



Welcome to September 2016!

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**SAVE THE
DATE!**

A black top hat with "CHPV" written on it in white. A magic wand is positioned above the hat, casting a stream of colorful stars (red, yellow, and white) and a white crescent moon into it. Yellow lines radiate from the point of entry, suggesting magical energy.

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!

Get your tickets now – only 100 will be accommodated at the Polo Café! Tickets for



Members are \$100 each, for non-members \$125. Call the office to reserve your space, and mail your checks to the office or bring them to a drop-in.

Raffle Tickets! Everyone gets a chance to win! This is a 50-50 raffle, so half of what we collect goes to the winner, and the rest to the Village. Tickets are only \$5 for one, 3 for \$10.00, 6 for \$20 – buy them at the Drop-in, or from any Board member. You can support our organization, and maybe even yourself! Drawing will occur on October 2; you do not have to be present to win.

Associate Member Dues Reduced!

The more inclusive we are, the stronger we are . . . and the more fun we have together! The more of us there are, the more we can do for each other! As The Chicago Hyde Park Village approaches its second anniversary, we seek to make membership and benefits more inclusive and affordable.

Starting immediately, the revised fee structure for Associate CHPV members:

- \$120/individual/year if paid in 2, 3 or 4 payments
- \$100/individual/year if paid in full up front
- \$180/household/year

All Charter Associate members who joined for 2 years when we opened in November 2014 will receive an automatic 6-month extension to



their membership. Thank you for believing in us from the start!

Any Associate member who has joined or renewed in 2016 at the \$240 rate will also receive a 6-month extension.

The basic fee has not changed for Full Memberships, which entitle members to many additional benefits: e.g., transportation and other help from our vetted trained volunteers and personalized assistance with securing appropriate advice, care and services. This fee is still \$480/year for an individual.

We hope you have joined some of our recent Drop-Ins where community grows with each session and we offer excellent exercise leaders, lunches and speakers. Or perhaps you have taken advantage of some of our other programming such as game nights, picnics, pot lucks, men's and women's groups, book clubs, supper clubs, walking groups, field trips and . . . so much more yet to come!

And of course, we are a not for profit and always welcome your donations.

Call with questions! 773-363-1933, or see our website, www.chpv.org, under Member Benefits, for more information.



PICNIC PLEASURES FOR VILLAGERS!



Historical tour of Rockefeller Chapel area with *Sam Guard*; picnic with Villagers from Hyde Park and Lincoln Park; Carillon music!

Pot luck suppers! Great food and fine company – one July 28 and one on August 25! Anyone can host; great way to get to know more folks. Coming next: September 27 or 29, home of Barbara Roy!!



Sunday, August 14: Happy Birthday, Herga! At the Member Picnic, we celebrated the 101st birthday of Herga, Grace Williams' mother! Grace and her daughters accompanied Herga back to her native Jamaica over Christmas to revisit the places where she taught (many years ago).





CHINESE OFFICIALS WHO WORK WITH THE OLDER POPULATION IN SHANGHAI VISIT CHICAGO AND HYDE PARK

By Susan Alitto

I joined the Chicago-Shanghai Sister Cities social services subcommittee because it focuses on each city's programs and services for their older populations (which happens to be a major interest of mine!), because I have a daughter who lives and works in Shanghai and . . . because I speak a bit of Chinese.

Each year our committee and our counterparts in Shanghai take turns visiting each other to share information about our respective programs and policies. In between visits, we meet regularly to plan for the next visit and raise funds to support our efforts.

The Chinese are allowed to be away for only 6 days, counting travel time so we packed as much as we could into their 4 days in Chicago. They met with city, county and state officials responsible for older adult programs, had site visits at the Cook County Elder Justice Center, the Chinese American Service League (CASL), public and private senior housing, and the Alzheimer's Foundation and participated in academic forums at Rush and U of I School of Public Health. They also spent nearly a whole day on the South Side visiting Montgomery Place and Mather Lifeways More than a Café on 83rd Street, where we told them about our projects to promote healthy aging programs and services throughout the South Side. Of course, the visitors wanted to see our local



sights: the Obama house, museums and the U of C campus.

We had meals at various committee member homes, where we had a chance to socialize and Margaret Huyck and I told with them about OWL and Villages. The Chinese visitors were especially impressed with the amount of volunteer effort that goes into our programs and activities and that volunteers often also contribute their own money. They were even more surprised when they discovered two Chinese students from Shanghai at the Mather Café. The students just happened to be there for a few weeks as a part of an international volunteer exchange program!

HOW TO BECOME AN EFFECTIVE VOLUNTEER WITH CHPV

The Chicago Hyde Park Village conducted its second Volunteer Training since the launch of the program last November, on Monday, August 30. Two current members (Sam Guard and Kathryn Williams), one prospective member (Michele Yeadon), and staff members Ava Salonis, Interim Executive Director, and Rod Sawyer, IT Consultant, participated in the training.

The trainees learned about policies and procedures of the program, including general expectations and privacy and confidentiality; how to deal with falls, especially in the home, and specific training for those interested in providing personal services for members, especially transportation, assisting with simple



household tasks and making calls, as requested.

The training was organized by Volunteer Coordinator, Grace Latibeaudiere-Williams and Mary Rogel, Volunteer Program Consultant, member of the Steering Committee and former Board member of the Village, who also helped to create and edit the Volunteer Manual, and to develop the training session with our trainer Jerry Gripshover. Jerry is a Licensed Clinical Social Worker with 40 years' experience delivering direct services, supervising therapists who provided psychotherapy, and training various levels of staff who worked at multi-service agencies. He is now semi-retired and volunteers with a number of local agencies in Hyde Park—including the Chicago Hyde Park Village.

CHPV plans to have training sessions for prospective volunteers periodically. Please contact the office to obtain a Volunteer Application Form, if you would be interested in becoming a trained volunteer.

SHARE HEALTHY AGING: VISION HEALTH

Following lunch at the August 25 Drop-in, Alexander Zabaneh, M.D. discussed Vision Health with the participants. He presented slides to illustrate common problems. He pointed out that nearly everyone develops cataracts over time; the lens of the eye becomes compacted and filled with small debris, resulting in reduced visual acuity. Treatment is now easy, and timing should be determined by consultation with a specialist.



Macular Degeneration results in wavy, blurred vision. There are two varieties: Dry MD, for which there are no good treatments, and Wet, which creates more serious problems and can be treated with injections. A vitamin combination, AREDS, is often useful in slowing the progress of MD; in response to a question, he indicated that there is no evidence that a vegetarian diet or consuming large quantities of dark leafy green vegetables is superior to the vitamins – though they are probably healthful in their own right. Glaucoma was described as a “silent” chronic disease, because there are no visual symptoms until it is far advanced. It can be diagnosed and treated earlier by testing for eye pressure and examining the optic disc in the back of the eye. Vitreous detachment results in “floaters” and flashes of light; these should be checked by a specialist to see if retinal tissues are being pulled. Dry eye can result when either the tear ducts or the lipid ducts are blocked; one remedy is to apply hot, moist compresses to the eyes for 5-10 minutes twice a day. Eye drops, or artificial tears may be used; if one is sensitive to the preservatives, look for the packages that indicate “preservative free”; they can safely be used for no more than two days. If one is taking more than one eye drop, wait at least 15 minutes before applying the second one.

Dr. Zabaneh is at the University of Chicago
Department of Ophthalmology & Visual
Science. [*By Margaret Huyck*]



GETTING TO KNOW YOU...

Carol Cross came up with an excellent suggestion for the Newsletter: include some short vignettes that will help us get better acquainted with each other. She urged me to go first, since I have not been a very visible leader of the Village since I became President last January. She agreed to offer herself second – and to solicit more brief bios for future editions.



Margaret Hellie Huyck: I grew up in Des Moines, Iowa; my mother sewed all my clothes, and my father taught me to question everything I was told by authorities. It was the mid-50s and I expected to grow up to be the PTA President, and maybe teach elementary school. I went to Vassar College (for women) because they had the most generous scholarships. Because I learned to love learning, I got myself into the Committee on Human Development at UC, and soon found myself absorbed in the fascinating studies of how we grow up and older. In 1961 I married Tom Huyck, whom I had met in a play in high school; he died last July 2015. He enabled me to have a career I loved, teaching psychology and doing research on adult development. In 2010 I retired from Il. Institute of Technology after 41 years.

I have applied much of what I learned in leading OWL (a national education and advocacy group focused on concerns of midlife



and older women), and the Village. I love helping everyone make the most of their potential, and creating the kind of community I want to live in. I enjoy sharing life stories, viewing films, reading books, and dining. I am grateful for my two daughters, son-in-law, and granddaughter Madeline – and my friends on the journey into later life.



Carol Cross: I was born in Little Rock, Ark., on November 4, 1942. Fifty years later to the day I watched Arkansan Bill Clinton declare his presidential victory less than a mile from where I was born. After leaving the South I attended NORTHwestern University, majoring in Radio, TV, and Film. One of my first jobs was doing the sound effects editing for *Wild Kingdom*. After that I devoted my career to Television News as a film/video editor. This was a technical and union job literally preparing the visuals and sound that aired on the daily newscasts. I also enjoyed working on many documentaries.

I have a dog, Catfish Jr., and have never met a dog I did not like. I enjoy watching and discussing films and the news business, southern cooking, and humor in any form. I am obsessed with estate and house sales, antiques and folkart. My favorite TV shows are *Dog Town USA*, [*Sunday Morning*](#), *Shark Tank*, and documentary and informative programing. For over twenty years I have spent Winters in Oaxaca, Mexico collecting folk art, antiques,



and many very special friends. I have photographed the same families for years and given them copies to enjoy. My Spanish is limited; I know lots of nouns, but few verbs.

I describe myself as a nice person, but occasionally have a bad attitude! I now try to think before I speak.

Does anyone like to play Rummikub?

PERSONNEL CHANGES

- *Lauren Alsbaugh*, our Executive Director, has been on Family Leave to be with her mother, who died shortly before Labor Day. We all wish the family our love and best wishes in this difficult transition. In her absence, *Ava Salonis*, the SHARE Program Coordinator, is Acting Executive Director.
- *Grace Latibeaudiere-Williams*, our Volunteer Coordinator, is moving into a position (with benefits!) in the U.C. Lab Middle School Library. We will miss her, but she has been working toward such a position for several years. She will still be around as our member, neighbor, friend, and volunteer!
- *Katherine (Kitty) Mann, MSW, Ph.D.* will be volunteering as the Supervisor for an Intern from the U.C. Social Service Administration (SSA) program during 2016-2017. Kitty is Professor Emerita from SSA.

MEMBERS ON THE MOVE

Recreational Scootering

Mary Rose Shaughnessy



For years I've been biking in the summers--to the Point, to the Japanese Garden and the Wooded Island, to the Jackson Park Yacht Club, where I used to belong and still know some of the members, to the Midway Gardens. The last time I biked was Fourth of July 2014, to the Japanese Garden. But this year, I'm less adventurous and more fearful of falling and spending weeks or months recuperating. But how will I continue to enjoy the feel of sailing along the lakefront, watching the sailboats without my bike? My walking range is becoming more limited every year. What shall I do?????



On a visit to my family in Kansas City, MO, I found the perfect solution! My sister Kathleen has limited mobility and uses a walker in the house, but that hasn't stopped her. She has a scooter!



After a tour with her around her neighborhood, I was sold on the idea of recreational scootering. I looked online and found one on Amazon for \$999. Isn't Hyde Park a perfect place for scootering, with easy access to the lakefront? I'd like to get other seniors who are mobile or on walkers to join me in my outings. The Hyde Park Village could have our own CHPV Scooter Club!



You can see my scooter in the picture with my young neighbor in the seat. It will go 15 miles on one electric charge. This model is a Go Go Elite Traveler, a 4-wheel scooter made by Pride Mobility Products. I'm in an elevator building, so I can just drive out the door, and down and out. *Who wants to join me???*

MORE PROGRAMS AND ACTIVITIES

Program Committee Established by Board

In order to coordinate and screen the programs offered by the Village, we now have a Program Committee, initially chaired by Susan Alitto. (Wanted: new committee members! And Chair!!) If you would like to join the committee and/or have an idea for a program, write up a description of your idea, the responsible person, when and where it would occur, any budget/expenses involved and how the expenses can be covered. Turn it into the office or to Susan.

Drop-In Programs

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustanna 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. One week/month the main dish is provided by Hyde Park Produce; the other luncheon is prepared by our own superb cooks – Ann Audrain, Marianne Crusius, and others. After lunch is a program of interest to 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.)

New Writing Program at Drop In: Just begun – opportunity to record your thoughts, and share them! During or after drop ins...

September 28 CHPV Drop In – A Volunteer Fair!

Following lunch we have invited several agencies in the area who use volunteers to visit us to tell us about what they do, why volunteers are important to their programs and even sign up potential interested volunteers.

This is a first of what we hope will become an annual event. Participants are welcome for the whole Drop-In, starting with exercise at 10:30 and lunch at noon, or just for the Fair portion starting at 1 pm. If joining us for lunch we ask for a \$7 donation to help cover costs (\$5 for CHPV members).

Spread the word! Tell your friends and neighbors! Even if you do not expect to volunteer yourself, this is a chance to learn about the good work others are doing from tutoring to advising seniors on safety to making repairs or helping with meals.

We expect 6-8 guests who will tell us briefly about their programs. Afterward



there will be time for conversation,
questions and signing up if you wish.

We have commitments from several
agencies so far, but there may be room for
more. Let us know if you have
suggestions. Susan Alitto (773-752-6587
or 773-485-3643)

Sing with the Encore Chorale!

CHPV is a co-sponsor of a new opportunity in
Hyde Park – the Encore Chorale. The Fall
session begins on Wednesday, September 14.
Rehearsals are at Montgomery Place,
Wednesdays 9:30-11. Fees for new members
will be \$175; some scholarship help is
available. There will be a concert on December
28 at First Unitarian Church, 5680 S.
Woodlawn; and a combined choral concert on
Thursday, December 22, at the First
Presbyterian Church, 126 E. Chestnut.
Contact 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 56th 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 (for example,
Leopold and Loeb, the World's Fair of 1893).



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 2nd and 4th Wednesday evenings to play or learn games. Another opportunity to have fun with folks you already know – or would enjoy knowing!

Pot Luck Suppers! Barbara Roy and Susan Alitto will be hosting a pot luck supper at Barbara's home on Tuesday, 9/27 or Thursday, 9/29; if you can join the group, call the office and indicate your preference for a date. When can you host a pot luck??

SAVE THE DATES FOR SUPER SPECIALS!!

Sunday, October 2, 2016: Magic & a Memorable Menu at Polo Café. Watch for much more information!!!

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

GOOD IDEAS!

- Several stores have introduced "Slow shopping" periods to reduce stress for vulnerable and elderly shoppers. During these special times, chairs are placed at the end of the aisles, and helpers greet the shoppers and help them find what they want. Why wouldn't this be great for our stores?? [see Huffington Post, 8/30/16]
- When you have no idea how to comfort someone



- try just being there in someone's time of need.
Instead of filling silences with quick reassurances,
listen, and comfort just with your presence.
[adapted from Wendy Lustbader, *Counting on
Kindness: The Dilemmas of Dependency*, Free
Press/Simon & Schuster, 1991; Nextavenue
8/30/16]

BOARD MEMBERS

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Ava Salonis, SHARE Project Coordinator
Irene Freelain, Financial Consultant
Roderick Sawyer, IT Consultant

Newsletter Staff: Margaret Huyck, Editor Pro
Tem; Contact me to take over this fun job!!!
Editing by Susan Alitto, Rod Sawyer, Ava
Salonis. Writer: Carol Cross.

CURRENT BUSINESS SUPPORTERS

Hyde Park Bank
Hyde Park Produce
Montgomery Place
U of C Civic Engagement



U of C Geriatrics SHARE Network
Mather Lifeways

Mhh: 9/6/16