



Chicago Hyde Park Village ■ 5500 S. Woodlawn Ave. ■ Chicago, IL 60637  
Tel. 773-363-1933 ■ [www.chpv.org](http://www.chpv.org)

## ***Welcome to July 2017!***

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## CHPV ONGOING PROGRAMS TO ENJOY

### Drop-In Programs

General Schedule: Meet 2<sup>nd</sup> and 4<sup>th</sup> 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.](#)

### [Upcoming Drop-In Programs:](#)

July 12 - Exercise with Brian Seeley and [Creative Art](#) with Fabiana

July 26 - Exercise with Joy Nieda and Podiatry with Dr. Zmuda

August 9 - Exercise with Sarah Oaks and Safety discussion with CPD and UCPD. Let us know if you have special concerns you would like addressed.

August 23 - Field trip to Cook County Forest Preserves

### Interest/Affinity Groups

**NEW! Women’s Groups meet the first Monday and third Friday of each month.** **The Monday Group** meets at **Café 53**, 1369 E. 53<sup>rd</sup> St. Next meeting: **July 3, 10a-11:30a**. In the summer and when the weather is good, we enjoy sitting in the patio behind the cafe. **The Friday Group** meets at **Piccolo Mondo**, 1642 East 56<sup>th</sup> St. Next meeting: **July 21, 10a-11:00a**. 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! If Mondays and Fridays aren't good for some, is there interest in a Thursday group? We might meet the 4<sup>th</sup> Thursday at Bergsteins or the newly opened Build Coffee at Experimental Station on Blackstone at 61<sup>st</sup> St.

**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 twenty 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 one's 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 on 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).

- The next meeting will be on [July 17 about Urban Renewal in Hyde Park](#). If you want a bibliography for that meeting, please request one from Michal Safar ([msafar@ameritech.net](mailto:msafar@ameritech.net)), the President of the group.
- The August 14 meeting will be about the Jane Collective, centered around the book *The Story of Jane: The Legendary Underground Feminist Abortion Service*.

**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.

**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, 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 53<sup>rd</sup> 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 55<sup>th</sup> 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 7:30-9:30 pm. For more information contact Judith Heineman, [312-925-0439](tel:312-925-0439); [juhestories@aol.com](mailto:juhestories@aol.com).

### **Program Committee**

Regular Meeting: The 3<sup>rd</sup> 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 an idea or would just like to join our group, come to the next meeting on July 17 at 3 pm.



## UPCOMING CHPV SPECIAL EVENTS

### July 4 Parade!!!

**“Everybody Marches, Nobody Watches!” Join the CHPV group! Meet at 10:30 am, Tuesday, July 4, in the parking lot behind the Hyde Park Bank Building. Step off is at 11 am.**

### NEW NEW NEW!

A new CHPV group is forming to start sometime in mid-July. CHPV Dining Out Meet-up will meet together for dinner in the early evening at one of the finer restaurants in Hyde Park. The aim is to meet on a quarterly basis, just to meet-up for a nice dining out experience in Hyde Park (your meal and fluids are on your own) at 5:30 p.m. No specific agenda other than a table meal gathering, table conversations, and getting to know other folks in Hyde Park. The CHPV Dining Out Meet-up will be open to CHPV Members, friends, and guests. A reservation is required. If you are interested in being a part of this CHPV Dining Out Meet-up, please send an e-mail of interest to Barbara Norrish at [bnorrish@me.com](mailto:bnorrish@me.com). Also watch for other definite details to come for the first event.

## HOW TO ACCESS SERVICES AT THE VILLAGE

Membership in CHPV has benefits! Many are available to all members – like the social and educational events listed in the Newsletter and on our calendar. Some of these events request an RSVP = let the office know you are coming-- At least 48 hours in advance. If we are planning a potluck or special group meeting, we need to know who/how many to expect. If no one responds, the event may be canceled.

If you want a ride to an event sponsored by CHPV or SHARE: CALL THE OFFICE OR SEND AN E-MAIL TO [rod.sawyer@chpv.org](mailto:rod.sawyer@chpv.org) at least 48 hours in advance (for Monday rides please notify by midday Thursday)! If you do not check your email frequently, ask for a telephone confirmation and provide your contact number. Once you are informed of who can help you, contact them to make sure you meet up.

Full Members can request assistance for a wide variety of needs, including rides to medical appointments, vets, transportation, theater, etc.; whether we can meet your requests depends on the availability of our volunteer drivers. [Request rides at least 48 hours in advance \(for Monday rides please notify by midday Thursday\), and let Rod know how you want to be contacted – by email or by phone.](#) When you are informed of who can help you, contact them to make sure you meet up.

**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). If there are more who are interested, Ismail Turay has offered to take people in his van when he is in town. All are welcome but full members will have priority. Excursions will take place this month on Thursdays, July 6, 13, 20 and 27. She will begin picking up those who have registered at 10:00am 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. During the summer, she will start earlier and make a run to the Farmers' Market in Harper Court. If members find this useful, we will try to add more excursions.

***POT-LUCK LUNCHEON, Wednesday, July 19 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.

**Volunteer/Driver Training and Update: Tue., July 25, 10a – 1p**  
Volunteer Training: Get Interested. Get Involved. Get Trained.

Village members are interesting and involved members. Many are looking for that extra level of engagement that comes with volunteering. That level begins with training.

Volunteers are the lifeblood of the Village, and trained volunteers are the heart from which that lifeblood gets pumped through. With training, that lifeblood flows throughout all areas of the Village, making it vibrant and full of energy. Become a part of that force.

Our formal volunteer training class for both new and experience volunteers will take place on Tuesday, July 25th from 10:00am to 1:00pm at the University of Chicago Community Accelerator, located at 5225 S. Cottage Grove. We will cover many aspects of volunteering activities for the Village, and cover many opportunities, such as active listening, dealing with falls, and driving.

Since we expect to stay over the noon hour, [lunch will be included](#).

You must register in advance. Please contact the office at [info@chpv.org](mailto:info@chpv.org) or 773-363-1933 to RSVP.

### **Mobile Class - Let's Talk, Thursday, July 20<sup>th</sup>, 2017**



There was a time that phone conversation used to involve the use of our vocal cords. With ever more ways to communicate via mobile phone, talking has become less prominent. Need an example? When was the last time you actually spoke with the younger generation on the phone?

In this-hands on class, we will explore the many ways to communicate, such as video chat (Facetime), email and email setup, texting (sending text, emoji's and images), sharing, and setting up contacts. And of course, we'll make calls. We will also discuss In Case of Emergency (ICE) setup.

The class structure will be 45 minutes presentation, 45 minutes Q/A. The stated topic, or any other, is fair game for the Q/A.

**Date and time: Thursday, 7/20/17 12:00pm – 1:30pm**

**Location: Augustana Lutheran, 5500 S. Woodlawn.**

**Note: While we will cover Apple's iPhone, many topics are also applicable to Android.**

**Cost: Full members, free; members, \$10; scholarships available.**

## **SAVE THE DATES!!!**

**Mon. Sep. 25: Webinar with Atul Gawande**

**Sun. Oct. 1, 2017: Gala: Community Arts for the Ages!**

**Thu. Oct. 26: Anniversary Celebration**

### **Upcoming Drop-In Fairs:**

**September 13, "Volunteer Fair."** This was well received when we first held one a year ago so we thought we'd make it an annual event. If you work with an organization that uses volunteers or know of a good group that needs volunteers, give us your suggestion and some contact information. Space is limited.

**October 23, "Health Resource Fair."** This will focus on resources in our area. Let us know if you have suggestions of people or places to invite. Space is limited.

**December 13, "Craft Fair."** Again an activity that was popular when we introduced it a year ago so it could become a tradition. It's an opportunity to buy special gifts from local craftspeople. Let us know if you or someone you know would like to participate. Space is limited.

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## **NETWORK EVENTS**

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

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

### **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.

## **Artful Aging Summer Saturdays at the HPAC JULY 22**

### **Encore films from the Latino Film Festival sponsored by the Latino Cultural Center:**

#### **Noon – 2 p.m.**

##### ***Elsa and Fred / Elsa y Fred***

Spain / Argentina / 2005 / 106 min.

Directed by Marcos Carnevale

Genre: Romantic Comedy

**Spanish with English subtitles**

Fred is 78 years old and a recent widower. Elsa says she is younger, but then again, Elsa says many things. However, she is bound and determined to change Fred. Elsa...does not reveal much. She will make him laugh though, something he has not done for many years. They will fall in love, scandalizing their children and perhaps even their grandchildren.

#### **2:30 – 4:30 p.m.**

##### ***The Student / El Estudiante***

Mexico / 2008 / 98 min.

Director: Roberto Girault

Genre: Comedy

**Spanish with English subtitles**

This comedy captures the adventure of Chano (Jorge Lavat), a retired 70-year-old man who decides, after mixed recommendations from his family, to enroll at the historic University of Guanajuato. His presence, initially quite surprising, has an impact on his classmates and eventually breaches the generational gap. Chano gives his college

classmates advice; at times even by force and in the process learns a few lessons along the way.

**Date and Time: Saturday, July 22, Noon to 4:30 p.m.**

**Cost: No charge**

**Location: Hyde Park Art Center, 5020 S. Cornell Ave.**

### **Cook County Forest Preserve Field Trip, Wednesday August 23**

#### **Wellness in the Woods**

##### **The Little Red Schoolhouse, Cook County Forest Preserve**

We were treated to a fantastic introduction to the Cook County Forest Preserves by Nina Baki at our June Drop In. We are looking forward to participating in the numerous programs at locations throughout the Chicago and Cook County region. We will plan one outing per season to experience all that nature has to offer in the Midwest. Our first outing will take place during our August 23 Drop In and will find us at the Little Red Schoolhouse located in Willow Springs, IL for a program at the Nature Center that will be customized just for the Village! You can sign up by contacting the office at

[info@chpv.org](mailto:info@chpv.org) or by calling 773-363-1933. Transportation and Box lunches provided. Join us!



**Date and Time: Wednesday, August 23, TBA**

**Location: Meet at Augustana Lutheran Church Parking Lot**

**Cost: Members \$10, Nonmembers \$15.**

**Note: Scholarships available**



## GETTING TO KNOW YOU: Ava Salonis



I grew up in a “village” that wrapped its arms around the families that lived there, supported and nurtured us. The matriarchs of my village were my Mother and Grandmother. I am the middle child of five sisters, so there always seemed to be a party happening in our home (usually it was just us!). Our lives were not about what we had or mostly didn’t have, but focused more on living, learning and expanding our horizons. Music (of all types), reading and cooking were my favorite hobbies. Our favorite hangouts were in my Mothers’ and Grandmothers’ kitchens. Most importantly, my family provided a warm and loving environment for us to grow, explore and develop.



Ava's Mom and Grandmother (insert)

I lived on the Southside of Chicago, and I am a product of Chicago Public Schools. I completed my undergraduate work at Augustana College in Rock Island, IL majoring in Education (k – 9<sup>th</sup> grades) and English. Rock Island provided a reality check and exposure to a world that I had not experienced in my protected corner of the world; some were not open to the diversity that was occurring on the campus. The student body consisted of 2,200 students with approximately 165 African American students (150 of which were freshman in my class!). My graduate degree in Community Health was completed at the University of Illinois in Champaign.

My first real, “grown-up” job was at Rush University Medical Center, at the time known as Rush Presbyterian St. Luke’s Hospital. I spent 8 years developing relationships and programs both internally and community based; including health education,

community affairs, and employee affairs. The next 18 years were spent developing, managing and growing programs and services for families at Mount Sinai Hospital. Our efforts expanded a small department with 2 programs to an entity of the Sinai Health System with 20 plus programs and services.

My college roommate introduced my husband and me our freshman year at Augustana College, we will be celebrating 39 years of marriage this year. We have 2 daughters that we both love and “still like!” and a beautiful granddaughter that amazes me every day. My newest hobby is remodeling a house that we built 35 years ago. I believe that I was a carpenter in a previous life and I love power tools!

Working at the Village has encouraged my sense of growing older and strengthened my belief that a positive attitude and sense of humor are the best tools that we can possess and share with others. Life is not about a physical age, but what you do with it!

## REVIEWS OF RECENT CHPV EVENTS

### **Artful Aging: Summer Saturdays at the HPAC JUNE 24**

Teaching Artist Candice Latimer using Corinna Button's artwork from the show "Interfaces" as inspiration, taught us to create our own collages focusing on faces and figures using texture to create expression. This activity is provided by the HPAC (including all materials and instruction!).

### **OWL Hyde Park: Local Politicians Update, June 10**

Chicago Hyde Park OWL and the Village co-sponsored a panel discussion with some of our local politicians on June 10; the meeting was well-covered by reporter Joseph Phillips in the Hyde Park Herald of June 14. *Cook County Board President Toni Preckwinkle* explained that in Cook County residents who worked jobs, made minimum wage or less, and had no insurance became eligible for federally supported health care coverage through the Medicaid expansion program. In Cook County alone, 480,000 people received health care because of the Affordable care Act; this was transformative – and may be threatened with the new proposals. In addition, she mentioned new federal proposals that threaten HOME, revenue sharing, and low-income tax credits, all of which could have dire effects locally. Preckwinkle also noted that in terms of public safety, the focus is on reducing the number of youth in juvenile jails, since 93% are in jail only because they have not yet come to trial. Also, they are focusing on expunging the record of juveniles who have non-violent offences, so it will not impair their chances of college and employment in the future.

*State Rep. Barbara Flynn Currie (D-25) and State Rep. Christian Mitchell (D-26)* both addressed the state budget crisis and the dangers of cuts to education and social programs. Upon prompting by audience member Stephen Stern, Currie also noted one small measure of success: bi-partisan support for reforming the prisons system, including reducing or eliminating bail for non-violent offenders awaiting trial, and changes in the juvenile justice system (also noted by Preckwinkle).

*Alderman Leslie Hairston (5th)* spoke of the impact the proposed Obama Center would have on the south side, emphasizing that it will be "good for the city and a catalyst for surrounding

communities.” *Alderman Sophia King (4<sup>th</sup>)* gave updates on the revitalization of the new Michael Reese site project and the development of Phase II of Harper Court. Her focus has been on making sure the contractors “represent their community and the demographics of the city of Chicago.” [mhh]

### **Dealing With Loss Group**

Six members met with leaders *Kitty Mann and Mackenzie Buss* for six sessions to discuss issues associated with the death of a significant person. Responses were, predictably, varied – relief, emptiness, depression, and recognizing the need to re-group. Reflecting the literature on loss, some reported developing new competencies and a new sense of future possibilities. The group decided to meet again in 4-6 weeks for an update. [mhh]

## A Matter of Balance Group: Managing Concerns About Falls



The curriculum for these sessions was developed by the Boston University Health and Disability Research Center, and provided to CHPV through the Rush Hospital Generations Program. We met for eight sessions on Tuesdays and Fridays, 10-12, to review attitudes about exercise and falling, and exercises to strengthen parts of the body most involved in maintaining balance. Demonstrations on how to fall and how to get up, and how to request or provide help, were most useful. A condensed version of this will be offered again. [mhh]

## Celebrating Mackenzie!



On June 8 about 25 members gathered at the home of Kitty Mann for a pot luck luncheon to honor our intern from the Social Service Administration, *Mackenzie Buss*. Many expressed their appreciation to her for her contributions to the Village, and to them personally. When asked what she had learned during her time with us, she reflected that she had not fully realized the depth and

breadth of talent available in the membership group. She has begun to redefine her role as a facilitator, rather than a director of activities. She also promised to be around next year! [mhh]

### **Aging Chicago Style:**

On Saturday morning, June 24, a carload of us headed to the conference sponsored by Forward Chicago, another support “Aging in Community” organization based in the 47<sup>th</sup> ward. The main theme was housing but sessions covered everything from downsizing and de-cluttering to transitions, sharing, finances, community and services. Although some sessions cover things we know well (i.e. we must get rid of stuff!), the presenters provided useful information and tips and it is always helpful to share with others going through the same struggles.

### **NEWS YOU CAN USE: Building A Team of Allies**

Seniors without family nearby – which includes many of our members – can benefit from help of friends and professionals. As reviewed in a recent Chicago Tribune account (June 21, 2017), seniors who had no family, or no family nearby or no family who were suitable for discussing and providing help in the advanced years discussed how they have dealt with planning for their future. One strategy is to identify tiers of “allies” who can be called on. The first tier includes a few close friends who have legal powers of attorney, and who are willing to have the difficult long discussions about what you want at the end of life. The second tier is a wider group of friends whom you can call on for a variety of help when needed, with whom you maintain a close friendship even when you don’t need help. In the third tier, you need your primary care doctor, lawyer, and financial advisor, who are all informed about your wishes. In the fourth tier are helpers you pay for services. Full members of CHPV have a special resource in being able to augment the second tier with volunteers who are ready to provide rides, medical advocacy, and other kinds of assistance. WHO IS ON YOUR TEAM OF ALLIES?



## **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 \_\_\_\_\_