



Chicago Hyde Park Village ■ 5500 S. Woodlawn Ave. ■ Chicago, IL 60637
Tel. 773-363-1933 ■ www.chpv.org

Welcome to March 2017!

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UC COMMUNITY PROGRAMS ACCELERATOR WILL CONTINUE

TO SUPPORT CHPV! The Community Programs Accelerator supports nonprofits whose work benefits mid-South Side neighborhoods. Two programs this year were selected for the Core Program to receive grant funding and other resources. CHPV is one of five nonprofits who receive project-based support through the Associates Program. This includes access to a wide variety of board and organizational-development workshops, consulting services offered by the Office of Civic Engagement professionals and student interns, and space use for special programs. We have benefitted greatly from this program over the past three years, and are delighted to be offered continued support.

CHPV ONGOING PROGRAMS TO ENJOY

Drop-In Programs

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustana Lutheran Church, 5500 S. Woodlawn; park in lot east of the building. 10:30 am Check in and 50-60 min. of “age friendly” exercise led by various experts and Writing Group led by SASI trained facilitator, Melisha. Book/jewelry exchange.

Announcements, and delicious luncheon at noon. One week/month Hyde Park Produce provides the main dish; our own superb cooks, headed by Ann Audrain and Marianne Crusius, plan and prepare the rest of the meal and the other luncheon. After lunch we have a program of interest from entertainment to information for healthy aging. Cost: \$7; \$5 for Village members. (Members pay annual dues to the Village organization—see membership form below if you are not already signed up!) [Would you like to join the team of volunteers who plan and put on the Drop Ins? Talk with Susan Alitto.](#)

Another benefit from the Drop Ins: Great Recipes
Here is a recent favorite soup, presented by Marianne Crusius.

Chicken Tortilla Soup

Adapted from a recipe found on Epicurious.com

Serves 4-6

olive oil, butter
1 onion, diced
1 teaspoon salt
1 green or red bell pepper, diced
1 garlic clove, minced
1 teaspoon cumin powder (I use more)
1 32 oz. box chicken broth
1 bay leaf
1 1/2 cups frozen corn kernels
1 can black beans, drained and rinsed well
1 15 oz. can tomato, diced
1 pound chicken breast, boneless and skinless, rinsed and dried
juice of 1 lime
crushed tortilla chips

Serve with desired toppings on the side – sour cream, Mexican cheese mix, cilantro, salsa, lime

1. In a frying pan heat some olive oil and butter, add chicken breast, salt and some cumin powder, simmer at low flame turning once, do not overcook, remove from pan, let cool slightly and shred chicken with a fork, set aside.
2. In a large pot, heat olive oil and sauté the onions and salt for 3 to 5 minutes.
3. Add the bell peppers, garlic clove and cumin and sauté for an additional 2 minutes.
4. Add the broth, the juices from the pan you cooked the chicken in, bay leaf, corn, black beans and tomatoes. Bring to a boil, reduce heat to a simmer.
5. After about 10 minutes add the shredded chicken with the lime juice and simmer for another 3-4 minutes or until chicken is heated through.

Remove bay leaf, pour soup into bowls, and top with crushed tortilla chips for everyone to stir in on their own.

Wednesday, March 8 Drop-In:

Exercise: Brian Seeley

Program: Devine Design with Christine Maringer. Thanks to Rita McCarthy for introducing Christine, who is famous for her “One Day Home Makeover,” featured on CBS News. Christine also advises on “Downsizing with Ease” and “Organizing Services” to facilitate decisions on decluttering, purging, keepsake management, donating, etc.

Wednesday, March 22 Drop-In:

Exercise: Randi Kant

Program: Healthy Aging

Extras at the Drop In. Whenever possible we offer opportunities to purchase tickets at a discount to local events. Many enjoyed the wonderful 2017 U of C Folk Festival at this discount arranged through Allison Hartman.

We also offer tickets for \$15 to the upcoming Gilbert and Sullivan *Iolanthe* on March 10,11, and 12. To purchase these tickets through CHPV, you must buy them by March 8 with cash or check made out to the Department of Music. Orders can be taken at the Drop In or by calling the office (773-363-1933) or Susan Alitto (773-485-3643).

Many have also enjoyed the opportunity to purchase Girl Scout cookies at the past 2 Drop Ins. Orders can still be taken at the next Drop In.

Looking ahead: Sessions on Hearing and Vision Care, Healthy Aging Research, Older Adult Sexuality, a return of our Flea Market and Volunteer Fair, Safety for Seniors. [Let us know if you have a topic or program you would like.](#)

Interest/Affinity Groups

Memoir Group: At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator to capture personal life reflections – recent, just past, or long ago. Brief 20 minute writing sessions, followed by sharing with the group. You can also share on-line in a special chat group. Would people like more of this activity and at different times?

Knitting and Crocheting: Learn a new skill – or practice what you already enjoy, with like-minded neighbors! Cindy Pardo, a skilled artist (and the Secretary of the CHPV Board) will be at Montgomery Place every Thursday at 1:30 p.m. Montgomery Place is at 56th and Lake Shore.

Discussing Books About Hyde Park: In collaboration with the Hyde Park Historical Society, this group gathers to discuss books centered around a theme especially relevant to Hyde Park and Hyde Parkers. Readers are encouraged to read anything they can find about the topic, and come together to consider various perspectives. Group meets at 7:30 on the third Monday each month in the Community Room of Treasure Island (downstairs). Next meeting is on Monday, March 20.

The Seminary Coop Bookstore was the February meeting topic starting with the photo essay by Megan E. Doherty and Jasmine Kwong *If You Weren't Looking for It: The Seminary Coop Bookstore*. Jeff Deutch, the current manager, joined the group to share his experiences both as a teenage visitor and the current manager. Discussion about the Coop experiences and move inspired memories about the many other bookstores that have come and gone in Hyde Park. **Would others be interested in sharing bookstore memories?** The Hyde Park Historical Society and the Chicago Hyde Park Village are considering a project to collect some of our reminiscences about our rich bookstore heritage. Interest?

Game Night: Meet in the Community Room at Treasure Island at 7 p.m. on the 2nd and 4th Wednesday evenings to play or learn games. Another opportunity to have fun with folks you already know – or would enjoy knowing!

Hyde Park Village Salon/Dining: Meet on the first Tuesday each month at 4:30 p.m. at the Snail Thai restaurant, 1649 E. 55th Street. No reservations required. Dutch treat.

Men's Groups: These groups meet at Piccolo Mondo on Wednesday and Thursday mornings on alternate weeks. There are currently a few open spaces for the Thursday morning group. Contact Jerry Gripshover or Gary Worcester for more information.

Women's Group: This group is still in formation, but several have expressed interest. If you are interested, contact Allison Hartman, Susan Alitto or the office and let us know if you have time or location preferences. We will send details as we have them.

Program Committee

Regular Meeting: The 3rd Monday of each month at 3 pm at Augustana. Everyone is welcome. Bring your ideas. Contact Susan Alitto (773-485-3643) for more information or if you need a ride. The Program Committee screens, coordinates and helps to implement Village programs. If you have a program idea, please submit a brief written description to Susan or the office.

The February meeting focused primarily on plans for the Upcoming Kolodner concert and benefit, but we also considered several upcoming events and ideas for possible additions or changes to the Drop Ins. Come to our meeting on March 20 at 3 pm at Augustana to add your ideas to these discussions

UPCOMING SPECIAL EVENTS

Annual Meeting: Tuesday, March 14, 5:30-7:30

All Members and Friends are invited to our Annual Meeting of the Chicago Hyde Park Village, on Tuesday, March 14, from 5:30 - 7:30, at Augustana Lutheran Church, in Gorder Hall. We have now been officially open since November 22, 2014. Since most of our news is now reported in the monthly Newsletter, this meeting will be an opportunity to share very brief summary reports, go over our budget and financial operations, answer questions about our operations, and solicit further support and contributions from our members and friends.

Agenda

5:30 Social Gathering in meeting hall: information, membership and volunteer forms available

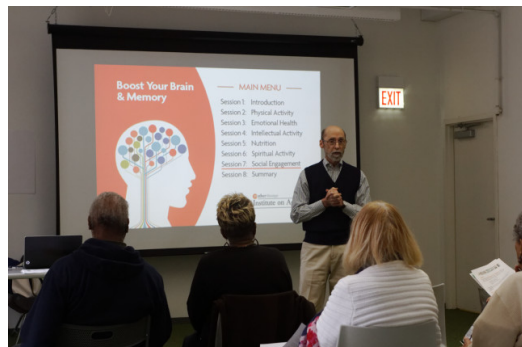
6:00 Program: Summaries of CHPV Activities

7:00 Questions/Comments

7:30 Adjourn

Reports will be available as E-files. If you wish to receive these reports before the meeting, please request from the office: **773-363-1933** or email info@chpv.org.

Boost Your Brain and Memory



A brain health program that engages older adults with practices that can help them live a healthier lifestyle as well as:

- Remember things better
- Be more organized
- Pay closer attention
- Regulate their emotions

The program demonstrates what older adults can do now to reduce their risk of Alzheimer's Disease and other dementias.

The program was developed by Mather Lifeways Institute on Aging. It is based on the latest research and uses a unique whole-person approach. It was offered last year and was enthusiastically reviewed

by the participants. This year the sessions will be held at the Hyde Park Art Center. For more information and to indicate times when you could meet, [call CHPV at 773-363-1933](tel:773-363-1933), or email at info@chpv.org

Share your opinions about the Village and be rewarded!

The Rand Corporation, in cooperation with AARP, Village to Village Network, and the Center of Disease Control and Prevention want to talk with members of Villages to see how the Villages help seniors stay healthy and resilient. For our members who participate in the interviews, they will provide a \$20 gift certificate. If we provide at least 40 respondents, CHPV will receive \$500 – a wonderful contribution to our fund-raising efforts! *All CHPV members are eligible to participate. We will be providing the researchers with contact information to arrange a 15-20 minute telephone interview.* You may, of course, decline to participate when contacted.

Coping With Loss Small Group: This group is for anyone who has lost someone from their life and wants to talk with others in a similar situation about the emotions, experiences and activities related to this loss. The group will be small, 8 people or less, and focus on the topics in which the group members are interested. All discussion will be confidential. It will meet weekly for 6-8 weeks at a time convenient for participants. The group will be facilitated by Kitty Mann, Clinical Social Worker and CHPV member, and Mackenzie Buss, social work intern at CHPV. If you are interested in participating in such a group or just want to explore the idea, please call or email Kitty Mann (773-469-9084), [kbmann@uchicago.edu](mailto:kbmamm@uchicago.edu). This group is open to friends and relatives of members (for a small fee), as well as members. Please share this information with people you know who might be interested.

Member Benefit Trial – Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion once/week on Thursdays for up to 3 members (the capacity of her car). All are welcome but full members will have priority. The next will be on Thursday, March 9. She will begin picking up those who have registered at 10:00 am and return participants to their home when done. To register contact the office or Susan. Susan will alternate going one week to Mariano's and the next week to Treasure Island. If members find this useful, we will try to add more excursions.

**POT-LUCK LUNCHEON, THURSDAY, March 16 11:30 AM at
Huyck Home**, 5532 S. South Shore Drive, #18D, 312-833-0415.

Informal gathering to enjoy each other's company! Call the office to RSVP and to request a ride: 773-363-1933.

GETTING TO KNOW YOU: Eugene Edward (Gene) Krell



I was born in a small Catholic hospital in a crossroads village of Fairbury, Illinois to a young very liberal German Evangelical preacher and his wife, both educated at North Central College (N.C.C.), from which my younger brother and I also graduated in 1950. After two short summer school classes at N.C.C., I was drafted into the Army Armored Force in 1944 for basic training at Ft. Knox KY, where I trained with a mixed group of Chicagoans, Appalachians and volunteer Japanese; a potentially volatile mix except that no one group was in a majority. On the day that I was embarking from California on a 30 day voyage to the Philippines, the first atomic bomb was dropped. Then during our voyage, the 2nd bomb was dropped but we heard only rumors. I was trained to be a tank machine gunner, but soon after we arrived in Japan as Occupation troops, I was reclassified as a Company Clerk because I could type.

During my close to a year in Japan, I landed at the large naval base at Kure, wandered through Onomichi and surrounding farms without any fear, was among the first American troops to make a short visit to Hiroshima, and helped to deactivate two major Army units before being sent to Zama, the major replacement depot for occupation troops where I continued as a Company clerk before being promoted to Legal clerk. While there I was invited to visit a friend in Osaka who had access to a Jeep on a weekend. To get to Osaka I traveled by fast train and was taken on a scenic road overlooking that city, and then on to the ancient towns of Nara and Kyoto. I was also privileged to visit Tokyo, Yokohama, Kamakura, the Lake District where many foreigners had homes, and to climb Mount Fujiyama. I also was able to spend a week of "Rest and Relaxation" at a luxury hotel in the Japanese Alps which had been designed to attract foreigners before the war.

After the war, I returned to N.C.C. for a double major in Sociology and Economics. In 1948 I led a small group of fellow students in forming a group to support the Henry Wallace Progressive Party ticket. At one rally we attended I felt lucky to shake the hand of both a political and a musical idol of mine, Paul Robeson. After graduation from N.C.C. I became a graduate Sociology Assistant at the University of Wisconsin, Madison, and spent three years there with the idea of becoming a Professor, but because of back biting among the Professors, among other reasons, I decided not to continue. I had been taking a few urban planning courses because of personal interest. An employment agency lined me up with a job in the Housing and Redevelopment agency in Chicago, a group set up by a reform mayor. Not too long later, the first Mayor Daley took over and soon asked every employee to secure a political sponsor. I didn't even know any politicians! I was much relieved when a few days later he sent word that he would sponsor all the Professionals.

It was here that I became aware that the Mayor and his "dollar-a-year" advisor James C. Downs could not get any white Aldermen to accept public housing in their wards, and that black aldermen were clamoring for as much as they could get. The Mayor did not want to return millions of dollars to the Federal Government, so that is how we got all the high rise projects along State Street and in other areas of the city. About a year later, I was transferred to the newly established Community Conservation Board and did some preliminary research on a couple of proposed Urban Renewal areas. While walking down State Street one lunch hour, I ran into a PhD student I had helped with collecting data for his thesis, and he offered me a research job at Market Research Corporation of America located on South Michigan Ave. After a year, a big cut back in personnel occurred and since I was still new I was among the first to be let go. I was able to get a job at James C. Downs' Real Estate Research Corporation because of recommendations of city agency friends. After a couple of years, I was persuaded to return to MRCA with a higher salary and this time I worked there for about 18 years. Then that company again had financial problems and I ended up back at Real Estate Research Corporation until I retired in 1991.

I started my Chicago residence at the YMCA Hotel on South Wabash and after a few months moved with two music students to a new furnished apartment hotel at 1212 South Michigan. After a

year there, one student moved out so we had to seek cheaper housing, which the Music student found on Clarendon just north of Irving Park. I had several bad interactions with Appalachian felons and when our lease came up we had a big increase in rent. I found out later that the owner objected to my having a couple of black friends visit me. So it was time to move to Hyde Park; several of my former city co-workers lived in the neighborhood.

I married my brother's wife's youngest sister in 1961. Barbara was a young widow with two small children who I adopted after bringing my young family to Hyde Park. When we knew that we would have another child we did need more space. So after consultation with her we decided to try to stay in Hyde Park. With the help of our minister and a member of the board of Hyde Park Federal S & L, we were able to get a mortgage large enough to buy a late 1890s stone front on 54th St. and a commitment for additional cash to pay for necessary upgrading. My wife was an experienced elementary school teacher but I had sufficient income so that she could be a stay at home mother. I did not have as close a relationship with my children as I would have liked for I was working long hours, redecorating the house, taking care of a lawn and garden, shoveling snow and singing in our church choir, as well as taking various leadership positions. As the children grew older Barbara became more and more active in our community and involved me in some of her pet projects. But it was me who convinced her that we needed a new High School in Hyde Park and she became the spokesperson advocating that the new Kenwood High School be placed where it now is located. Our children all graduated from public schools in Hyde Park and all graduated from college.

When my wife died at age 69 after 20 years of fighting the ravages of breast cancer, and after 41 years of a great marriage, I knew I no longer had need or desire for a big old house. So I bought a condo unit near my older daughter, a nurse, and her family in what had been the signature building in the first of the University's efforts to secure the renewal of its campus surroundings – known to many by its nicknames of “Monoxide Island” or “The Toasters”. When I was beginning to think that I should perhaps make another move to assisted living, my son Craig wanted to retire early and asked if he could join me. I am very thankful to have a great care giver in house and on call as needed, particularly in old age as genetic health problems (central tremors from my mother and elderly hand

tremors from my father) continue to worsen. We also take two or three road trips each year visiting new places, friends and relatives, and returning to places we visited while the kids were growing up.

I joined Hyde Park Village as an Associate Member because old friends were dying or seeking sheltered care and I hoped to make new friends, and to get myself and my son out of the apartment and involved in new activities. I volunteered Craig's services as a driver because I knew he likes to drive and be helpful to others. He maintains his car and I pay for the gas.

Editor's Note: It is CHPV's very good fortune that Gene and his son Craig landed in Hyde Park. Gene was one of our original members and an active participant in most of our activities. Craig is probably our most active volunteer! Thank you Gene and Craig!

REVIEWS OF RECENT CHPV EVENTS



Music Magic! Many more folks now appreciate the intricate pleasures of the hammered dulcimer! Our CHPV Friend-and-Fund raiser event on Sunday afternoon, February 26, attracted over 60 folks of all ages to enjoy the Ken and Brad Kolodner trio with Rachael Eddy. As promised, the

trio provided a wonderful array of old time and more contemporary music with multiple instruments.

Thanks for this event are due to many helping hands especially First Unitarian Church for contributing the space (and flowers); Rita McCarthy for inspiring, arranging the talent and coordinating the event; Kathy Huff for PR; Cindy Pardo for reception setup; Richard Pardo for sound system support; Marianne Crusius for food preparation and presentation; Josie Disterhoft, Kathy Huff, Susan Alitto, Margaret Huyck, Cindy Pardo, Rita McCarthy, Steve Fox, Mary Ulinski, Mackenzie Buss and Mary Naftzger for general reception and help wherever needed; Rod Sawyer for photography; Ava Salonis for tickets and registration with major help from John Disterhoft and Mary Naftzger; and Rod, Richard, Cindy, Ava, Marianne and Mackenzie for serious cleanup.

Watch Party: Sadly this event, with the *Being Mortal* author Atul Gawande, did not happen due to the severe winter storms on the East Coast, which closed down the central meeting site and disrupted travel. It will be rescheduled, probably for some date in the summer. We will again organize a Watch Party so everyone can participate. Watch for details.

Artful Aging (At Any Age): The arts are good for you, thus the birth of Artful Aging (At Any Age). Saturday, February 11th was the kick off for Artful Aging (At Any Age) series of programs with our newest partner, the



Hyde Park Art Center (HPAC). We hosted over 55 participants at HPAC with make and take art projects, live entertainment, a Boost Your Brain introductory workshop and refreshments! Come participate in classes, art making workshops, gallery talks, movies and discussions, and more focused on various forms of art and healthy aging.

The 4 session Boost Your Brain Workshop will be held at HPAC April 17th – May 8th from 10am – 2pm. Seating is limited!!! Call the office to sign up at 773-363-1933. Be sure to watch for upcoming programs promoting healthy aging through the arts.

NETWORK EVENTS

Research Opportunity: UC Brain Activity Study: If you are right – handed and age 40-90, you might qualify for a new study of Individual Differences on MRI Brain Activity conducted within the Division of Social Sciences at the University of Chicago. Participants can be compensated up to \$150 for completing both phases of the study. To see if you qualify, call 773-702-4376 for a phone interview. *Cindy Pardo* has completed the protocol, if you have questions.

SHARE Network: Our partners with the University of Chicago Geriatrics SHARE Network are conducting Focus Groups with unpaid Caregivers in an effort to determine how we can help and support this group of unsung heroes. If you can participate in such a group, please contact Jason Molony, 773-702-0638.

Campus Catalyst: A team of enthusiastic college students has undertaken a special project with CHPV for the rest of this school year. Their goal is to help us and you discover how to make your Village more meaningful and helpful to you. To this end they are sending out a very short survey and will follow up with any who would like to talk further with them. Please do take their survey. We expect their efforts and your responses will help CHPV grow and improve.

Encore Chorale Augmented! Jonathan Miller, the founder of the various Encore Chorale groups in Chicago is exploring the possibility of an additional choral group just for Alzheimer's patients and their caregivers. Would any of you be interested? Do you know of others who might be interested? If so, contact the office, Margaret Huyck or Susan Alitto.



Steppin Dance Classes! Celebrate Steppin Productions, in partnership with Chicago Hyde Park Village and Augustana Lutheran Church of Hyde Park, presents "Chicago Style Steppin," a 12-week dance class that offers fun AND fitness!

Get ready to "Go all out on the Dance Floor" as instructor Steppin' Rick Ball "steps" you into a healthier routine. Classes meet from 6-8 pm on Wednesday evenings, at Augustana Lutheran Church of Hyde Park, 5500 South Woodlawn. Although this session began on January 25th, 2017, is not necessary to have come to the first or all the classes. People can join at any time and participate whenever they have time. Class costs: \$10/class or \$80/12wks, Seniors (60+) and college students with ID: \$7/class or \$56/12wks. Whether you are a beginner or advanced, you are welcome.

Hyde Park Chamber of Commerce: CHPV has been a member of the Chamber almost from our beginning and benefits from many Chamber programs as well as meeting and working with other Chamber members, especially at the regular First Thursday events. Now it is our turn. We will host the First Thursday on April 6 at the U of C Community Program Accelerator, 5:30 to 7:30. All are welcome, especially volunteers who are will to help us prepare and host! If interested and available, contact the office at 773-363-1933, info@chpv.org or Susan Alitto at 773-485-3643.

NEWS YOU CAN USE

The Impact of Stereotype Threat “Stereotype threat” is the fear of being judged as doing something that would confirm one’s membership in a certain group. Research has shown repeatedly that older adults who espouse stereotypes about older adults embody those characteristics themselves more than those who don’t. In other words, they show more cognitive and physical decline. The mind has a strong impact on the body and also on the mind itself. [*InvestigAge, Mather Lifeways Institute on Aging, 2017/01/30*]

Having Friends, Socializing as Important to Good Health as Diet, Exercise. The more social ties people have at an early age, the better their health in young adulthood and old age, according to findings from four nationally representative, federally funded longitudinal studies that follow the same people over many years. These results have been explained in terms of the physiological threats that occur with stress – and the power of social connections to buffer daily stresses. The current research added the evidence that in middle age, the quality of social connections matters more than the quantity, probably because in mid life most people are very embedded in a variety of social networks – and some of them may create more strain than they resolve. The researchers recommend that doctors ask older people about their social life during an annual exam, because of the link between social integration and physical health. [*Population Reference Bureau, 2017*]

Loneliness: It’s More Than Being Alone. Loneliness was also the topic for the recent American Society on Aging Roundtable at Rush University on February 2. Dr. William Dale, Louise Hawkley, and Dr. Elbert Huang led a lively discussion on the impact of social isolation on the lives of older adults.

A Little Exercise Goes a Long Way Numerous studies have found an association between physical activity and later cognitive performance, but most have used self-reported activity. Recently, researchers gave 6,452 older adults with an average age of 70 an accelerometer to wear during all waking hours for a week, and three years later tested participants on cognitive impairment, executive function, and memory. They characterized the accelerometer

activity into moderate-to-vigorous activity, light intensity activity, and sedentary activity. Three years later they found that individuals who had done the most moderate-to-vigorous physical activity showed a 36 to 47% lower risk of cognitive impairment and exhibited less change in memory and executive function. This finding held when controlling for age, sex, race and education.

Even a small dose of three to five minutes of moderate-to-vigorous activity per day was related to better cognitive performance – a 36% lower risk of cognitive impairment. [reported by Roscoe Nicholson in InvestigAge, from Mather Lifeways Institute on Aging, 2017, Jan 30]

The Most Powerful Tool of Healing “Listening is the oldest and perhaps the most powerful tool of healing. It is often through the quality of our listening and not the wisdom of our words that we are able to effect the most profound changes in the people around us. Listening creates a holy silence. When you listen generously to people, they can hear truth in themselves, often for the first time...”
[Rachael Naomi Remen, *Kitchen Table Wisdom: Stories that Heal*]

Time Management: A very useful workshop offered through the University of Chicago Accelerator by Shaz Razul focused on mental models for time management – a challenge for most of us. Shaz shared several prevalent strategies for deciding how to prioritize our focus when there are more things that need doing than fit into the time available. Which of these might work for you?

- *Forced Rankings:* list everything on your To Do list and rank by importance, by difficulty, and/or as a team.
- *Eisenhower Matrix:* sort tasks into Urgent/Less Urgent and Important/Less Important. Do the Urgent/Important things first; schedule the Less Urgent/Important ones; Delegate the Urgent/Less Important tasks; and ignore the rest.
- *Pareto Principle:* Usually 20% of the inputs are responsible for 80% of the results, so try to identify which tasks will have the largest contribution to your desired results.
- *Stakeholder Priority Mapping:* Identify your major stakeholders in terms of involvement and weight and do what is most important to them.
- *GTD – Getting Things Done.* Capture everything; clarify things you have to do; organize actionable items and prioritize,

assigning dates for completion; reflect on your To Do list; and
– finally engage and get them done.

- *Pomodoro (Time Boxing)*: work for 25 minutes (set a timer), then take a break. Repeat. Keep a list of activities accomplished. See how much you can do in 25 focused minutes!

Overall:

- Schedule everything
- Learn to single task – no one multi-tasks well!
- Excellence is a habit; we are what we do repeatedly.

BOARD MEMBERS

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Rita McCarthy, Vice President

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Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over – or even help – with this fun job!!!

CURRENT BUSINESS SUPPORTERS

Freehling Pot and Pan

Hyde Park Bank

Hyde Park Produce

Mather Lifeways

MAC Properties

Montgomery Place

Noodles, Etc.

Pizza Capri

Spinelli State Farm Insurance

U of C Civic Engagement

U of C Geriatrics SHARE Network

***THANKS TO ALL WHO RESPONDED TO OUR APPEAL!!!
THERE IS STILL TIME TO DONATE***



www.chpv.org~info@chpv.org~5500 S. Woodlawn Ave, Chicago, IL 60637~773-363-1933

CHPV Membership and Interest Form

Date: _____

Membership Category:

Payment (make checks payable to CHPV)

Associate: Individual

☐ \$100 one payment

☐ \$120 (if 2, 3 or 4 payments)

Household

☐ \$180

Full Service: Individual

☐ \$480

Household

☐ \$590

I wish to make a donation in the amount of \$ _____

(CHPV is 501(c)3 nonprofit; donations are deductible as provided by law)

Total enclosed:

\$ _____

Other Interests:

I am interest in volunteering ☐ Indicate any special skills or interests _____

I am interested in working with the following committees (Please circle):

Programs

Partnerships

Membership

Volunteers

Development

Fundraising Events

NAME 1: _____

(Last, First, Middle or MI. Please include suffix if applicable)

Please circle preferred method for contacting you.

PHONE: _____ Email: _____

Date of Birth (year optional) _____

NAME 2: _____

PHONE: _____ email: _____

Date of Birth: _____