



## *Welcome to April 2018!*

### **Contents**

#### **CHPV Ongoing Programs to Enjoy**

- Drop-Ins: Wednesdays, April 11, 25
- Interest/ Affinity Groups: See Recurring Events Chart

#### **Special CHPV Events Ahead**

- Healing After Loss Support Drop-In Group, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays 10 am – 11:30 am, Piccolo Mondo
- Yoga for Balance class continues 2<sup>nd</sup> & 4<sup>th</sup> Thursdays
- De-cluttering Support Group, meets 2<sup>nd</sup> & 4<sup>th</sup> Mondays at 3:30

#### **Network Events of Note**

- SHARE events: Artful Aging April 16 at Hyde Park Art Center
- OWL: Saturday, April 7, 1-3 pm: ***How do you want to live when you are old? How can we balance autonomy and protection?*** Hyde Park Art Center
- Steppin for Health! Every Wednesday evening, 6-8, Augustana Lutheran Church
- Hyde Park Book Club, Monday April 16, 7:30, Treasure Island

#### **Reviews of Recent CHPV Events**

- Annual Meeting March 13
- Special Events: Elmhurst Art Museum Field Trip  
Dining out at Quadrangle Club and Walnut Room

#### **News You Can Use**

- Discount Wednesdays for Seniors at Hyde Park Produce
- Summary Report from recent UC Medicine Community Advisory Council Adult Health Subcommittee

#### **Board & Supporters**

#### **Membership Form**

## Chicago Hyde Park Village Recurring Events

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

## **APRIL DROP-INS**

**April 11:** Exercise with *Sarah Oaks*.

Program: Welcome *Grisel Rodriguez-Morales*, Manager of Health Promotion and Disease Prevention at Rush University Medical Center. Grisel has represented Rush Generations in establishing a partnership between CHPV and Rush. She will discuss the Rush Generations programs for older adults and the benefits of our partnership arrangements.

**April 25:** Exercise with *Brian Seeley*

Program: Welcome *Dr. Jeremy Williams*, Medical Director of the Hyde Park Animal Clinic and Hospitals. Dr. Williams will share recommendations and insights regarding care for our various pets

## **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 **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 10:00 to 11:30 at the Piccolo Mondo Bakery, 1642 E. 56<sup>th</sup> 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 is 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](mailto:kittymann@gmail.com)).

### Declutterers' Support Group

Nearly 20 people have come to one or all of our meetings so far. The group has decided to meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup>

Monday at 3:30 pm at Augustana Lutheran Church. We have begun building a resource guide on the CHPV website where participants post information they have collected on various tool, techniques and resources for helping dispose of one's stuff. One effective technique so far has been the promises we make to each other at the end of each session regarding the decluttering task we will accomplish by the next time we meet.

On April 23, we will welcome a special guest, *Debra Michaud*, a specialist in helping one organize home, office, time and life. Debra will share tips on how to help dispose of stuff as well as take questions and lead our discussion. Everyone is welcome at any of our sessions.

### Yoga for Balance

This new class has met with such an enthusiastic welcome that we are exploring the possibility of adding a second weekly session on Tuesday mornings. Please let us know if you would be interested in participating in either of both sessions or just joining us on occasion when you can fit a session into your schedule. Everyone is welcome!

Currently we meet every Thursday morning at 10:30 am at Augustana Lutheran Church. The cost is \$10/session (\$8 for CHPV members). One can also purchase a card for 5 sessions at the discounted rate of \$45 (\$35 for CHPV members). Instructor *Janee Powell* has over 15 years of experience leading yoga training designed to address special needs. Our sessions focus on transformational techniques to repair the body, restore balance, increase strength and relax the mind.

## **NETWORK EVENTS OF NOTE**

**Every Wednesday Steppin' for Health!** 6 PM – 8 PM at Augustana Lutheran Church. No experience needed – come and learn!

**April 7, 1 PM – 3 PM: OWL ~ The Voice of Women 40+**

***How do you want to live when you are old? How can we balance autonomy and protection?***

As many have observed, most older adults value autonomy, in old age as in younger years. Many of us want to feel that we are acting independently, in our own interests. We want to feel that we are in control of our destiny, and that we are capable of and entitled to make our own decisions about where we will live, and how we will be “helped” – or not. This is a particularly (peculiarly?) American stance, giving priority to independence over inter-dependence. In late life, this stance often conflicts with the desires of our caregivers (children, guardians, institutions) to “protect” us from harms which may be inflicted by others or by ourselves.

At the OWL April meeting two experts to guide a discussion about these options. *Martha Holstein, Ph.D.* was a founding member of OWL, and worked with Tish Summers and Lorie Shields in the early years. She is an ethicist, specializing in the issues of older women. Martha has worked with Health and Medicine Policy and is the guest editor of the recent issue of *Generations: The Journal of the American Society on Aging*, “*Gender and Age: A Focus on Women*”. Her article “On being an old woman in contemporary society” is available from [margarethuyck@gmail.com](mailto:margarethuyck@gmail.com). Martha will be joined by *Jennifer Parks, Ph.D.*, Professor of Philosophy and Director of the Undergraduate Bioethics Minor Program at Loyola University. Her areas of specialization include health care ethics, feminist theory, and social philosophy. She is currently working on ethical issues relating to elder care and technology. Jennifer has written four books, including *No Place Like Home? Feminist Ethics and Home Health Care* (2003). Her article *Contesting Normative Values in Eldercare: The Challenge from Feminist Philosophy* (2017) is available from [margarethuyck@gmail.com](mailto:margarethuyck@gmail.com).

**NOTE THE NEW OWL VENUE: HYDE PARK ART CENTER! 5020 S. CORNELL.** Easily accessible by bus (#6)!! Bring your friends!!

OWL: 1:00 – 1:30 PM Social Time; 1:30 Business meeting; 1:45-3:00 Program

### **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.

Hyde Park Art Center, 5020 S. Cornell Ave, Chicago, IL 60615

**April 16, 11AM – 1:30 PM: Anna Kunz (current exhibit on display! Please stop by!) will conduct a tour of her exhibit and offer a workshop for Drop In participants on color. Please join us, drop in anytime between 10am and 1pm, the sessions are one hour each and start at 11:00am and 12:30pm.**

(Free to attend and participate!)

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

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

April 16: Hyde Park Book Club: HP Historical Society and CHPV – 7:30 p.m., Monday, April 16, Community Room, Treasure Island Grocery, 55<sup>th</sup> & Lake Park

For the April 16 meeting we will be reading: *As Others See Chicago: Impressions of Visitors, 1673-1933*, Bessie Pierce, 1933, 2004 University of Chicago Press. Pierce was a University of Chicago Professor of History and led the History of Chicago Project. This title was published as part of the 1933 Century of Progress World's Fair. The book includes excerpts from different authors through 1933 on their impressions of Chicago including pieces by Rudyard Kipling and G.K. Chesterton. *A Parisienne in Chicago*, by Marie Grandin, was discussed by the book club in Women at the Fair but was not available to Pierce at the time and so was not included in her collection.

*As Others See Chicago* is available from multiple sources including: ABE Books, University of Chicago Press, most CPL locations including Blackstone and can be ordered from the Seminary Coop.

**April 21, 12 PM – 2 PM: Community Grand Rounds –**

***Memory Loss and Care Giving: Will You Remember Me?***

Join the SHARE Network, UChicago Medicine and Community Partners for this important conversation. Expert panelists will discuss the topic of dementia and how it affects the patient and caregiver.

**Saturday, April 21 from 12:00pm – 2:00pm  
Wabash YMCA, 3757 S. Wabash Ave., Chicago, IL**

To register, please visit:

**<http://communitygrandroundsapr2018.eventbrite.com>**

For additional event info contact Natalie Watson at 773-834-4244  
For info on free transportation call: 773-363-1933 or email:  
[info@chpv.org](mailto:info@chpv.org) \*\*\***Lunch will be served. Early arrival is strongly suggested.**

## **REVIEWS OF RECENT CHPV EVENTS**

### **Annual Meeting, March 13:**

The Board and about 25 members met at the Program Accelerator on Tuesday, March 13, to hear brief reports from the major committees. The relevant documents are available on-line from Rod at [info@chpv.org](mailto:info@chpv.org) or from [margarethuyck@gmail.com](mailto:margarethuyck@gmail.com). A proposed budget was presented which illustrates two scenarios, one with federal funding for the SHARE program ending July 1 2018. The Board and Advisory Committee members have been planning on this assumption for several months, since that is when the grant period ends officially. Jason Molony indicated at the Annual Meeting that bridge funding is likely to be available to extend the partnership funding; the federal budget recently passed makes this possibility more likely. However, we have no assurances in writing, and will continue planning for a future of the Village without this major funding.

**Building Community – Nurturing Body-Mind-Spirit Events,  
by Terry Stumpf, Program Committee Member**

### **CHPV Elmhurst Art Museum Artful & Healthy Aging Tour —**

Last February 27, 2018, twenty-two Hyde Parkers (including one guest from Lincoln Park) traveled by a tour bus provided by SHARE to Elmhurst. A buffet lunch was plentiful and enjoyed at the Cottage Hill Station Kitchen & Bar. The focus of the excursion was of the exhibition of artist Gertrude Abercrombie: *Portrait of the Artist as a Landscape*. Recall, Abercrombie was an active painter based in Chicago and Hyde Park in particular, who created surreal and dream-like imagery. Abercrombie developed her own unique style and color palette and explained the images of her work with “It is always myself that I paint.”

The exhibition included 40+ of the artist’s enigmatic works of spare interiors and illusionary landscapes - which have been referred to as “psychic self-portraits.” Added to our guided tour were shared memories of many Hyde Parkers of the artist’s known images and individuals in the paintings and high lights of the Abercrombie’s booth in a good number of the 57<sup>th</sup> Street Art Fair. On the grounds of the Elmhurst Art Museum is the McCormick House, a single-family home designed in 1952 by Mies van der Rohe, one of the great architects of the 20th Century. The McCormick House, included in our tour, is one of only three residences designed and built by Mies in the United States – and one of only two open to the public.

Unexpected, our return to Hyde Park included the back roads of the Bronzeville neighborhood. The time and day was enjoyed by one and all.

**CHPV Dining Out Meet-up March 16, 2018 —** An evening of dining together with wonderful food (a three-course prix fixe menu), great service, and an inviting venue – *The Quadrangle Club*, University of Chicago. Intriguing conversation was had around the table and dining. CHPV member Barbara Roy suggested this venue awhile back and Susan Alitto made this venue possible for our dining pleasure. The Dining Out Meet-up allows for getting to know and meet other CHPV Members and additional Hyde Parkers.

Save the date and watch for details of the upcoming CHPV Dining Out Meet-up — Friday, May 25, 2018 at the *Piccolo Mondo* Italian Restaurant in Hyde Park. Diners gather at 5:30 p.m. Pre-paid Registration/Reservations open April 11, 2018 via the CHPV website.

**Three Villages Dining Together** — The three villages in Chicago - Chicago Hyde Park Village, The Village Chicago, and Skyline Village Chicago – gathered together for a dining experience. Wow! Forty-three village members and friends dined at *The Walnut Room* at Macy's on State Wednesday, March 21, 2018. The world famous Walnut Room was the first restaurant ever opened in a department store. With Circassian wood paneling imported from Russia and Austrian chandeliers, the 17,000 square foot dining room is both elegant and comfortable. Many diners choose to have the classic Mrs. Hering's Chicken Pot Pie – savory and delicious in every bite. During the evening, Hyde Park's longtime resident and own storyteller, Sam Guard, shared stories with the diners about the Marshall Fields Department Store and The Walnut Room; diners were spellbound. Diners from each of the villages were seated at smaller tables and engaged in lively conversation and were able to get to know other villagers.

## **NEWS YOU CAN USE**

### **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! 

### **Summary Report from recent UC Medicine Community Advisory Council Adult Health Subcommittee**

The most recent quarterly meeting on March 6 focused on the Needs Assessments that UC Medicine conducts every three years. The Assessment completed in 2015-16 identified the Priority Areas and measures undertaken to address them. These are for Adults – Cancer and Diabetes; for Pediatrics—Asthma and Obesity; and for Adults and Pediatrics combined—Violence prevention and Sexually transmitted infections/HIV.

The next Needs Assessment will be completed by June 2019. UC Medicine will collaborate with other hospitals and health systems through the Alliance for Health Equity. They will also collect data from secondary sources such as Emergency Department visits, crime, hardship index, etc., conduct focus groups and provide community resource tools such as asset mapping and community profiles.

## **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**

Bonjour Cafe  
Cedars Restaurant  
Chicago a Capella  
Community Programs Accelerator  
Barbara Flynn Currie  
Foreign Car Hospital  
Freehling Pot and Pan  
Leslie Hairston, Alderman, Fifth Ward  
Hyde Park Animal Hospital  
Hyde Park Art Center  
Hyde Park Bank  
Hyde Park Produce  
Hyde Park Property Management  
Kimbark Plaza  
Life Care at Home  
Rita McCarthy, Coldwell Banker  
Residential Brokerage  
Mather Lifeways

MAC Properties  
Mercato grocery delivery  
Montgomery Place  
Nando's Peri Peri 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 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 \_\_\_\_\_