



SKYLINE
VILLAGE
CHICAGO

*Enriching Our Lives
Through Community*

It is with heavy hearts and great sadness that we report the passing of Sandy Gold on Tuesday morning, March 1. Sandy was a friend and fierce champion of Skyline Village. She served on our Board for three years and co-edited the newsletter, which required tireless efforts to learn and incorporate new digital processes. She helped set up the website and directed lots of the "back office" functions. Sandy hosted many meetings in her home, including one of the very first coffee events to introduce Skyline to her friends and neighbors. We all loved, appreciated and admired Sandy and maybe the best expression of what we know about Sandy is shared by former board member, Katie Sowle.....

SANDY GOLD-A Skyline Village Friendship

Sandy was sitting on some stone steps near the curb in Sandburg Village, patiently waiting. With an easy smile, she said, "You must be Katie." "And you're Sandy," I replied. With our knitting bags, we weren't hard to identify. Conny Tozer promptly arrived and led us to her inviting home, where we met other Skyline knitters-the members of "Sticks and Strings."

It was soon evident that Sandy, with her quiet good humor, was a sharing and generous woman who had a special style all her own. Like others, I used several of her patterns, especially after seeing her wear them. She kindly helped me negotiate the tricky parts.

Her unique style shone, too, in her home when she entertained Sticks and Strings. Without violating our restrictions on service, she used innovative table settings, clever fruit carvings, and special Trader Joe's lo-cal potato chips to make us all eager to return to her hospitable coffees.

Others can address Sandy's impressive professional life and her invaluable contributions to the workings of Skyline's publications. She cared about Skyline Village. I particularly recall her remarks at a Board of Director's meeting expressing concern that we maintain our ability to speak out on issues important to the aging. "We must have a voice," she said. To her many other talents I will not attempt to speak. I merely wish to share a side of Sandy I was privileged to

enjoy as a Skyline friend. And that was something marked about her style. Be it her needle skills or her entertaining efforts, she used her style not to impress but to give. It was to show respect and gratitude to others. It was love.

March-April 2016

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CALENDAR OF UPCOMING EVENTS

Click on an event to see the details.	
Wednesday, March 2	<u>Book Group 3 PM</u>
Friday, March 4	<u>Friday Luncheon Forum 1 - 3 PM</u>
Monday, March 7	<u>Dining Group, 5:30-7 PM</u>
Tuesday, March 8	<u>Woman in Late Life: A Salon 3:30-5 PM</u>
Friday, March 11	<u>Fun and Benefits of Zentangle, 3:30-5 PM</u>
Wednesday, March 30	<u>SVC Board Mtg & Tour The Clare 3 -5 PM</u>
Sunday, April 3	<u>Rosenwald and Beyond 1:30-3 PM</u>

Monday, April 4	Dining Group, 5:30 - 7 PM
Wednesday, April 6	Book Group, 3:00 PM
Wednesday, April 8	Fun and Benefits of Zentangle, 3:30-5 PM
Tuesday, April 12	Women in Late Life A Salon 3:30-5 PM
	Skyline Village Partner Events - Various Times & Dates -Click for Details

MESSAGE FROM THE PRESIDENT

Did you know that Skyline Village Chicago is part of a movement of [Villages](#) across the country? The idea started around a kitchen table in Boston's Beacon Hill with a group of people who were determined to support each other's desire to stay at home for as long as possible. That required planning and foresight, not only of one's financial picture, but also anticipating the issues that arise as we grow old.

I recently read Roz Chast's starkly insightful memoir, "Can't We Talk About Smething More PLEASANT?" I highly recommend it because it resonated with so much of what we at Skyline Village Chicago are doing to make it okay to talk about things that may be less pleasant, but are on our minds.

SVC's Womens Salon has tackled issues of ageism, how we feel about it and how society views us. Our work with Dr. Lee Lindquist and her team at Northwestern to develop **Plan Your Lifespan** resulted in a tool we can all use to plan for the future, the pleasant - and the not so pleasant.

So, with our Village, we are all in this together, networking at educational events, dinners, and lunches, exploring our city together, and volunteering for one another. We are part of a movement that is defining in a positive sense what it means to be old in the U.S.

Phyllis Mitzen
President, Board of Directors

ANNOUNCEMENTS

Two New Members Appointed to SVC Board

We are pleased to announce that Ms. Regan Burke has been appointed to the SVC Board of Directors. As part of her role on the Board, she will become Chair of the Events Committee, following Evelyn Shaevel's outstanding work with that committee. Regan, now retired, served as operations manager for the Cook County Clerk in 2012. She has spent her life in politics and government.

Our second new Board member is William A. Caro, MD, Bill is a board-certified Dermatologist who received his medical degree from the University of Illinois College of Medicine; he completed his post-graduate work at Cook County Hospital. He has been a resident of the Gold Coast for many years.

Leaving the Skyline Board after many years of dedicated service is Gay Roberts, She has served Skyline for 5 years as a loyal board member and then as treasurer. She will be missed, but she assures us she will help when a situation calls for her expertise.

SVC March Board Meeting at The Clare

Rush and Pearson Streets

March 30, 3 - 5 PM

SVC members are invited to attend the March 30 meeting of the SVC Board of Directors at The Clare, the high-rise retirement community at Rush & Pearson Streets and one of SVC's valued Community Partners. The Clare is unveiling its most recent renovations and has invited the Board and any SVC members in attendance to take part in a tour following the meeting.

This past fall, The Clare began a three-phase project that included expansion and redesign of the lobby, the addition of a new kitchen and new finishes to the 53rd floor, and the creation of a 9th floor casual dining venue. "We are committed to creating a welcoming and comfortable environment for our residents," said Kyle Exline, executive director, "and this renovation is a testament to that vision."

Our Sunday, April 3rd event, "Rosenwald and Beyond" also will be held at The Clare. The event is free for SVC members and residents of The Clare. For a description of this program, see the article in this newsletter (include link). For more information, about The Clare, visit www.theclare.com or call 312.784.8100.

SOAR/Skyline Village Chicago

Resource Directory

A Guide to Everyday Services

The SOAR/Skyline Village Chicago Resource Directory was distributed to Skyline Village Chicago members in January and February.

The Directory provides local information for Streeterville, the Gold Coast, River North and Lakeshore East. In it you will find educational opportunities; fitness classes; grocers, hardware stores and pharmacies that deliver; transportation options (for example, how do I sign up for a Zip Car, for Lyft, or where do I go to get my bus pass); and walk-in health clinics.

For SVC members, the Resource Directory is available at the SVC website. If you aren't an SVC member, or if you want additional copies, send requests to info@skylinevillagechicago.org.

Get Skyline News and Resources!

Sign Up for Events Online!

We've heard from many of you that you're having trouble signing into the SVC website. According to our Website Consultants, only 50% of Skyline members have ever logged in and visited the SVC site. The advantages of logging in are that you are ensured member access to events and you are able to view Members Only information, such as the newly published Resource Directory. So, here are a few simple instructions to help you get connected:

1. Go to www.skylinevillagechicago.org. Look on the top right hand corner and click on the Member Login link.
2. DO NOT enter anything in the User name or Password fields yet
3. Click on the iForgot my Username/Password link located under the Login button

4. In the popup, enter your email address and first name. Click OK button

5. You will immediately receive an email with your username and a new, temporary password.

6. Go back to www.skylinevillagechicago.org. Click on member login. Type in your username and temporary password. You will be asked to provide a new, permanent password for yourself. You can also change your user name if you wish to.

7. Now, any time you want to log in on that computer you will need only to click on 'member login'.

Neighbors Helping Neighbors

Need help? Call Skyline's Volunteer Hotline

Your volunteer neighbors are ready to take you to the doctor or dentist, assist in grocery shopping, get a library book from the Water Tower library or just visit with you in your home or hospital bed. SVC now has a full team of volunteers ready to help when you need us.

Just give us a call and our volunteer coordinators will ask you a few questions and put you in touch with one of our helpful volunteers who can assist you with your request.

To connect with a volunteer: Call Skyline Village Chicago's Hotline at 312-957-6060

SKYLINE VILLAGE SPRING EVENTS

Friday Luncheon Forum

Friday, March 4, 1 - 3 PM

Ditka's on Chestnut

City Treasurer Kurt Summers will speak, take questions, and lead us in a lively and informative discussion. Summers is Chicago's banker and advocate overseeing the city's \$7 billion investment portfolio. Hear his presentation and ask questions about how Chicago is using economic development to curb violence and restore confidence in the criminal justice system. Learn about Summers' Near North Neighborhood Think Tank.

Order from the menu. Dutch treat. A fun and easy Friday afternoon. For Skyline Village Members and their guests.. The fee is \$5 each in advance to help pay for a private room. You may reply at info@skylinevillagechicago.org.

Women in Late Life: A Salon

Tuesday, March 8 & April 1

200 East Delaware

3:30 - 5 PM

Join us on the second Tuesday of March and April at 3:30 as we continue the conversation with Martha Holstein, author of *Women in Late Life: Critical Perspectives on Gender and Age*. We will wrestle with the positive and negative conditions in the U.S., in our communities, and in our neighborhoods that help and/or hinder our sense of well-being.

Wine and cheese will be served; discussions are free and open to Skyline Village members and their guests. For more information call 312-957-6060 or write to info@skylinevillagechicago.org

Rosenwald and Beyond...

The Story of a

Groundbreaking Philanthropic Family

Sunday, April 3, 2016 1:30 - 3 PM

The Clare, 55 E. Pearson St.

Julius Rosenwald (1862 - 1932) was a Chicago businessman and philanthropist, a founding partner in Sears, Roebuck and Company and the founder of the Museum of Science and Industry. The American Rosenwalds rescued 300-400 family members from Nazi Germany.

David Sperling, a Rosenwald relative, will offer stories, archival photos and documents in the exploration of the Rosenwald family, their German relatives, and the lives they lived. Join us for the discussion with David Sperling on April 3. Light Refreshments will be served. This event is free to Skyline Village Members and Residents of The Clare.

We are hopeful that the film "Rosenwald," an Aviva Kemper documentary about how Rosenwald partnered with Booker T. Washington to build 5,400 Southern schools in African American communities during the Jim Crow era of the 1900's, will be available soon. If so, it will be shown at The Clare as a follow-up to the April 3 event.

SKYLINE SOCIAL GROUPS

More Than A Book Group

Wednesday, March 2 and April 6, 3:00 PM

Prentice Women's Hospital

250 E Superior

2nd floor cafeteria - on Chicago Avenue side

We will be discussing "Between the World and Me" by TaNehisi Coates. We will also be selecting books for the coming months, so bring your recommendations. Guests are welcome to attend twice; then we ask that they become a member of Skyline Village Chicago.

RSVP or for more information or email us at info@skylinevillagechicago.org. Please put Book Group in the subject line and include your name, email address, and phone number.

Mah Jongg Group

Noon on Thursdays

Dining Area Adjacent to Prentice Hospital Cafeteria

SVC members meet to play Mah Jongg on Thursday afternoons beginning at Noon. If you are an experienced player and are interested in joining us, contact Carol Koenig ckoenig943@gmail.com. If you would prefer to talk with Carol about your level of experience, you may call her at 312-819-3280.



Zentangle

Friday, March 11 & April 8, 2 PM

Prentice Hospital

250 East Superior Street

2nd Floor Dining Area

Zentangle was first offered by SVC in Fall 2015.. Marie Jose-Baum, an SVC member, leads the course. A recent design by Phyllis Mitzen, SVC President, is shown above.

Zentangle is enjoyable and good for the brain. Marie will teach us new patterns and soon you'll create your own. All you need is a black pen, a pencil and some white paper - we'll have supplies on hand.

Curious and want to learn more? RSVP to info@skylinevillagechicago.org and include the name of the event in the subject line and your email address and phone number in the message.

SVC Social Dining Group

Monday - March 7 - 5:30 PM - 7 PM

Tavern on Rush, Corner of Rush and Bellevue

Monday - April 4 - 5:30 - 7 PM

**Frankie's - Bloomingdale Building
900 N Michigan**

For great conversations, join us to meet new SVC members and reconnect with old friends at SVC's Dining Club, which meets the first Monday of each month. Our members have indicated that an occasional change in venue would be welcomed, so we are alternating between Frankie's and Tavern on Rush.

RSVP one week before dinner: diningclub@skylinevillagechicago.org. Please put Dining Club in the subject line and include your name, email address and phone number. **For more information:** Contact Charlene Conarty at APJA10@att.net or 312-915-0423

Are You Ready for Life as a Senior?

"Plan Your Lifespan" Can Help

What will happen when your memory worsens? What if you are hospitalized and need follow-up rehab care? Today, when a senior is hospitalized and needs therapy before returning home, stressed family members scramble to choose skilled rehab facilities. Or they rush to find caregivers or begin looking into CCRCs (Continuing Care Retirement Communities). They react to the emergency. But you may be left out of the decision.

It's Time to Stop Reacting to Health Crises and Start Planning....

www.planyourlifespan@northwestern.org

Created at Chicago's Northwestern University by geriatricians, members of Skyline Village Chicago, nurses, and social workers. Plan Your Lifespan is a free website to help people plan for health events that happen with age. Users can educate themselves, connect to local resources, and share their plans with family and friends. You may access the website here: www.planyourlifespan.org

For more information, Dr. Lee Lindquist or Vanessa Ramirez-Zohfeld is available to answer questions. Their contact information is at the website.

KAREN'S KORNER

A Movie Many Will Not See....

because it's the latest from Michael Moore. Just the mention of his name sends some conservatives into a rage. Even liberals comment that often Moore just goes too far.

Frankly, I didn't realize he had a new movie but noticed it as I left another movie. Seeing that it was just beginning, I thought I'd take a look. If nothing else, his approach to whatever topic he chooses can be entertaining and sometimes comical. And, I can always walk out.

"Where to Invade Next"...I assumed it had something to do with war. Well, it doesn't. Moore actually visits various countries to examine how Europeans view work, education, health care, sex, equality, and other issues. The invasion is to "take the things we need from them and bring it home". From cafeteria food to sex ed, Moore looks at the benefits of schooling in France, Finland and Slovenia. In Italy, he marvels at how workers enjoy reasonable hours and generous vacation

time. In Portugal, Moore notes the effects of the decriminalization of drugs. Norway's (and I've since learned Germany's) treatment of law breakers is quite different from ours. Through his travels, we discover just how different America is from the rest of the world. Interestingly, Moore and his international interviewees point out that many of their policies were originally based on American ideas and processes.

Unlike his previous hard-hitting, often nasty, films, "Moore's new found mellow approach in 'Where to Invade Next' is meant to disarm us." (Rolling Stone) In one trailer for the movie, Moore unapologetically admits that he "picks the flowers" of the countries he invades...not the weeds. Yes, it's one-sided in that it shows where America has fallen short in many areas. But, I was encouraged by his upbeat conclusion that we can still change things to benefit our great country.

My first thought when I left the movie was that everyone should see it...just to plant seeds about how we might change some of the things most people agree aren't working great. I tend to be fairly apolitical (not interested or involved in politics) and thought this movie wasn't particularly left or right. A couple friends who also saw it pointed out my naivete. Well, maybe a dose of naivete would help everyone see options and ideas previously discounted.

I think everyone will agree though...does he really have to be such a slob?!

Karen is requesting deas from our members for new topics and authors for this space. If you have ideas you would like to share with your SVC colleagues, just contact Karen at Karen@KarenRossCoaching.org

Join the Conversation...

Mather Lifeways Offers

"Telephone Topics"

Mather Lifeways is offering, free of charge, access to "Telephone Topics," live presentations over the phone. Topics during the past month have included Computer Assistance, Weight Loss and Older Adults, and Blood Pressure and Cholesterol Management. The website includes a link to listen to previously recorded topics. For a schedule, you may call 888-600-2560 or visit <http://www.moreways.org/telephone-topic.html>.

Alderman Brian Hopkins: SVC's February Friday Lunch Forum



Skyline's inaugural Friday Lunch Forum kicked off at Ditka's on February 5 with a highly informative talk by newly elected 2nd Ward Alderman Brian Hopkins, pictured here with Regan Burke. He reported on his first few months in office, signing off on such things as requests for sidewalk cafes while learning the issues and obligations of a Chicago City Council member. Mr. Hopkins said his priority is to find new revenue from the 2nd Ward without having to raise property taxes since the 2nd Ward, the 43rd Ward and the 42nd Ward comprise 80% of the city's property tax revenue.

The alderman is working with City Treasurer Kurt Summers to develop a mixed-use infrastructure at the old Finkl Steel property at Cortland and Lincoln in anticipation of revenue-producing commercial, retail and residential developments.

In answer to our questions, the alderman promised to make the North Avenue and Division pedestrian tunnels to the lakeshore cleaner and safer, enable us to cross Michigan Avenue safely during the Festival of Lights Parade, be diligent about getting businesses to remove snow quickly, and get involved in changing police procedures to help protect us from criminals. Attendees at the Lunch Forum included two of our newest members, Bill Caro and Valerie Lober, along with Karen Ross, an SVC Board member shown here.



**SKYLINE VILLAGE PARTNER EVENTS
OPEN TO ALL**

**Osher Fitness/Wellness Exercises
For Spring**

Start Date - Monday - April 4

Registration Open thru April 29

Northwestern Medicine Osher Center for Integrative Medicine Fitness and Wellness classes for Spring will begin on Monday, April 4. Registration will remain open through Friday, April 29th. Fees for those who register late for fitness classes will be prorated..

We have a full line of fitness classes appropriate for Mature Adults, including Gentle Yoga, Yoga in a Chair, Yoga for Osteoporosis, Zumba Gold {R}, Pilates, Low-Impact Aerobics, Nia, Tai Chi, and Strength and Balance. Classes are small and instructors are well trained. Individual modifications are offered for a variety of physical and medical conditions as needed.

Our Wellness Classes include Detox, Cleansing and Rejuvenation; Food As Medicine (New); Going Gluten Free; Guided Mindful Meditation; Mind-Body Pain Management; and Tobacco Cessation Programs for Groups or Individuals.

For information or to register, please go to <http://classes.nmh.org/listing/all> To register by phone, please call (312) 926-8400. You can also register for a free trial class at 312-926-8400.

Winter Warm-Up, 1/27/16

Dressing Downton, 2/26/16



Nancy Almquist & Pamela Woodward



Long-time friends,
Dan Roberts & Judy Hollander



Mary Houston & Valerie Lober



Marilyn Marks, Judy Karlov,
Marjorie Kelly, Sue Albertson

SKYLINE VILLAGE MEMBERSHIP

Membership

Welcome to our new members:

**Penelope Bingham
William Caro
Pamela Hillgoss Woodward
Valerie Lober**

Marsha Peters

**Thanks to all our renewing members!
You're the core of our group!**

IF YOU HAVEN'T RENEWED YET, OR IF YOU WANT TO JOIN SVC:

Send a check for:
\$75 (individual) or \$100 (household)

To: Skyline Village Chicago
P.O. Box 81334, Chicago, IL 60681

www.skylinevillagechicago.org

312-957-6060

svcchgo@gmail.com

HOW SKYLINE SERVES YOU

We are a collaborative nonprofit community organization created and run by neighbors for neighbors to support one another and to enhance our quality of life in our neighborhoods: Streeterville, the Gold Coast, River North, and the New Eastside.

OUR MISSION is to enrich the lives of our members through unique cultural, educational and social activities designed to take advantage of the vast resources of our vibrant city. We initiate programs and provide access to community information our members have indicated they want and need to stay actively engaged and connected.

Our regular NEWSLETTERS are transmitted bi-monthly at the beginning of the 2 month period. In addition, we send periodic UPDATES to assure that you are kept current with what is happening in our neighborhood, as well as to serve as "reminders" of upcoming events and activities. Hope to see you soon at one of our events. We welcome your comments and suggestions at svcchgo@gmail.com.

