



## ***Welcome to April 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. Blood pressure check by Montgomery Place representative. Writing Group. 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, April 12 Drop-In:**

Exercise: Sarah Oakes

Program: Advance Care Planning, Mackenzie Buss: Are you...

Wondering how to plan for the end-of-life care that you want?

Wanting to learn how to legally document your healthcare wishes?

Interested in learning how to encourage other adults of all ages to advance care plan? Come and find out on April 12!

### **Wednesday, April 26 Drop-In:**

Exercise: Pat Schulman

Program: Healthy Aging

**Looking ahead:** Sessions on Hearing and Vision Care, Healthy Aging Research, Older Adult Sexuality, a return of our Flea Market and Volunteer Fair, Safety for Seniors. [Let us know if you have a topic or program you would like.](#)

### **Interest/Affinity Groups**

**Memoir Group:** At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator to capture personal life reflections – recent, just past, or long ago. Brief 20 minute writing sessions, followed by sharing with the

group. You can also share on-line in a special chat group. Would people like more of this activity and at different times?

**Knitting and Crocheting:** Learn a new skill – or practice what you already enjoy, with like-minded neighbors! Cindy Pardo, a skilled artist (and the Secretary of the CHPV Board) will be at Montgomery Place every Thursday at 1:30 p.m. Montgomery Place is at 56th and Lake Shore.

**Discussing Books About Hyde Park:** In collaboration with the Hyde Park Historical Society, this group gathers to discuss books centered around a theme especially relevant to Hyde Park and Hyde Parkers. The Group meets at 7:30 on the third Monday each month in the Community Room of Treasure Island (downstairs). The next meeting is on Monday, April 17, which will focus on mystery writer Sara Paretsky's V. I. Warshawski series. A link to her bibliography is at either of the sites below:

[http://www.stopyourekillingme.com/P\\_Authors/Paretsky\\_Sara.html](http://www.stopyourekillingme.com/P_Authors/Paretsky_Sara.html)

<http://www.saraparetsky.com/>

As always, the Seminary Coop and 57th Street Books are good sources -

[https://www.semcoop.com/search/apachesolr\\_search/paretsky](https://www.semcoop.com/search/apachesolr_search/paretsky)

For the bargain hunter, Powell's also has some of Sara's books -

<https://www.abebooks.com/servlet/SearchResults?an=Paretsky&bi=0&bx=off&ds=30&recentlyadded=all&sortby=17&sts=t&vci=62903>

**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.

***POT-LUCK LUNCHEON, Wednesday, April 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.

**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 still in formation, but several have expressed interest. If you are interested, contact Allison Hartman, Susan Alitto or the office and let us know if you have time or location preferences. We will send details as we have them.

### **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 a program idea, please submit a brief written description to Susan or the office.

## **SPECIAL CHPV EVENTS AHEAD**

**CHPV Hosts Hyde Park Chamber of Commerce: April 6.** CHPV has been a member of the Chamber almost from our beginning and benefits from many Chamber programs as well as meeting and working with other Chamber members, especially at the regular First Thursday Networking events. Now it is our turn. We will host the First Thursday on April 6 at the U of C Community Program Accelerator, 5:30 to 7:30. All are welcome, especially volunteers who are willing to help us prepare and host and tell guests about our Village!

**Community Programs Accelerator Education Programs:** These are workshops designed to provide skills needed for any non-profit organization. Because of our Associate Status, these workshops are open to our staff, members, and volunteers. Sign up at [uchiaccelerator.eventbrite.com](http://uchiaccelerator.eventbrite.com).

*April 1: Organizational Strategic Planning*

*April 14: Web Communications for Nonprofits*

*April 28: Social Media Basics for Nonprofits*

*May 5: Preparing Your Organization for Strategic Planning*

*May 13: Best Practices for New Non-Profits*

*May 19: Website Resources for Nonprofits*

## **CHPV Annual Meeting: Tuesday, April 11, 5:30-7:30**

All Members and Friends are invited to our Annual Meeting of the Chicago Hyde Park Village, on Tuesday, April 11, from 5:30- 7:30, at Augustana Lutheran Church, in Gorder Hall. We have now been officially open since November 22, 2014. Since most of our news is now reported in the monthly Newsletter, this meeting will be an opportunity to share very brief summary reports, go over our budget and financial operations, answer questions about our operations, and solicit further support and contributions from our members and friends.

### Agenda

5:30 Social Gathering in meeting hall: information, membership and volunteer forms available

6:00 Program: Summaries of CHPV Activities

7:00 Questions/Comments

7:30 Adjourn

Reports will be available as E-files. If you wish to receive these reports before the meeting, please request from the office: [773-363-1933](tel:773-363-1933) or [info@chpv.org](mailto:info@chpv.org).



## **Boost Your Brain and Memory Sessions April 10-MAY 1**

This a brain health program that engages older adults with practices that can help them live a healthier lifestyle as well as:

- Remember things better
- Be more organized
- Pay closer attention
- Regulate their emotions

The program demonstrates what older adults can do now to reduce their risk of Alzheimer's Disease and other dementias.

The program was developed by Mather Lifeways Institute on Aging. It is based on the latest research and uses a unique whole-person approach. It was first offered two years ago and was enthusiastically reviewed by the participants.

This 4-week session will begin on April 10, 10 am until noon, and continue through May 1 at the Hyde Park Art Center, 5020 S. Cornell Avenue. The leaders will be Jerry Gripshover and Ava Salonis. [A small fee of \\$10 for members and \\$20 for nonmembers will help cover costs.](#) For more information and to register, [call CHPV at 773-363-1933](#), or email at [info@chpv.org](mailto:info@chpv.org). [Space is limited.](#)

**Coping With Loss Small Group:** *A few people have expressed interest in this group. We would like to start the group in late April. Please call or email immediately if you think you might be interested in joining.*

This group is for anyone who has lost someone from their life and wants to talk 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 weekly 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:kbmann@uchicago.edu) This group is open to friends and relatives of members (for a small fee), as well as members. Please share this information with people you know who might be interested.

**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 members (the capacity of her car). All are welcome but full members will have priority. The next will be on Thursday, March 30, to Marianos. She will begin picking up those who have registered at 10:00 am and return participants to their home when done. To register, contact the office or Susan. If members find this useful, we will try to add more excursions.

**The SHARE Network.** CHPV has been a part of this important network since its inception in July 2015 with a federal grant

awarded to The University of Chicago Medicine's Section on Geriatrics. The Network is "older adults, caregivers, providers, and aging specialists working together to improve health on Chicago's South Side." As Network partners, we share information, programs and resources, including many of our Drop In programs on Healthy Aging. Other Network partners also welcome us at their programs such as the program with Dr. Malec, on "Living with Cancer" discussed below. Upcoming programs of possible interest include:

April 25, 10-11 am: Mather More Than a Café, 33 East 83<sup>rd</sup> St.  
Dr. Doriane Miller, "African American Health and Aging."

April 25, 1:30-2:30 pm: TRC Senior Village, 346 E. 53<sup>rd</sup> St.  
Dr. Kate Thompson, "How To Get the Most from Your Primary Care Provider."

Of special interest will be the SHARE Community Grand Rounds on April 22, 10 am to 2 pm, at Villa Guadalupe, 3201 E. 91<sup>st</sup> St., on "Memory Lose, Caregiving, and the Arts," with the following panel of specialists:

- Dr. Shellie Williams (Medical perspective on dementia)
- Joe Monahan (Elder care attorney)
- Fabiana Glazer (Dementia and the Arts)
- Pat MacClarence (Community-based service and support)

CHPV will help arrange transportation for members who need it to any of these events. Please call the office at (773)363-1933 or email us at [info@chpv.org](mailto:info@chpv.org) to schedule for transportation.

## REVIEWS OF RECENT CHPV EVENTS

### SHARE Healthy Aging Programs:



♥**Stroke Prevention:** *Cedric McKoy, MSN, APN, Neurosciences ICU, University of Chicago.* Mr. McKoy presented a spirited description of types of stroke, risk factors, and strategies for preventing and responding to stroke symptoms on March 22. Strokes are common, and the risks doubles each successive decade after 55 years. They are disabling; while some (who are diagnosed and treated within 3 hours) recover, many (probably most) survive with functional impairment. Some risk factors

are not modifiable: gender (more women), ethnicity (more African Americans), age (older), previous stroke, and heredity. Others are modifiable: diabetes, obesity, smoking/excessive alcohol, hypertension and hyperlipidemia. McKoy recommended that seniors not satisfied with their current health care investigate the Oak Street Health Clinics, which provide comprehensive health care covered by Medicare, and are focused on avoiding hospitalization. *[Review by Margaret Huyck]*

♥**Living with Cancer:** *Dr. Monica Malec* spoke on this topic on March 9 at TRC. Dr. Malec is an Assistant Professor of Medicine at University of Chicago Medicine. She specializes in palliative medicine, hospice, and geriatrics. She works to promote the best quality of life for people going through treatment. Palliative care services can be hospice-based or home-based.

Although the focus was on living with cancer, much of what Dr. Malec said is relevant to other health problems. One problem is not getting all your questions answered by your doctor. Dr. Malec suggested that you have questions written down so you don't forget them. Get your questions on the agenda; tell the doctor, "I have these questions." Appointments are often short; you can ask to schedule a longer appointment so you can get your questions answered. Sometimes, the collaborative nurse can help you to get information. Ask if palliative care services are available; the



palliative care person may have more time to answer questions than the oncologist (cancer specialist).

You need to take someone with you to appointments to take notes. You are getting a lot of information and you may not remember it all. Also, another person may think of questions that you don't think of.

In dealing with emotional issues, a psychologist can help you deal with anxiety and get to sleep. Have someone you can talk to about what you are feeling; it is important to let at least a couple of people know that you have cancer. Support groups of people who are going through cancer can help. On Facebook, there are illness-specific support groups. Google your kind of cancer.

It is important to know the goal of treatment: Cure? Extend life? (How much more time do you have?) There are some people living for decades with cancer that can't be cured, even cancer that has spread.

Physical therapy is helpful if you're feeling tired, have trouble with balance, or have lymphedema (localized fluid retention and tissue swelling). It can help with some pain. If you feel fatigue, exercise helps.

If you're in remission, you have follow-up scans every few months. Recommended lifestyle changes include things everyone should do: don't smoke, be physically active, and eat a healthy diet. Do all the things you like to do and that make you happy. (One member of the group said that she had a bucket list of short-term goals (Christmas) and long-term goals (a major trip).

Of course, it is important to have a Power of Attorney for Healthcare, someone whom you trust to speak for you, if you can't speak for yourself. [review by *Ellie Hall*]

**De-Cluttering and Redesigning:** *Christine Maringer*, of Divine Design Interiors.com (773-561-8559), addressed concerns of many of our members at the Drop-In on March 8. She described some of challenges faced by seniors – decluttering, combining households, moving into smaller quarters, getting settled into a new home, and re-envisioning the same space with different uses in mind.



She provides services designed to address each of these needs. As she pointed out, preparation is the key to success in any revisions – particularly purging items which are no longer needed, useful, or joyful. Sorting/purging/downsizing involve decisions which are difficult for almost all individuals, and which are hard to delegate. The ability to do so can result in a sense of liberation and personal control that adds substantially to the quality of life.

Some of the participants suggested that a “support group” for this process would be a good Village enterprise – anyone interested??  
*[review by Margaret Huyck]*

## 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. Although this session began on January 25th, 2017, is not necessary to have come to the first or all the classes. People can join at any time and participate whenever they have time. Class costs: \$10/class or \$80/12wks, Seniors (60+) and college students with ID: \$7/class or \$56/12wks. Whether you are a beginner or advanced, you are welcome.

### **OWL Hyde Park, Saturday April 1, 1-3 pm: "WHAT IS EFFECTIVE ADVOCACY IN THE TRUMP ERA?"**

**Saturday, April 1, 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**

OWL was founded in 1980 to do education and advocacy on issues of special concern to midlife and older women. In each era we must determine how to advocate effectively, to bring about the changes desired and to maintain whatever gains we have made. Many now fear that the appeals that have been effective earlier may not work in this time of political upheaval.

We will feature a panel of advocacy experts for the April meeting, to share their experiences and contribute to our shared wisdom about how to proceed. The panel will be moderated by *Margaret Huyck*, Professor Emerita, who is the Past President of OWL National and the Current President of the Chicago Hyde Park Village. *Bea*

*Lumpkin* will draw on her experiences with the Alliance for Retired Americans Chicago chapter, plus her years of activism with her late husband on labor issues. *Anne Marie Cunningham* will represent the Jane Addams Senior Caucus.

**The Legacy of OWL – The Older Women’s League:** Since its founding in 1980, OWL activism is based on the recognition of the value of women’s work – paid or unpaid, a focus on the economic plight of women in later years, and an attack on inequities inherent in public policy. The founders, Tish Summers and Lorie Shields, envisioned a grass-roots organization with many chapters, but led by a strong National office in Washington D.C. OWL is a 501©(3) non-profit, which means that it can carry out education and advocacy for issues, but not lobby for particular political parties, candidates, or laws (the distinctions between advocacy and lobbying are not always clear...).

Over the years, OWL developed several strategies for achieving impact. Probably the most crucial one became the annual Mother’s Day Report, issued each year to document a particular issue differentially affecting midlife and older women, and offering policy and practice recommendations. Many of the reports have centered on access to health care insurance, Social Security and employment, since these are so important to well being in later life. Special cards emphasizing the issues were produced to mail to legislators requesting appropriate actions. In addition, funding was obtained to carry out special education projects, such as those on osteoporosis, mental health, family caregiving, and long-term care workers. Special “Grey Papers” were written. Publications were provided to legislators and educators, and have often been cited as valuable resources. OWL has always worked in coalition with other groups, with partners being determined by the issues addressed.

**The Chicago Hyde Park Village** is a membership organization dedicated to help members remain engaged in the community and living at home as long as possible. CHPV is not dedicated to social advocacy, but is very much involved in helping individuals develop personal advocacy by becoming better educated about their own health and options for care. CHPV is a non-profit 501©(3), with contributions tax-deductible and limited lobbying allowed. CHPV works with many partners and allies.

**The Alliance for Retired Americans** is a “nationwide grass roots organization, launched in May 2001, with more than 4.3 million members working together to make their voices heard in the laws, policies, politics, and institutions that shape American life. . .we have mobilized retired union members, seniors and community activists to. . .advocate a progressive political and social agenda that respects work and strengthens families” (<https://retiredamericans.org/about>) They are a non-profit 501©(4) organization, and contributions are not tax-deductible because they are organized to lobby.

**The Jane Addams Senior Caucus** is a “multiracial, grassroots organization led by concerned seniors in the Chicago metropolitan area.” (<http://www.seniorcaucus.org>) They work in several committees: Housing Justice, Healthcare and Economic Justice, Racial Justice, Get Out the Vote and Movement Politics, and the Women’s Legislative Leadership Project. They are a 501©(3) organization, doing nonpartisan work, and they recently added a 501©(4) status so they can lobby and work on elections. They list six staff members on their website. They work in partnership with allies and other organizations, depending on the issues.

## **NEWS YOU CAN USE:**

### **REPORT: THE WOODLAWN SUMMIT: WHAT ABOUT THE OBAMA CENTER and ECONOMIC DEVELOPMENT?**

*By Margaret Huyck & Susan Alitto*

This event has been well summarized by our neighbor Jay Mulberry on Good Neighbors (March 20), and by the Hyde Park Herald (March 22). However, because of the importance of this topic, we want to include some of our observations in terms of the relevance to CHPV. The 8<sup>th</sup> Woodlawn Summit was, as Jay said, “enormous”; over 1000 people were there to learn about plans.

One keynote speech was by *Michael Strautmanis* of the *Obama Foundation*, who began his career being mentored by Michelle Obama. He pointed out that the focus has (substantially /dramatically?) evolved from a library to an Obama Center, intended to become an international gathering place for learning, discussion, and activism. The intent is to include women and

persons of color in the development and implementation of the Center, with programming targeted to civic engagement and the empowerment of citizens. While they emphasize that they cannot possibly provide enough development or jobs to address the needs on the south side, they are studying how to engage minorities and how to be an effective catalyst for development.

A second keynote speech was by *Joanna Trotter* of the *Chicago Community Trust*. The CCT has been funding initial research into how other communities have embarked on major development activities similar to those proposed by the Obama Center, and to the strengths and needs of our local communities. She indicated that each of the communities surveyed – Woodlawn, South Shore, and Washington Park – have strong communities but also want more collaboration across concerns, and want any growth to benefit local residents.

The CCT has proposed, and is implementing a new coordinating organization, currently known as “The Woodlawn, Washington Park, and South Shore Community and Economic Development Organization,” to be run by a board of about 20 people from these communities. Applications are being solicited (<http://bit.ly/southsidevision>) or <http://wwpss.org>.

Among the contentious issues raised:

- Why is a new meta-organization needed, when existing groups in the neighborhoods are already working on many of the issues?
- How can accountability be assured? If the Obama Foundation promises to train, recruit, and employ local workers, what happens if they do not do this? How important is a Community Benefits Agreement?
- How important is the Obama Foundation to significant community development? Bishop Brazier pointed out that “each community must do its own planning for education, safety, government services and economic development. We can’t rely on the Obama Library initiative for that; it’s up to us.”

[No one actually raised the issue of why Hyde Park was not included in any of the discussions. Perhaps the assumption is that

we don't need economic development, and that the University will make sure we benefit from whatever happens.]

After the keynote addresses we broke into several workshops and focus groups for local input on issues ranging from safety and community design, identifying and evaluating advocacy issues, community engagement and priorities, and home repair and rehab. Margaret's session included discussions of development in West Woodlawn, where some promising initiatives are working with youths and economic development. Susan Alitto's session further broke into 4 groups for a lively discussion on community issues and priorities focusing on such urgent needs as transportation, both within Woodlawn and neighboring communities and to and from the Obama Center. Following the Summit several of us took a tour of Woodlawn to see some of the redevelopment work underway, including an energy efficient "green" house.

If we care about what happens in our own and neighboring communities, it is important to participate in these community meetings. We have since seen and heard much criticism of Woodlawn planning for not involving more community input... yet none of the most vocal critics were at the Woodlawn Summit. I hope those critics will be at the Washington Park Summit on April 1, 9-12 at Burke Elementary School, 5356 South King Drive.

**REPORT from The American Society on Aging:** Annual "Aging in America" meeting in Chicago, March 20-24. *By Susan Alitto.*

Over 3000 participants came from all over the country and world to discuss issues, programs and achievements on the many challenges that affect our ability to age well. Several focused on building age-friendly communities. Others dealt with technology, caregiving and diversity. The meetings ended with a Summit on planning for Livable Communities for All Ages. We have much work to do!

## **HELP WANTED!**

CHPV is looking for Volunteers – we need YOU! Where do you fit??

### **Potential Volunteer tasks**

#### **In office**

1. Mailings, including copying, folding, addressing (by hand or with labels), stamping and sealing envelopes and putting in box or taking to PO. Including newsletter and flyers, etc.
2. Make copies and prepare supplies as needed.
3. Assemble packets for distribution to potential members, business sponsors, discount providers, etc.
4. Assemble and label folders, file.
5. Record messages from phone.
6. Confirm arrangements for transportation.
7. Telephone follow-up if information on forms missing or unclear.

#### **With members (in addition to filling requests)**

1. Telephone Check ins (after appropriate training)
2. Assistance as needed at events, e.g. getting food at Drop Ins. Etc.
3. Phone call reminders about upcoming events.

#### **Programs**

1. Planning
2. Help with registration, check ins, fee collection when appropriate
3. Set Up
4. Clean up



## **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 Director  
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***

# CHICAGO HYDE PARK VILLAGE



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

## CHPV Membership and Interest Form

Date: \_\_\_\_\_

### Membership Category: \_\_\_\_\_ Payment (make checks payable to CHPV)

- Associate:** Individual  \$100 one payment  Renewal  
 \$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

MEMBER 1:

\_\_\_\_\_

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

Please circle preferred method for contacting you.

PHONE: \_\_\_\_\_ 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)