PROFESSIONAL SNOW & ICE CONTROL**

- **KAYHAN**
  - **spaces that inspire**
At the January Board Meeting we discussed the subjects of attracting new members while retaining current members. Follow ups to this discussion will take place at the next Board Meeting. While on the subject of keeping things fresh for our current members Emily Oltmann proposed the idea of having an FM RoundTable discussion to chat about the problems that we face on a daily basis. This would consist of a smaller group than normal to do a deep dive into subjects of interest to you. The article with contact info is to be found elsewhere in this newsletter.

Coming events:

February 6, 2018, Regular Meeting, Aspire in Hillside; Presentation on IOT- The Internet of Things. If you don’t know what this is you need to come.

February 13, 2017, Board Meeting

February 27, 2018, Member Networking/ New Member Event, 5:30 p.m. to 7:30 p.m. Gameworks, 601 N Martingale Rd, Schaumburg. Pub, amusement center & sports bar featuring electronic games, big-screen TVs & comfort food. All new members will be comped.

March 20-22, 2018, Facility Fusion, Sheraton Grand Chicago, 301 East North Water Street, Chicago. Facility Managers, stay on top of the latest trends and developments that impact your facilities and your career. Learn techniques and proven methodologies that can be put into practice immediately for direct results. Select sessions that address immediate or ongoing workplace challenges. See hundreds of facility solutions in one place, at one time, saving hours of independent product and service research. Exchange ideas and best practices with topic experts and professional peers.

September 13-NI IFMA Golf Outing

A lot coming up- I hope to see you at these events. Phrase that pays for the February meeting: “I want a seat at the Round Table”

With Regards,
Kevin Boyd
President
Northern Illinois University

Facility Management Professional (FMP) & Sustainability Facility Professional (SFP)
Information and Registration: http://www.fm.niu.edu
Location: Virtual Classroom
Questions? Contact: dmann@niu.edu or 815-732-6249

Mark your Calendar!

September 13, 2018
Seven Bridges Golf Club
1 Mulligan Drive
Wood Ridge, IL

Watch your email for further details and sponsorship information.
NI IFMA welcomed Jerry DiCola, CFM, FMP, SFP, LEED Green Associate of the Chicago Chapter as our speaker in January.

A big congratulations to our annual award winners.

Facility of the Year—Fountaendale Public Library District

Facility Manager of the Year—Kevin Boyd, CFM, FMP, SFP of Greater Chicago Food Depository

Associate of the Year—Jim Idstein of Kayhan International
About our Site:
Aspire’s Harry and Jeanette Weinberg Career Academy opened its doors in Hillside, Illinois in October of 2017. The first-of-its-kind facility provides adults with developmental disabilities the life-changing opportunity to pursue their career passions, participate in the economy, and experience a higher quality of life and satisfaction. Named in honor of the donating foundation, the 10,000 square foot facility provides comprehensive training and job-readiness prep for careers in six sectors: Food Service, Hotel & Hospitality, Fitness Center Administration, Office Management & Information Technology, Retail, and Warehousing & Distribution.

Anyone interested in completing the Academy’s training course first undergoes an assessment with Aspire to determine what track is right for them. Students can then either train across all six sectors, or decide to focus on just one. The Academy also partners with corporations to assist with their recruiting efforts for part-time, full time and seasonal work needs. The goal is to find the perfect fit for both the employee and employer.

The idea for the Academy formed in 2013, when Aspire developed an official partnership with OfficeMax to train people with disabilities in a mock distribution center outside of Chicago. The partnership was successful enough that OfficeMax expanded it to three other cities. Aspire realized they could diversify and expand this model to other professional industries, which led to the birth of the Academy.

The story of the new space has already captured the attention of major news publications like Fast Company, The Chicago Tribune, and ABC 7 news. Thanks to innovative initiatives like the Academy, Aspire is taking huge steps to dismantle the barriers adults with disabilities face when trying to enter the workforce.

Whether you’re a potential student interested in touring the facility, an employer looking to tap into a skilled and dependable labor source, or are simply hoping to learn more about any of Aspire’s career-related initiatives, you can contact Aspire’s Careers department via email at careers@aspirechicago.com, telephone at 708.547.3560, or online at aspirechicago.com/careers.

Thanks to our February Meeting Sponsor!

IFMA
FACILITY FUSION
Conference & Expo
2018
March 20-22
Sheraton Grand Chicago
Chicago, Illinois, USA
USA
Promise today to pave the way for effective, long-lasting parking lots this year

The New Year is the perfect time to set personal and professional goals that will ensure a successful 2018. Over more than 40 years working with facilities and property managers, we’ve learned what makes a successful pavement management strategy, and we know the steps it takes to get there. From establishing a Portfolio Management Plan to understanding the difference between structural and preventative maintenance, we’re here to share our top tips to start the year out strong. Welcome to 2018: the year we’ll work harder, soar higher—and fix that persistent crack in your pavement, for good.

Map out a budget for the year
It’s easiest to stay on budget when you know what expenses to prepare for upfront. We’re experts at serving properties in a diverse array of industries and can help you know exactly what to anticipate for your 2018 maintenance needs. The life expectancy of a well-designed and well-built parking lot ranges from 15 to 20 years, but only in combination with proper routine maintenance. Your budget should include annual lot-marking, biennial sealcoating and regular cracksealing for maximum protection. Work closely with a reputable paving company to keep your costs to a minimum by being proactive and avoiding unexpected expenses when small problems become big ones.

Make a portfolio management plan
Adopting a proactive approach to pavement maintenance is a powerful tool that stretches your maintenance dollars and helps avoid massive asphalt removal and replacement expenses. Rose Paving specializes in creating unique Portfolio Management Plans to help our clients reduce their risk and avoid wasted time and resources by planning ahead for the services they need and being honest about the services they don’t. Read about how strategic pavement management can benefit your company’s properties and contact us to learn how we can significantly extend the life of your pavement. We work closely with our clients to think long-term and create a plan around their budget and their needs.

Finally fix that persistent crack in my lot
We all have that one pesky crack, but even if it’s tucked away in a far-flung corner of your property, it needs to be addressed. Cracks, especially in the winter, run the risk of expanding as water, or other debris like sand or stone, enters the crack and stresses the surrounding pavement. Effective cracksealing will help prevent water from weakening the base and extends the lifespan of your pavement by minimizing crack growth. See how Rose Paving can double the life of your pavement with asphalt patching or cracksealing, and then resolve small cracks before they mutate into big ones that require costly resurfacing.

Find a national paving partner
If you’re a national company, you need a national paving partner that can streamline your operations and guarantee peace of mind. Rose Paving has a trusted alliance of partners across the nation, providing the expertise, volume of work and sufficient manpower pass on savings from our economies of scale without compromising the final product. We believe that you should be able to expect the same consistent quality of service on your parking lot in Michigan as you do in Mississippi, and have a single point of contact helping you manage all your properties, no matter where they are. Learn more about how to pick the right national paving partner on our blog.

Article submitted by: Kevin Tiernan of Rose Paving
Your 2018 Paving Resolutions Continued

Schedule preventative maintenance to reduce repairs

Preventative maintenance is the key to preventing further deterioration of a parking lot that’s more costly and time-consuming to fix: it maximizes pavement life while minimizing risk. Corrective measures like crack sealing, sealcoating, and asphalt patching can increase the lifespan of a parking lot while avoiding large-scale repair projects that could interfere with business operations and cost substantially more. Make it a goal this year to work with a paving company that prioritizes preventative maintenance and is committed to monitoring your lot and ensuring that your service strategies are producing results.

Rose Paving’s resolution for 2018 is to continuing being the leading national provider you rely on to care for your properties. We promise to offer the same high quality service and support that we’ve become known for, and to show clients new and old what it means to experience the Rose Paving difference. Contact us today to see how we can get started.

Calling All Professional Members!!!

IFMA-NI wants to connect our professional members and give you the platform to discuss, within small groups, a variety of current facility topics.

Let us make the introductions so you can continue the conversation.

This series will be professional member exclusive with opportunities for associates to sponsor each meeting.

If you are an FM that has topics of interest you would like included in the series please reach out to our Membership Committee Chair Emily Oltmann - emilyoltmann@certapro.com or (847)477-2854

Please look to hear more about FM Round Tables at our next members event.

IFMA Chicago
February 15, 2018
11:30—1:00
Petterino’s
150 N. Dearborn in Chicago

Emergency Preparedness in the 21st Century
More opportunities brought to you by IFMA and you Career Services Committee. These are edited for length. Log onto IFMA’s JobNet (jobnet.ifma.org) for full details, how to submit your resume, and so on.

Good hunting.

**Elevator Mechanic**, Facilities Management, University of Illinois at Chicago  
Job ID: 39011950  
Posted: January 16, 2018  
Which IFMA credentials are preferred or required?: Certified Facility Management Professional  
Job Type: Full-Time  
Min Experience: 5-7 Years

The University of Illinois at Chicago, Facilities Management is seeking to fill Elevator Mechanic position (s). In accordance with recognized procedures, techniques and regulatory requirements common to the trade, an Elevator Mechanic inspects, maintains, and repairs elevators, escalators, hoists, and dumbwaiters.

Requirements:  
Must possess a current Elevator Mechanic's license from the Office of State Fire Marshall in accordance with the Elevator Safety and Regulation Act [225 ILCS 312et.seq. (Note: Please be sure to upload the License to your application).  
For fullest consideration, please complete an online application AND submit an Exam Request for C47527 - Elevator Mechanic. Submit the above-mentioned requirements no later than Monday, February 5, 2018.

**Facilities Planner/Designer**, RSP Architects, Chicago, Illinois  
Job ID: 8849926  
Posted: January 5, 2018  
Job Type: Full-Time  
Min Education: BA/BS/Undergraduate  
Min Experience: 3-5 Years

We are seeking two Facilities Planner/Designers that will be based on-site at the Client’s offices - one in Richardson, Texas (about 15 miles north of Dallas) and one in Chicago, Illinois. Primary duties will include coordinating and/or overseeing internal programming, planning, design and construction/move coordination projects at the Client’s facility. Occasionally duties may expand to include assisting in planning and design efforts at other facilities located in Oklahoma and New Mexico. Candidates would be working as part of an established corporate Facilities Planning, Design and Management staff.

Requirements  
Strong skills in AutoCAD  
Ability to prepare quick, manually sketched-to-scale, conceptual floor plans  
Bachelor's or Master's degree in Interior Design or Architecture required  
Facilities Management training preferred  
Experience working within a commercial office environment as a Facilities Planner preferred  
Familiarity with minor interior construction preferred  
Systems furniture and systems installations preferred

**Housing Facilities Planner – Engineering**, University of Illinois at Urbana-Champaign  
Job ID: 38819482  
Posted: January 3, 2018

To view the complete job announcement and for full consideration, create your candidate profile at https://jobs.illinois.edu and upload a cover letter, resume and contact information for three professional references by January 30, 2018. Please contact a member of the Housing Human Resources team at careers@housing.illinois.edu with any questions you may have.
TWO DAY CERTIFICATION PROGRAM IN OFFICE ERGONOMICS
Tuesday, March 13-14, 2018 | Chicago, IL
Learn to conduct comprehensive ergonomic assessments with Humanscale Consulting's two-day Train the Trainer Program in Office Ergonomics.

DAY 1: INTRODUCTION TO OFFICE ERGONOMICS
Identify and mitigate the postural risks associated with prolonged computer use
Learn to properly configure workstations for optimal health, comfort and performance
Perform objective research-based evaluations of work tools such as task seating, sit/stand devices, mice, keyboards, task lighting and more
Recognize equipment challenges and recommend cost effective alternatives
Measure the potential cost savings of a proactive ergonomics program

DAY 2: CONDUCTING EFFECTIVE ERGONOMIC ASSESSMENTS
Develop proficiency and gain hands on experience with the ergonomic assessment process through activity based learning modules
Learn advanced techniques for delivering employee education, affecting behavioral change and implementing workstation enhancements
Build confidence in your ability to improve employee comfort and reduce risk of injury

WHO SHOULD ATTEND?
EH&S Specialists
Human Resources Professionals
PT’s, OT’s, RN’s and Chiropractors
Facilities Managers
Risk Managers
Architects and Designers

WHERE
Humanscale Chicago
222 Merchandise Mart Plaza
Suite 351
Chicago, IL 60654

COURSE FEE
$625 USD with lunch & course book
Group rates available. Please contact: trainthetrainer@humanscale.com for more info.
Stand Up and Move

Binge-watching your favorite TV series, hours logged at work and your never-ending commute. All these bottom-heavy tasks add up to more time spent on your tush than on your toes.

The list of ailments and chronic conditions brought on by sitting is long. Organ damage, an increased risk of heart disease, diabetes and even certain types of cancer are just some of the problems it can lead to. It can also increase the risk of developing dementia, weight gain, loss of brain power, back and neck issues, and muscle degeneration.

But how can you be healthier when your job keeps you seated? The answer may be to do less uninterrupted sitting by adding rounds of stretching and movement breaks to your day.

Suzi Murphy, a health and well-being consultant, shares her insight on the over-sitting situation.

“As our technology has increased, so has our sitting,” Murphy says. “But humans are not designed to sit all day. We aren’t like computers. Our bodies actually start to shut down when not in use. Our metabolic rate drops, making us burn calories at a lower rate. And over time, our risk for cardiovascular disease and diabetes go up.”

The key, she says, is to not lock yourself down to your desk all day. “Little bits of movement can negate the unhealthy risks associated with sitting.”

Murphy helps desk-bound employees remember to “Sit for 60, move for two.” Using a calendar alert, this simple program reminds them to move from sitting to standing once every hour for two minutes. You can enjoy the same benefits by setting an hourly timer to get you moving during your chair-bound hours.

Small amounts of movement can create big benefits to overall health. And this movement can help to “reset” the mind and body to improve focus and create a greater sense of well-being.

Stand Up

Many corporate cubicle cultures are taking a stand by offering nontraditional desk options. Adjustable desks with an option to stand are becoming more popular. While standing too long can certainly cause problems, having the option to move around and stand for a couple of hours can be beneficial.

According to Dr. Alan Hedge, a professor at Cornell University’s College of Human Ecology, a daily rotation among sitting, standing and moving can help keep workers comfortable, healthy and productive.

Based on his research, Dr. Hedge recommends a daily work schedule of five hours of sitting, 16 sit-to-stand changes, two hours of standing and 30 minutes of moving. If you’re on a budget, there are inexpensive standing desk options.

Walking and Typing

While it’s not realistic to have an office packed with treadmills instead of cubicles, some work environments offer treadmill desks that allow workers to walk a slow, zero-incline pace as they work on their computers or take a call. However, the treadmill desks are best used for shorter periods rather than all day.

Have a Ball

Some workers like to ditch the office chair and work on an oversized stability ball. But use caution. While this option puts more of your muscles in motion, it also puts you at risk for slouching or — even worse — falling off and injuring yourself.

Some experts recommend using the ball as a 20- to 30-minute break from regular chair sitting. Pick a ball between 45 cm and 65 cm that is appropriate for your height.

Curing Couch Potatoes

When you get home from the office, is it time to tune out and crash on the couch? Get moving to a more active lifestyle at home by keeping a log of your TV time. You might be shocked to learn how many hours you lose in front of the tube. For the average American adult, it’s nearly 35 hours each week.
Stand Up and Move Continued

Try setting a daily limit for your sedentary hobbies. And try these tips for spending less time on your backside:

Avoid channel surfing. After your favorite show, hit the off switch and go take a walk.

Lift dumbbells, stretch with resistance bands or pace around the room during commercials.

Take regular breaks to do something active, such as loading the dishwasher or standing and folding the laundry.

During breaks or commercials, do jumping jacks. Climb the stairs. March in place. Stretch. Wrestle or play with your kids or your pet.

Every little bit counts.

Whether you’re at work, at home or away, try to take a walk every day. The goal is to get at least 150 minutes of activity per week. You can break that down into short walks of 20 or 30 minutes, or even just 15 minutes. Walk outside in the fresh air or take a few laps around your office hallways. Research shows that just a few minutes of activity a day may help to make a difference in living a longer, healthier life.

Article submitted by: Kevin Boyd of Greater Chicago Food Depository

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KDI FOR A KURE’S 9TH ANNUAL VEGAS NIGHT FOR BREAST CANCER AWARENESS

FEBRUARY 23RD, 7PM
MAGGIANO’S OAK BROOK

CASINO GAMING | OPEN BAR | LIVE BAND
SILENT AUCTION | HEAVY APPETIZERS

$100/PERSON
1920’S ATTIRE SUGGESTED
NI IFMA Networking Event

2 hours of networking, drinking and fun

5:30 - 7:30

Location: Gameworks
601 N. Martingale Rd
Schaumburg, IL 60173

Cost: $15
Free for new members who joined within the last 6 months

Drinks: 2 tickets for beer and wine (all import and domestic bottles, all draft beer, premium wine). Unlimited soft drinks

Food: Savory meatballs, Spinach dip with pita chips, crispy chicken tenders, tortilla chips and salsa

Sponsors: A & A Paving
CertaPro Painters
Midwest Moving and Storage

For more information, contact Jim Idstein - Kayhan International 847-843-5072 or jim.idstein@kayhan.com

TICKETS

$15.00 Registration

$0.00 New Member (Joining within the last 6 months)
**February 2018**

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**Schedule of Events**

- February 13—NI IFMA Board Meeting in Schaumburg
- February 27—Networking Event at Gameworks in Schaumburg
- February 27—IFMA Chicago Trivia Night (Professional Members only)
- March 6—NI IFMA Chapter Meeting
- March 20—22 _ Facility Fusion in Chicago
- September 13—NI IFMA Golf Outing

**Directions to Aspire**

From Chicago,
To provide exceptional education, networking, career development, and leadership opportunities that support and advance the Facility Management profession in Northern Illinois.

Sponsorship opportunities are available, please contact our chapter administrator at the e-mail listed to the left for complete details!

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### 2017—2018 IFMA NI BOARD

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<tr>
<th>Role</th>
<th>Name</th>
<th>Company</th>
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<tbody>
<tr>
<td>President</td>
<td>Kevin Boyd, CFM, FMP</td>
<td>Chicago Food Depository</td>
<td>773-843-6703</td>
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<tr>
<td>Vice President</td>
<td>Brett Ratajczak, FMP</td>
<td>Robert Half</td>
<td>847-719-4321</td>
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<tr>
<td>Secretary</td>
<td>Linda McInerney</td>
<td>CVS Caremark</td>
<td>847-559-3909</td>
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<tr>
<td>Treasurer</td>
<td>Kevin Tiernan</td>
<td>Rose Paving</td>
<td>708-459-5538</td>
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<tr>
<td>Advisor</td>
<td>Laura Ingram</td>
<td>Ingram Enterprises</td>
<td>847-821-1075</td>
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<tr>
<td>Archivist</td>
<td>Mike Jurczykowski</td>
<td>Chicago Records Manag.</td>
<td>847-678-0002</td>
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<td>Archives</td>
<td>Doug Kettel, CMPP, LEED AP</td>
<td>Schaumburg Park District</td>
<td>847-985-2115</td>
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<td>Education</td>
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<td>Pareto Building Improvement</td>
<td>708-344-4355</td>
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<td>Program</td>
<td>Kathy Eddy-MacIntosh</td>
<td>Phoenix Systems &amp; Services</td>
<td>630-480-8607</td>
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<td>Career Services</td>
<td>George Gogola, CFM</td>
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<td>Emily Oltmann</td>
<td>CertaPro Painters</td>
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