



**SKYLINE  
VILLAGE  
CHICAGO** *Enriching Our Lives  
Through Community*

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## CALENDAR OF UPCOMING SKYLINE EVENTS

| Day/Date          | For more details on Skyline Events, see the articles below. To register, you can visit our calendar at <a href="http://www.Skylinevillagechicago.org">www.Skylinevillagechicago.org</a> |
|-------------------|---|
| Tuesday, July 5   | <u><a href="#">Social Dining Group 5:30 PM</a></u>  |
| Wednesday, July 6 | <u><a href="#">Book Group 3 PM</a></u>  |
| Thursday, July 7  | <u><a href="#">A Cole Porter Celebration 10:30AM - 1 PM</a></u>   |
| Friday, July 8    | <u><a href="#">MCA Exhibit: Kerry James Marshall Mastry 11 AM - 1 00 PM</a></u>   |
| Tuesday, July 12  | <u><a href="#">Women in Late Life: A Salon 3:30 - 5 PM</a></u>  |
| Friday, July 22   | <u><a href="#">Friday Lunch Forum 1PM - 3PM</a></u>   |

|                     |  |
|---------------------|--|
| Friday, July 29     | <u>Encore Chorale Concert 1 - 2PM</u>                              |
| Monday, August 1    | <u>Social Dining Group 5:30 - 7 PM</u>                             |
| Tuesday, August 9   | <u>Women in Late Life: A Salon 3:30-5 PM</u>                       |
| Thursday, August 11 | <u>Tchaikovsky in the Park 10:30AM - 1 PM</u>                      |
|                     | <u>Condolences</u>   |
|                     | <u>www.Skylinevillagechicago.org</u>                               |
|                     | <u>Skyline Village Partners Events - various times &amp; dates</u> |

## **MESSAGE FROM THE PRESIDENT**

Happy Summer,

**Happily, and surprisingly, Springfield has actually passed some legislation that may be helpful for us. The CARE Act (The Caregiver Advise, Record, Enable Act, Public Act 099-0222 ) features three important provisions.**

1. When you are admitted to a hospital or rehab facility, your 'caregiver's' name is recorded in your medical record. You can name a spouse, child, friend, neighbor.
2. Your identified 'caregiver' is to be notified when you are to be discharged.
3. The Hospital must give your 'caregiver' LIVE instruction of the medical tasks that you will need when you get home.

If you need to be hospitalized, be sure to ask about this important benefit.

Falling has resulted in serious problems for several friends this winter so this information from the Centers for Disease Control and Prevention is especially timely to help us avoid falls. To download their brochure in English, click here. It is also available in Spanish and Chinese.

Wishing you a safe and fall-free summer and hope to see you soon at one of our many Skyline events.

Best,  
Phyllis Mitzen

### **SKYLINE VILLAGE EVENTS**

**Join us at Millenium Park this Summer**

**A Cole Porter Celebration**

**Thursday, July 7, 10:30AM - 1PM**

Join your Skyline friends for a day in the sun and beautiful music at a Grant Park Orchestra rehearsal and a Dutch treat lunch at Mariano's Patio, just across the street from the Park.

## **Tchaikovsky in the Park**

**Thursday, August 11, 10:30AM - 1PM**

Join your Skyline friends for a day in the sun and beautiful music during the Grant Park Orchestra rehearsal and a Dutch treat lunch at Mariano's Patio, just across from Millennium Park.

Click [Here to RSVP](#) to Marilyn Marks for one or both events  
so she can save seats for you.

## **Kerry James Marshall Mastry Exhibition**

**Museum of Contemporary Art**

**220 East Chicago Avenue**

**Friday, July 8, 2016, 11AM - 1PM**

SVC members and guests are invited to a special tour of the this exciting new exhibit, with Dutch treat lunch following in the Museum Cafe.

The fee for SVC members is \$5; fee for nonmembers is \$10.

RSVP to [svcnanciet@gmail.com](mailto:svcnanciet@gmail.com)

## **Women in Late Life: A Salon**

**200 E. Delaware Pl.**

**Tuesday, July 12 & Tuesday, August 9**

**3:30 - 5PM**

Join us on the second Tuesday of each month at 3:30, as we continue the conversation with Martha Holstein, author of *Women in Late Life: Critical Perspectives on Gender and Age*. Wine and cheese will be served; discussions are free and open to Skyline Village members and their guests.

For more information, or to RSVP, go to [rsvp@skylinevillagechicago.org](mailto:rsvp@skylinevillagechicago.org)

## **Annual "Restored to Sanity" Singers**

**Beatles Sing-Along**

**Connor Park/Argo Tea**

**Chestnut and Rush Streets**

**Saturday, August 6, 4 - 5PM, rain or shine**

Free and Open to All

Accessible Seating

Choirmaster and Songbooks Provided

Bring your good voice, bad voice, in-between voice, marimbas, tambourines, kazoos, guitars, fiddles, horns, castanets, barking dogs, and any other instrument or noisemaker that suits you.. If you don't sing, come for fun, tap dance, dosey-do, take photos!



## **Friday Forums**

**Frankie's on the 5th Floor - 900 N. Michigan Av.**

**Friday, July 22, and Friday August 26,**

**1:30 - 3 PM**

Each month we invite a guest speaker to inform us on topics of interest. Mark your calendar and look for announcements of who our speakers will be in July and August.

RSVP at [svcnanciet@skyinevillagechicago.org](mailto:svcnanciet@skyinevillagechicago.org)

## **Gold Coast Encore Chorale Concert**

**The Clare, 55 E. Pearson**

**Friday, July 29, 1PM**

Participating in the Chorale this summer has been both fun and challenging for 45 members of CLL, The Clare and Skyline and we are making beautiful music!! On July 29 you can hear the results of our hard work when Jonathan Miller will conduct our Gold Coast Encore Chorale in a special concert at The Clare.

**On Friday, August 11 at 1pm, all four Chicago Area Encore Chorales** will come together for a concert in the Buchanan Chapel at 4th Presbyterian Church. You won't want to miss this glorious concert.

If you missed the opportunity to sing this summer, we'll be starting up again in the fall. Stay tuned for more information.

## SKYLINE SOCIAL GROUP EVENTS

### **SVC Social Dining Club**

**McCormick & Schmick's**

**41 E. Chestnut St.**

**Tuesday, July 5, 5:30 - 7PM**

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**Frankie's 5th Floor, Bloomingdale's Building**

**900 N Michigan Ave.**

**Monday, August 1, 5:30 - 7PM**

For great conversations and the opportunity to greet Skyline members and make new friends, join us at SVC's Monthly Dining Group.

RSVP by Noon on the Dining Group date: [diningclub@skylinevillagechicago.org](mailto:diningclub@skylinevillagechicago.org)

Contact Charlene Conarty at [APJA10@att.net](mailto:APJA10@att.net) or call 312-915-0423 for more information

### **More Than A Book Group**

**Prentice Women's Hospital - 250 E Superior**

**2nd floor cafeteria - Chicago Avenue side**

**Wednesdays, 3:30 - 5 PM**

**July 6, & September 7**

Join us on the first Wednesday of each month for a lively discussion of books selected by our avid readers. We meet in the Prentice 2nd Floor Cafeteria. In July, we are reading *The Third Coast*. Please join us for what promises to be a great discussion.

The Book Group will skip the month of August and will meet on September 7. We are reading *Alexander Hamilton* by Ron Chernow, the book that inspired the multiple Tony-award-winning play on Broadway.

For more information send us an email by clicking [here](#).

## **Mah Jongg Group**

**Prentice Hospital Cafeteria - 2nd Floor**

**Thursdays - 11:30 AM - 3:00 PM**

SVC meets to play Mah Jongg every Thursday afternoon from 11:30 AM - 3 PM.

If you have questions and are interested in joining the group....

Contact Carol Koenig at 312-819-3280.

## **Recap: June Skyline Events**

### **Special lecture at Loyola: Family Intergenerational Legacies**

On Wednesday, June 15th we were privileged to hear Professor Marcia Spira speak about Family Intergenerational Issues. Professor Spira is the Associate Dean for Academics and the Director of the Institute for Intergenerational Study and Practice at Loyola University Chicago. She has been at Loyola since 1996 and teaches both in the Master's and Doctoral programs in the School of Social Work.

Marcia presented a strong case for writing our life stories; she engaged our group in a lively discussion of issues that involve us in our families. She insured our participation by asking us - in teams of two - to come up with three words that best describe ourselves! Try it with your friends and family. It was a lot of fun.

Following the presentation we enjoyed lunch together at Lyfe Kitchen.

### **June Friday Forum: The Independent Map Amendment: A Proposal to Reform Legislative Redistricting**

On Friday, June 24, SVC members and guests gathered for lunch at Frankies and then listened with rapt attention as David Millet, a spokesperson for the Independent Map Amendment, outlined a plan to take the process of redistricting legislative districts out of the shadows and into the sunlight.

"Maps are drawn by those who have the most power in Springfield," explained Mr. Millet. "Thus, there is little consideration for geography or the interests of voters. Rather, it is the interests of elected officials who want to retain their positions that drives these efforts." Petitions circulated to request that the amendment appear on the ballot in November resulted in 570,000 signatures, far more than needed.

A lawsuit to prevent the proposal from going onto the ballot has been filed by Speaker Michael Madigan; the first court hearing was held on June 30. The Judge's ruling on the case is expected on July 21. For more information, go to [www.MapAmendment.org](http://www.MapAmendment.org).

*Condolences:*

*Condolences to the family of Katie Sowle. She was a beloved member of the Skyline Board of Directors, serving as Recording Secretary for two years. She helped create the knitting group and hosted coffees and our celebrated App Parties. She will be remembered for her gracious warmth and charm, her incredible hospitality, her brilliance and commitment to creating community. She is missed by all of us who knew her.*

**SKYLINE VILLAGE PARTNERS EVENTS  
OPEN TO ALL**

**Center for Life and Learning (CLL)**

**Enjoy Summer Exercises for Seniors at 4th Church**

**Fourth Presbyterian Church  
126 East Chestnut**

**July 11 - September 1**

Exercise classes for men and women 60 and older will be offered July 1 through September 1. The fee of \$40 includes admission to all classes. The classes include:

Mondays: Toning Balls and Gentle Yoga

Tuesdays: Pilates Resistance Bands and Intermediate T'ai Chi

Wednesdays: Zing! Total Fitness

Thursdays: Range of Motion and Intermediate T'ai Chi

For more information and to register for classes,  
contact Susan Quaintance at 312-981-3386 or [www.fourthchurch.org/cll](http://www.fourthchurch.org/cll).



**Hospice and Palliative Care**  
**The When, What, Why, and How**

**Boyle Conference Room**  
**Replogle Center**  
**Fourth Presbyterian Church**  
**Thursday, July 21, 6 - 8 PM**

There is a lot of confusion about the differences between hospice and palliative care--and this event in our "Dying to Know" series will address that confusion. Join us in learning what hospice and palliative care are, when it is time to choose hospice and palliative care, and all the benefits that these models of care offer to support patients and families during a life-limiting illness and beyond. A light supper will be served during this event.

Call the Replogle Center for information and to register:

312.787.8425. A \$35 per-person fee is required.

**Summer Fitness & Wellness Classes**

**Osher Center for Integrative Medicine**

**Northwestern Medicine**

**Start Date - Monday - June 27**

Classes began on Monday, June 27; summer registration will remain open until Friday, July 22. Choose from a variety of fitness classes appropriate for mature adults including Gentle Yoga, Yoga for Osteoporosis, Zumba Gold, Pilates, Low-Impact Aerobics, Nia, Tai Chi, Strength and Balance for Mature Adults, and Total Body Resistance Training for Mature Adults.

Class size is small. Instructors are well trained and offer individual modifications for a variety of physical and medical conditions. Call to register for a free trial class at 312-9368400.

In Streeterville, we also offer Wellness Classes, including Going Gluten Free, Guided Mindful Meditation, Qi Gong, Meditation Through Movement, Mind-Body Pain Management, Posture and Back Health, and Tobacco Cessation Group or Individual Programs.

For more information, access <http://classes.nmh.org/listing/all>

or to register by phone, call 312-926-8400.

## **Brookdale Lake Shore Drive**

### **Elder Advocates Speaker Panel**

**2960 Lake Shore Drive**

**Thursday, July 21, 10:30 AM - 12:30 PM**

**Complimentary Gourmet Lunch Included**

Are you or a loved one scared, overwhelmed or stuck? Brookdale Lake Shore Drive welcomes a panel of senior advocacy experts to discuss various themes, questions and concerns surrounding aging.

The July 21 panel will feature a social worker, elder law attorney, real estate agent, financial planner and transitional care manager. A complimentary lunch will be held following a round table discussion and question and answer session.

Please RSVP by Monday, July 18 to Gayle Gordon at 312-515-8721,

or email Gayle at [ggordon2@brookdale.com](mailto:ggordon2@brookdale.com)

**Streeterville Organization of  
Active Residents**

## Event Calendar, July - August 2016

### Farmers Market

Date: Every Tuesday through October 25, 2016

Location: MCA Plaza, Chicago Ave. at Mies van der Rohe

Time: 7 AM - 2 PM

Contact: Judy Aiello Fantus, [j.aiello-fantus@comcast.net](mailto:j.aiello-fantus@comcast.net)



### Farmers Market Culinary Demonstration

Date: Tuesday, July 12: Martial Nougier, Chef at Bistronomic

Time: Noon

### Garden at Lake Shore Park\*

Through the Fall

Contact: Judy Birk [birkjudy@gmail.com](mailto:birkjudy@gmail.com).

### Safety and Sound Task Force

Date: Wednesday, July 20

Topic: Living in a Safe Environment in Streeterville

Time: 6:00 pm

Location: Baldwin Auditorium, Lurie Medical Research Center, 303 E. Superior

Information: [info@soarchicago.org](mailto:info@soarchicago.org)

### Virtual Beautification Walk\*

Date: Friday, July 1 through Sunday, July 31



**When A Mental Illness Patient  
Requires Protective Care**

**Circuit Court of Cook County**

**Elder Justice Center**

**50 West Washington Street**

**Tuesday, July 26 , Noon - 1:30, Room 2005**

**TOPICS:** Who is subject to involuntary commitment? What is the process? Who pays?

**SPEAKERS:**

-HON. SUSAN FOX GILLIS, County & Elder Law, Circuit Court of Cook County

-DR. SUENA MASSEY, Northwestern University Feinberg School of Medicine

To register, contact Circuit Court of Cook County Elder Justice Center, 312-603-9233

**Awakening the Sage Within - Chicago**

**The Cenacle Retreat & Conference Center**

**513 W. Fullerton Pkwy**

**Friday, August 19, 9:30AM - 4PM**

A one-day introductory program of Sage-ing (R) International based on the book From Age-ing to Sage-ing: A Profound New Vision of Growing Older by Rabbi Zalman Schacter-Shalomi. Beth Conaghan has assisted with the local arrangements to bring this program to Chicago.

For more information go to <http://sage-ing.org/learning-opps/asw-programs/>

**SKYLINE VILLAGE MEMBERSHIP**

## Membership

### Welcome to our New Members!

Joan Banach  
Michael J. Darcy & Lenore Holt-Darcy  
Patricia Fine  
Linda Frank  
Carla Lind

### Thanks to 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 (couple)

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

[www.skylinevillagechicago.org](http://www.skylinevillagechicago.org)

312-957-6060

[svcchgo@gmail.com](mailto:svcchgo@gmail.com)

## HOW SKYLINE VILLAGE 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](mailto:svcchgo@gmail.com).



