



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

Welcome to January, 2018!

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CHPV ONGOING PROGRAMS TO ENJOY

Drop-In Programs

General Schedule: 2nd and 4th Wednesday of every month except November and December. Meet in Gorder Hall, Augustana Lutheran Church, 5500 S. Woodlawn. Parking available in the lot east of the building (enter from Woodlawn south of 55th St). 10:30 am Check in and 50-60 min. of “age friendly” exercise led by various experts. Book/jewelry exchange always available (bring a book, take a book!). 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.](#)

Agenda for January 10, 2018:

Exercise: Brian Seeley will lead us in a session of age-friendly Tai-chi.
Program: A Conversation for 2018—Share your memories from the Holidays and 2017 and your hopes for 2018. What programs would you like at a Drop In? What are your hopes for our Village and our community?

Upcoming Programs—dates still to be determined: Dr. Williams, the Director of the Hyde Park Animal Clinic and Hospitals, will talk with us about our pets and how the older population can and should care for animals.

Our elected officials will talk about their legislative objectives and their programs for their older residents.

And of course, we will have a number of programs on health issues and healthy aging.

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. 53rd Street. No meeting in January because the first Monday was a holiday, New Year's Day. The next meeting will be February 5 at 10 am. The **Friday Group** meets on January 19, 10 a.m. at Piccolo Mondo.

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 for information.)

Hyde Park Book Club: CHPV partners with the Hyde Park Historical Society for monthly book discussions centered on any topic relevant to Hyde Park and Hyde Parkers. The topic for January 15, 2018, is: Presidential Libraries. For a suggested

bibliography and article by Ruth Knack contact HPHS president Michal Safar or CHPV co-chair Allison Hartman. The group meets at 7:30pm 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 like to know!

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

Home-based Pot-luck luncheon, Wednesday, January 17:
Assemble any time after 11:30 at Huyck Home (5532 South Shore Drive, #18D); bring a dish to share. RSVP to the office (773-363-1933), and let us know if you need a ride. All are welcome!!

Dine-Out Dinner, Periodic gatherings to share a “fine dining” experience at various local restaurants organized by Terry Stumpf. The next “Dine-Out” will be: Friday, January 26, at the Parrot Cage, at the South Shore Cultural Center, 5:30-8:00 p.m.

Parrot Cage Restaurant - Chicago, IL

A Student-Run Experience

7059 South Shore Drive

Chicago

773-602-5333

<https://apps.ccc.edu/parrotcage/home.html>

Why: Gathering together at table with Hyde Park neighbors and friends for a meal, good conversation and to meet new folks.

How: Reservation/Registration is required and seating is limited (any who register after the limit is reached will be placed on a wait

list) Reservation/Registration On-Line (preferred method):
EventBrite (<https://www.eventbrite.com/e/chicago-hyde-park-village-dining-out-meet-up-tickets-41725764886>)

Or call the CHPV Office - 773-363-1933

Reservation/Registration ends Thurs., January 25th at 4:00 p.m.

This event is open to CHPV Members, non-members, friends, and/or relatives (please register your guest!)

Please cancel if you are not able to keep your reservation

Transportation: Transportation Request: Call CHPV Office - 773-363-1933 . Transportation Assistance: if you are able and willing to drive and have space in your car, please e-mail Terry Stumpf (tls1649@sbcglobal.net) of your availability and space and the cross streets of your residence

Seating, Ordering and Payment -We will be seated at multiple tables of six, five, four or three. Each person can order their own meal. BYOB (Bring Your Own Booze) - Corkage Fee per bottle is \$5.00

Payment -

- The Parrot Cage will provide separate checks
- An 18% Service Charge/Gratuity will automatically be added to the cost of your meal
- Payment made by cash or credit card

Parking : Note: There is parking at the South Shore Cultural Center. It is a Chicago Park District "Pay and Display" lot. Between 9:00 a.m.-9:00 p.m. Rates are \$2.00 per hour.

Program Committee:

Regular monthly meetings are the Third Monday of each month at 3 p at Augustana Lutheran Church. Next meeting is Monday, January 15. Everyone is welcome; bring your ideas!

Among the programs we are considering are a new series or ongoing sessions on planning for our current and next stages in life; a repeat of our fun joint dinner with our neighboring Villages at the Walnut Room at Macys; a film series with a "local" focus . . . The list can be endless, but we need help in organizing and publicizing the programs . . . and also your input of what would be most interesting or helpful. If you need ride, call Susan Alitto (773-485-3643 or 773-752-6587).

NETWORK EVENTS OF NOTE

SHARE (Southside Healthy Aging Resource Experts) Programs

SC Johnson Tour – January 11th (Artful Aging)

The Hyde Park Art Center through the Artful Aging Collaboration with the SHARE Network / CHPV arranged an outing to tour the SC Johnson corporate headquarters in Racine, Wisconsin. The tour and transportation were free of charge, slots were limited and you had to register in advance!

Creative Aging Symposium – January 17th (Artful Aging)

Power to Change is a first-of-its-kind event, an online symposium to ignite the belief that older adults can use their creativity to continue to transform the world. Whether potential attendees think of themselves as creative or not, we will give tools to unlock the creative promise we all carry. We will remind each attendee that creativity is beyond art-making – it is about using your imagination to forge new paths. This symposium will share inspiring stories and creative tools to ignite changes from the very personal level of communicating one's story all the way to speaking with legislators. Join us as we remind each other that we all possess the *Power to Change* our world. *Reminder: This is a virtual event, accessible via computer or phone. We will view the event together at the Community Programs Accelerator, 5225 S. Cottage. Pre-registration is required (\$10). Please call the office, 773-363-1933, for more info.*

Healthy Aging Events

TRC Senior Village – *Digestive Health and Aging* -- January 25th, 2pm – 3pm. Presentation by Nurse Educator Monica Long. 346 E. 53rd St.

Mather's More Than a Café – *Memory Loss and Aging* -- January 29th, 2pm -3pm. Presentation by Geriatrician Dr. Shellie Williams. 33 E. 83rd St. Call to register: 773-488-2801.

Mather's More Than a Café -- *Proactive Heart Health* – February 19th, 2pm – 3pm. Call to register: 773-488-2801.

Wellness in the Woods – TBA 2018

Dementia Resource Champions Pilot SHARE / OFF THE PEWS **Alzheimer's Association**

Who: Off the Pews congregations. The program will be directed at health ministry members who are willing to sustain the program within the ministry and outreach to the church community. These health ministry members will be certified as Dementia Resource Champions (DRC)s within their church community.

What: Education on Dementia.

Provide structure and resources to establish a caregiver support group. Will evaluate and discuss how to improve if an existing caregiver support group

When: 5 week period, to begin January. Each session on Sunday for 2 hour period.

Where: Ministry to be determined

Why: Improve awareness, knowledge, care and access to resources for individuals and families living with dementia via creating a dementia resource team within the ministry to sustain the program and outreach to the church community.

OWL: Saturday, February 3 1-3 p.m.

Hyde Park OWL (The Voice of Women Over 40) will meet as usual in the Community Room (lower level) of the Treasure Island Grocery, 55th & Lake Park; Social time (bring goodies to share) at 1:00 p.m.; business meeting 1:30; Program 1:45-3: Out topic is **Getting Out the Vote for the Next Crucial Elections: What Can We Do?** We are all aware that we need to be activists to reclaim our democracy – but the question is how to do this most effectively? We have invited some experts (from League of Women Voters, Independent voters of Illinois) to help us think through these issues, and we would like you all to join us.

Opportunity to Sing!

More than fifty years ago, a senior singing group called "Golden Troubadours" was established. It met at the Hyde Park Neighborhood Club. I believe it performed, but, mainly, it was a group of folks who liked to sing together. Their repertoire included old time songs, music theater, seasonal items, etc. A few years ago, the Hyde Park Neighborhood Club closed its Senior activities and

concentrated on programs for youth, teens, and families. "Golden Troubadours" was invited to move to the First Unitarian Church. It now meets twice a month. At first, Beth Parker was its music "director" and pianist. When she moved to Roosevelt University, Howard Savage started to play for the group. We now need to enlarge our singing program! The group is free. We invite attendees to make free will donations to support our pianist, and sometimes give the church a donation for the space. We are adding to our songs. Some of our members play, also. (Like the flute, the accordion, and the piano) We have had a member who composes her own songs. We invite Village members and attendees to consider joining us. At present, we have been meeting on the second and fourth Tuesdays of the month at 1 p.m. in the Music Room (previously called the Choir Room) at the church. Our piano is excellent. Contact Joan Staples, 773-288-8196 for further information. Later, in the New Year, we might present a program to the Village at a Drop In.

REVIEWS OF RECENT CHPV EVENTS

Third Anniversary Celebration: Thursday, November 16, 2017

We gathered in the lovely main lobby of the Hyde Park Bank to mark the third anniversary of our official opening! A fun time to celebrate, and introduce new friends to the Village.

We honored what we called our Significant Seven—Individuals, Businesses and Organizations which have made key contributions to our start up Village. They are:

The University of Chicago, Office of Civic Engagement, Community Accelerator Program, which recognized our mission with 3 Accelerator Associate Awards, consultant guidance and numerous workshops. Ryan Priester (Director of Community Programs, Office of Civic



Engagement), Shaz Rasul (Executive Director Director of Student Engagement Initiatives) with Susan Alitto (Founding President, Chicago Hyde Park Village)



The Hyde Park Bank, for their continued support and provision of space for this and other events; accepted by Howard Cohn, Vice President, Executive Banking.



The Hyde Park Art Center for their collaboration with and support for the Artful Aging Programs and for their very special contributions to our successful special event in October; accepted by Gregory Smith, Outreach Programs Manager, HPAC.



The SHARE (Southside Health Aging Resource Experts) Network, Our partner in providing programs and information on healthy aging to the older population on the underserved south side of Chicago; accepted by Jason Molony, MSW, Program Manager.



The Mather Lifeways Foundation for continued support for CHPV and its programs, and for development and implementation of the Brain Fitness programs; award was accepted by Roscoe Nicholson, Senior Research Associate

Lawrence Damico and Hyde Park Produce

For their generous and ongoing support for our Drop-In programs by providing a lunch every month, for providing turkeys for our Thanksgiving Pot Lucks, and for refreshment for many other events all year.



Jay Mulberry for his totally creative and wonderful work in launching and sustaining the Chicago Hyde Park Village Calendar on line (as part of the Chicago Hyde Park Village website), and for maintaining the Good Neighbors and the Village list serves for many years, which have helped create a caring and useful community!

SUCCESSFUL YEAR-END APPEALS: THANKS TO ALL!!!!

Many of our members, friends, and supporters responded to our year-end appeals. We more than met our \$5000 challenge grant, raising more than \$10,000 for our end-of-year appeal. Thanks!!!

NEWS YOU CAN USE

Delivery services in our community: Rita McCarthy

I just learned that not everyone of our members knows that both Treasure Island and HYDE Park Produce will both shop and deliver food to your home.

HPP is only \$3 no matter how much you buy. They will deliver you a dinner essentially if you order one of their very nice cooked chickens and a vegetable- along with whatever else you need.

TI will deliver but the minimum charge is higher (I believe \$7) and it goes up if you have over \$100 worth of groceries. They will bring to your door if you live in a 3rd floor walk up - and they also help you put the groceries away if you wish.

With this cold and snowy weather- it is a great option to have groceries delivered. With HPP being so supportive, we try to give them the business.

Katsaros Pharmacy offers free delivery six days a week. Walgreens will deliver if you make special provisions. There are options to braving the cold!

And if you need help with your laundry, Kimbark Laundry will pick it up and return it to you clean and folded. Phone: 773-493-3320; website: <http://www.kimbarklaundry.com/>; or drop it off and pick it up yourself: 1218 E. 53rd St. (Kimbark Plaza).

Preventing Falls – Even if You Think You Know....

These are tips from one of our favorite health guides, Jane Brody, who writes for the New York Times. This is from her January 8 posting; reminding us that even if we think we are prepared, we should remain vigilant! (Having participated in a number of “balance” workshops, I still think these are good ideas to take seriously... Margaret Huyck)

Step one: Check your footwear. Shoes and boots should have slip-resistant soles (rubber or neoprene, not plastic or leather). Or equip them with [external traction cleats](#), sold under brand names like Yaktrax. Step two: Take smaller steps, bend forward slightly, go slow and walk as flat-footed as possible when it’s icy or snowy. Check the steps and sidewalk for black ice before going out in the

morning, even if only to pick up the paper or mail. Do likewise when stepping out of a vehicle. Although the air temperature may be above freezing, dew or fog can freeze on a colder surface.

Regardless of the season, scan the path six or more feet ahead of you for trip hazards. Avoid carrying items that block your ability to see the ground in front of you. I once tripped and landed hard on an irregular sidewalk while carrying two shoeboxes in my arms. Even when empty-handed, be sure to pick your feet up to avoid catching a shoe.

When walking indoors, always wear shoes or slippers with nonskid soles — not barefoot (unless you want a broken toe), and never just socks unless they have nonslip grips on the soles.

Always use a handrail when going up and down stairs. Consider installing a railing on stoops that lack them.

Maintain physical strength and balance as you age

Think before you climb. Always use a safety stool — not a chair or ledge — when trying to reach a high-up item. I now ask a tall customer or store clerk to help retrieve a grocery item on the top shelf, instead of standing on the edge of a lower shelf to reach or knock it down.

At home, move all frequently used items to lower shelves, or purchase a cabinet that sits on the floor to store them in.

Some experts recommend learning “[the right way to fall](#).” In the Netherlands, physical and occupational therapists even [teach classes on the art of falling](#). The advice tends to focus on minimizing the risk and extent of injury by landing on soft tissue as gently as possible. It includes trying to stay relaxed as you fall; the stiffer you are, the more likely an injury. As you land, try to roll like a football player.

When falling forward, the instinct is to stick out one’s hands to break the impact, which often results in broken wrists instead. If possible, try to twist as you go down to land on a side and then roll over to your back.

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***THANKS TO ALL WHO RESPONDED TO OUR REQUEST
FOR SUPPORT THIS YEAR!!!***



CHPV Membership and Interest Form

Date: _____

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

- | | |
|--------------------------|--|
| Associate: Individual | <input type="checkbox"/> \$100 one payment |
| | <input type="checkbox"/> \$120 (if 2, 3 or 4 payments) |
| Household | <input type="checkbox"/> \$180 |
| Full Service: Individual | <input type="checkbox"/> \$480 |
| Household | <input type="checkbox"/> \$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: _____