



Welcome to March 2018!

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CHPV Ongoing Programs to Enjoy

Drop-Ins: Wednesdays, March 14 & 28

Interest/ Affinity Groups: See Recurring Events Chart

Note: NO POTLUCK LUNCHEON this month

Special CHPV Events Ahead

Healing After Loss Support Drop-In Group, 2nd Tuesdays & Thursdays 10 am – 11:30 am

Yoga for Balance class starting March 8

De-cluttering Support Group, meets 2nd & 4th Mondays at 3:30

Annual Meeting: Tuesday, March 13, 4-6 PM, at Accelerator

Dining out Meet up: Quad Club, March 16

Dine-around with other Villages, Walnut Room, March 21

Network Events of Note

SHARE events: Healthy Aging

OWL: Saturday, March 3, 1-3 pm: The Legacy of Maggie Kuhn

Steppin for Health! Every Wednesday evening

9th Annual Woodlawn Community Summit, March 3, 8a-1p

Reviews of Recent CHPV Events

News You Can Use

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Vote by Mail

Beware a Medicare Scam!

Report from UC Medicine's Community Advisory Council and
Adult Health Committee

Discount Wednesdays for Seniors at Hyde Park Produce

Board & Supporters

Membership Form

Chicago Hyde Park Village Recurring Events

	1st Week	2nd Week	3rd Week	4th Week
Monday	<p>10:00-11:30am Women's Group @ Café 53</p> <p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p>	<p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>3:00-4:30pm Declutterers' Support Group</p>	<p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>3:00pm Program Committee meeting @ Augustana Lutheran Church</p> <p>7:30pm HPHS/CHPV Book Group @ Treasure Island Community Room</p>	<p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>3:00-4:30pm Declutterers' Support Group</p>
Tuesday	<p>4:30pm Hyde Park Village Salon/Dining @ The Snail</p>		<p>7:30-9:30pm Chicago Story Telling Guild @ Augustana Lutheran Church</p>	
Wednesday	<p>10:00-11:00am Men's Group @ Piccolo Mondo</p> <p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>1:30-2:30pm Knitting and Crocheting @ Montgomery Place</p>	<p>10:30-2:00pm Drop In @ Augustana Lutheran Church</p> <p>10:45 Light Exercise</p> <p>11:30 Announcements</p> <p>12:00 Lunch</p> <p>1:00 Program</p> <p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>1:30-2:30pm Knitting and Crocheting @ Montgomery Place</p> <p>7:00pm Mahjong & Bridge @ Treasure Island Community Room</p>	<p>10:00-11:00am Men's Group @ Piccolo Mondo</p> <p>11:30pm Pot-luck Luncheon @ Huyck Home (RSVP) - Cancelled for Mar 2018</p> <p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>1:30-2:30pm Knitting and Crocheting @ Montgomery Place</p>	<p>10:30-2:00pm Drop In @ Augustana Lutheran Church</p> <p>10:45 Light Exercise</p> <p>11:30 Announcements</p> <p>12:00 Lunch</p> <p>1:00 Program</p> <p>12:30-2:30pm Bridge and Game Group @ Nichols Park Field House</p> <p>1:30-2:30pm Knitting and Crocheting @ Montgomery Place</p> <p>7:00pm Mahjong & Bridge @ Treasure Island Community Room</p>
Thursday	<p>10:00-11:00am Men's Group @ Piccolo Mondo</p> <p>10:30-11:20am Yoga for Balance @ Augustana Lutheran Church</p>	<p>10:30-11:20am Yoga for Balance @ Augustana Lutheran Church</p>	<p>10:00-11:00am Men's Group @ Piccolo Mondo</p> <p>10:30-11:20am Yoga for Balance @ Augustana Lutheran Church</p>	<p>10:30-11:20am Yoga for Balance @ Augustana Lutheran Church</p>
Friday			<p>10:00-11:00am Women's Group @ Piccolo Mondo</p>	

Transportation is available to all events for Village Members. Call CHPV Office: 773-363-1933 2 days in advance.
All Events Subject to Change: Be sure to check the monthly newsletter or call the office for details.

MARCH DROP-INS

March 14: Exercise with *Sarah Oaks*.

Program: Pre-Primary Political Meet and Greet

We are inviting the candidates for the contested races to join us for this Drop-In. Format will depend on how many can participate.

Also: Our local Girl Scouts will be on hand to take your orders for their annual sale of Girl Scout cookies.

March 28: Exercise with *Wesley Pulphus*

Program: TBA—but it will be interesting. We have three possibilities and will announce details as soon as we have them.

UPCOMING SPECIAL EVENTS

HEALING AFTER LOSS: A Support Drop In Group

As we age the loss of someone near and dear to us becomes a more frequent occurrence. Loss is always a complicated experience. If you have lost someone from your life, recently or in the more distant past, and want to talk to others in a similar situation about the emotions, experiences and activities related to this loss, we invite you to join a friendly and caring group on the **2nd and 4th Thursday of every month from 10:00 to 11:30 at the Piccolo Mondo Bakery, 1642 E. 56th Street.** All discussion will be confidential. The format will be a drop-in, which means you can come when you wish, as often as you wish. You do not have to make a commitment to attend any specific number of sessions.

If you have a friend, who is not a CHPV member, but would like to attend the group please urge them to come.

The group will be facilitated by Kitty Mann, CHPV member and clinical social worker, and Kedong Ding, social work intern at CHPV. If you want more information or want to explore whether the group will meet your needs, please call or email Kitty Mann (773-469-9084, kittymann@gmail.com).

“Decluttering” Support Group:

Chicago Hyde Park Village has started a special group for those who want some support in decluttering a home (or office). The group will meet on the second and forth Monday afternoon at 3:30 at

Augustana Lutheran Church, 5500 S. Woodlawn. The group is open to all. All resource suggestions, ideas and tips also welcome.

CHPV Annual Meeting March 13, 4-6, at 5225 S. Cottage Grove.

If you have wanted to learn more about Chicago Hyde Park Village, this is an excellent opportunity to find out what we have been doing over the past year! Please register online (members can email the office at info@chpv.org to get their login name if needed) so plans can be made for seating and refreshments; For transportation, register with the office at 773-363-1933 or email (info@chpv.org) by Friday, March 9th, then come to the parking lot at Augustana Lutheran Church (5500 S. Woodlawn) at 3:30p. The meeting will be held at the University of Chicago Accelerator center for community development, 5525 S. Cottage Grove.

CHICAGO'S VILLAGES DINE TOGETHER

Wednesday, March 21, 2018

Dinner at The Walnut Room - Macy's on State Street

The three Chicago Villages - Chicago Hyde Park Village, The Village Chicago, and Skyline Village Chicago - will dine together in a Macy's staple with wood paneling, chandeliers, and where the American fare features Mrs Hering's Chicken Pot Pie. Gather with friends across the city to enjoy a pre-fixe menu (choice of one of three entrees: Mrs Hering's Chicken Pot Pie, Oven Baked Meatloaf, or Roasted Vegetarian Pasta).

We will have a special treat: Sam Guard, a long time Hyde Park resident, has an interest and passion for the history of Chicago landmark buildings. Sam will share with us some of the historical highlights of Macy's on State Street (Marshall Fields Department Store) with a focus on the Walnut Room.

Make a reservation, prepay, and indicate your choice of entree - all of which are required. Registration opens on Monday, March 1, 2018 at 10:00 a.m. This event is open to both CDHPV members and non-members.

CHPV DINING OUT MEET-UP: March 16, 2018, 5:30 pm, Quadrangle Club. A gathering together with friends and neighbors

to share a meal, engage in conversation and meet new folks. Open to CHPV members and friends. Cost including 3 course meal, taxes and gratuity: \$50. Prepaid registration and menu choice (chicken breast, honey-turmeric pork chop or potato gnocchi) required.

YOGA FOR BALANCE Training with Janèe.

Weekly classes at Augustana will start Thursday, March 8 at 10:30 am. Cost: \$10/session; \$8 for CHPV members. Card valid for 5 sessions: \$45; \$35 for CHPV members. Janee Powell has been leading yoga training for over 15 years, and has been studying Mind-Body Wellness, Mindfulness and Natural Healing for over 20 years. Through yoga she aims to assist and direct class participants with transformational techniques that repair the body, restore balance, increase strength, and relax the mind. She is certified in Hatha Yoga and Kemeti Yoga. We will introduce Janèe and her Yoga for Balance at the Drop In on February 28.

NETWORK EVENTS OF NOTE

SHARE (Southside Healthy Aging Resource Experts) Programs

“Artful Aging” is a collaboration among the Hyde Park Art Center (HPAC), Chicago Hyde Park Village, Off the Pews, and the University of Chicago SHARE Network partners. It seeks to expose the 65+ community to the arts. Come to a HPAC Drop In to make crafts in a casual and social environment. Enroll in a HPAC class if you are interested in further developing your skills or get involved in the HPAC community through its many other events.

March 19, 11AM – 1PM Artful Aging at the HPAC – Adult Coloring Books are all the rage! Join us any time between 11am and 1pm for an Adult Coloring Book Party! All materials will be provided free of charge. Hyde Park Art Center, 5020 S. Cornell Ave, Chicago, IL 60615

April 16, 11AM – 1PM: Anna Kunz Workshop & Tour

May 21, 11 AM – 1PM: Join Mary Young to create designs using symbols and stamps

Mather's More Than A Café Healthy Aging:

PLANNING AHEAD: MAKING MEDICAL DECISIONS

Monday, March 12th, 2 – 3PM Dr. Sandy Tun discusses advanced directives and other important topics related to medical planning. Mather's—More Than a Café, 33 E 83rd St, Chicago, IL 60619

***Call Mather's to register: 773-488-2801**

****Transportation is available to all healthy aging programs by calling: 773-363-1933, you must call at least 48 hours in advance.**

Wellness in the Woods – TBA 2018

The Annual Gilbert and Sullivan production, the rarely performed *Patience!* At Mandel Hall, 1131 E. 57th St. Friday and Saturday, March 9 and 10, 7:30 pm, Sunday, March 11, 2 pm. Once again we have the opportunity to purchase group discount tickets at half price (\$15). Order with payment at any CHPV event or at the office and pick up your tickets at Will Call before your chosen performance date.

University of Chicago Comer Children's Hospital Service Committee Annual Irish Coffee Benefit, Saturday, March 10, 2 PM – 4:30 PM : Raffle and silent auction; at Augustanna Lutheran Church, 5500 South Woodlawn Avenue, Chicago, IL 60637; Admission \$10; raffle tickets \$5 each or 6 for \$25. Contact Kathy Huff for tickets or more information.

OWL Hyde Park: Saturday, March 3, 1-3 PM. Celebrating the life and legacy of Maggie Kuhn, founder of Grey Panthers.

Note **DIFFERENT LOCATION – HYDE PARK ART CENTER!**



Come to a Film and Discussion About
"Maggie Growls" 2002, 56 minutes, color

A film by Barbara Attie and Janet Goldwater

"MAGGIE GROWLS is a portrait of the unstoppable Maggie Kuhn (1905-1995), who founded the Gray Panthers in 1970 after being forced to retire from a job she loved at the age of 65. Her outrage and determination fueled a political chain reaction that forever changed the lives of older Americans, repealing mandatory retirement laws and proving that 'old' is not a dirty word."*Afterwards, Margaret Huyck, PhD., will lead a discussion about Maggie's life and how her seminal work advocating for older adults resulted in one of the "most potent social movements"* of the 20th century. Film includes clips of Ralph Nader and Studs Terkel.

Saturday, March 3, 2018, 1:00-1:30 PM, Social Time

1:45 PM, Business Meeting, Program: 1:30-3:00 P.M.

Hyde Park Art Center, 5020 Cornell Avenue, Chicago

OWL welcomes men to join the conversation. Invite your friends to this important and most informative program. Please bring some goodies to share for the social time! For more information, contact: **Margaret Huyck at: 312-833-0415; or at: mhhuyck@sbcglobal.net** .

*Source: Women Make Movies

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9TH ANNUAL WOODLAWN COMMUNITY SUMMIT, "A New Urban Mosaic" March 3, 8am to 12:30 pm. U of C School or Social Service Administration, 969 E. 60th St. Community breakfast, Resource Fair, Workshops, Tour of Woodlawn.

Register at: <https://www.eventbrite.com/e/9th-annual-woodlawn-community-summit-tickets-42847144964>

NEWS YOU CAN USE

Primary vote is March 20!!! Early voting starts February 1; ends March 19.

You can vote by mail! Many of us do not relish the prospect of getting out to the poll to vote. There is an easy option – and we do not have to have any “reason” to vote early or by mail. Apply by 5 PM on March 15. Go to chicagoelections.com/en/vote-b-mail to request a mail ballot.

If you need to register to vote, contact our member Sophia Watson.

Medicare Scam Alert!

This is important information for people with Medicare, their families and friends or adult kids who help parents with Medicare. We have just gotten word about the newest Medicare scam from an affiliated organization, Texas Senior Medicare Patrol, a division within the Better Business Bureau. Here's what you need to know to protect yourself, family and friends throughout the US.

Starting 4/1/18, Medicare will start a year-long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number. This is starting to hit the media. Scammers are opportunistic. The new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

WHAT'S THE SCAM? Somebody claiming to be from "MEDICARE " will call to tell you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account or credit card so they can process your temporary card.

THINGS TO REMEMBER: Medicare will never call you unless you ask them to. Medicare does all communications by mail unless you ask them to call. Ditto for anybody saying they "work with Medicare to make sure you get everything you are entitled to"

UC MEDICINE (UCM) COMMUNITY ADVISORY COUNCIL (CAC)

In November 2016 after receiving approval for opening a Level I Trauma Center and an expanded Emergency Room and Cancer

Treatment Center, UCM invited 20 community representatives from the UCM service area to form a Community Advisory Council to serve as advisor to UCM on issues of interest to the broader community. The purpose of CAC is to partner with UCM to ensure community engagement and realization of UCM goals to serve community interests, benefits and access to care. Each council member also serves on one of three committees: Maternal and Child Health; Violence Prevention and Trauma Care; and Adult Health. The CAC meets every other month and the subcommittees meet in the intervening months. CHPV has representatives on CAC (Susan Alitto) and on the Adult Health Committee (Sammie Dortch). Do let us know if you have any issues you would like us to bring before the CAC and UCM. In turn we will periodically report to you on significant UCM activities and initiatives.

WEDNESDAYS ARE SENIOR DAYS AT HYDE PARK PRODUCE!!!

If you are over 65 and shop at Hyde Park Produce on a Wednesday, you will receive a 10% discount! 🍌🍓🍏🍅

BOARD MEMBERS

Margaret Huyck, President
Gary Worcester, President-Elect
Susan Alitto, Founding President
Rita McCarthy, Vice President
Cindy Pardo, Secretary

Joanne Michalski, Treasurer
Ann Audrain,
Jane Comiskey
Allison Hartman
Ismail Turay

STAFF

Ava Salonis, SHARE Project Coordinator
Roderick Sawyer, Operations Support
Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over –or even help – with this fun job!!!

Advisory Committee

Josie Disterhoft
Sammie Dortch
Kathy Huff

Roger Huff
Kitty Mann

CURRENT BUSINESS SUPPORTERS

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Community Programs Accelerator
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Residential Brokerage
Mather Lifeways

MAC Properties
Mercato grocery delivery
Montgomery Place
Nando's Peri Peri Restaurant
Noodles, Etc. Restaurant
NowPow
OWL Hyde Park
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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 THIS YEAR!!!
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 _____