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SKYLINE VILLAGE CHICAGO SPECIAL ACTIVITIES NEWSLETTER MARCH & APRIL 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

Spring is not too far away (really), and Skyline Village Chicago is looking forward to a calendar of exciting programs and opportunities for us to connect with one another. A group of us, committed to move SVC closer to the traditional Village movement is taking an

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RENEW YOUR MEMBERSHIP

or join SVC by
 sending a check
 for :

\$60.00
(individual)

\$90.00
(couple)

To:
 Skyline Village
 Chicago
 P.O. Box 11757,
 Chicago, IL
 60611

important step toward helping people to comfortably live at home by inviting our members to join us in helping one another. "Neighbor helping neighbor" is the theme and we want to lend a hand. Look for the article by **Judy Hollander** in this issue to learn more about how you can join the effort.

We are excited to introduce three new board members to the SVC governing board. **Nancy Duerr** is Outreach Director at **The Clare** and a 30-year resident of Streeterville. **Gay Roberts**, an entrepreneur, has lived in Chicago for 30 years selling real estate in Streeterville/Gold Coast and also developing businesses - most recently a doggie boutique. **Katie Sowle** is a retired attorney who taught Torts at Kent college of Law and has served on numerous boards.

We also extend our appreciation to **Carol Haney** and **Bruce Corson** for their extraordinary contributions to Skyline Village Chicago. Carol developed our newsletter and was editor for more than a year. Bruce brought his visionary ideas to the table and helped us achieve our non-profit status. Thank you both for your service and commitment to building Skyline Village Chicago.

Our Village has been a remarkable catalyst for bringing people together. Friendships have been forged, hands have reached out to help neighbors in need, interests and talents have been shared. There are a lot of reasons to join Skyline Village Chicago, and to help it grow. We hope to see you at one of our many programs, or let us know what interests you. Call us at 312-957-6060 or email at mitzen@sbcglobal.net.

Best, Phyllis

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

SKYLINE VILLAGE PROGRAMS

OPEN TO ALL

SOAR's March First Wednesday

What's so Super about SuperAging?

*Organized by
Skyline Village Chicago and SOAR
(Streeterville Organization of Active Residents)
in partnership with
Northwestern Memorial Hospital.*

Wednesday, March 6, 2013

Registration 5:30 pm, Program begins at 6:00 pm

Prentice Women's Hospital

250 E. Superior St., Canning Auditorium

(Take elevator to 3rd Floor)

Researchers have long chronicled what goes wrong in the brains of older people with dementia. But Northwestern Medicine researcher Emily Rogalski wondered what goes right in the brains of the elderly who still have terrific memories. And, do those people - call them cognitive SuperAgers - even exist?

Learn about her study which has for the first time identified an elite group of elderly people age 80 and older whose memories are as sharp as people 20 to 30 years younger than them.

By identifying this group who seem to be uniquely protected from the deterioration of memory and atrophy of brain cells that accompanies aging, Rogalski hopes to unlock the secrets of their youthful brains. Those discoveries may then be applied to protect others from memory loss or even Alzheimer's disease.

We hope that you will join us!

There is no charge for this event but please RSVP no later than Monday, March 4th

SOAR & Skyline Village Members and their guests register here:

<http://soarchicago.org/1stwednesday/>

Or call 312-957-6060

Presented by Emily J. Rogalski, PhD, Assistant Research Professor from Northwestern University's Cognitive Neurology and Alzheimer's Disease Center

TRAVELOGUE

Sunday, April 14 - 4:30 PM

The Clare

55 East Pearson St.

Free to SVC members and residents of The Clare

Non-members \$10

Dino Pasquale, born in Italy and a frequent visitor, will share photographs and little-known facts about places such as:

ROME (*Piazza Navona, Catacombs - Ner's domus aurea, Jewish section, Aqeduct via Appia, Basilica of St. Clemente, Baths of*

Caracalla, Etruscan necropolis); **PADUA** (Chapel of Scrovegni);
AMALFI COAST; MILANO & VENICE

Please join us for this exciting presentation. RSVP to
rsvp@skylinevillagechicago.org.
Note "Italy" in the subject line.

Non-members, please send your check to:
Skyline Village Chicago - PO Box 11757 - Chicago, IL 60611

MEMBERS ONLY

COMPUTER CLASSES AT THE HALLMARK

Want to become more computer savvy? We have just the program for you. **Thanks to The Hallmark and Connected Living**, we are delighted to once again offer four computer classes to our members. Whether you are a beginner and need to know how to get started with email and Google searches, or an intermediate user who wants to use the computer to research or organize or communicate more effectively, Skyline Village Chicago's computer classes at The Hallmark may be right for you.

Both Mac and PC information will be covered. Bring your own computer or we'll have one for you to use in the class.

Who is eligible: Members of Skyline Village Chicago

Where:The Hallmark
2960 N. Lake Shore Dr

When: 2-4 PM - Mondays - April 8, 15, 22, 29

Cost:\$60 per person

Space is limited to the first 10 people to register.

To register:

Send an email to rsvp@skylinevillagechicago.org. Place 'Computer Course' in the subject line and include the following information:

Your name, phone number

Beginner or intermediate computer user ?

Will you be bringing your own computer?

Mail a check for \$60 to Skyline Village Chicago, PO Box 11757,
Chicago, IL 60611.

WALKING WITH SVC

Mondays & Wednesdays, 8-9 AM

Men and women, all fitness levels, are welcome to join. Meet us at the street level of the Bloomingdale Building - 900 N. Michigan Ave. - to the left of the desk, to start your day with exercise and congenial company. Weather determines if we walk in the building or outside. Come join us - start off your day with a healthy walk. What better way to get in those 10,000 steps? .

Time not right for you?

Tell us when you would like to walk and maybe we can start another group.

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

ROMEO IS COMING TO SKYLINE VILLAGE

We would like to start a ROMEO (Retired Old Men Eating Out) group. We can start with a lunch- maybe try different ethnic restaurants - and watch it will grow into a monthly event just for us men.

If this interests you or your friends please contact me. I am away until March but would like to plan our first lunch in mid-April, so email me at uncle_jack@juno.com

Jack Herman, Treasurer
Skyline Village Chicago
uncle_jack@juno.com

NEW DINING GROUP

Many SVC members have expressed an interest in starting a monthly dining group. With so many wonderful restaurants right in our own neighborhood, it will be great fun to explore new dining opportunities with other SVC friends. If you are interested in participating, please contact **Charlene Conarty** at apja@rcn.com

SVC: MORE THAN JUST A BOOK CLUB

The SVC Book Club meets the first Wednesday of each month from 3-5 PM in the 2nd floor cafeteria of Prentice Women's Hospital. (Please note that we welcome men in the book club.) Our next SVC Book Club meeting is March 6th. We will be discussing **Billy Lynn's Long Half Time Walk: A Novel**, by Ben Fountain.

On April 3rd, we welcome **Andy White**, Artistic Director of Lookingglass Theatre, who will lead us in discussing **Still Alice** by Lisa Genova. We are reading **Still Alice** in anticipation of seeing the play, which opens at Lookingglass Theatre on April 10th.

The SVC Book Club is open to all Skyline Village members. Not a member yet? Visit the book club for a session and then join. If you are interested in becoming a part of this group, send an email to rsvp@skylinevillagechicago.org, Please put "Book Club" in the subject line and give us your name, phone number and a good time

to reach you.

KNITTING GROUP

Skyline Village has a knitting group. We meet twice a month and knit, share patterns, ideas, craft events, have refreshments and end with a glass of wine. We are already enjoying new friendships and welcome others to join us. For more information contact **Katie Sowle**, at ksowle@msn.com

ASIAN ART STUDY GROUP

This is a fully subscribed study group for Asian Art devotees and collectors. In April, we will be studying the Japanese tea ceremony and kimonos with the assistance of the Japanese Information Center at the Japanese Consulate. Our members also have the opportunity to learn about and explore the lending library at the Japanese Information Center. Though this group is full and closed at this time, please email **Carol Ferstman** if you are interested, in the event a spot opens up.

Carolferstman@aol.com or 312-867-0873.

Please make provide your name, email address & phone number.

GAMES!! WE HAVE GAMES!

SCRABBLE is the game of choice right now. If you'd like to join in, please let us know. Gamers must be members of SVC but you may come twice to try us out before joining.

OTHER GAMES

We are still looking for more BRIDGE and CANASTA players to make a game. Please let us know what interests you and your level of play. Would you be willing to teach beginners?

We meet on the 2nd Sunday of the month at 3:00 PM. For details or to join the group, please contact Mary Alice Mayer at rsvp@skylinevillagechicago.org. Note "Games" in the subject line.

LOOKINGGLASS THEATER AND SVC

May 2013

Watch for a special announcement... Skyline Village will be going to see **Still Alice**

(after the Book Group reads and discusses the book in April!)

Still Alice opens April 10th at Lookingglass Theatre - Water Tower Works, 821 N. Michigan Av at Pearson. Tickets can be ordered at www.lookingglasstheatre.org

FEATURE ARTICLE

UNDERSTANDING HOMELESSNESS On the Magnificent Mile

They expected around 50 people to attend the January 31st panel discussion of this disturbing topic. Imagine their surprise when almost 150 showed up at Fourth Presbyterian's new Gratz Center. Dan Hula was thrilled to introduce the prestigious panelists to this large, very interested audience. Hula is the director of Chicago Lights' Elam Davies Social Service Center, a community outreach organization at Fourth Presbyterian and one of the hosts of the event. They hope to present a continuing series of similar presentations that will touch on issues specific to our neighborhood (encompassing a half-mile radius).

The panel included two members of Chicago Coalition for the Homeless's Speakers Bureau. Charles, with his wife and two children, became homeless after he suffered a severe work injury for which all parties claimed no responsibility. His inability to work and exorbitant medical bills drove them out of their home. For four years, Charles has worked with the Reentry Committee of CCH to ease joblessness and homelessness for those reentering society after incarceration. Another panelist was a Vietnam War veteran and former day laborer and newspaper vendor who lived on Lower Wacker Drive for four years. Jose rose at 4 AM to sell the Chicago Sun-Times, earning a dime a copy to buy food (he would not accept money from pedestrians) for himself and a disabled buddy. He now works part-time in the CCH office and assists with shelter outreach at facilities for Spanish-speaking people.

Other panelists included Greg Nergaard, Pantry Coordinator of Lakeview Pantry, Ed Shurna, Executive Director of Chicago Coalition for the Homeless, Nicole Amling, Director of Policy and Planning at the Chicago Alliance to End Homelessness and Erin Ryan, Executive Director of Lincoln Park Community Shelter.

Though not specific to the Magnificent Mile, some facts about homelessness in Chicago shared by the panel include:

- Chicago does a point-in-time count every other year to determine the number of homeless people in shelters or on the street one night. January 25, 2011 found 6,546 individuals who were homeless that night - one of the coldest nights of the year.

Note: A panelist who participated in that count commented that local

(Magnificent Mile) restaurants and stores invited many homeless people to sleep in their establishments.

- Nearly two-thirds of those suffering from homelessness are individuals and the other third are people in families (parents and their children).
- 43.3% of Chicago residents were either living in poverty or at risk of falling into poverty in 2009. (One can only guess what that number might be today!)
- CCH estimated that there were 10,684 unaccompanied homeless youth in Chicago during the 2010-2011 school year.
- At any given time, more people with untreated severe psychiatric illnesses are living on the streets than are receiving care in hospitals.
- In their 2010 survey of 27 cities, the U.S. Conference of Mayors found that 44% of cities, including Chicago, identified domestic violence as one of the three main causes of family homelessness in their city. According to the same survey, over one in four people experiencing homelessness in Chicago are victims of domestic violence.

For more information and to access the full report, visit:

www.chicagohomeless.issuelab.org

Hula stated that the Elam Davies Social Service Center is starting a street outreach program in partnership with a local university (he wasn't prepared to name the university yet). The program might provide volunteer opportunities in the near future and may offer training to those interested in working directly with the homeless population.

For more information about this new program, contact Dan Hula at:

dhula@fourthchurch.org

Karen Ross
SVC Newsletter Editor

AND, THEN, THERE'S THIS.....

My Mom's Last Letter

How often have you heard someone mention "the conversation" recently? Many advocate for families to have a discussion that covers the wishes of an aging person well ahead of the end of life. It takes courage to assure that choices are respected and thus result in increased comfort for all involved. Chrissy Washburn took it a step further and wrote a sensitive and beautiful tribute to her mother.

Chrissy is generously making it available at no cost to anyone who wishes to read the 60 page book. Simply complete the form on her website <http://www.chrissywashburn.com> to obtain a copy.

My Mom's Last Letter is the story of a 90-year-old woman's final two years of life and the impact of her death on many. It is about June Carvell's courage, honesty and joyful spirit as she realized she was losing her ability to participate in life in the way she wanted. It tells of how she inspired open and honest sharing and conversation about the final stage of life, and how her death might motivate others to engage in discussion about ideas, hopes and fears about aging, dying and death.

Thanks to Nan Anderson, North Shore Village, for sharing this with us.

VOLUNTEER CORNER

SKYLINE VILLAGE IS LOOKING FOR VOLUNTEERS

Neighbors Helping Neighbors

Skyline Village's new volunteer "neighbor helping neighbor" program is now underway. Both volunteers and recipients are applauding this great new addition to our membership program! As this new program grows, we need more neighbor volunteers to provide services. If you are a Skyline member in need of assistance for grocery shopping, picking up prescriptions or, maybe you would like someone to accompany you to a medical or dental appointment, there's a volunteer neighbor here to help you.

It won't cost you anything to volunteer...just offering a helping hand to a neighbor. Volunteers are needed to help in the following ways:

- grocery shopping or picking up prescriptions for a member
- accompanying a member to a medical or dental appointment
- helping a member order library books on-line and picking them up at our Water Tower library
- visiting a member who would like to have company at home or in the hospital or rehab facility.

Our volunteers will not be asked to provide transportation, but may accompany members to appointments at the member's expense. Prospective volunteers will be interviewed and receive training from a qualified professional.

If you are interested or have any questions please contact:

Nancy Almquist 312-337-7671
Barbara Kite 312-664-6520

Skyline Village 312-957-6060

Judith Hollander

Skyline Village Member

FOCUS ON LOCAL VOLUNTEERS

St. James Cathedral

St James Episcopal Cathedral is very committed to assisting those less privileged in Chicago. Their ministry operates on three levels:

- Provide food and housing to those in need
- Refer people to agencies that provide services such as employment and legal help
- Engage and improve systems to benefit the oppressed.

Sandwich Sunday serves breakfast to the hungry (who are often homeless) and prepares a sack lunch on the third Sunday of every month. **Just Meals** volunteers prepare and serve a hot meal to the hungry the second Tuesday of every month.

St James participates in the Gay Pride Parade each year to support the LGBT community. They also host a two-week camp called Summer in the City where children learn about themselves, each other and diversity through friendship, art and play in a safe environment.

St. James' Human Rights campaign hosts speakers, sponsors book studies and advocates in various ways to meet the needs of oppressed people. The church's tithing committee gives small grants to groups working to alleviate hunger and many church members are active in advocacy groups to reduce gun violence.

Ed Cooper
Skyline Village Member

WELCOME NEW MEMBERS

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

Renee and James Akers
Nancy Almquist
Mary Baim and Michael Becker
Marie-Jose Baum
Dea Brennan
Beth Conaghan

Bruce Lespinasse
May March
Mary Alice Mayer
Mary Mercier
Hillary and Pasquale Merola
Phyllis and Michael Mitzen

Charlene Hopp Conarty
 Edith Demar
 Nancy Duerr
 Betty Eaton
 Andrea Fain
 Carol and Jerry Ferstman
 Sandra and Charles Gold
 Carol Haney
 Rosalie Harris
 Kathleen Hayden
 Kay Hogan
 Judy Hollander
 Judy Karlov
 Barbara Kite
 Kanya and Allan Klasser
 Jean Klien

Roberta Moltz
 Maureen Mooney
 Beth and Marvin Najberg
 Susan and Michael Nathanson
 Ruth Robbins
 Gay Roberts
 Karen Ross
 Joanne Ruxin
 Edna Schade
 Evelyn Shaevel
 Kathryn Sowle
 Conny Tozer
 Donald Uram
 Lottie Wanninger
 Jean Westcott

**DON'T FORGET TO RENEW YOUR MEMBERSHIP
 OR JOIN SVC!**

by sending a check for:
 \$60.00 (individual) or \$90.00 (couple)

To: Skyline Village Chicago
 P.O. Box 11757, Chicago, IL 60611

COMMUNITY PARTNER PROGRAMS

Save the Date

May 18, 2013

Loyola University presents a fundraising event for the Institute on Aging, along with Lookingglass Theatre to experience "Still Alice." A reception and panel discussion will follow this matinee performance! This play was adapted and directed by Christine Mary Dunford, and is *based on the New York Times Bestselling Novel*, by Lisa Genova.

Professor Alice Howland is at the peak of her career studying the human brain when her own mind begins to falter. Fiercely independent, she battles to preserve her way of life, even as confusion clouds her thinking and her memory begins to fail. This world premiere adaptation of the award-winning novel is at the same time heartbreaking and hopeful.

Come share a poignant and hopeful view of early onset dementia in this riveting and sensitive performance! Enjoy the robust discussion and a glass of wine with colleagues and friends!

Proceeds will benefit the Institute on Aging, Intergenerational Study and Practice within the School of Social Work at Loyola University Chicago. Funds will help provide continuing education and scholarships for students, alumni and the community!
For more information feel free to contact **Marica Spira** at 312.915.7580 or email us at ssw-info@luc.edu

Happy Spring!

www.skylinevillagechicago.org
312-957-6060
PO Box 11757, Chicago, IL 60611
svcchgo@gmail.com

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Try it FREE today.