

CHICAGO HYDE PARK VILLAGE



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Welcome to Our First Issue!

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WHAT IS THE “GLASS HALF FULL AWARD”?



This Award was instituted last year by Founding Board President Susan Alitto. She began by presenting an hourglass to the Board member she perceived as having the most optimistic, helpful attitude toward resolving the many challenges faced by the Board. The next month, the Awardee passed it on to a new

member. We have continued the tradition: most recently, Board member Gary Worcester (Chair of the Membership, Governance, and Nominating Committees) passed it on to Board member Ismail Turay – who is recently retired and willing to devote more energy to his work with the Membership and Nominating Committees.

The CHPV Board always faces challenges of determining the programs that will best serve the members, raising the funds needed to continue the programs (member fees cover only 40-70% of expenses in most villages), and building partnerships which will strengthen our programs. We can only fulfill our mission with Volunteers – neighbors helping neighbors, as well as neighbors enjoying neighbors!

Meet Our New Staff Leaders!

Lauren Alspaugh joined us just a year ago as our half-time Executive Director. She is familiar with Hyde Park, since she served as the Executive Director for the Chamber of Commerce. She is ready to do everything she can to build a strong Village – Like answer lots of questions on the phone! Lauren lives with her husband and elderly mother.



Grace Latibaudiere-Williams has been involved with the Village since the first planning group. She agreed to serve part-time (10 hrs/week) as the Volunteer Coordinator. She is caring for her mother, now 100, in her home. She is very interested in matching volunteers with appropriate opportunities in the Village.



Eva Salonis (see page 5) serves as our part-time Director of SHARE programs for CHPV. She has extensive experience developing health programs.

A MEMBER NEEDING HELP RECEIVES IT: ELEANOR (ELLIE) HALL

I was a charter Full Member of the Village. When I mentioned it to others, a common reaction was, “Oh, I don’t need that.”

I thought to myself, “I don’t need it now, either. But in the future, I may need it, and I want it to be there when I do.” (I am single, have no children and no family in the Chicago area.)



Little did I know how soon I would need the Village. In March, a mass in my abdomen was identified; it turned out to be ovarian cancer. I had surgery for it on May 23 and after being released from the hospital, spent some time in the Montgomery Place skilled nursing facility.

Many Village volunteers provided essential services. Lorie Rosenblum was especially valuable. She served as a Medical Advocate. She went to doctor’s appointments with me. When a lot of painful information is thrown at you, it helps to have another person who can also take it in. Also, Lorie asked questions that I wouldn’t have thought of. She argued with the physician who wanted to send me home directly after surgery; Lorie convinced them that I must go to a recovery facility, and checked to see if room was available at Montgomery Place. She also helped me plan for my return home, thinking of things I would need.

In addition, Village members provided me with transportation to doctor’s appointments and tests, most at a distance. Craig Krell provided me with many rides; Susan Alitto, Lauren Alspaugh, Margaret Huyck and Roger Huff also provided transportation. Grace Latibeauiere-Williams and Chuck and Joan Staples brought things I needed from home to Montgomery Place. Margaret Huyck lent me a bath bench. My requests were all handled by Grace, the Volunteer Coordinator.

I don’t know how I would have managed without all the help provided by Villagers. I will always be grateful to those who stood by me at a time of great need.

Eleanor (Ellie) Hall

PROGRAMS AND ACTIVITIES

Drop-In Programs

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustanna Lutheran Church, 5500 S. Woodlawn; parking in lot east of the building. 10:30 Check in and 45 min of “age friendly” exercise by various experts. Book/jewelry exchange. Announcements, and delicious luncheon at noon. 12:30-1:30 Program of interest to community. *Watch your announcements for specifics about exercise leader and expert speakers for each meeting.* Cost: \$7 for non-members of Village, \$5 for members. (Members pay annual dues to the Village organization.)

Focus on Health We are able to offer many excellent health-related programs featuring local experts because of our participation in the SHARE network. The **S**outh **S**ide **H**ealthy **A**ging **R**esource **E**xperts represents older adults, caregivers, primary care providers, and geriatric specialists working together to improve the lives of older adults on the South Side of Chicago. The SHARE network shares resources and expertise to provide better care for older adults.

This program is federally supported through the Geriatric Workforce Enhancement Program, which is managed by the Health Resources and Services Administration (HRSA). CHPV is one of the Community-based Partners selected to participate in this program; the others are the TRC Senior Village, and Mather’s-More Than a Café. Jason Molony, our former Board member, is now the Director of the Community-Based Program. Funds provided to the Village help fund our CHPV Executive Director, and a special SHARE program coordinator, Ava Salonis.

Review of June 22 Program: William Dale, M.D.

Dr. Dale summarized some valuable longitudinal research, following several thousand older persons for now 15 years, all of whom were living in their own homes. The researchers are looking for social factors which relate to health and longevity. They developed a

comprehensive model that revealed six unique health classes, predicting mortality/incapacity. The healthiest people were somewhat overweight and robust; two new classes, with twice the mortality/incapacity, were people with healed broken bones or poor mental health. For more information, contact Eva!



Among the SHARE team: Front Rita Gorawara-Bhat, Susan Alitto, Founding President of CHPV and Liaison to the SHARE Program; Rear: Ava Salonis, CHVP Share Program Coordinator; Margaret Huyck, Ph.D., CHVP President; William Dale, MD, Section of Geriatrics and Palliative Medicine, Dept. of Medicine, University of Chicago; Amelia Menton, research assistant; Jason Molony, MSW, Director of SHARE Program. (Missing: Lauren Alspaugh, E.D.)

July: Focus on Medicare. The Medicare program is a great boon to seniors managing their health care, but it does not cover everything and it has many complexities that are puzzling to consumers.

Future possible topics: *Eye Care, Social Aspects of Aging, Drinking/Drugs; Undiagnosed Depression, Dementia and Alzheimers, Fraud Prevention, "Death Caf ", Home Care Agencies, Hearing, Sexual Health, Food & Drug Interactions*

Other Programs to Explore

Volunteers: You can be an important part of the Village by taking some responsibility for our operations! Volunteers are vetted, and trained generally to represent the Village ethically and effectively; special training is offered for those can be drivers, or medical advocates. Some (like drivers and medical advocates, task helpers and friendly visitors) are part of our Services; others help with office management and tasks, or help various committees fulfill their purpose.

We have the following “job vacancies” for the right volunteers:

- Working on a committee to plan the next fun-filled fundraising event.
- Redesign and keep up our CHPV website
- Compile/edit our Newsletter—or write for the Newsletter
- Propose a new activity, and submit a proposal to Lauren: include the topic or activity, leadership and qualifications of leader, site, and budget – and how you will cover expenses; you could collect a fee (less for Members), ask for donations, make your own donation, etc. Some suggestions are to organize theater outings, organize a Memoir Writing group, etc.

Call our Volunteer Coordinator, Grace Latibeaudiere-Williams (at 773-363-1933) to find out when the next trainings will be, and what current opportunities are.

Men’s Groups: Two groups of men, each limited to 10-12 members, meet at 10 am to 11 am at the Piccolo Mundo restaurant, 56th and Cornell, with Jerry Gripshover and Gary Worcester. One (nearly full) group meets the first and third Wed. each month, and the other meets on the first and third Thursday each month (this group has room for more participants). For more information or to sign up, contact Gary at garyworcester@gmail.com, 773-420-6213.

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!

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 Board) will be 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 (for example, Leopold and Loeb, the World's Fair of 1893). 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).

Soup/Salad & Meet for potluck supper, dessert and discussion at a Member's home. **NEXT OPPORTUNITY is THURSDAY, JULY 21, AT 5:30 at Huyck Home.** To RSVP contact Margaret at mhhuyck@sbcglobal.net. Limited to 12; Members have priority. If you are willing to host such an event, as a pot luck, please call the office (at 773-363-1933) and talk with Grace or Lauren about a date.

Sing with the Encore Chorale! CHPV is a co-sponsor of a new opportunity in Hyde Park – the Encore Chorale. This group was developed in Washington DC to engage in singers over 55 in working with a professional choral director; research done at NIH has demonstrated that such involvement is associated with increased well-being and improved cognitive functioning. Jonathan Miller, a well-known founder of the successful group *Chicago a Capella*, was enchanted with the idea and decided to bring the

concept to Chicago. He and his wife Sandy have now established their own unit; they held two trial groups last spring, in Hyde Park and in Evanston. They are now offering a summer session from June 22 – July 27, with a concert on July 31.

Rehearsals are at Montgomery Place (5550 South Shore Drive) on Wednesday mornings, 9:30-11; singers should arrive by 9:15. There is a \$50 charge for music and operations; a CD with the music to be learned is available for \$10. Singers may sit if needed; no tryouts are required.

Save the Dates: Special Programs Coming!



July 4: March with the CHPV banner on the annual Hyde Park Community Celebration! Susan Alitto will be bringing the banner – contact her if you want to march with the rest! Call Grace if you would like a ride to the viewing stands, or just a ride to the park for the picnic following. (Reach either at 773-363-1933)

Sunday, October 2, 2016: Magic & a Memorable Menu at Polo Café – Benefit for CHPV

Sunday, February 26, 2017: Music for All Ages at First Unitarian

HEALTHY AGING TIPS By Margaret Huyck, Ph.D.

Participate in a Village! That's one of the conclusions reached by a series of studies of the impact of membership and participation in one of the some 200 Villages now open in the U.S. Many folks wonder why the movement has gained such momentum, and the existing research begins to answer the question.

Several very important findings emerged: First, social isolation and loneliness are increasingly common in later life, particularly among those living alone. Social isolation is associated with earlier death and increased morbidity, through biological mechanisms that have been clarified. Thus, **one tip for healthy aging is to remain socially engaged, to the extent that it is desirable and comfortable for you.**

Second, Membership alone does not confer any advantage; **those who participate most actively also derive the greatest benefits in reported social integration.**

Third, **assistance with technology** (typically offered through Villages, including ours) **was associated with increased confidence in aging in place.**

I will report more research on Villages in future issues, covering some of the factors that make them effective and sustainable.

Another tip -- regarding Osteoporosis Treatments: I spent several years working with the National Bone Alliance. They are now struggling to fight a "Scare panic" among patients who have read about the very few who have a strong allergic reaction to medications that are known to stop or slow the process of osteoporosis. They are stopping their medications, with the expected result there will be many more (preventable) fractures. Read the evidence carefully before you make rash decisions!

MEMBER MILESTONES

Congratulations

- *Eugene Krell* on turning 90! His son Craig was with him (as always) at the Village Drop-in to sing Happy Birthday and share this wonderful cake.



Condolences

- *To Barbara Roy on the death of her husband, David Roy.* David was an eminent scholar at the University of Chicago, known for his translation of a major work of literature from ancient China. Barbara was very involved with his care after he developed Lou Gehrig's disease.

BENEFITS OF MEMBERSHIP

CHPV has two levels of membership: Associate and Full. The primary difference (besides cost) is that only Full Members are entitled to request the kinds of services that Ellie (and others) received from volunteers. Many of the current Full members paid the higher costs of that category because they want to support the Village in principle, or as an “insurance plan” when they might need the services. In reality, “needing services” can happen very suddenly. When volunteer services are needed and provided, the savings over purchasing those services in the open market would much more than pay for a Full membership. Dues for a single Full Member are only \$1.35/day, or \$480/year.

For individuals who only want and need the Associate membership, this can provide another opportunity to make new friends, become engaged in interesting

activities, and take the initiative to start something new. Associate dues are only \$0.67/day, or \$240/year. If you are interested in learning more about Membership, please contact Lauren Alspaugh to pick up an Information Packet and talk to her; or contact Gary Worcester, Chair of the Membership Committee.

BOARD MEMBERS

Margaret Huyck, President
Susan Alitto, Founding President
Rita McCarthy, Vice President
Cindy Pardo, Secretary
Ann Audrain, Treasurer

Jane Comiskey
Marianne Crusius
Linda Sea Darline
Allison Hartman
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STAFF

Lauren Alspaugh, Executive Director
Grace Latibeaudiere-Williams, Volunteer Coordinator
Ava Salonis, SHARE Project Coordinator
Rodney Sawyer, Consultant

Newsletter Staff: Margaret Huyck, Editor Pro Tem;
Contact me to take over this fun/easy job!!!
Copy Editing: Ellie Hall, Susan Alitto