



NEWS & EVENTS FROM SKYLINE VILLAGE CHICAGO November - December 2013



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.

MESSAGE FROM THE PRESIDENT

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RENEW YOUR MEMBERSHIP

or join SVC by sending a check for :

\$75.00
(individual)

\$100.00
(couple)

To:
Skyline Village

Dear Skyline Villagers,

I hope everyone had a lovely Christmas and holiday time and that you have a happy and healthy New Year.

Chicago
P.O. Box 11757,
Chicago, IL
60611

Renew or join Skyline Village Chicago now.

If you haven't already renewed your membership or if you haven't yet joined, please take a moment to write a check and send it to

Skyline Village Chicago

PO Box 11757

Chicago, IL. 60611

Please include your name, address, phone number(s) and email address.

The growth of our membership allows us to keep our dues low, and enables us to expand our services and activities. So, thank you, in advance, for joining or renewing. You are the heart of Skyline Village Chicago.

In the next couple of weeks, under the leadership of Gay Roberts, we will be launching our new, exciting website. Watch for a special notice from Skyline inviting you to the site and we hope you will visit often for news about Skyline and the incredible opportunities in our community.

One of the many good reasons to join Skyline is our **Neighbors Helping Neighbors** volunteer program. You can volunteer your time and talents to help other members. And, when you need a friend or a helping hand, we're here for you. See the article below to see how you can get involved.

Finally, mark your calendar and come to our

Winter Warm Up Party

Thursday - January 23 - 4:00 PM

200 E. Delaware Pl. - First Floor Party Room

This is the perfect time to greet old friends and meet new ones, munch on goodies, sip a glass of wine, and learn about Skyline's plans for 2014. Don't miss this fun event.

All our best for a very Happy and Healthy New Year,

Phyllis Mitzen

Phyllis Mitzen, President
mitzen@sbcglobal.net or 312-957-6060

SKYLINE VILLAGE PROGRAMS

MEMBERS ONLY

Get involved with Skyline

MEMBERSHIP COMMITTEE INVITATION

The SVC Membership Committee invites you to join us in acquainting our neighbors with Skyline Village. The committee is brainstorming ways we can spread the word about our objectives and activities--especially our Neighbor-to-Neighbor Volunteer Program and our educational and cultural events. We welcome your ideas and participation.

If you are interested in helping in these efforts, contact us at rsvp@skylinevillagechicago.org. Please put **Membership Committee** in the subject line and include your name, email address and phone numbers.

You can also contact the committee chair: Katie Sowle ksowle@msn.com and please include the same information.

VOLUNTEER COMMITTEE INVITATION

The SVC Volunteer Committee is looking for volunteers to help us plan and expand our volunteer outreach efforts. We are also interested in people who wish to volunteer for other Skyline members. If you are interested, contact us at rsvp@skylinevillagechicago.org. Please put **Volunteer** in the subject line and include your name, email address and phone numbers.

You can also contact the Committee Chair: Phyllis Mitzen at mitzen@sbcglobal.net and please include the same information.

EVENTS COMMITTEE INVITATION

The SVC Events Committee is working on plans for 2014. If you ideas for events or programs or just want to help fill our calendar with exciting programs, join the Events Committee. We meet from 4-5 on the 1st Monday of each month at 4th Pres in the Gratch Center Boardroom on the 1st floor. Bring your ideas and dig in to plan our next great event! Interested?

Contact us at rsvp@skylinevillagechicago.org. Please put **Event Committee** in the subject line and include your name, email address and phone numbers.

You can also contact the Committee Chair: Evelyn Shaevel
 eshaevel@gmail.com

NEIGHBORS HELPING NEIGHBORS

Need help? Call Skyline's Volunteer Hot Line

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 Hot Line at 312-957-6060

MORE THAN JUST A BOOK GROUP

First Wednesdays- 3:00 PM **Prentice Women's Hospital -** **Second Floor Cafeteria - Chicago Ave. side**

In December, the SVC Book Group had a lively discussion about *Mary Coin*, a remarkable, well-chosen novel about the iconic Depression Era photo.

These are the books we've selected to read and discuss for the next four months:

January 8 - ***A Week in Winter*** by Maeve Binchy
 Note: second Wednesday of the month)

February 5 - ***Warmth of Other Suns*** by Isabel Wilkerson
 This is the One Book Chicago selection for 2013-14

March 5 - ***1000 Hills to Heaven*** by Josh Ruxin
 Josh is our Skyline Member Joann Ruxin's nephew

April 2 - ***Buddha in the Attic*** by Julie Otsuka

All are available in paperback and on Kindle.

There is no charge for Skyline members.
 Guests are welcome to attend up to two times and then we ask that you become a member of Skyline Village Chicago.

RSVP or for more information: rsvp@skyllinevillagechicago.org

Please put Book Club in the subject line.

Please include your name, email address and phone numbers

CLASSIC CINEMA

Sunday - February 16 - 4:30 PM

Save the date and watch for confirming announcement

SVC member and self-proclaimed Renaissance Man, Bruce Lespinasse hopes to screen

Magnificent Seven

As always, Bruce will discuss the film and tell us little-known facts.

Members - \$10 Non-members - \$15 per screening

RSVP or for more information:

rsvp@skylinevillagechicago.org

Please put Classic Cinema in the subject line

Please Include your name, email address and phone numbers

If you have questions, please contact Bruce at 312-943-5575

SVC DINING GROUP

Monday - February 3 - 5:30 PM

**Francesca's on Chestnut
Chestnut & Mies van der Rohe**

SVC's Dining Group meets the first Monday of each month. For great conversation and the opportunity to make new friends, join us February 3 and every future first Monday of the month.

Separate checks

RSVP:

rsvp@skylinevillagechicago.org

Please put

Dining Group

in the subject line Please include your name, email address and phone numbers

For more information: Charlene Conarty

apja@rcn.com

[312-915-0423](tel:312-915-0423)

GAMES!! WE HAVE GAMES!

**SVC Mah Jongg Group
Prentice Women's Hospital**

Every Thursday - Noon to 3:00 PM

The group meets on Thursdays at Noon on the Second Floor of Prentice Hospital (outside the cafeteria) The location works well, allowing for anyone who wants to to purchase lunch right at the cafeteria. We are seeking as many new Maj players as would like to join us.

The more tables the merrier.

Please contact Vicki Kaufman at vkauf@aol.com for details.

ROMEO (Retired Old Men Eating Out) **FOR MEN ONLY**

Tuesday - January 14 - 12:30 PM

Baisi Thai
900 N. Michigan Ave. - 6th Floor

Tuesday - February 11 - 12:30 PM

Heaven on Seven
111 N. Wabash

Join us for great food and good conversation. Bring a friend and let's expand this great new group. Open to all (men only!) and if you're not already a member of Skyline Village, we hope you'll join soon. RSVP or for more more information: Call Jack Herman 847-571-5331 uncle_jack@juno.com
Please put ROMEO in the subject line.
Please include your name, email address and phone numbers

SKYLINE WALKERS

If your New Year's Resolution includes walking for exercise, come meet with the Skyline Walkers **at 9am Wed. January 15th in the coffee shop in the Bloomingdale's Building at 900 N. Michigan.** We will discuss the best time and places where we can walk safely in the winter, get in our 5-10,000 steps and enjoy each other's company.

For more information, contact Phyllis Mitzen at mitzen@sbcglobal.net -

**Our 'official' Monday-Wednesday walking group is on hold for the winter, but you can contact Phyllis if you are interested in taking early morning walks.

WINTER WARM-UP PARTY

Thursday, January 23

4-6pm

200 E. Delaware Pl. Party Room

What better way to warm up than enjoying conversation, food and wine on a cold winter's day. Please join us for our Winter Warm-Up as Skyline looks forward to 2014. Learn about what we have planned for the year, including launching our new . Plan to come and bring a friend to learn more about Skyline's new Web Site.

OPEN TO ALL

NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE (In Partnership with Skyline Village Chicago)

ARE YOU THE SON, DAUGHTER, OR CAREGIVER OF AN ADULT AGE 65+

Participate in our research & earn \$50 for a 1 hour interview!

We want to hear your opinions on healthcare!

You may be eligible to participate in this research if you:

- Are a son, daughter, or caregiver of an adult who is over the age of 65
- Are at least 18 years of age
- Speak English

If you are interested please contact the Study Coordinator:

Vanessa Ramirez-Zohfeld
312-503-3916 or
vanessa-ramirez-0@northwestern.edu

Please pass this on to any caregivers you know who may be interested.

Thank you!

PI: Lee Lindquist, MD MPH MBA
Division of General Internal Medicine and Geriatrics
Northwestern University Feinberg School of Medicine

Advanced Planning for Home Services IRB# STU00080333

FEATURE ARTICLE

Why I Joined Skyline Village Chicago

It's often proffered advice that when approaching retirement, one should have a plan for how he or she will spend newly-found free time. Some already have a long list of things they didn't have time to accomplish while working full-time. I had that long list when I approached retirement in December 2011 but I quickly realized that list was not a plan for life. For the first six weeks or so my calendar was full of lunches with friends, visiting children and their families with my husband (Northern California and Central Minnesota) and finishing several knitting projects. There were also the proverbial closet and drawer cleanings. I marked pretty much everything off my list and I still didn't have a plan for my life!

At that point, a dear friend asked me to host a small gathering to introduce Skyline Village Chicago to my neighbors. I'd heard of the Village concept and I loved the idea of "neighbors helping neighbors" to comfortably stay in their homes as they age. But, I was really impressed when I learned that Skyline Village Chicago's footprint is different from most other Villages...that it's a vertical neighborhood with most residents living in high-rises where many household services are readily available to residents. I got very excited about being involved with a new trend.

That evening, I also learned that Skyline offers information about continuing education, social activities and volunteer services. In other words, it looked like my joining and making a commitment to the activities of Skyline Village might just provide the blueprint for my long-looked-for life plan. I committed slowly. First, I organized a Mah Jongg group...now there are two regular SVC Mah Jongg groups and room for many more. I then joined the SVC Book Group where the books are chosen by the members and the discussion is led by the member who suggests the book. I also discovered a number of members who are talented knitters and wanted to get together to trade patterns, share ideas, knit for charity and just generally have a lovely afternoon of good conversation and companionship.

There are so many opportunities available through SVC; more than one retirement plan can accommodate. Many enjoy the monthly Dining Group and the weekly Walking Group. Skyline's *Neighbors*

Helping Neighbors volunteer program helps members in a variety of ways such as accompanying a member to and from doctor's appointments, helping with grocery shopping, hospital visits and much more.

At the outset of my retirement I recognized the value and the need for focus. For me, SVC has provided, and promises to continue providing, both enjoyable activities and continuing focus. I look forward to being part of SVC's impressive growth and progress.

Submitted by Sandy Gold
SVC Member & Newsletter Co-editor

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SVC IS LOOKING FOR FEATURE WRITERS

We happen to know that some of our members are writers. And, we certainly know that our members have a wealth of information...and opinions...to share with others. We would love to hear from you. You've seen articles in past newsletter issues written by members and we want to feature more. You can either email an article for consideration or let us know if you have an idea for an article. Please send to Karen Ross at kross850@aol.com

All submissions are subject to board and editorial approval for publication. We look forward to hearing from you.

Karen Ross
SVC Newsletter Editor

COMMUNITY PARTNER PROGRAMS

CENTER FOR LIFE AND LEARNING

**Gratz Center of Fourth Presbyterian Church
126 E. Chestnut**

The Center for Life and Learning offers 14 classes on a weekly basis, come try a class for free!

Immigration Today

Mondays - January 27 to February 17 - 2:45 PM

Our lecturer, Pastoral Resident Edwin Estevez, will explore one of the current debates occurring in the United States: issues of immigration. Utilizing two optional books (*The House on Mango Street* by Sandra Cisneros and *So Far From Godby* Ana Castillo) Edwin, through the lens of fiction, will lead us in discussing issues of

identity, culture, and policy. This class will name some of the major issues that relate to immigration and the culture it creates and look at what some countries legislate in regards to restricting and encouraging immigration.

For more information and cost: Ashley Elskus 312-981-3387

www.fourthchurch.org/cil

THE JAPAN FOUNDATION
Consulate General of Japan at Chicago

Exhibit:

TOHOKU Through the Eyes of Japanese Photographers
Through February 7, 2014

9:15am - 5:00pm

Monday - Friday with some weekends

Japan Information Center Hall - Consulate General of Japan
 737 N. Michigan Ave. - Suite 1000 - 10th Floor

This exhibition uses photography to show the natural and cultural environment of Tohoku along with its people and their way of life. It is composed of the work of nine individual photographers and one photographers' group who belong to a variety of generations and stylistic tendencies but are all from Tohoku.

Special Lecture by the Exhibit Curator, Mr. Kotaro Iizawa

Friday, January 10, 2014 5:30pm - 6:30pm

Please RSVP by January 8 to jic@cg.mofa.go.jp with your name and phone number.

NORTHWESTERN MEMORIAL PHYSICIANS GROUP
Fitness Classes
Beginning January 6, 2014

Northwestern offers 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, Tai Chi for Parkinson's Patients, Active Relaxation, Strength and Balance for Mature Adults, and Total Body Resistance Training for Mature Adults. Classes are small with well-trained instructors. Individual modifications offered, as needed.

Wellness Classes include Guided Mindful Meditation, Qi Gong Meditation, Mind-Body Pain Management, and Tobacco Cessation

Group Programs.

For a full listing of all programs:

<http://classes.nmh.org/listing/all>

To register by phone: 312-926-8400.

Note: Registration open for a month after classes begin. Late registration fees will be prorated. Classes offered quarterly.

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**From Judy Karlov,
 Skyline Member**

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Having just signed up for my fourth semester of Fitness Classes at Northwestern Memorial Hospital (NMH) I wanted to share with you how wonderful those classes are for me and perhaps for other Skyline Village members. There are 10 different classes with "Mature Adult" in their title or description, and others to choose from if you are precociously fit for your age. I started out slowly, with Yoga in a Chair, because I was afraid of regressing in what had been severe pain. The instructor helped me enormously to learn what I can and cannot do, and to gain confidence in my abilities. Then I progressed to Strength and Balance I, and am about to repeat it for the third term. Some people take it once and move on to Strength & Balance II and beyond, but I'm at the perfect level for me. One fellow classmate has been taking that same class for about 5 years. The instructors have been excellent. Besides making exercise fun, they encourage working at my own level and substituting for any exercise that would not be good for my particular problems.

MENDED HEARTS CHICAGO CHAPTER 106
Northwestern Memorial Hospital
Prentice Women's Hospital - Room K - 2nd floor

Mended Hearts offers the gift of hope to heart disease patients, their families and caregivers. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts supports heart patients through visiting programs, educational forums and support group meetings.

Mended Hearts Chicago, Chapter 106, meets the second Tuesday of every month at Northwestern Memorial Hospital offering support group meetings and educational forums.

January 14, 2014

6:00 - 7:00 pm

[Vera H. Rigolin, MD](#)

"Diagnostic Testing in Cardiovascular Disease"

Northwestern Memorial Hospital
 Prentice Women's Hospital, Room K, 2nd floor

February 11, 2014

6:00 - 7:00 pm

[Kameswari Maganti, MD](#) and Mark Buciak
"Exercise and Your Heart"

For more information, please call **312-926-2070**.

News You Can Use

Burglary Prevention Seminar

Thanks to Alderman Bob Fioretti (2nd Ward) and the 18th Police District for an informative (and somewhat scary) burglary prevention seminar presented recently at Newberry Library.

Four convicted burglars, now free on good behavior, explained the why and how of residential building and home burglaries. Here's what they shared:

- Downtown residential buildings are good targets because there is more money here. Another good target is unattended parking lots.
- Be cautious of people who claim to be with ComEd or another well-known service provider. Make sure they are cleared by the building and have appropriate identification.
- If you don't have a deadbolt lock, check for lock damage. Use long cylinders and bolts so a screw driver can't break the lock.
- **Lock your doors.** If a door is open when you come home, do not enter and call for help.
- **Know your neighbors.** If someone new moves in on your floor, knock on their door and introduce yourself. You will then know who lives where.
- Don't be polite and hold an entry door open for strangers to follow you into the building. Have them check with the doorman first.

A burglar can be in and out of your apartment in three to seven minutes. They may use their own bags for the loot or one of yours. They will look for out-of-place items in closets and drawers such as a food can on a closet shelf. The master bedroom and kids' rooms are favorite first stops. Keep important documents with your name and bank or social security numbers well-hidden.

Make sure blank checks are all accounted for and in the right order. Most home burglaries occur weekdays between 8 AM, when people go to work, and 5 or 6 PM.

Unattended cars are no problem for burglars. Alarms on most new cars only work when a door is open. So, a burglar will simply break a window. If a dog is in the car, a burglar will usually run. Train your dog to protect.

Holiday Safety Tips from CAPS

- Be aware of your surroundings.
- Walk only on bright, well-traveled streets and avoid walking alone.
- Always park in well-lit areas and store your valuables out of sight.
- When shopping, never leave your purse or packages unattended.
- Engrave your driver's license number on valuables.
- Keep accurate records such as dated receipts, warranty cards, photographs, etc.
- Report suspicious activity by calling 911.
- Stay informed and attend your local beat community meeting. Call 311 for the location of your meetings.

For more information: 18th District Community Policing
312-742-5778

Submitted by SVC Member, Judy Hollander.

WELCOME NEW MEMBERS

**WELCOME NEW AND RENEWING MEMBERS
THANK YOU FOR YOUR ON-GOING SUPPORT!**

**Phyllis Jaffee
Regenia Bernstein
Roger & Marsha Slater Johnston
Nancy Almquist
Maureen E. Mooney**

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Try it FREE today.