



SKYLINE  
VILLAGE  
CHICAGO

*Enriching Our Lives  
Through Community*

**Skyline Village Chicago  
NEWSLETTER CONTENTS**

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**CALENDAR OF  
UPCOMING EVENTS**

<b>Click on event to view details.</b>	
<b>Wednesday - May 4</b>	<b><u><a href="#">Book Group - 3PM</a></u></b>
<b>Tuesday - May 10</b>	<b><u><a href="#">Women in Late Life - 3:30- 5:30PM</a></u></b>
<b>Friday - May 20</b>	<b><u><a href="#">Friday Luncheon Forum - 1- 3 PM</a></u></b>

Wednesday - June 1	<u>Book Club - 3 PM</u>
Monday - June 6	<u>Dining Group - 5:30- 7 PM</u>
Tuesday - June 15	<u>Women in Late Life A Salon 3:30-5 PM</u>
Wednesday - June 12	<u>Encore Chorale Introductory Summer Rehearsals 12:30-2PM</u>
Wednesday - June 15	<b>Aging in Place: Intergenerational Legacies and What Gets in the Way? 11:30 -12:30</b>

## **MESSAGE FROM THE PRESIDENT**

I love to sing. I'm an alto and can almost read music! But I haven't really sung in years. So when Jonathan Miller, the conductor, composer and music director of the amazing "Chicago A Cappella," called me several months ago with an intriguing idea--to invite Skyline to help him form a choir composed of older adults, no audition, just a love of music--I couldn't resist.

What an amazing opportunity for all of us in Skyline! Jonathan wants to replicate an idea born in Washington, DC, which started with one small chorale and now numbers 19 groups, more than 1000 voices strong.

Gloria Bowman at **The Clare** and Ashley Elskus at the **Center for Life and Learning** jumped at the chance to collaborate with Jonathan. The **Gold Coast Encore Chorale** is launching on June 22nd at **The Clare**. We'll be one of three chorales in the Chicago area that Maestro Miller is launching.

See the flyer (<http://www.encoreillinois.org>) for more information, sign up, and join us for the experience to sing with friends under the direction of Jonathan Miller, one of the finest choral music directors in the country.

Phyllis Mitzen  
President, Skyline Village Chicago

# Skyline Village Chicago Resources

## **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 early this year. The Directory provides local information for Streeterville, the Gold Coast, River North and Lakeshore East, such as educational opportunities; fitness classes; grocers, hardware stores and pharmacies that deliver; transportation options 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](mailto:info@skylinevillagechicago.org).

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## **Get Connected to Skyline News and Resources!**

Are you having difficulty logging in to the SVC Website? Logging in ensures member access to events and the ability to view Members Only information. So, here are a few simple steps to help you get connected:

- Go to [www.skylinevillagechicago.org](http://www.skylinevillagechicago.org). Click on the Member Login link at the upper right corner of the screen.
- DO NOT enter anything in the User name or Password fields yet
- Click on the iForgot my Username/Password link located under the Login button
- In the popup, enter your email address and first name. Click OK button
- You will immediately receive an email with your username and a new, temporary password.
- Go back to [www.skylinevillagechicago.org](http://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.
- Now, any time you want to log in on that computer, you will need only to click on "member login."

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## **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 a helpful volunteer who can assist you. Just call the Skyline Village Chicago Hotline at 312-957-6060.

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## **Are You Ready for Life in your 60s, 70s, 80s, 90s? "Plan Your Lifespan" Can Help**

Today, when a senior is hospitalized and needs therapy before returning home, stressed family members scramble to choose skilled rehab facilities. 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](http://www.planyourlifespan@northwestern.org)

Created at Chicago's Northwestern University by geriatricians, nurses, social workers, and members of Skyline Village. Plan Your Lifespan is a free website. Users can educate themselves, connect to local resources, and share their plans with family and friends. Access the website at the URL shown above. For more information, Dr. Lee Lindquist or Vanessa Ramirez-Zohfeld are available to answer questions. Their contact information is at the website.

## **Skyline Village Chicago Events**

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

**Wednesday - May 4 and**

**June 1 - 3:00 PM**

**Prentice Women's Hospital**

**250 E Superior**

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

We will be discussing *Alice in Wonderland* on May 4, to celebrate the 150th anniversary of this classic by Lewis Carroll. Our June selection is *The Notorious RBG: The Life and Times of Ruth Bader Ginsberg*, by Irin Carmon and Shana Krizhnik. 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 email us at [info@skylinevillagechicago.org](mailto:info@skylinevillagechicago.org). Please put Book Group in the subject line and include your name, email address, and phone number.

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## **Social Dining Club**

**Monday - June 6 5:30 - 7 PM**

**Frankie's - 5th floor - Bloomingdale Building  
900 N Michigan Avenue**

**Reservations by Noon Monday June 6**

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 by Noon on Monday, June 1 by email**

to [diningclub@skylinevillagechicago.org](mailto: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](mailto:APJA10@att.net) or call her at 312-915-0423

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

**Tuesdays May 10 & June 14**

**200 East Delaware**

**3:30 - 5 PM**

Join us on the second Tuesday of May and June 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 address the positive and negative conditions in the U.S. for women in late life and discuss our own experiences, 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](mailto:info@skylinevillagechicago.org)

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## **Friday Luncheon Forum**

**May 20 - 1 - 3 PM**

**Frankie's at Bloomingdale Building - 5th Floor**

**900 North Michigan Avenue**

**Summer Entertainment: The Political Conventions.** The controversies surrounding the Republican Convention (Cleveland, July 18-21) and the Democratic Convention (Philadelphia, July 25-28) will be historic. What are the facts? Will the Republican Convention be an open convention or a contested convention? Will the GOP change convention rules to dump Trump? Can Bernie Sanders woo away Hillary Clinton's super delegates?

Seasoned political consultant, Jack Quigly offers knowledge and expertise on these and other questions.

Order from the menu. Dutch treat plus \$5 fee to help pay for private room. You may reply to [info@skylinevillagechicago.org](mailto:info@skylinevillagechicago.org).

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## **Mah Jongg Group**

**Thursdays at Noon**

**Dining Area Adjacent to Prentice Hospital Cafeteria**

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

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## **Encore Chorale**

### **Introductory Summer 2016 Session**

**Rehearsals begin Wednesday, June 22 -12:30 - 2:00 PM**

**The Clare, 55 East Pearson**

The Gold Coast Encore Chorale will rehearse and perform under the direction of Jonathan Miller, Founder and Artistic Director of Chicago A Cappella. He also directs the Enchorals in Evanston and Hyde Park. No audition required. Following six weeks of rehearsals, the performance will take place in late July. The cost is \$50. This program is presented in collaboration with The Clare, the Center for Life and Learning of Fourth Church, and Skyline Village Chicago. For information, call 630-441-5157, or email [encoreillinois@gmail.com](mailto:encoreillinois@gmail.com), or register at [www.encoreillinois.org](http://www.encoreillinois.org)

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## **Aging In Place**

### **Intergenerational Legacies:**

#### **What Gets in the Way?**

**Professor Marcia Spira**

**Loyola University - Near North Campus**

**Quinlan School of Business**

**Wednesday - June 15,**

**11:30-12:30pm**

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## **SVC Friday Luncheon Forum Notes**



### **An Enthusiastic Crowd Gathered to Hear Kurt Summers, City Treasurer, at the SVC Friday Lunch Forum - April 29**

SVC hosted Chicago City Treasurer Kurt Summers who enlightened us with information about the City Treasurer's office and exciting new plans for the city.

He explained how the city will benefit from millions of dollars of interest income by placing the city's excess cash (cash not needed to pay bills immediately) in short-term investments instead of the very low interest accounts previously used. In addition, he reported that most of the city's streetlights are not energy-efficient and he reported that a new plan will pay for the improvements by switching to modern, low-energy lights that will reduce the city's energy bills. The new lights will be integrated into the city's 911 system which will enable street lights to flash next to a house calling 911 and increase brightness in high-crime areas.

New construction planned at O'Hare will create hundreds of new jobs, Summers reported. An important part of this project will be to recruit and train as many workers as possible from the city's neighborhoods with high rates of unemployment.

Summers promised to return to SVC to provide updates on the progress of Chicago's new and ongoing projects. The luncheon took place at Ditka's Restaurant and attracted more than 20 attendees. - *Jay Owens, SVC Guest*





**Ben Jaffe, Associate Director of Farm Operations  
and Workforce Development at the  
Chicago Lights Urban Farm**

On May 6, the guest speaker at our Friday Forum was Ben Jaffe. Ben oversees farm production and sales and coordinates workforce development programs at the Chicago Lights Urban Farm, a program of the 4th Presbyterian Church. Programs include high school job training employing teens and an Assistant Grower for 11-month internships. They are taught sustainable urban farming, marketing and job-readiness skills.

Visit their Farmer's Market at 444 W. Chicago Av. this summer to learn more about the farm and their programs, and sample their fresh grown produce. They also offer a weekly produce/salad share program and have some slots still available. If you are interested in learning more, contact Ben at 312-274-3830 (Farm) or 312-252-3597 (cell) or at [www.chicagolights.org](http://www.chicagolights.org)

# Community Partner Events

## **22nd Annual Alheimers Day**

**Northwestern Memorial Hospital**

**Feinberg Pavilion, 251 East Huron - 3rd Floor**

**Thursday - May 12**

**11:30 AM - 4:00 PM**

This annual event will feature The Mendelsohn Lecture to be presented by Kristine Yaffe, MD, at 11:30-1:00 PM, who will address "Lifestyle Strategies for Prevention of Dementia." Dr. Yaffe is Professor, Department of Psychiatry, Neurology, and Epidemiology and Biostatistics, University of California, San Francisco.

The afternoon session will feature a family who will share their story in a panel discussion entitled "Individualizing Care: The Care Pathway Model." Call 312-908-9023 or register online at [www.brain.northwestern.edu/rsvp](http://www.brain.northwestern.edu/rsvp).

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## **Chicago Hyde Park Village**

**2016 Mother's Day Report**

**Aging in Community**

**Saturday - May 7 - 1-3:00 PM**

**5225 South Cottage Grove**

**Hyde Park**

Many ideas and programs have emerged to help seniors age in place. Learn about the most recent, which focus on linking federal, professional, and philanthropic resources.

To register, call Chicago Hyde Park Village at 773-363-1923.

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## **SOAR to Host Town Hall Meeting May 4**

The Streeterville Organization of Active Residents (SOAR) will host a Town Hall meeting with the Honorable Brendan Reilly, Alderman of the 42nd Ward, on Wednesday, May 4, at Loews Chicago Hotel, 455 North Park. Topics to be discussed include neighborhood safety and traffic issues, as well as the state of the City of Chicago. Registration is at 5:00 PM; the presentation is at 5:45 PM sharp. Q&A will follow the presentation moderated by Streeterville resident and NBC/WMAQ investigative reporter, Charlie Wojciechowski. You are invited to submit questions in advance and RSVP to the meeting online at <http://soarchicago.org/member-rsvp1> or by calling 312-280-2596.

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## **SOAR Farmers Market Returning to MCA Plaza**

Farmers Market will return rain or shine, every Tuesday, June 7 - October 25 7 AM -2 PM. New and exciting vendors have been added to the list of returning favorites. The market will again offer farm-fresh, locally grown produce, fruits and vegetables, herbs, meats, cheeses, flowers, baked goods, and ready-to-eat foods. If you are interested in volunteering at the market, please contact Dawn Jensen at [1dawnski@gmail.com](mailto:1dawnski@gmail.com)

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## **Enjoy Summer Exercise Classes for Seniors**

**July 11 - September 1**

**Fourth Presbyterian Church**

**126 East Chestnut Street**

The Center for Life and Learning is offering a variety of exercise class for men and women The fee of \$40 includes Yoga, Tai Chi, and Pilates. For information and to register for classes, call 312-981-3386 or email CLL at [www.fourthchurch.org/cll](http://www.fourthchurch.org/cll)

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## **Lincoln Park Village**

### **3.0: Adventures in Self-Discovery**

**Tuesday, May 24, Newberry Library 60 W. Walton**

**Reception: 5:30; Program 6-7:00 PM**

### **LPV celebrates its 7th Anniversary**

**Tuesday - June 21 - 5 - 8:00 PM**

**Galleria Marchetti, Halsted and Erie**

For more information about either of these events

call 773-248-8700

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## **Skyline Members Speak.....**

### **KAREN'S KORNER**

#### **H.O.M.E. For Seniors**

Have you heard about H.O.M.E. here in Chicago? I hadn't until I was a guest at a recent fundraising dinner to benefit this wonderful organization. Being a part of the Village movement, Skyline Village members are so aware of how important it is to have a strong support system as we age. But, thousands of Chicago seniors have no access to, nor know how to create, such support.

For over 30 years, H.O.M.E. (Housing Opportunities & Maintenance for the Elderly) has helped low-income seniors maintain independence and stay in their homes and communities. Their programs include home upkeep and repair, a shopping bus and moving assistance. One of their most interesting programs is Intergeneration Housing at Good Life Senior Residences, which brings together children, 20-somethings and seniors. Actually, their youngest resident (1½ years old) was in attendance at the dinner. Children visit and "adopt" a grandparent; seniors who either don't have grandchildren or they live far away, can enjoy the company of eager youngsters.

H.O.M.E. also has a program to make repairs for people in their own homes, because so many seniors are living safely in their own community. During fiscal year 2014, H.O.M.E.'s home repair specialists completed 773 repairs in 256 households, many of which were emergencies that could have made it necessary for some seniors to leave their home. Seniors pay a small service fee and reimburse for materials, but the labor is free. Seniors can apply to receive free painting and weatherization for their homes also.

What might interest Skyline members is the opportunity to volunteer with H.O.M.E. Check out the website and learn more about this great organization: [www.homeseniors.org](http://www.homeseniors.org)

Karen is requesting ideas 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](mailto:Karen@KarenRossCoaching.org)



## **Reflections on Skyline Village Membership from Valerie Lober...**

Having now become a septuagenarian, I have been thinking that the time had come to consider moving into senior housing. By living in such an environment, I reasoned, I could easily engage in cultural, educational, and social activities that were offered and make many new friends who were in a similar position in life.

Imagine my very happy surprise when I learned about Skyline Village Chicago and its mission to

meet the social, intellectual, and even medical/physical, needs of persons living in the downtown area. By becoming a member, perhaps I could postpone my decision to move out of my own home.

So, I joined! Already, I have met neighbors and new friends in my age range. I have participated in the monthly luncheon forums and attended such Skyline outings as the Dressing Downtown Abbey exhibit at the Driehaus Museum. I have especially enjoyed the monthly salons at the home of our president and discussing the issues with which we are faced as older people.

Though I have not yet had the need, I was particularly pleased to learn that volunteers from Skyline could accompany me to and from medical appointments and outpatient surgery.

Indeed, through each of Skyline's activities, membership has helped to meet my social and intellectual needs and to think more meaningfully about the issues of growing older.

Most of all, not only has Skyline enabled me to delay moving to senior living and to continue to stay in my own home, it has contributed to my peace of mind and sense of well-being. - *Valerie Lober, New SVC Member*

## **Membership**

**Welcome to our new members!  
You're the core of our group!**

**Joan Banach  
Angela Kolettis  
Alice Levin  
Valerie Lober  
Marsha Peters**

**IF YOU HAVE  
NOT YET RENEWED  
OR WISH TO JOIN AS A NEW MEMBER:**

**Send a check for:  
\$75 (individual) or \$100 (Household)  
To: 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 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 [atsvcchgo@gmail.com](mailto:atsvcchgo@gmail.com).

