



## FEATURED PROJECT

# LaGrange Hospital Outpatient Center and SPD Renovation

The LaGrange Outpatient Center and SPD Renovation was a two year project that included a new Main Lobby, Registration area, Cardio Testing, Cardio Vascular and Heart Failure Clinic, 6 Operating Room's, Pre-Op, and Post-OP beds and site work along with the renovation of the Sterile Processing Department.

The project began in June of 2018. The Outpatient Center was completed in the Fall of 2019

and the final phase of SPD is scheduled to be complete in August of 2020.

Steve Sansone and Dustin Ritter led a crew of Block Electric workers while dealing with an aggressive schedule and many obstacles when trying to tie into existing systems, but managed to keep the project moving forward and on schedule. Nick Dickson was a key player on the fire alarm system

*(Continued on page 3)*

## Vice President's Message



These are unprecedented times. 2020 started with political unrest in Washington, COVID-19, the highest unemployment

rates since the Great Depression, and now protests, riots, and looting have swept the nation and even the world. No one could have expected this or planned for it. Unfortunately, history always seems to find a way of repeating itself. We have all been hearing about the flu pandemic of 1918, previous political unrest, the Great Depression of the 1930s, previous racial tensions, and many others. Today's current events have hit us hard mentally, physically, and are here to stay for at least the short term. It's up to us as individuals to recognize, accept, learn, and make a change for the better. It seems that no one can predict what is to come next, but we can challenge ourselves every day to help smooth the road to recovery and rebound quicker than we've ever seen before. We all have the ability to change the course of history and to come out of these times better than ever before. Throughout our 100 year history, we have seen bad companies fail, good companies survive, and great companies flourish. We are a great company, with great team members, and I believe everyone on our team can make a difference for the better. I'm lucky to be able to work with you through all of these challenging and unprecedented times. We will make it through this, together.



## Milestones

### Phil Casto to Retire

Phil Casto will be hanging up his hard hat on July 10. He has been with Block for over 23 years and has led our field as a Foreman, General Foreman, and Superintendent during his tenure. In 2017, Phil took over as our Superintendent during a tough transitional period and helped Block tremendously in managing our field crews and excelling Block's Safety Program. During his tenure as Superintendent, Block was able to sustain consecutive growth every year. Please congratulate Phil on his many accomplishments throughout his career.



### Matt McShane Promoted

Congratulations to Matt McShane as he was recently promoted as Block's new Superintendent. Matt will be training under Phil starting June 15th. Matt started with us as Foreman in November 2001 at the Shedd Aquarium where he worked under Tom Sieck. Some other notable projects he led were 400 E Randolph Pool Renovations, Rehab Institute Chicago (RIC), and most recently the People's Gas Central Field Shop. Please wish Matt the best of luck in his new position.



## Anniversaries

Congratulations to the following employees who celebrated a milestone anniversary:

- David Scott, 25 years on April 12
- Alexander Giese, 20 years on May 22

Thank you for being part of our company's success over the years. We greatly appreciate and value your hard work and success. Happy Anniversary.



## Spotlight On: Nick Lenzion FOREMAN

Foreman Nick Lenzion continued a family tradition when he became an electrician. He did non-union residential work before starting with Block Electric in 2004.

"I had previous experience and knowledge of the trades," Nick said. "Almost my entire family is or was in Local 134. I'm a third generation electrician."

According to Nick, the constantly changing environment and people and personalities you get to work with makes his job at Block unique.

The Water Tower Place condos fire alarm install job is the customer experience Nick is most proud of. "It was the first real job I ran for Block. Having to work and coordinate all aspects in one of the higher end condo buildings in the City, as Block was the general contractor on the

job," he said. "Being the first in the City to install the concealitz fire alarm devices. Having a great crew of Joe Sambucaro and Dan Greene made it much easier. Also the support and endless knowledge of Bill Kuta."

Other projects Nick has worked on include: 1801 Hinman; Murphy Development in Oakbrook; the Mudd Hall Fire Alarm Install; and Fusion Academy in Evanston.

When Nick isn't busy working, he and his wife Julie enjoy spending time with their family. The couple, who live in Gages Lake, Illinois, has two children—Emma, 15 and Charlotte, 4.

"We just bought a travel trailer, spending as much time as we can up north at the lake with our entire family," Nick said. "My parents, brother and cousin all have houses as well, so we all spend a lot of time together." Nick also enjoys fishing, working on his house and boating.

A fun fact about Nick that not many people know is that when he was in 8th grade Nick was asked to play for the now-defunct Chicago Sting Indoor Soccer Team.





## FEATURED PROJECT

# LaGrange Hospital Outpatient Center and SPD Renovation

*(Continued from page 1)*

and Richard Biel took lead on the switchgear and feeder installation, which had its challenges.

"The project included an addition as well as many phases within the hospital, so coordination was extremely important to not interrupt the daily functions of the hospital," John Leyden said. "The project called for installing new feeders in the existing corridor ceilings which wasn't feasible due to the limited space so MI cable was installed along the roof as a resolution to this issue. The project utilized BIM and took full advantage of the pre-fabrication shop."

The key players working on the project included Steve Sansone, General Foreman; Dustin Ritter, Foreman; Jesse Geiger, BIM Coordination; and Luke Simpson, Pre-Fabrication. The clients were AMITA Health Adventist LaGrange Hospital and Walsh Construction, who Block Electric has partnered with for numerous projects over the last couple of decades and includes major utility infrastructure upgrades, the Patient Bed Tower project and Emergency Department Expansion.

"We've had a good working relationship with LaGrange Hospital and Walsh Construction and try to build on that relationship with every new opportunity," Leyden said. "The BIM Coordination worked out extremely well thanks to Jesse, and Luke came through as usual on the pre-fab end."

The General Contractor's Superintendent and project management team, along with the hospital construction team, were extremely impressed with Steve Sansone and his crew.

"Steve and his team were able to identify potential problems early and offered solutions that helped keep the project on schedule," Leyden said. "Preparation and planning was key to making this project successful and Steve and his crew didn't miss a step. Phil Casto was able to provide a consistent crew for Steve and the additional help he needed to avoid falling behind when the phases were overlapping. It takes a total team effort from the office personnel to the field workers who are essentially making it happen day in and day out and I couldn't be more privileged to work with these individuals."

*(Continued on page 4)*





## FEATURED PROJECT

# LaGrange Hospital Outpatient Center and SPD Renovation









## Block Electric's Safety Policy

It is our policy to provide all employees with a safe, healthful, and hazard-free workplace.

The intent at all times is to comply with the provisions of the Williams-Steiger Occupational Safety and Health Act of 1970 (OSHA).

Block Electric recognizes that accident prevention and efficient production are interrelated.

We further recognize our responsibility to provide adequate training, safeguards and safety equipment for each employee. In turn each employee bears the responsibility to comply with all safety regulations and the use of required safety equipment.

The safety and well being of our employees has been and will continue to be of primary importance.

Our EMR is .77 and our Contractor Score is 2429 "Excellent". Phil Casto is our safety director.

## New Ideas Needed... Win A Visa Gift Card!

### WE NEED YOUR HELP!

We are looking for fresh and innovative ideas for new products, tools and ongoing prefab assemblies to feature in future issues of the Block Electric newsletter. In an effort to make our jobs run more efficiently, we are looking for your suggestions regarding which tools, materials, or pre-fab assemblies can be used in your day-to-day work to make your lives easier. There are no right or wrong answers. We're looking for any and all products and ideas to share with the team.

### WHAT'S IN IT FOR YOU?

If your idea is featured in the Block Electric newsletter, you will receive up to a \$50.00 Visa gift card.

## FOCUS ON SAFETY

# Coping with Stress during COVID-19

by American Red Cross

For many of us, COVID-19 has disrupted our routines and made everyday activities, such as work and caring for loved ones, challenging. These changes, on top of the general uncertainty around this pandemic, can create feelings of stress, fear and nervousness. These feelings are normal, and people typically bounce back after difficult times.

Children and teens may respond more strongly to the stress and anxiety caused by COVID-19, and become frightened that they or their loved ones will get sick. Take time to talk calmly and reassure children about what is happening in a way that they can understand.

**The following information can help you cope with stress and support others during this emergency. It's normal for people to have these types of feelings right now:**

- Fear about running out of essential supplies. Anxiety, particularly about being separated from loved ones.
- Uncertainty about how long you will need to shelter at home.
- Concerns for your physical safety and that of others.
- Fear of getting sick.
- Guilt about not being able to fulfill responsibilities, such as work, parenting or caring for dependents.
- Boredom or isolation.
- Thoughts of blame, worry or fear.
- Worry about loss of income.
- Fear of being stigmatized or labeled if you become sick.

### Coping Tips

People's reactions appear in different ways, not only in the way someone feels, but in the way they think and what they think about — their sleeping habits, how they go about daily living and the way they interact and get along with others. **Here are a few steps to help people cope:**

- Connect with loved ones through video calls, phone calls, texts or social media.
- Stay informed with accurate, reliable information from trusted sources. Avoid

social media accounts and news outlets that promote fear or rumors.

- Take care of yourself and monitor the physical health needs of your loved ones. Eat healthy, drink plenty of water and get enough rest.
- Unless you are showing signs of illness or have tested positive for COVID-19, going outside to exercise and walk pets is okay. But don't forget to practice social distancing by keeping at least six feet away from others and wearing a cloth face covering when in public.
- Be patient with yourself and others. It's common to have any number of temporary stress reactions, such as fear, anger, frustration and anxiety. Hold an image in your mind of the best possible outcome. Make a list of your personal strengths and use these to help both yourself and others stay emotionally strong.
- Relax your body often by doing things that work for you - take deep breaths, stretch or meditate, or engage in activities you enjoy.
- If you are religious or spiritual, follow practices at home that provide you with comfort and emotional strength.

### Helping Others

- Reach out to older adults or people with chronic health conditions and offer to help. For example, offer to pick up groceries, medications and other essential supplies. Check in with them regularly but practice social distancing by keeping at least six feet away when you deliver essential items.
- Talk to your children and explain why this is happening and how long it might last. Use language that is normal and consistent with how you usually communicate. Be creative and think of fun activities that will occupy their time. Keep a schedule, set appropriate limits and maintain usual rules when possible.
- Take care of your pets, which can be an essential part of your support system. Like people, pets react to changes in their environment and routine, so their behaviors may change, as well. Keep track of their well-being and take care of their needs as best you can.
- Show kindness to people who may not have a support system or are isolated. There may be limits to what you can do in reaching out, but a little kindness may be just what someone needs.



# 2020-2021 Block Electric Scholarship Recipients

Congratulations to our 2020-2021 Block Electric Scholarship Recipients. We wish you all the best of luck this year and in the future!

**TIFFANY KUTA**

Tiffany is attending Arizona State University.



**WILLIAM KUTA**

William is attending Iowa State University.



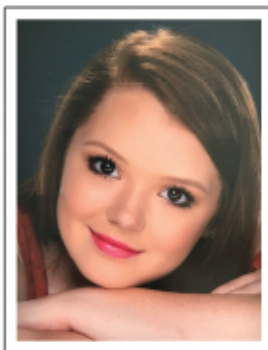
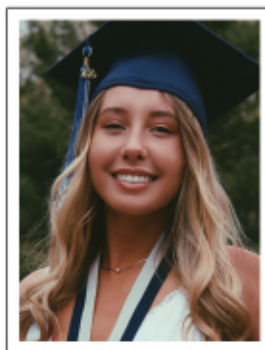
**CONNER QUIGLEY**

Conner is attending Bradley University in Peoria.



**SAMANTHA SENKO**

Samantha is attending St. Louis College of Pharmacy.



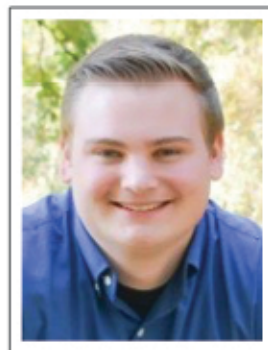
**AMANDA STREGÉ**

Amanda is attending University of Wisconsin-Milwaukee.



**ZACKARY VAN DREEZE**

Zackary is attending University of Wisconsin-Madison.



**MARK VANDERHYDEN**

Mark is attending University of Michigan.

## Walk & Roll is Going Virtual

While social distancing will prevent us from celebrating in person this year, we are thrilled to announce the launch of Virtual Walk & Roll and hope you will join us as we stand together against cancer, even while we're apart!

Virtual Walk & Roll will take place on **Saturday, July 25, 2020 at 9:30AM CST**, kicking off with a powerful livestreamed main event that you won't want to miss!

Mirroring our in-person event, the livestreamed portion of Virtual Walk & Roll will be family-friendly, interactive, and most importantly, a huge celebration of our cancer survivors and caregivers! Highlights will include: music, dancing, a virtual survivor tent experience, stories of hope and faith, kids entertainment, a live band, celebrity announcements, an online auction, and an interactive scavenger hunt! Mayor Lori Lightfoot will even be stopping by to say a few words to our Walk & Roll family.

Directly following the livestreamed programming, participants will be invited to walk, run, bike or skate (from a safe distance). With the help of a customized app, we're bringing our memorable lakefront path route to your very own neighborhood or even your treadmill. You will have the ability to track your steps/miles, compete for fun prizes, and see how you stack up against the other participants.

Although we encourage participation on Saturday, July 25th following the livestream, all registered participants will have access to the app beginning on Monday, July 20th, so you are welcome to begin your walk/run/bike/skate early, complete the route multiple times, or do all 4!

There will be tons exciting additions in the upcoming weeks. Follow us on Facebook and Instagram to come along for the ride with our weekly updates! Cancer doesn't stop and neither will we. Our mission matters more than ever and we need YOUR help. To register or for more information visit [www.walkrollchicago.org](http://www.walkrollchicago.org). Already registered? Great! No need to register again. Have a question? Please visit our FAQ page. As always, your ACS staff partner will be providing you with helpful fundraising tips and tricks along the way.

We have also created this Virtual Fundraising Guide for you to use as a resource. Thank you for your continued support! We look forward to celebrating with you on July 25th!

—Jenna & Kristin



**Block Electric Company**  
7107 Milwaukee Avenue  
Niles, Illinois 60714



Block Electric Company is an Equal Opportunity Employer

**CHECK OUT OUR WEBSITE!**

Visit [www.blockelectric.com](http://www.blockelectric.com)  
to see our website!



Please follow us on



**Niles:**  
7107 Milwaukee Avenue • Niles, IL 60714  
Phone: 847.647.4030 • Fax: 847.647.6980

**Block Electric Company**  
Service ■ Safety ■ Quality  
[www.blockelectric.com](http://www.blockelectric.com)

**Shorewood:**  
203-C Earl Road • Shorewood, IL 60404  
Phone: 815.744.2000 • Fax: 815.744.6070