




## ***Welcome to August 2016!***

### **Contents**

- Men of the Village Convene and Explore
- CHPV Marches on July 4
- A Member Receives Help and Provides Cakes: Geri Cunningham
- Volunteer training August 22 & 29!
- SHARE Healthy Aging: Dementia Art, Dementia Signs, Polypharmacy!
- Other Village Programs to Enjoy
- Save the Dates: Special Programs Coming!

**SAVE THE DATE!**



**A MAGICAL BRUNCH**

The Chicago Hyde Park Village invites you to mark your calendars for  
**SUNDAY, October 2, 2016**  
 The Polo Café  
 ("Best Chicago Sunday Brunch" - WGN TV)  
 3322 S. Morgan

A fun fund-raising gala featuring scrumptious food, award-winning magician (The Great Frankini), a silent auction—and more! Proceeds benefit the Village. Watch your mail/email for further details.

**LET OUR VILLAGE ENTERTAIN YOU!**

### **MEN'S GROUPS CONVENE AND EXPLORE**



*Phil, Gary O, Gary W, Gene, Craig, Mac, Alex, and Sam at a recent visit to the Mexican Museum of Art.*



There are two groups of men who meet weekly at the Piccolo Mondo restaurant. The first group meets on the first and third Wednesdays of the month from 10 to 11am; this group is not accepting new members at this time. The second group, which has openings, meets on the first and third Thursdays at from 10 to 11am. One of the members, Phil Kletke, wrote an account of his experience:

“Twice a month, I get together with nine other men from the Hyde Park neighborhood at Piccolo Mondo simply to talk with one another -- as they used to say, to shoot the breeze. Our discussions are far reaching. We talk about what's happening in the neighborhood, about the presidential elections, about state and local government, about the University, about what has happened to us individually since the last time we met, and basically about whatever comes to mind. All of us are older, retired men, so understandably our discussions often place current events into a historical context. We tend to talk about how things used to be and how what used to be affects the way things are now.

“These meetings are organized by the Hyde Park Village -- but at least for the men involved, the organizational responsibilities are minimal. Our meetings have no agenda. There are no individual commitments other than to show up. And there are no expenses other than to spend an hour of one's time twice a month and to spend a couple of dollars for coffee to sip during the meetings.



"I am sure that each of the 10 men has his own reasons for coming to the meetings. For me personally, I especially appreciate the opportunity to get to know nine very interesting individuals from the neighborhood. I like Hyde Park and have lived here happily for nearly 45 years. Even so, over the years I gradually became somewhat detached from the neighborhood since most of my friends and acquaintances came through work, which was always elsewhere in the Chicago area. The bi-monthly discussions with the men's group are helping to restore social ties within the local neighborhood. Furthermore, my need for these ties has increased dramatically in recent years due both to the loss of my wife and my retirement from work. Thus, I am grateful to the men's group and to the Hyde Park Village in general for providing me with opportunities for fellowship that is helping me in ways that I am just now beginning to appreciate."

### **VILLAGERS ON PARADE!**





## **A MEMBER GETS HELP AND PROVIDES CAKES: GERALDINE CUNNINGHAM**

Those of us who participate in the bi-monthly drop-ins probably recognize Geri: During the exercises she does her best, despite her reliance on her walker; during the speaking portions of the program, she often rises, not announcing her pain, but trying to relieve it by moving in whatever ways might help. She loves the Village.

Geraldine retired from her position as Assistant Dean of Students in the Social Sciences Division at the University of Chicago in 2010, earlier than she desired because of back pain. She had planned to continue her work guiding and tracking graduate students and departmental staff for many more years, at least until she was 75. However, she is now dealing with osteoporosis, a degenerative disease involving an autoimmune disorder, and complications that involve multiple conditions. The crippling started about two years ago; it changed her life dramatically. As she reported, "The Village makes it possible to still do things; I can bake cakes for the drop-ins...."

Many of the volunteers report that Geri is an inspiration to them because of her cheerful attitude in the presence of clear pain.

The Village has been helpful to her because:

- "It gets me out – into a social setting; it's great to see people of my community, my age...I love how caring they are. When I lost my cell phone, Carol Cross came to visit me,





and told me how many people had tried to get in touch with me.” “Lauren (the E.D. of the Village) even gave me her cell phone after she got a new one.” “I couldn’t get over how well organized the Village was in getting ahold of me when I lost my cell phone and they couldn’t reach me.”

- “I call and reserve rides through Grace. While I use Pace, there are lots of times I can’t use them. It’s so helpful to have the Village volunteers.”

### **NEW VOLUNTEER TRAINING SESSIONS AUGUST 22 & 29 – SIGN UP NOW!**

You can be an important part of the Village by taking some responsibility for our operations! Volunteers are vetted, and trained generally to represent the Village ethically and effectively; special training is offered for those can be drivers, or medical advocates. Volunteers do not have to belong to the Village.

On Monday, August 22, 10-12:00 we will hold a General Volunteer Training session. This includes the guidelines for all individuals who wish to be a vetted volunteer.

Session 2, on Monday, August 29, 10-12:00 there will be special training for persons who can provide personal services to full members, including driving and interviewing.

Call the office or email Grace Williams our volunteer coordinator ([grace@chpv.org](mailto:grace@chpv.org)).



## **SHARE-ORGANIZED HEALTH PROGRAMS: FIELD TRIP AND LECTURES TO EXPLORE DEMENTIA; POLYPHARMACY**

CHPV is a partner in the federally-funded *SHARE* project (Southside Healthy Aging Resource Experts) to help educate older adults on the south side about the health challenges and resources to deal with these challenges. Ava Salonis is actively identifying good educational opportunities, and she arranged a recent field trip to LUMA – the Loyola University Museum of Arts to help us understand the processes of dementia and some options for responding. Gary Osswaarde, one of our members, reports.

### **A trip into Memory.** By Gary Ossewaarde

On July 21, Hyde Park Village and residents from the TRC Senior Village took a “working” bus trip to Loyola University Art Museum. Our mission was to experience a special exhibit as would a group being cared and treated for cognitive disorder. Our destination was the special exhibit (now closed), “William Utermohlen: A Persistence of Memory.” We took a highly participatory tour in which we were asked the same open-ended questions as are visiting patients with cognitive decline—actually questions that can be asked of or by anyone engaging a work of art: “What do you see/notice? What colors, lines, shapes? What is the best place from which to view this work? What do you think or wonder when you look at this work, and how do you feel about this work?”



Utermohlen had a long and distinguished career as a painter on the East Coast. Memories, self, relationships and place, and above all himself, alone or in context seem to have been his main interests. In 1995, Utermohlen was diagnosed with Alzheimer's. He continued to paint; we were able to compare work before and after his diagnosis. He uses figurative representation but in surreal and often out of kilter juxtapositions, colorations, and geometries. Our group often noticed sadness, anger or confrontation as the prevailing mood, even where bright primary colors such as yellow, his favorite, were dominant.

Work following his diagnosis is a striking set of self-portraits and other works that seem a deliberate documentation of decline, but also of continuing determination.

After that, we viewed a documentary, "I Remember Better When I Paint," about art therapy strategies for patients with dementia (sometimes even advanced). Painting sessions and visits to museums including the Art Institute of Chicago (using the kinds of open-ended encounters with works of art as we had in the exhibit) were the main strategy explored. This may involve intensive engagement over months and years by volunteers and relatives



one-on-one on a very personal basis. (Some of our members pointed out that it would be difficult to scale up.)

Wondrous to watch, however, was when these people opened up, if only a bit and for a time and revealed themselves to still be persons “still there” and living in their memories as well as the present. As pointed out, they need to be seen, by their families and physicians, as “persons in need of help” rather than just “patients” or as “lost.”

The Village is looking for suggestions for more day trips, especially with an angle on aging with grace and will gladly entertain your ideas.

### **Recognizing Cognitive Decline**

At the Drop-In on July 27, an educator from the Alzheimer’s Association discussed ways of identifying early signs of Alzheimer’s dementia. While most people know that memory problems may be a warning sign, changes in mood and personality are also warning signs. Go to [www.alz.org/10-signs-symptoms-alzheimerdementia.asp](http://www.alz.org/10-signs-symptoms-alzheimerdementia.asp) for good summaries of how to recognize the warning signs, and other important information.

### **Risks of Polypharmacy**

Most of us are on several, or many medications – often a mix of those prescribed by a physician, those Over the Counter (OTC) drugs suggested by a physician (or a friend), and those we select ourselves as “alternative medications.” SHARE invited *Tia Kostas, M.D.*,





a geriatric physician, to share her knowledge about the risks of polypharmacy with residents at the TRC Senior Center and Village members, on July 19. She pointed out that seniors are the major users of medications, and because of changes in the ability to utilize and excrete medications, dosages often must be varied. Interactions between medications, even between those prescribed and OTC, and between those and “alternative” medications often present serious problems. Many seniors end up in the hospital with problems that could have been prevented.

She suggested that to be safe we must:

- Track ALL medications, including OTC
- Note side effects (e.g., constipation)

A form for tracking is available in the office.

She also distributed a chart listing common interactions between OTC and prescribed medications (available in the office).

## **MORE PROGRAMS AND ACTIVITIES**

***Check the Calendar at [chpv.org](http://chpv.org) for More!***

### **Drop-In Programs**

General Schedule: Meet 2<sup>nd</sup> and 4<sup>th</sup> Wednesday almost every month at Augustana Lutheran Church, 5500 S. Woodlawn; parking in lot east of the building. 10:30 Check in and 45 min of “age friendly” exercise by various experts. Book/jewelry exchange. Announcements, and delicious luncheon at noon. After lunch is a program of interest our community. *Watch your announcements for specifics about exercise leader and expert speakers for each meeting.*



Cost: \$7 for non-members of Village, \$5 for members. (Members pay annual dues to the Village organization.)

**Wednesday, August 10: Round Table:  
Benefits and Challenges of Aging**

**Wednesday, August 24: Focus on Eye Health** Dr. Alex Zabaneh will discuss some of the common challenges of the aging eye.

Drop-In programs are organized by volunteers; currently Susan Alitto and Ava Salonis focus on programs, a fabulous crew of cooks and washers take care of lunches, Mary Ullinski handles registration, and Lauren oversees all the processes. You are welcome to pitch in!



Back: Ava Salonis, SHARE project coordinator; Ann Audrain, Treasurer and luncheon crew; Allison Hartman, kitchen crew; John Millington; Front: Margaret Huyck, President; Lauren Alspaugh, Executive Director. Many Drop In volunteers are missing in this picture – but thank them!

**Global Aging and Quality Services: Tales of Shanghai and Chicago – Friday, August 5**

Six delegates from the Shanghai Civil Affairs Bureau are visiting Chicago (now!) to learn about best practices in the field of social services for the elderly, as practiced in Chicago and Shanghai. Learn about their weeklong experiences (including a visit to the south side). The conference on Friday features a discussion about how each city provides services to meet the needs of older persons and



continuously improves their systems of aging services as well as what we can learn from each other. CHPV Founding President Susan Alitto is a member of the Chicago Sisters City Shanghai Group, and is working with the Chinese group. The session will be on Friday, August 5, 2016, 9-12, at the UIC School of Public Health, 1603 W. Taylor.

### **Neighborhood Tour, Carillon Concert, and Picnic with Lincoln Park Village Sunday, August 7**

A Special Event! CHPV has invited members of the Lincoln Park Village to enjoy our community on Sunday, August 7. Gather at Rockefeller Chapel at 3:30 for an informative tour of the area by Sam Guard. Bring some picnic food and revel in the weekly concert. Get to know some of our fellow Villagers up north! RSVP to the office so we know how many to expect.

### **Member Only Picnic Sunday, August 14**

Village Members are all invited to enjoy the 2<sup>nd</sup> Annual Picnic at Augustana. Sunday, August 14, from 1-5. CHPV will provide a main dish, beverages and setup; please bring dishes to supplement! Get to know other members better! Enjoy the company!

### **Member Only Salad+ Potluck, Thursday, August 25, 5:30 p.m. RSVP now!**



What can we make with a giant zucchini from Lauren's garden? Come find out! Potluck at Huyck Home; rsvp at the office. Bring your favorite salad,



dessert, or beverage.

### **Sing with the Encore Chorale!**

CHPV is a co-sponsor of a new opportunity in Hyde Park – the Encore Chorale. This group was developed in Washington DC to engage in singers over 55 in working with a professional choral director; research done at NIH has demonstrated that such involvement is associated with increased well-being and improved cognitive functioning. Jonathan Miller, a well-known founder of the successful group *Chicago a Capella*, was enchanted with the idea and decided to bring the concept to Hyde Park. Rehearsals are at Montgomery Place, Wednesdays 9:30-11. The group had a trial run in the spring; a six-week session this summer; and is now enrolling singers for the fall session. Each session culminates with a performance. Over 80 singers from five summer Encore groups will be singing on **August 11 at Fourth Presbyterian Church** by Water Tower. Contact [www.encoreillinois.org](http://www.encoreillinois.org) for more information and to register.

**Knitting and Crocheting:** Learn a new skill – or practice what you already enjoy, with like-minded neighbors! Cindy Pardo, a skilled artist, (and the Secretary of the Board) will be Montgomery Place every Thursday at 1:30 p.m. Montgomery Place is at 56<sup>th</sup> and Lake Shore.

**Discussing Books About Hyde Park:** In collaboration with the Hyde Park Historical Society, this group gathers to discuss books centered around a theme especially relevant to Hyde Park and Hyde Parkers. Readers are encouraged to read anything they can find





about the topic, and come together to consider various perspectives. Group meets at 7:30 on the third Monday each month in the Community Room of Treasure Island.

**Game Night:** Meet in the Community Room at Treasure Island at 7 p.m. on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings to play or learn games. Another opportunity to have fun with folks you already know – or would enjoy knowing!

### **SAVE THE DATES FOR SUPER SPECIALS!!**



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**Sunday, October 2, 2016:** Magic & a Memorable Menu at Polo Café – Benefit for CHPV; WATCH FOR MORE INFORMATION!!

**Sunday, February 26, 2017:** Music for All Ages at First Unitarian

### **BENEFITS OF MEMBERSHIP**

CHPV has two levels of membership: Associate and Full. The primary difference (besides cost) is that only Full Members are entitled to request the kinds of services that Geri (and others) received from volunteers. Many of the



current Full members paid the higher costs of that category because they want to support the Village in principle, or as an “insurance plan” when they might need the services. In reality, “needing services” can happen very suddenly. When volunteer services are needed and provided, the savings over purchasing those services in the open market would much more than pay for a Full membership. Dues for a single Full Member are only \$1.35/day, or \$480/year.

For individuals who only want and need the Associate membership, this can provide another opportunity to make new friends, become engaged in interesting activities, and take the initiative to start something new. Associate dues are only \$0.67/day, or \$240/year.

If you are interested in learning more about Membership, please contact Lauren Alspaugh to pick up an Information Packet and talk to her; or contact Gary Worcester, Chair of the Membership Committee.

## **BOARD MEMBERS**

Margaret Huyck, President  
Susan Alitto, Founding President  
Rita McCarthy, Vice President  
Cindy Pardo, Secretary  
Ann Audrain, Treasurer  
Jane Comiskey  
Marianne Crusius  
Allison Hartman  
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Gary Worcester



## **STAFF**

Lauren Alpaugh, Executive Director  
Grace Latibeaudiere-Williams, Volunteer Coordinator  
Ava Salonis, SHARE Project Coordinator  
Roderick Sawyer, Consultant

**Newsletter Staff:** Margaret Huyck, Editor Pro Tem; Contact me to take over this fun job!!! Additional contributions this time from writers Gary Ossewaarde and Phil Kletke; and copy editors Susan Alitto, Geri Cunningham, Jerry Gripshover, Allison Hartman, Rita McCarthy, Grace Williams...and probably others. Many eyes (and writers) make this better!

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