



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

Welcome to January 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. 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 forms 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.*

Wednesday, January 11 Drop-In: *“What Shall I Do with the Rest of My Life?”* In December we learned about singing with the Encore Chorale. This time we will learn about drama, improv, art and dance possibilities from local experts such as John Stoops from the Revival Theater and Gregory Smith from the Hyde Park Art Center.

Wednesday, January 25 Drop-In: *Balance and Fall Prevention:* advice and discussion with Monica Long, RN.

Looking ahead: Sessions on Financial Planning, Vision Care, Healthy Aging Research, Safety for Seniors. In March we will welcome Judge Patricia Banks, Presiding Judge of the Cook County Elder Justice Center. *Let us know if you have a topic or program you would like.*

Interest/Affinity Groups

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).

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 in formation. If interested, contact Allison Hartman, Susan Alitto or the office. We will send details as we have them.

PROGRAM COMMITTEE

The Board has set up a Program Committee to coordinate and screen Village programs. Susan Alitto is the current chair. If you have an idea for a program, write up a description and send to Susan or the office. Please include as much detail as possible about who could work on it and be in charge, when and where the event could occur, any budget/expenses involved and ideas on how the expenses can be covered. The program committee meets regularly the 3rd Monday of each month at 3 pm at Augustana. *Please join the committee whenever you wish and bring your ideas!*

RECENT EVENT: HOLIDAY FEST

Around 80 people gathered for the last Drop In of 2016 on Wednesday, December 14, to celebrate the holidays with a special music program provided by the *Encore Chorale* group led by Jonathan Miller. Most singers were from the Hyde Park group but some also came from the groups in Evanston and the North side. Several local sellers of crafts brought their wares for display and purchase: Cindy Pardo with Fair Trade woven baskets, Carol Cross with folk art from Mexico, Robin Mitchell's hand crafted jewelry, hand made soaps, gift baskets and cups by Candace from One Stop Postal at 1448 E. 52nd St. and handmade knit goods by Debra Dancy. This was a chance to pick up some special one of a kind gifts for friends, family or self!

Special gift to CHPV from our student advocate, Andrew Holzman. Those of you who have been with CHPV from our earliest days will remember Andrew who helped us start the Drop Ins, the Thanksgiving Pot Luck and even a fundraiser. He is now studying law in England but still arranged for a baker friend to deliver a very special cake for our Holiday Drop In. "Best cake I've ever had!" was a comment I heard over and over. If you are interested in a very special cake, contact: Hadley Hauser (hadley.m.hauser@gmail.com). She also has a website at hadleygolucky.com. She is apparently just getting started so is traveling between New York and Chicago but eager to make and deliver her special cakes to help make special occasions special.

SPECIAL CHPV EVENTS AHEAD

Planning Ahead for Long Term Care part III, Financing, Wed., January 11, 5:30 p.m. at 5525 S. Cottage Grove Avenue

Part II of this series addressed Lifestyle Options. As Deborah Hart, the CEO of Montgomery Place, pointed out “There is no best answer.” The choices we make, at different points along our life course, revolve around complex considerations of multiple factors. When planning for long term care, some of the common options include:

- **Staying at home:** Planning and coordinating care is all done by the individual and/or family. Help can be hired for approximately \$20/hr. for basic assistance; costs are higher for skilled or medical care.
- **Multi-generational Living:** Another version of staying-at-home, but with intentional sharing of space and life with family. The basic challenge is that other family members have their own lives and responsibilities, and if the needs for assistance are substantial the strain may be significant.
- **Senior Apartments:** These are residences designed for seniors and usually include some services (such as meals, activities, security, and transportation). Some are subsidized, and can provide affordable accommodations and some support. Individual assistance is not included, and must be arranged for by the resident. It is very important to carefully check out the physical facility if considering this option, since they vary greatly in quality and are not strictly regulated.
- **Naturally-occurring Retirement Communities (NORC):** This is a term used to describe apartments or neighborhoods where many residents have grown old. Particularly when residents are low-income and qualify for city-funded senior services, service agencies may establish an office and services in the building, or one of the buildings, to serve those clients. This way services can be provided more efficiently than dealing with individual clients. NORCs vary greatly in the services available, but may include homemaker and medical care.
- **Continuing Care Retirement Community (CCRC):** These have become very popular over the past several decades. Many facilities offer a choice of rental or buy-in options. Services are provided on-site, and usually include meals, activities, security, and transportation, with options for purchasing

additional personal care assistance as needed. Montgomery Place is the best-known CCRC in this community, and they provide for a continuum from relatively-independent living in one's own apartment, to assisted living, a memory care unit, a rehabilitation facility, and a nursing home. They do not, however, provide hospice care.

How should we decide which option is right for us? Use the tools and worksheets available to assess our housing needs; see <https://www.leggmason.com/aging>. Then think seriously about what we need, now and what we anticipate for the future. What assistance do we need? In what ways can our current housing be modified to enhance our safety? Most important, Ms. Hart suggested that we make a realistic assessment of our self; ask a close friend you see only once or twice a year to say honestly whether we have changed/ declined in the past year. We are often reluctant, or unable to notice or acknowledge the physical and/or mental changes that signify a need for additional assistance. It is crucial not to wait too long to make appropriate plans for change!

NEXT: Paying for Long-term Care, Wednesday, January 11, 2017, 5:30-7:30, with Deborah Hart. What will insurance cover? What does Medicare cover? At the 5225 S. Cottage Grove Avenue. Light refreshments served at 5:30; presentation at 6; discussion at 7. \$5.00 donation requested to cover costs. **Call 773-363-1933 to register and also to request transportation if desired.**

DINNER AT THE WALNUT ROOM! January 18, 4:30-6:00 pm – Lincoln Park Village has invited CHPV members and friends to join them for a special dinner with friends at the world famous Walnut Room, a Chicago tradition since 1907. Located on the 7th floor of Macy's on State Street the Walnut Room is the first restaurant ever opened in a department store. With Circassian wood paneling imported from Russia and Austrian chandeliers, the 17,000 square foot dining room is both elegant and comfortable. Dinner will cost \$30.00 and includes a choice of Mrs. Hering's famous Pot Pie, meatloaf or a veggie pasta, with salad and nonalcoholic beverage (dessert an alcoholic beverages available for extra payment). Unfortunately time is very short! If you would like to participate, you must register and specify food choice with the

office (773-363-1933) by 11 am, Tuesday, January 10 and deliver you payment by January 16.

Pot luck Luncheon Thursday, January 19, 11:30

Another periodic pot luck luncheon will be held on Thursday, January 19, at 11:30 hosted by Margaret Huyck. Margaret suggests bringing a soup of your choice – or salad, bread & cheese or dessert. *A special option this time will be a Focus Group/ discussion with our SSA Intern Mackenzie about what you would like to know about end of life preparations.* Call the CHPV office to RSVP and/or to request a ride. Luncheon will be at 5532 S. South Shore Drive, Apt 18D-E, buzz #25.

Volunteer “Refresher Class”, Tues, January 24, 10-1

All volunteers are invited to a refresher class on January 24 from 10:00 a.m. to 1:00 p.m. We cover the basic issues in the manual and include active listening, dealing with falls, and driving. This is also a time for volunteers to share their experiences over the past year – what you enjoyed (or didn't) and what you would recommend for recruiting and training new volunteers. Lunch included.

Coping With Loss Small Group: This group will be co-led by Kitty Mann, Professor Emerita from the University of Chicago School of Social Services Administration and Mackenzie Buss, our SSA Intern. If you are interested in participating in such a group, please contact the Village office at 773-363-1933. The group will meet for 6-8 weeks at a time convenient for participants.

New Full Member Benefit Trial – Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion once/week on Thursdays. She will do a trial run for 3 (the capacity of her car!) on Thursday, January 12. She will begin picking up those who have registered at 9:30, go to Treasure Island, and return participants to their home by noon. To register contact the office or Susan. If full members like this, she will offer it regularly starting January 26 (she will be out of town the week of January 16-20). Perhaps we can add other trips to other stores if this is something full members would use.

Artful Aging – Saturday, February 11, 1-4, Hyde Park Art Center, 5020 S. Cornell. Come for a time of art making, entertainment and snacks celebrating creative aging! In collaboration with the Hyde

Park Art Center, the Chicago Metropolitan Association – Off the Pews, and the SHARE Network, the time will also include a health fair, and a Brain Health demonstration class (from 2-2:30 and 3-3:30 p.m.). All ages welcome! Free (goodwill donations welcome).

Celebrate 15 Years of the Village Movement, Mon, February 13, 4-5 p.m., location to be announced. To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to participate “virtually” in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. The event will be live-streamed to Villages across the United States. Chicago Hyde Park Village is arranging a site where we can gather together to view the live broadcast and participate virtually with other Villages on Feb. 13, 2017, 4 to 5 pm CST.

Dr. Gawande is a renowned surgeon, public health researcher and writer, who will speak about the value of community and opportunities as we grow older. While Dr. Gawande’s book title alludes to death, the stories in it are actually about life. He describes people’s efforts to maintain autonomy as they age in the face of ingrained habits, cultural expectations and one-size-fits-all corporate offerings. He includes Beacon Hill Village and the Village model as an option for assisting older adults in their efforts, which has often meant providing services and extending community to people who want to remain in their own homes and enjoy the rich stew of activities, attributes, attitudes and ages that engage the community’s older adult population.

Choice and community are concepts honored throughout the Village Movement. These concepts are behind the underlying principles that lead to the founding of Beacon Hill Village and subsequent 200+ Villages that impact the lives of older adults across the country. One of the great issues worldwide today is how to support and care for aging populations. By 2030, twenty percent (20%) of our nation’s population will be over 65, an estimated 83 million people. The Village Concept and Dr. Gawande’s profound understanding of the importance of choice and community offer valuable insights and solutions for this challenging phenomenon.

Not only will Dr. Gawande share these messages with us, but he will also answer questions from Villages around the country. Our Village has an opportunity to submit a question by February 3rd, 2017 to be answered during the live event. If you would like to suggest a question for our Village to submit, please contact Margaret Huyck (mhhuyck@sbcglobal.net).

To RSVP or if you have any questions about the event, please contact us at **773-363-1933**.

The History of the Village Movement:

In 1999, a group of friends gathered to talk about their future in central Boston. They wanted more freedom and control over their lives as they aged. They also wanted to be active, taking care of themselves and each other, rather than being taken care of.

The Village Movement was born by the formation of Beacon Hill Village, which enrolled its first members in February 2002 and was soon deluged with requests for help from other groups wanting to form their own Villages. Our own Chicago Hyde Park Village started organizing in 2011, opened officially in November 2014, and its membership has been increasing steadily.

Today, we are one of more than 200 open Villages and 150 in development in 45 states and the District of Columbia. Villages serve over 40,000 members just like you. In 2010, the Village-to-Village Network was formed to ensure the success of individual Villages and the Village Movement through sharing experiences and advice as well as expert guidance, resources and support.

Upcoming Fundraiser and Special Event – Music for All Generations! Sunday, February 26, 4 pm

CHPV and the First Unitarian Church are collaborating on a very special event on Sunday, February 26, at 4 p.m. at First Unitarian (5650 S. Woodlawn). Nationally-acclaimed father-son “Old-Time roots” duo Ken & Brad Kolodner will celebrate the release of their third recording (The Swift House). Joined by Rachel Eddy, the Baltimore-based dynamic trio weaves together a captivating soundscape on hammered dulcimer, hammered mbira, banjo, gourd banjo and fiddles, pushing the boundaries of the Old-Time tradition into uncharted musical territory. The music is a uniquely American

form of traditional roots music that grew out of the melting pot of Celtic music and African rhythms, which preceded Bluegrass and country music and is still evolving today. *Watch for news and updates about this very special event!*

GETTING TO KNOW YOU...

Mackenzie Buss, SSA Student Intern



I grew up in Medina, Minnesota and was blessed with a childhood filled mostly with swinging on my family's tire swing, eating apples with peanut butter, and burying my nose into books. After a little growing up, I finally left home to attend the University of Notre Dame. I graduated in 2015, knowing I wanted to help those in need, but unsure of what career path was best for me.

After a formative year of serving underinsured seniors in a West Baltimore clinic, I realized that geriatric social work was exactly what I wanted to do. When I was accepted to University of Chicago's School of Social Service Administration (SSA) my journey toward becoming a social worker began. I am looking forward to learning more about the strengths and struggles of the older adult community in Chicago; I hope to become a thoughtful leader and advocate for seniors in Illinois.

I adore spending time with my family, especially my six brothers who fill me with laughter and wonderment more than anyone else in the world. I also love to bake for my friends (soft pretzels and scones are my specialties!) and to curl up in my pajamas with a good book. My most recent literary delight was Anna Karenina, and I am moving on to Tolstoy's War and Peace next! Much as I am fond of the Midwest, nothing irritates me more than the frigid months of January and February. But, never one to be defeated by something as uncontrollable as Winter, I cope with the cold by wearing thick wooly socks and drinking plenty of Lady Grey tea.

In 2017, you will find me at CHPV two days a week for my SSA field internship. I am excited to be working with the Village, where I can both serve and learn from Hyde Park's older adults, in preparation for my future career in geriatric social work. Over the next six months, I will be leading a workshop on end-of-life planning,

helping out with the drop-ins, conducting new member interviews, and much more. I am looking forward to meeting more of the CHPV community, as well as learning and helping out however I can in the new year!

Joanne Michalski, New Board Member



I grew up in Homewood, IL. My first “real” job was as a demonstrator at the Museum of Science and Industry where I gave submarine tours, counted visitors, took pictures in the old car etc. After college I lived in Detroit, returned to Chicago, married my spouse, Mike Weeda, moved to Traverse City, MI. Madison, WI and we returned to Chicago in 2009. We have a son Konrad, working on his doctorate at the U of Chicago in the Committee on Social Thought and Classics. I received an MBA in Accounting from the Univ. Michigan, and worked as an accountant and financial analyst, and most recently as Controller for Musicnotes. I have tutored for Strive, coached Girls on the Run at Shoemsmith and Arieal Academy, and served as Treasurer for First Unitarian of Chicago, Hyde Park Transitional Housing Project, and the Elm Park Pac. My interests include running, reading, opera, and piano; I resumed piano lessons after a 15-year break.

NETWORK EVENTS OF NOTE

Cook County Elder Justice Center Senior Seminars:

- *“Powers of Attorney and Advanced Directives: What, When, and Why?”* Tuesday, January 10, 12-1:30, Richard J. Daley Center, 50 West Washington St, Chicago, Courtroom 2005 on the 20th floor. Topics to be covered include: Power of Attorney for Healthcare, Power of Attorney for Property, Ill. Living Will Declaration, Do Not Resuscitate Order/POLST, Healthcare Surrogate Act. Presenters: Clair McFarland, Esq, Executive Director, Elder Law and Wellness Initiative, NFP; and Stacy J. Berk, Esq., Supervising Attorney, Adult Guardianship Division, Office of the Cook County Public Guardian.
- *“Reverse Mortgages and Predatory Lending Part I.”* Thursday, January 26, 12-1:30 p.m. (see address above)

Reserve a spot at the Elder Justice Center (312-603-9233).

Sing with the Encore Chorale!

CHPV is a co-sponsor of an opportunity in Hyde Park – to sing with the Encore Chorale. The Winter session begins on Wednesday, January 18. See the description of the Encore performance for CHPV in December. Rehearsals are at Montgomery Place, 5550 S. South Shore Drive, Wednesdays 9:30-11. Fees are \$175; some scholarship help is available. To register, call 630-441-5157, or encoreillinois@gmail.com.

SHARE Network: *Protecting Your Vision* with Dr. Zabeneh, Mon. Jan. 23, 11 – 12 a.m., at Mather More Than a Café, 33 E. 83rd St. Please register in advance at 773-488-2801.

OWL: The Voice of Women 40+ will meet next on Saturday, February 4, in the Community Room (lower level), Treasure Island (55th & Lake Park). Social time 1 p.m., program 1:30-3. *Negroland*, by Margo Jefferson, will be discussed. Ms. Jefferson grew up among the Black elite in Chicago.

MEMBERSHIP: Who do you know who needs the Village?

“*How social isolation is killing us*” was a recent headline in the NY Times (12/22/16). Dhruv Khullar, M.D., M.P.P. (a resident physician at Mass. General Hospital and Harvard Medical School) drew on his own experiences and the growing research literature to document how potentially lethal are weakened social ties in later life. Even if social isolation doesn’t kill us, it can lessen the quality of life. As familiar intimates, friends and associates fade away (or disappear), most of us need some new friends and allies. The Village is one way. Most of us know someone who could benefit from belonging to our Village, as an Associate Member to enhance their social network, or as a Full Member to also take advantage of some special services from our Volunteers.

As most of you know by now, **Associate Member Dues were reduced!** The more inclusive we are, the stronger we are . . . and the more fun we have together! The more of us there are, the more we can do for each other! As of December, 2016, the revised fee structure for Associate CHPV members:

- \$120/individual/year if paid in 2, 3 or 4 payments
- \$100/individual/year if paid in full up front

- \$180/household/year

The basic fee has not changed for Full Memberships, which entitles members to many additional benefits: e.g., transportation and other help from our vetted trained volunteers and personalized assistance with securing appropriate advice, care and services. This fee is still \$480/year for an individual; the household membership has been reduced to \$590/year.

Share the Membership page in this Newsletter with a friend! Help them enjoy the New Year even more!!

Condolences: To *Roger and Kathy Huff*, on the death of Roger's father; and to *Ismail Turay and family* on the death of Ismail's brother.

BOARD MEMBERS

Margaret Huyck, President	Marianne Crusius
Susan Alitto, Founding President	John Disterhoft
Rita McCarthy, Vice President	Allison Hartman
Cindy Pardo, Secretary	Joanne Michalski
Ann Audrain, Treasurer	Ismail Turay
Jane Comiskey	Gary Worcester

STAFF

Lauren Alspaugh, Director
 Ava Salonis, SHARE Project Coordinator
 Irene Freelain, Financial Consultant
 Roderick Sawyer, Operations Support
 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	Spinelli State Farm Insurance
Hyde Park Bank	U of C Civic Engagement
Hyde Park Produce	U of C Geriatrics SHARE Network
Mather Lifeways	Gary Worcester
MAC Properties	
Montgomery Place	

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



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 (year optional): _____

ADDITIONAL NAMES AND CONTACT

INFO: _____

ADDRESS _____

Signature _____

OFFICE USE ONLY: DO NOT WRITE BELOW THIS LINE

Copy to Membership _____ Copy to Office _____