



Welcome to February 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 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.](#)

Wednesday, February 8 Drop-In:

Exercise: Pat Schulman Program: Financial Planning

Wednesday, February 22 Drop-In:

Exercise: Wesley Pulphus Program:

Looking ahead: Sessions on Vision Care, Healthy Aging Research, Safety for Seniors. [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

Regular Meeting: The 3rd Monday of each month at 3 pm at Augustana. Everyone is welcome. Bring your ideas. Contact Susan Alitto (773-485-3643) for more information or if you need a ride. The Program Committee screens, coordinates and helps to implement Village programs. If you have a program idea, please submit a brief written description to Susan or the office. Include as much detail as possible about who could work on it, who would be in charge, when and where the event could occur, any budget/expenses involved and ideas on how the expenses can be covered.

UPCOMING SPECIAL EVENTS

Share your opinions about the Village and be rewarded!

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

Coping With Loss Small Group: This group is for anyone who has lost someone from their life and wants to talk with others in a similar situation about the emotions, experiences and activities related to this loss. The group will be small, 8 people or less, and focus on the topics in which the group members are interested. All discussion will be confidential. It will meet for 6-8 weeks

at a time convenient for participants. The group will be facilitated by Kitty Mann, Clinical Social Worker and CHPV member, and Mackenzie Buss, social work intern at CHPV. If you are interested in participating in such a group or just want to explore the idea, please call or email Kitty Mann (773-469-9084, [kbmann@uchicago.edu](mailto:kbmamm@uchicago.edu))

New Full Member Benefit Trial – Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion once/week on Thursdays for up to 3 full members (the capacity of her car). The next will be to Treasure Island on Thursday, February 2. She will begin picking up those who have registered at 9:30, go to TI, and return participants to their home by noon. To register contact the office or Susan. Susan will alternate going one week to Mariano's and the next week to Treasure Island. If full members find this useful, we will try to add more excursions.

Celebrate 15 Years of the Village Movement, Mon, February 13, 2017, 3:30-5:30 p.m., At Community Programs Accelerator, 5225 S. Cottage Grove, Chicago. \$5.00 suggested donation.

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 supporters will gather together to view the live broadcast and participate virtually with other Villages on Monday, Feb. 13, 2017, 4 to 5 *p.m* CST. Doors open and sign in at 3:30, stay afterward for refreshments and discussion. Space is limited so please register with the office if you plan to attend.

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 \(\[mhhuyck@sbcglobal.net\]\(mailto:mhhuyck@sbcglobal.net\)\).](#)

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.

POT-LUCK LUNCHEON, THURSDAY, FEBRUARY 16, 11:30 AM at Huyck Home, 5532 S. South Shore Drive, #18D, 312-833-0415. Informal gathering to enjoy each other's company! Call the office to RSVP and to request a ride: 773-363-1933.

MUSIC FOR ALL GENERATIONS!! SUNDAY, FEBRUARY 26, 2017, 4 P.M. AT First Unitarian Church, 5650 S. Woodlawn Avenue: A Benefit Concert of Traditional & Original Folk Music with The Ken & Brad Kolodner Trio. Reception following.



Tickets only \$40. Contact the Village office if you need a ride!

“Father and son have reached that musical telepathy that family members can sometimes achieve.” --*The Old Time Herald*

“...outstanding...soulfully beautiful” – *NY Times*

Baltimore's nationally-acclaimed father-son Old-Time roots duo [Ken & Brad Kolodner](#) celebrate the release of their third recording (*The Swift House*) in a concert at First Unitarian in Hyde Park, IL. Joining The Kolodners is the incredibly versatile [Rachel Eddy](#) performing on fiddle, guitar, banjo and vocals (*The Early Mays, Uncle Earl*). 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 territory music. Old-time music is a uniquely American form of traditional roots music that grew out of the melting pot of Celtic music and African rhythms, preceding Bluegrass and country music, yet still evolving today. The Ken and Brad Kolodner duo will perform a mix of old-time and world music.

Ken Kolodner is widely known as one of the finest hammered dulcimer players in the U.S. while his son Brad is one of the best clawhammer banjo players in the U.S. Together, Ken and Brad are major pillars of the Old-Time music community. Regarded as one of the most influential hammered dulcimer players and Old-Time fiddlers in North America, Baltimore's [Ken Kolodner](#) (a founder of the world music trio *Helicon*) has joined forces with his son [Brad Kolodner](#) (also *Charm City Junction*), a rising star in the clawhammer banjo world. Together, they infuse their own brand of driving, innovative, tasteful and unique interpretations of traditional and original fiddle tunes and songs with a "creative curiosity that lets all listeners know that a passion for traditional music yet thrives in every generation" (*DPM*). A West Virginia native, [Rachel Eddy](#) is widely known as one of the true stars in the old-time music world.

"Ken & Brad are both exceptionally talented musicians and they have created a tight, top-notch sound." – *Bluegrass Today*

"The Kolodners and their collaborators play with impeccable chops and with great feeling." -- *Bluegrass Unlimited*

"This father-son duo project is both technically impressive and musically tasteful, a lovely exploration of both tradition and creativity (and of a warm musical relationship)." -- *CD Hotlist*

"Ken is regarded as one of the most accomplished hammered dulcimer players performing today. While not easy to describe, *Otter*

Creek is all instrumental traditional Appalachian music with hammered dulcimer, fiddle and banjo. What makes this recording special is that Ken collaborates with his son Brad who plays the banjo and banjola. It is what folk music is all about in my opinion.”
– Mark Pederson, WI radio DJ

"Ken Kolodner is a world class multi- instrumentalist...*Otter Creek* is a joyous recording featuring two fine musicians who playing excellently. There must be something special to that father-son thing." -- *Sing Out!*

"Widely regarded as one of the most accomplished hammered dulcimer players in the US, Ken Kolodner shines more than ever on *Skipping Rocks*. His gentle groove is the calm water over which Brad's percussive banjo skips." -- *The Revivalist*

Invite all your friends and neighbors! Join us February 26!

Review of RECENT EVENTS:

Planning Ahead for Long Term Care part III, Financing

Part III of the series addressed **Paying for Long-term Care**, with Deborah Hart, the CEO of Montgomery Place (a Continuing Care Retirement Community). Previous sessions described some of the options available, but for many individuals the crucial question is “what can I afford.”

To put this into perspective, Hart quoted Warren Buffet: “*Price is what you pay. Value is what you get.*”

Workshop participants received a worksheet to help calculate the cost per square foot of a current residence. In addition, two sites were recommended to think about costs of alternatives:

<http://www.aplaceformom.com/senior-care-resources/cost-of-care>, and <https://www.seniorlivingresidences.com/family-guide/financial-options/expense-calculator>.

While Medicare is the primary health insurance agent for older adults, it is designed only to restore individuals to a prior state of healthier functioning after some medical “incident.” It will not pay

for long term care. Medicaid applies only to the “medically indigent” and will cover both skilled nursing care and long term care – but only after assets have been depleted. A spouse still dwelling in the community is allowed to retain certain property and assets, and a portion of income, but the remainder must go toward the care of a spouse receiving Medicaid nursing home care. There is a “lookback” period of 5 years, to ensure that one has not given away assets in the past five years that could have been used to pay for care. There is little choice about what is available, since skilled nursing must be provided in a Medicaid bed. Long term care insurance was quite popular, but is not now. Hart advised people who had such policies to keep paying the premiums, even though the costs are increasing rapidly.

Among the resources to help individuals trying to plan ahead are financial planners, senior moving coordinators, moving companies that specialize with seniors, CCRC’s that refer you to reputable companies, and friends that have navigated the waters before you. As Hart pointed out, “with savvy financial planning – and maybe a little help from Social Security or VA benefits – senior living can sometimes come out to the same cost as living at home. If you factor in home health care, senior living communities might cost less than staying at home.”

Volunteer “Refresher Class”

All volunteers were invited to a refresher class on January 24. We covered the basic issues in the manual and included active listening, dealing with falls (great video on how to get up – or how to talk someone through the process), and driving. If you missed this, contact the office to obtain a copy of the revised Volunteer Manual.

Celebrating the Chinese New Year

CHPV joined with SHARE partner Mather More Than a Café on 83rd Street to welcome the Chinese New Year, the Year of the Rooster. The event included a lunch of Chinese specialties and afternoon program. Our neighborhood Chinese ladies, the ones who have visited our Drop Ins a couple times to demonstrate their morning exercise and dance routine, also put on a demonstration for the Mather event. Guy Alitto gave an introduction to Chinese New Year traditions and customs.

NETWORK EVENTS

Research Opportunity: UC Brain Activity Study If you are right-handed and age 40-90, you might qualify for a new study of Individual Differences on MRI Brain Activity conducted within the Division of Social Sciences at the University of Chicago. Participants can be compensated up to \$150 for completing both phases of the study. To see if you qualify, go to <http://goo.gl/pSNMF> or call 773-703-4376 for a phone interview. *Cindy Pardo* has completed the protocol, if you have questions.

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 promises to be a fun, social and fitness event.

Get ready to "Go all out on the Dance Floor" as instructor Steppin' Rick Ball "steps" you into a healthier routine. Classes began Wednesday, January 25th, 2017, at Augustana Lutheran Church of Hyde Park, 5500 South Woodlawn, from 6pm to 8pm. It is not necessary to have come to the first class. People can join the class at any time, participate in all of them or just occasionally when 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 February 4, 1-3 pm: *Negroland*

A memoir by local author Margo Jefferson will be discussed at the OWL Hyde Park meeting on Saturday, February 4. The discussion will be led by *Jean Hester, Madeira Myrieckes, Elaine Saenz and Dolores Cross*. Social time begins at 1 p.m.; program at 1:30 – 3. Bring goodies to the Community Room, on the lower level of Treasure Island Grocery Store at 55th

Folk Music, February 26, 7 p.m., Hyde Park Union Church, 5600 S. Woodlawn Ave. Greta Pope and Laura Kimmel sing from "The American Songbook". This event will raise funds for our local Le Cantanti di Chicago choral group's trip to Washington, DC, to perform at the Kennedy Center in June. Watch for more details.

Artful Aging (at any age)

Join us for an afternoon of art making, entertainment and snacks, celebrating creative aging.



The day will include:
Art Making Workshops
Entertainment
A Health Fair
Brain Health Class - based on the latest research, this program uses a unique, whole-person approach that engages older adults.

Saturday, February 11, 2017
1 p.m. - 4 p.m.
At Hyde Park Art Center
5020 S. Cornell

Free and Open to the Public

This program is in partnership with:

Chicago Hyde Park Village

Support for Aging in Community

Chicago Metropolitan Association - Off the Pews

Intergenerational Community Building

Hyde Park Art Center

A Contemporary Art Center Providing Exhibitions and Classes in Visual Art

SHARE Network

Southside Healthy Aging Resource Experts



SOUTH SIDE
HEALTHY AGING
RESOURCE EXPERTS



Hyde Park
**ART
CEN
TER**

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STAFF

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
Hyde Park Bank
Hyde Park Produce
Mather Lifeways
MAC Properties
Montgomery Place
Noodles, Etc.
Pizza Capri
Spinelli State Farm Insurance
U of C Civic Engagement
U of C Geriatrics SHARE Network

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



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

CHPV Membership and Interest Form

Date: _____

Membership Category: _____ **Payment** (make checks payable to CHPV)

- Associate: Individual \$100 one payment
- \$120 (if 2, 3 or 4 payments)
- Household \$180
- Full Service: Individual \$480
- Household \$590

I wish to make a donation in the amount of \$ _____
(CHPV is 501(c)3 nonprofit; donations are deductible as provided by law)

Total enclosed: \$ _____

Other Interests:

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

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

- | | | |
|------------|--------------|--------------------|
| Programs | Partnerships | Membership |
| Volunteers | Development | Fundraising Events |

NAME 1: _____

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

Please circle preferred method for contacting you.

PHONE: _____ Email: _____

Date of Birth (year optional) _____

NAME 2: _____

PHONE: _____ email: _____

Date of Birth (year optional): _____

ADDITIONAL NAMES AND CONTACT

INFO: _____

ADDRESS _____

Signature _____

OFFICE USE ONLY: DO NOT WRITE BELOW THIS LINE

Copy to Membership _____ Copy to Office _____

