



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

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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. Book/jewelry exchange.

Announcements at 11:30, 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 on various topics ranging 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.](#)

### Upcoming Programs:

[October 11—Exercise: Brian Seeley; Program TBA](#)

[October 25—Field trip to Cook County Forest Preserve](#)

[November 8—Exercise: Randi Kant; Program: Travel with fellow Villagers](#)

[December 12—Craft Fair: An opportunity to see and buy specialty items by local artisans!](#)

### **Interest/Affinity Groups**

**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> Street. Next meeting will be October 2 at 10 am. The **Friday Group** meets on October 20, 10 a.m. at Piccolo Mondo.

**Memoir Group: Cancelled on October 11!** At the beginning of most Drop In sessions, Melisha Mitchell, a trained volunteer facilitator arranged through our partnership with SASI, leads a popular writing group to capture personal life reflections – recent, just past, or long ago. After a brief 20-minute writing session, individuals share their written memories with the rest of the group and later with a special chat group on-line. **Let the office know if you would 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 Wednesday at 1:30 p.m.- 2:30 in the Art Room. Montgomery Place is at 56th and Lake Shore. Everyone is welcome. Contact Cindy Pardo ([pardoquilts3@comcast.net](mailto:pardoquilts3@comcast.net) for information.)

**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, October 16.

**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.

## UPCOMING SPECIAL EVENTS

### **New Intern from SSA Will Be with CHPV, Kedong Ding**

*Introduction by Kitty Mann, LCSW*

*CHPV has a new friendly face, which has come half way around the world to be our intern until June 2018. So when you see Kedong Ding please welcome him and have a talk. He wants to learn all about how it feels to grow old in the USA and we have a wonderful opportunity to learn about our fellow seniors in China. Kedong introduces himself as follows:*



Kedong Ding

I am a first-year student at SSA (School of Social Service Administration, University of Chicago), pursuing an MA degree in social work.

I was born and raised in Ningbo, China, a city close to Shanghai. My parents and grandparents still live in the small town of Ningbo. Now I live in Hyde Park and I will be here for at least two years.

I did my B.A. in social work at East China University of Science and Technology in Shanghai. I worked as an intern in a hospice care program in Shanghai for two years, which cultivated my interests in aging and health. I also worked in a hospital's gerontology department in Shanghai and in a senior center in Hong Kong delivering services for elders focused on positive aging.

After graduation I came to the University of Chicago for further training in social work. One reason I came to the University of Chicago is that SSA offers an excellent education and training in social work. I also look forward to getting to know all the CHPV members and learning even more about the experiences of being an older adult in the US.

### **3rd CHPV Anniversary, Thursday, November 16, 5:30-7**

We will celebrate again in the beautiful Hyde Bank Bank Lobby. This is an opportunity to learn more about our Village, to introduce your friends and neighbors to our programs, enjoy delicious snacks provided by local restaurants, and to meet with your neighbors! Free parking behind the bank. Everyone is welcome!

**THANKSGIVING POTLUCK: This has become a tradition!** For the 4<sup>th</sup> year CHPV will partner with Augustana Lutheran Church (5500 S. Woodlawn Avenue) to offer a friendly Neighborhood Potluck Thanksgiving Dinner. All are welcome but do bring a dish to share. Once again, Hyde Park Produce will provide the turkey. Our dinner will start immediately following the ecumenical Neighborhood Thanksgiving Service at Rockefeller Chapel, at approximately 12:30 pm.

## REVIEWS OF CHPV EVENTS

### **FROLIC: Celebrating the Art of Aging!**

**We had a Party Plus!!!** On Sunday, October 1, over 100 of us gathered to celebrate at the Hyde Park Art Center. A few of the inspirational quotations greeting us on our tables:

- *Art is the demonstration that the ordinary is extraordinary (Amedee Ozefant, French painter/ writer)*
- *Art is not what you see but what you make others see (Edgar Degas)*
- *Have no fear of perfection. You'll never reach it. (Salvador Dali)*
- *I am my own experiment. I am my own work of art. (Madonna)*
- *If art doesn't make us better, then what on earth is it for? (Alice Walker)*
- *Paint me as I am. If you leave out the scars and wrinkles, I will not pay you a shilling. (Cromwell, to Sir Peter Lely)*

Each table was spread with such quotations, crayons, streamers, and an implicit invitation to create our own works of expression. We also had the opportunity to step into a special room and learn how to print-screen a tee shirt decorated with the motif "Discover...Admire...Enjoy...ART". Look for these great shirts! (There will be a few shirts for sale [only \$20] at the Anniversary Party on November 16 at the Hyde Park Bank Building.)

We enjoyed great food from La Petite Folie, music and sing-along with Sammi Scott, great Silent Auction choices, and lots of good company. Marianne Crusius decorated all the tables and created the silent auction displays, showing her usual creativity. Cindy Pardo created the invitations and the program book. Kathy Huff made sure that everyone in the community knew about the event!



Pre-viewing of silk screen Process: Left: Cindy Pardo, Rod Sawyer, Artist, Carol Cross and Cal Audrain learn about pushing ink through the screen; Right – successful results, admired by Rita McCarthy!



Mackenzie Buss and Grace Williams study the options

### Our **silent auction donors**

included: Susan Alitto & Guy Alitto, Erielle Bakkum, Bergstein Deli, Chicago a Capella, Chicago Opera Theater, Chaturanga Fitness Studio, Carol Cross, Marianne Crusius, Louise Despres, Irene Freelain, Freehling Pot and Pan, Steve Fox, Rosalie Fruchter, Roger Fong, Sam

Guard, Hair Design International, Barbara Hall, Teffecx Company, Hyde Park Produce, Hyatt Place South, Ute Jansen, Louise Kaegi, Randi Kant, Ruth Knack, Nitsanna Lazerus, Nancy Levner, Christine Maringer, Rita McCarthy, Shellie McDowell for McDowell Fitness, Joanne Michalski, Nando Peri Peri, Joy Nieda, The Oriental Institute, Richard and Cindy Pardo, Mary Rogel, Lorie Rosenblum, George Rumsey, Melissa Shakman, Brian Seeley, Sit Down Café, Chuck Thurow, William Tyre and the Glessner House Museum, Carolyn Ulrich, Mike Weeda, Barbara Willard, Gary Worcester, and Mary Young.

### **We thank all our donors and those who made this event happen!**

We are especially grateful to the Hyde Park Art Center for the use of their wonderful facility for our Fall Frolic. Gregory Smith, the Outreach Program Manager, showed great patience, knowledge, creativity and energy. We look forward to our new partnership, beginning with the Artful Aging program.

The organizing committee included Rita McCarthy & Cindy Pardo, co-chairs; Susan Alitto, Carol Cross, Marianne Crusius, Rosalie Fruchter, Kathy Huff, Margaret Huyck, Ruth Knack, Joanne Michalski, and Ismail Turay. Special thanks go to Ava Salonis on our staff for her patience, hard work and great ideas; and to our wonderful consultant, Rod Sawyer, for all his assistance.

**FROLIC: More Pictures!**

See more pictures on our Facebook Page – Chicago Hyde Park Village!



## **Webinar with Atul Gawande, September 25**

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston 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 was live-streamed to Villages across the United States. Chicago Hyde Park Village met at the UC Accelerator on Monday afternoon, September 25.

***“The three plagues of old age are boredom, loneliness, and helplessness..... the Village movement can help with these.” Atul Gawande, M.D.***

Dr. Gawande is a renowned surgeon, public health researcher and writer. The theme that emerged from his presentation is that we must seriously think about *what should we do when survival is not enough?* He pointed out that one of the conflicts between elders and others is that “we want autonomy for ourselves, but safety for others.” The reality is that “home” involves making choices – and taking risks. He advised working for “negotiated risk agreements” to alleviate the concerns of liability for allowing risks. One of his examples was the nursing home manager who decided to make the facility more like home: he brought in pets for each resident, and gave them as many choices in living as possible. Even though he was criticized for taking the risk that some residents might be harmed with the pets or by making “bad” choices, he argued that the quality of life depended upon having more autonomy.

The doctor and all health care professionals should be listening carefully to patients, and asking, “What are your goals? What will make this a good quality of life? What are you willing to sacrifice – or not??”

He spoke 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 options for assisting older adults in their efforts to maintain a desired quality of life. This 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.

Following the webcast, we had a lively discussion about what we each have on our list of what will constitute quality of life as we grow older. We also agreed we would like more discussion! We will devote a Drop-In program to the topic as soon as we can fit it into the schedule.

### **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.

### **Member Charles Staples Honored by Landmarks Illinois**



***L-R: Betty Black, Margaret Huyck, Sam Guard, Ruth Knack, Chuck & Joan Staples***

Member Charles Staples was among those honored by Landmarks Illinois at their Annual celebration. Chuck received a leadership award for his long, sustained work in protecting what was the Chicago Public Library from demolition. With his work, and that of many others, the beloved building decorated with mosaics by Tiffany became the Chicago Cultural Center, home of many special projects including the Chicago Children's Choir, which began in Hyde Park (at the First Unitarian Church). Chuck has been a docent and volunteer for many years, and credited his wife Joan for her diligent work in writing his hundreds of letters to politicians and editors over 8 years of campaigning to save the library. Chuck received two standing ovations at the celebration on September 16; some of those who celebrated with him are pictured above.

## NETWORK EVENTS

**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.. 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: Saturday, October 7, 1pm - 3pm**

***What Is “Resilience” In Later Life? How Can We Be “Successful Seniors” ?*** Leader: Margaret Huyck, Ph.D., Professor Emerita of Psychology, Illinois Institute of Technology; President, Chicago Hyde Park Village

*Co-sponsored by the Chicago Hyde Park Village and the SHARE (Southside Healthy Aging Experts) Program of UC Medical Center*

Saturday, October 7, 2017, 1:00 PM Social; 1:30-1:45 Business Meeting; 1:45-3 Program

Lower Level of Treasure Island, 1526 East 55<sup>th</sup> Street, Chicago

Who do you know whom you think is “aging successfully”? What distinguishes them from those who evoke your pity? Now that so many of us are surviving to be older, old, and very old, the questions about what measures we should use to determine how well we (or others) are doing becomes important. Is it merely survival? Maintaining the life and appearance we presented in midlife? Re-bounding or re-organizing after inevitable travails and

losses? These are among the issues that we will consider at our October meeting. Our Presenter, Margaret Huyck, will be summarizing some of the research on what has been termed “successful aging” or “resilience”, and will lead a discussion on how this research resonates with our own experiences.

OWL was founded in 1980 to do education and advocacy on issues of special concern to midlife and older women. Identifying the individual and social-structural factors that contribute to longevity and well-being in later life have been key issues since the inception. Bring your friends to learn and share their own experiences with these issues!

**Jane Addams Seniors in Action Campaign Leadership School  
October 7-8: 9-5 Saturday, 11-6 Sunday. Only \$25 registration.**

The Jane Addams Seniors in Action is sponsoring a two-day Campaign Leadership School to help senior leaders prepare for the upcoming Governor’s race. The training will cover important topics:

- How to have meaningful conversations with people based on values
- How to recruit people to take action with you
- The nuts and bolts of how to run winning campaigns – the roles you need to have a successful canvass, how to enter data into the voter database, how to calculate how many volunteer shifts you need
- How to use social media to amplify your efforts]

REGISTER now! Seniors can register for a reduced rate of \$25 for the entire 2 days; if you are able to pay more please consider registering at the standard or donation rates. You will be notified about the final times and locations after registering.

**Should You Work for Yourself? Workshop Offered October 23**

**The Village, Chicago**, in partnership with Concordia University Chicago and the Sulzer Public Library is pleased to announce it will co-host a **Work for Yourself@50+** workshop in our community. AARP Foundation’s **Work for Yourself@50+** workshop will help adults age 50+ gain the knowledge, support, and resources they

need to make informed decisions and take the right first steps toward successful self-employment. The two-hour free workshop will walk participants through the **Work for Yourself@50+** materials and connect them with local resources to help them reach their goals.

**The workshop will be offered on Monday, October 23, 2017 at 6:00 p.m. The workshop will be held at the Sulzer Public Library, [4455 N. Lincoln Avenue, Chicago, IL 60625](#).**

The decision to start a business can be both exciting and daunting. **Work for Yourself@50+** breaks the choices down for older adults in an approachable way through five steps:

- A careful consideration of the potential and perils of working for yourself
- Exercises to help develop the self-employment idea
- A realistic overview of what it takes to pursue a self-employment opportunity
- Guidance to help avoid pitfalls and scams
- Ways to find trustworthy support and services

To learn more about **Work for Yourself@ 50+**, please visit [aarpfoundation.org/workforyourself](http://aarpfoundation.org/workforyourself). Contact AARP Foundation at **888-339-5617** to register for an upcoming workshop.

## Howard Brown Survey



Howard Brown Health is committed to developing aging focused health and wellness services. We are looking for volunteers to complete a survey on LGBTQ aging as a part of the LGBTQ&A: The Aging Project. As a participant in this survey, you will be asked to share information and opinions regarding health and aging.

To be eligible for the survey, you need to meet the following criteria:

- Age 50 or above, and
- Identify as a member of the LGBTQ community, and
- Reside in Cook County.

The survey is confidential and will take approximately 30 minutes to complete. In appreciation of your time, you will receive a \$10 gift card. Gift cards are available for the first 400 participants.

If you are interested in participating in the survey, please complete the survey at <https://www.surveymonkey.com/r/K58YPZX>.

If you have any questions about the survey, please reach out to survey staff at 773-388-8894 or email at [theagingproject@howardbrown.org](mailto:theagingproject@howardbrown.org).

This survey has been reviewed and approved by the Internal Review Board, Howard Brown Health.

## NEWS YOU CAN USE

### Some thoughts on Scams

By Susan Alitto

It does seem the fraudsters especially target older adults. Are we really more vulnerable? Some things to watch for. . .

1. At this time of year, some are gearing up to take advantage of people as they update their Medicare and Health Insurance options. I get numerous calls offered to help me to take full advantage of my Medicare benefits especially for equipment to help with mobility. First, I am not on Medicare and second, I don't need any equipment to help with mobility (yet anyway)!
2. Usually I pay the full balance on my credit cards, but if ever I let a balance, even a small one, carryover into the next billing cycle, I immediately get several calls a day offering to help me lower my interest rates!
3. And I suppose we have all received desperate calls to Grandma for immediate cash to help in an unexpected crisis. I'm not yet a grandma . . .

I suppose we could do a whole newsletter on the various schemes we have encountered, but of course, what we all want is to avoid those irritating calls. Our friends at Skyline Village Chicago have compiled a useful list of recommendations for dealing with phone scams and have agreed to share it with us. See below:

- If you haven't already, put your phone numbers on the Do Not Call registry. [www.donotcall.gov](http://www.donotcall.gov).
- Report unwanted calls. Reporting provides information to authorities and the complaint itself becomes part of the charges when they get caught.

Calls can be reported on [www.donotcall.gov](http://www.donotcall.gov). Scams or suspected scams can be reported to the FTC by calling [877.382.4357](tel:877.382.4357) or online at [www.FTC.gov/complaints](http://www.FTC.gov/complaints).

- You will be asked the specific time of the call, the company/ organization, What it was about (IRS, medical, lowering credit card debt, vacations & time shares, etc.) and whether it was a robo-call or a live call. Tell them as much as you

know but don't feel like you have to engage the caller to get info.

- Protect yourself! Never provide any personal information whatsoever to an unknown caller. If you have any doubts about a whether a call is who they say they are, definitely check them out. If it sounds dodgy, it probably is.

Resources:

[www.donotcall.gov](http://www.donotcall.gov)

[www.FTC.gov/complaints](http://www.FTC.gov/complaints) or [877.382.4357](tel:877.382.4357)

[www.consumer.ftc.gov/articles/0076-phone-scams](http://www.consumer.ftc.gov/articles/0076-phone-scams)

[http://www.consumerfraudreporting.org/current\\_top\\_10\\_scam\\_list.php](http://www.consumerfraudreporting.org/current_top_10_scam_list.php)

For scams targeting seniors

[www.aarp.org/fraudwatchnetwo](http://www.aarp.org/fraudwatchnetwo)

## **BOARD MEMBERS**

Margaret Huyck, President  
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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**

Bonjour Cafe  
Cedars Restaurant  
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Community Programs Accelerator  
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Hyde Park Bank  
Hyde Park Produce  
Hyde Park Property Management  
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Life Care at Home  
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Residential Brokerage

Mather Lifeways  
MAC Properties  
Mercato grocery delivery  
Montgomery Place  
Nando's Restaurant  
Noodles, Etc. Restaurant  
NowPow  
OWL Hyde Park  
Pizza Capri Restaurant  
Toni Preckwinkle, Cook County Board President  
Rohammad Sims State Farm Insurance  
Spinelli State Farm Insurance  
Toyota on Western  
U of C Civic Engagement  
U of C Geriatrics SHARE Network  
UC Medicine

***THANKS TO ALL WHO RESPONDED TO OUR REQUEST  
FOR SUPPORT THROUGH OUR FALL FROLIC!!!  
THERE IS STILL (ALWAYS!) 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 \_\_\_\_\_