



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

Welcome to June 2017!

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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 Check in and 50-60 min. of “age friendly” exercise led by various experts. We also have the “Best Day of My Life...So Far” writing group sponsored by SASI and facilitated by Melisha (see more detail below). There’s also our book/jewelry exchange (bring a book, take a book). Montgomery Place and LifeCare@HOME do blood pressure checks for all who want to monitor their rates. And always, announcements and a 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. And let us know if there is a program you would like us to arrange.](#)

Drop-In Programs in June:

June 14 - Exercise with Joy Nieda

June 28 - Exercise with Sarah Oaks

Interest/Affinity Groups

NEW! Women's Groups to Meet the first Monday and third Friday of each month. After a successful first meeting in May, we decided to gather twice a month at different locations, one in the middle of Hyde Park and one in East Hyde Park. **The Monday Group** will meet at **Café 53**, 1369 E. 53rd St., **June 5, 10-11:30**. The Café has excellent reviews for healthy foods, tempting pastries, excellent coffees and teas of all varieties . . . and gelato! There is patio seating in the back for nice weather. **The Friday Group** will meet at **Piccolo Mondo**, 1642 East 56th St., **June 16, 10-11:00**. These are simple friendly gatherings to get better acquainted and share stories and information. Do stop by; call the office to let us know if you need a ride!

Memoir Group: At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator, Melisha, 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. Not only do participants have fun writing and sharing their own stories; research suggests that sharing one's life stories enhances one's sense of connection with ones community and satisfaction with one's life experiences. AND, if you have grandchildren or young friends, your skill as a storyteller has many benefits: it helps to connect children with history, family and each other as well as to develop their language and memory skills. 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). Rebecca

Janowitz, author of *Culture of Opportunity* joined the May 15 session to discuss “Recent Hyde Park Politicians.” She will also join us for the June 19 session which will focus on “Earlier Hyde Park Politicians.”

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 Tuesday 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. For more information, contact Terry Stumpf: 773-957-9456; tls1649@sbcglobal.net

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 Griphover, Gary Worcester or the office for more information.

Bridge and Game Group: Meets on Mondays and Wednesday at the Nichols Park Field House, 1355 East 53rd St., from 12:30 to 2:30 pm. There’s always a bridge table; Wednesday also has a mahjong table. **Note:** in July and August this group will meet at the Park Shore, 1755 East 55th St. due to summer camp use of the field house.

Chicago Storytelling Guild: Meets the third Tuesday of every month at Augustana Lutheran Church, 5500 S.Woodlawn Ave., from 7:30pm - 9:30 pm. For more information contact Judith Heineman, 312-925-0439; juhestories@aol.com.

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. At the April 17 meeting members discussed three principles to guide program planning:

1. We welcome all ideas from members and will provide assistance and support for implementation as needed; thus

the start of the new Women's Group in May! Another new suggestion is a Dinner Club to explore Chicago's many restaurants and to share periodic fine dining experiences. Anyone interested?

2. Partnerships expand our offerings and help stretch resources. Examples are many. Our partnership with the Hyde Park Art Center has provided attractive space for programs and helped introduce members to the rich offerings available at the Art Center. We continue to explore other opportunities such as new programs with Court Theater. Of course our members benefit from the informative OWL programs, and our partnership with the U of C Medicine SHARE network greatly expands our healthy aging offerings. Businesses, too, support our programs with in-kind help as well as dollars, such as use of the beautiful Hyde Park Bank lobby for our anniversary party or the lunches from Hyde Park Produce.
3. We will continue to build collaborations with other Chicago area Villages to add to the Carillon concert pot luck and Walnut Room supper we shared with Lincoln Park Village in the past year.

The Program Committee screens, coordinates and helps to implement Village programs. If you have an idea or would just like to join our group, come to the next meeting on June 19.

UPCOMING CHPV/SHARE NETWORK SPECIAL EVENTS

Healthy Aging Events: Free transportation available to seniors, friends and family to all these events – call 773-363-1933

- Tuesday, June 13, 9am – 10:30am: *Alzheimer's Disease and Related Dementias*". Join Kate Thompson, M.D., to learn what you need to know about memory loss and Alzheimer's Disease. Mather's More than a Café, 33 East 83rd St.
- Tuesday, June 27, 12:00 pm – 1:00 pm: *Maximizing Your Doctor's Visit*". Join Kate Thompson, M.D. to learn ways to get the most from a trip to your primary care provider, including how to ask your doctor the right questions. At Paul Steward Center, 400 E. 41st Street.
- Thursday, June 29, 2:00 pm – 3:00 pm: *The Importance of Immunizations*". Learn important information regarding immunizations and senior health from nurse educator Monica Long. At TRC Senior Village, 346 W. 53rd St.

Brought to you by the SHARE Network – the South Side Healthy Resource Experts.

Luncheon Celebrating Mackenzie Buss, Thursday, June 8



Spring brings warm weather, singing by the birds and all the lovely flowers, but unfortunately some of spring's transitions bring with them sadness, as well as joy. One is the end of the school year, when our young people move on to their next adventure and we must let them go to grow some more. So is the case for

Mackenzie who has become part of our family and has contributed many services and resources to our community—a presentation on planning for end of life followed up by workshops to help people think more about the issues she had discussed, a directory of CHPV

members (to be distributed very soon), facilitation of our Coping with Loss Support Group, interviewing of new members, assisting with the Volunteer Training, plus always being ready to assist with everyday maintenance chores such as washing dishes after Drop-In and washing the floor of the office when the new furniture arrived. These are just a few of the things we will remember from Mackenzie. What will certainly come to mind when we think of her are her smile, cheerful demeanor, readiness to listen and talk whenever we wanted to talk. **THANK YOU MACKENZIE!!** And thank you, Kitty Mann, for serving as our liaison with SSA and as mentor and advisor to Mackenzie.

Mackenzie will be doing her internship next year at Aging Care Connections in La Grange, IL continuing her dedication to learning about older adults, and how to provide them quality services. She will still be living in Hyde Park and promises us she will still come to visit and give CHPV a helping hand when she has time---part of our family always.

PLEASE COME TO SAY GOOD BYE TO MACKENZIE at A POT LUCK LUNCH: THURSDAY, JUNE 8TH, 12:00-3:00, 5838 S. HARPER. BRING ANY DISH YOU WISH. DRINKS WILL BE SUPPLIED. RSVP TO THE OFFICE, 773-363-1933, info @chpv.org.

Another Member Benefit – Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion when available on Thursdays for up to 3 members (the capacity of her car). All are welcome but full members will have priority. Available this month on Thursday, June 1, 15 and 22. 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 to Mariano's and to Treasure Island. If members find this useful, we will try to add more excursions.

POT-LUCK SUNDAY SUPPER, Sunday, June 18, 5:30 pm, at the home of Barbara Roy, 5443 S. Cornell Ave. Finally the long promised Sunday evening Pot Luck! Barbara Roy and Susan Alitto will host this first one and will provide beverages and appetizers.

Guests bring a favorite dish to share and register with the office (773-363-1933). Space is limited.

POT-LUCK LUNCHEON, Wednesday, June 21 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.

REVIEWS OF RECENT CHPV EVENTS

CAN YOU HEAR ME? COPING WITH HEARING LOSS

The May meeting of the Chicago Hyde Park OWL group was co-sponsored by Chicago Hyde Park Village and the SHARE program. Interest was strong: 48 people joined the group to learn more about options for dealing with hearing loss. The groups are now planning a follow-up session to present a wider range of treatment options, with demonstrations of various devices. The presenters also prepared an e-file of handouts and Communication Tips; you may request one from the CHPV office (write info@chpv.org).

ARTFUL AGING (at any age)! @HYDE PARK ART CENTER

**Print Making Without A Press! With David Anthony Geary
Saturday, May 20th**

The kickoff to Summer! Well at least Summer Saturdays at HPAC. No press? No Problem! Using alternative printing techniques, we learned to craft colorful prints of our own designs to hang on our walls, turn into handmade notecards, or more! Materials for Summer Saturdays are supplied by the HPAC. This workshop included the use of paint, printing plates, and paper under the direction of well-known artist, David Anthony Geary and yielded a collection of wonderful art pieces!

David Anthony Geary is a trans-disciplinary artist working in a variety of mediums for the last 20 years. His work incorporates painting, printmaking, collage, assemblage, sculpture and photography.

Join us for the next Summer Saturday:

Artist Candice Latimer

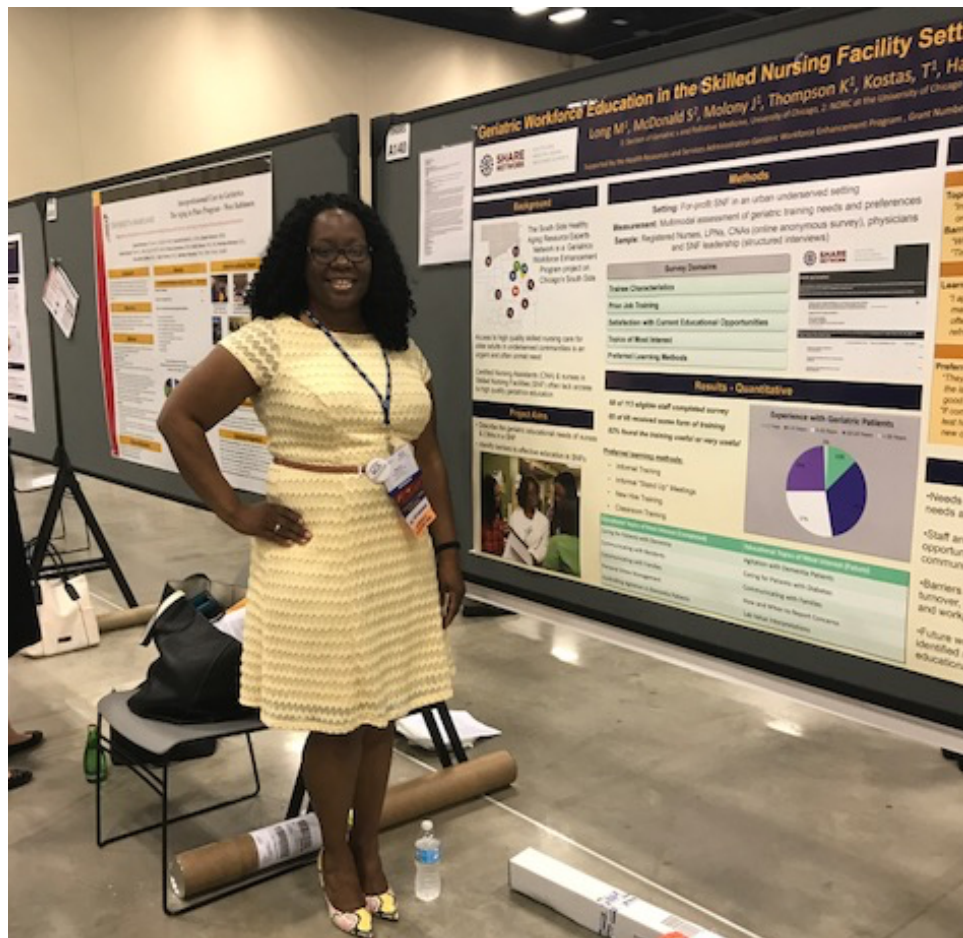
Using Corinna Button's artwork from the show "Interfaces" currently on view at the Art Center as inspiration, we will explore texture and expression as we make collages that mainly focus on faces and figures.

Saturday, June 24, 2017

Noon – 2 p.m.

A free art-making activity. Feel free to drop in and make some art!

American Geriatric Society Scientific Conference 2017 – San Antonio, TX



SHARE Network Partner Nurse Educator Monica Long. CHPV SHARE Project Coordinator Ava Salonis was part of a group who attended the conference.

Mobile Phone Class 101 – Apple iPhone: May 23

This first class was attended by some 20 people, eager to find out some/more about the capabilities of their smart-phones. Rod Sawyer conducted the sessions, and reviewed the differences in iPhone models 4 thru 7. It is clear that we need at



least two levels of instruction: basic and more advanced for specific tools and questions. Watch for the next offerings, for both iPhone and Android devices!

Note that members are entitled to FREE personal consultation for their phones. Please contact the office to set up an appointment.

CAREversations, May 10 – with Erin Brewster AARP Chicago



We were treated to an informative presentation on a new service offered by AARP focused on family caregivers!

CAREversations: a free and fun event for family caregivers offering tips,

tools and information on local resources. An engaging, interactive conversation about family caregiving on building a caregiver support network and caring for yourself.

CHPV Flea Market May 24



The annual Flea Market – the opportunity to pass your goods on to someone who might need or appreciate them more – and/or to acquire goodies for your own household – was held on Wednesday, May 24 during the Drop In. Neighbors were generous in sharing their goods, and some of our members were very generous in organizing, pricing, selling, and re-packing the goods. We took in \$388.92 from the goods, and \$165 for the lunches.

Here's a testimonial and thanks from Ginni Cook:

It was a fun time to shop, lunch and visit, and express our appreciation to Mackenzie, the hard-working intern we have enjoyed this year. Thanks to each one of you who donated items to benefit the village and its events. And lots of kudos to all those who work hard to prepare and clean up, plus the always fantastic "lunch ladies."

As I was putting away items I purchased, I felt appreciation for items from others which will now benefit my family--spatula, small rolling pin, ice cube tray, a set of rosette makers, bean pot (which will be

used along with my standard sized pot to bake beans from scratch for grandkids), wash cloths, water bottle, 3 fantastic reusable bags, umbrella, a slinky (which has been already used many, many times on our stairway), small jigsaw puzzle, jewelry box, lovely bracelets for all 4 of us ladies, etc. I invited others who are absolutely thrilled with their purchases.

We would like to expand our Flea Market in May 2018 to include a weekend day and more “treasures.” Let us know if you would like to join the committee.

NETWORK EVENTS

Blind Services Vision Expo Learning Fair - June 8, 2017; 50 S. LaSalle, Chicago; 6th floor; 9 am – 4 pm

Highlights of upcoming Blind Service Association's 2017 Vision Expo include:

9:30 am: Dr. Deborah Zelinsky of The Mind Eye Connection, one of the foremost authorities in the country on the subject of eccentric viewing, will speak about the ability to maximize your remaining vision by retraining the brain. Learn how concentration and focus can give you a wider range of perception and sight. 11 am: Ray Odom from Northern Trust Bank will discuss a plan for your financial and medical wellbeing. 1 pm: Dr. Jose De La Crus of the Illinois Eye Institute will present the latest information about complex and advanced cataracts and treatments. 2:15 pm: Dr. Gregg Pusateri of Spectrios will explore low vision technology, including touch screens.

Exhibitors that will be available throughout the day: Access Living, American Council for the Blind, Blind Service Association, Freidman Place, Hearing Healthcare Center, Illinois Center for Rehabilitation & Education, Pace, Second Sense and Woodlake Technologies.

Please register by calling: 312-236-0808. Click [here](#) for a copy of the 2017 Vision Expo flyer.



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.

OWL Hyde Park: Local Politicians Update, Sat. June 10, 1 pm

Is all politics local? No, but a lot of important decisions are made by people we elect to represent us within our own state. We will hear updates from the following: President Toni Preckwinkle, Cook County Board; State Senator Kwame Raoul; Representative Barbara Flynn Currie; Representative Christian Mitchell; Alderman Leslie Hairston; and Alderman Sophia King. Bring your questions – and some goodies to share. Social time 1:00 – 1:30; Program 1:30-3. Meet in the lower level of the Treasure Island grocery store, 1526 E. 55th Street. All welcome.

NEWS YOU CAN USE: Accessible Theater

The League of Chicago Theatres is committed to working with Chicago area theatres to make live theatre accessible to everyone. Their calendar enables patrons with disabilities to look for upcoming performances based on their specific access requirements. The calendar includes Touch Tours (TT), ASL-Interpreted (ASL), Audio-Described (AD), Open-Captioned (OC) and

Autism-Friendly (AUT) performances. Autism-Friendly performances are relaxed and sensory-friendly theatre experiences designed to be more accessible to those individuals on the autism spectrum or to others with cognitive/developmental disabilities.

To learn which services are offered and when they would be operating in the theater of your choice, look up www.chicagoplays.com/access.

NEW STUDY TO BENEFIT VILLAGES AND YOU!

Researchers at Mather Lifeways and the University of California Berkeley have supported the Village movement and “aging in community” efforts in many ways over the years. Earlier studies have looked at the development of various village models and the conditions that affect their success and sustainability.

As many of you may know, Mather has also provided encouragement and support for CHPV from our very beginning with funds for our luncheon back in 2011 and continuing support for our Drop In program.

Now they seek your help with a new study that has significant potential benefit for the future development of Villages. They seek to determine why some people choose not to join a Village, or if they do join, why they may choose not to renew their membership. **If any of you or your friends are in that category, would you be willing to take a confidential survey online or by telephone?** If so, please contact the researchers at: **(510) 560-3950 or villageevaluation@gmail.com**

Your input and their subsequent report will help CHPV and other Villages develop effective programs and services that best suit your needs. Thank you.

Information about the researchers: This study is a joint effort between UC Berkeley Center for the Advanced Study of Aging Services and Mather Lifeways Institute on Aging. It has been vetted and endorsed by the Village to Village Network Research committee. **UC Berkeley Team:** Carrie Graham, PhD, Andrew Scharlach, PhD, Brad Stark and Rita Hu. **Mather LifeWays Institute on Aging:**

Roscoe Nicholson, MA

If you have questions or would like to discuss further, please feel free to call our office: 773-363-1933, or Susan Alitto: 773-485-3643.

COMING IN JULY!

As we have since we first began organizing, the Chicago Hyde Park Village will join the “everyone marches” **4th on 53rd** annual July 4th Parade. Assemble in the parking lot behind the Hyde Park Bank building at 10:30, Tuesday, July 4! Step off is at 11 am. Everyone is welcome to join our group!

BOARD MEMBERS

Margaret Huyck, President
Susan Alitto, Founding President
Rita McCarthy, Vice President
Cindy Pardo, Secretary
Ann Audrain, Treasurer
Jane Comiskey

Marianne Crusius
John Disterhoft
Allison Hartman
Joanne Michalski
Ismail Turay
Gary Worcester

STAFF

Ava Salonis, SHARE Project Coordinator
Irene Freelain, Financial Consultant
Roderick Sawyer, Operations Support
Newsletter Staff: Margaret Huyck, Editor Pro Tem; Susan Alitto, Rod Sawyer
(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***

CHICAGO HYDE PARK VILLAGE



5500 S. Woodlawn Ave. ■ Chicago, IL 60637 ■ Tel. 773-363-1933 ■ www.chpv.org ■ email: info@chpv.org

CHPV Membership and Interest Form

Date: _____

Membership Category:

Associate: Individual

Household

Full Service: Individual

Household

Payment (make checks payable to CHPV):

☐ \$100 one payment ☐ Renewal

☐ \$120 (if 2, 3 or 4 payments)

☐ \$180 ☐ Renewal

☐ \$480

☐ \$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

MEMBER 1: _____

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

ADDRESS _____ Zipcode: _____

Please circle preferred method for contacting you.

PHONE: _____ MOBILE: _____

EMAIL: _____

Date of Birth: _____ (Month, Day and Year)

MEMBER 2: _____

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

PHONE: _____ Email: _____

Date of Birth: _____ (Month, Day and Year)

Signature _____