

Chicago Hyde Park Village ■ 5500 S. Woodlawn Ave. ■ Chicago, IL 60637 Tel. 773-363-1933 ■ www.chpv.org

## Welcome to May 2017!

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#### CHPV ONGOING PROGRAMS TO ENJOY

#### **Drop-In Programs**

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustana Lutheran Church, 5500 S. Woodlawn; park in lot east of the building. 10:30 Check in and 50-60 min. of "age friendly" exercise led by various experts. "Best Day of My Life...So Far" writing group sponsored by SASI and facilitated by Melisha. Book/jewelry exchange. Blood pressure check by Montgomery Place and LifeCare@HOME. Announcements, and delicious luncheon at noon. One week/month Hyde Park Produce provides the main dish; our own superb cooks, headed by Ann Audrain and Marianne Crusius, plan and prepare the rest of the meal and the other luncheon. After lunch we have a program of interest from entertainment to information for healthy aging. Cost: \$7; \$5 for Village members. (Members pay annual dues to the Village organization—see membership form below if you are not already signed up!) Would you like to join the team of volunteers who plan and put on the Drop Ins? Talk with Susan Alitto.

### Drop-In Programs in April and May

On April 12<sup>th</sup> our wonderful SSA **Intern Mackenzie Buss** gave us a thoughtful and well-researched presentation on the basics of Advance Care Planning to help us to plan ahead for the end of life care we want. Unfortunately this is a topic many of us avoid, often until it is too late. Even among those who have made decisions, as many as one third have not communicated them to others or even to their doctors. See below for a detailed report on Mackenzie's Drop In presentation.

CHPV Drop In FLEA MARKET, this year on May 24. On Flea Market day there will be no exercise, and of course, entrance is free. Lunch will be available for purchase at the regular rate: \$5 for members and \$7 for non-members.

As you undertake Spring-cleaning or just some of the decluttering techniques we've been learning at the Drop Ins, please donate the things you no longer want to the CHPV Flea Market. No clothing please! As they say: One person's trash is another's treasure. All donations and purchases support CHPV and its mission.

DONATE TO... AND ...AND SHOP AT THE CHPV FLEA MARKET, MAY 24, 2017.

#### **Interest/Affinity Groups**

**NEW!** Women's Group Meets May 8: This new group will meet for the first time on Monday, May 8, 10-11:30 at Cafe 53, 1369 E. 53<sup>rd</sup>. Just a friendly gathering to get better acquainted. The Café has excellent reviews for having healthy foods as well as tempting and delicious pastries, excellent coffees and teas of all varieties, and gelato; there is patio seating for nice weather. Please stop by; call the office and let us know if you need a ride!

**Memoir Group:** At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator to capture personal life reflections – recent, just past, or long ago. Brief 20 minute writing sessions, followed by sharing with the group. You can also share on-line in a special chat group. Would people like more of this activity and at different times?

**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 CHPV Board) will be at 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. 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 (downstairs). At the April 17 session we shared our reactions and thoughts to Sara Paretsky's many mysteries and essays. Rebecca Janowitz, author of *Culture of Opportunity* will join the May 15 session to discuss "Recent Hyde Park Politicians." She will also join us for the June 19 session which will focus on "Earlier Hyde Park Politicians."

**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!

**Hyde Park Village Tuesday Salon/ Dining**: Meet on the first Tuesday each month at 4:30 p.m. at the Snail Thai restaurant, 1649 E. 55th Street. No reservations required. Dutch treat.

**Men's Groups**: These groups meet at Piccolo Mondo on Wednesday and Thursday mornings on alternate weeks. There are currently a few open spaces for the Thursday morning group. Contact Jerry Gripshover or Gary Worcester for more information.

#### **Program Committee**

Regular Meeting: The 3<sup>rd</sup> Monday of each month at 3 pm at Augustana. Everyone is welcome. Bring your ideas. Contact Susan Alitto (773-485-3643) for more information or if you need a ride. At the April 17 meeting members discussed three principles to guide program planning:

- 1. We welcome all ideas from members and will provide assistance and support for implementation as needed; thus the start of the new Women's Group on May 8! One new suggestion is a Dinner Club to explore Chicago's many restaurants and to share periodic fine dining experiences. Who else is interested??
- 2. Partnerships expand our offerings and help stretch resources. Examples are many. Our partnership with the Hyde Park Art Center has provided attractive space for programs and helped introduce members to the rich offerings available at the Art Center. We continue to explore other opportunities such as new programs with Court Theater. Of course our members benefit from the informative OWL programs, and our partnership with the U of C Medicine SHARE network greatly expands our healthy aging offerings. Businesses, too, support our programs with in-kind help as well as dollars, such as use of the beautiful Hyde Park Bank lobby for our anniversary party or the lunches from Hyde Park Produce.
- 3. We will continue to build collaborations with other Chicago area Villages to add to the Carillon concert pot luck and Walnut Room supper we shared with Lincoln Park Village in the past year.

The Program Committee screens, coordinates and helps to implement Village programs. If you have a program idea, join our next meeting on May 15. It is also helpful if you can submit a brief written description to Susan or the office.

#### **UPCOMING SPECIAL EVENTS**

**Coping With Loss Small Group** begins May 8. This group is for anyone who has lost someone from their life and wants to talk with others in a similar situation about the emotions, experiences and activities related to this loss. The group could accommodate one or two more participants. All discussion will be confidential. It will meet Mondays 6:30-8:30 p.m., from May 8 – June 12. The group will be facilitated by Kitty Mann, Clinical Social Worker and CHPV member, and Mackenzie Buss, social work intern at CHPV. If you are interested in participating in this group please call or email Kitty Mann (773-469-9084), kbmann@uchicago.edu This group is open to friends and relatives of members (for a small fee), a well as members. Please share this information with people you know who might be interested.

## May 9th — Artful Aging: A Matter of Balance Presented by Rush Generations

Reduce your risk for falls and improve your balance with A MATTER OF BALANCE!

This **4-week workshop** will help you learn to:

- --View falls as controllable
- --Set goals for increasing activity
- -- Make changes to reduce falls risk at home
- --Exercise to increase strength and balance

This workshop will take place: Tuesdays and Fridays, **May 9th through June 2**<sup>nd,</sup> 10:00am to 12:00pm, Hyde Park Art Center, 5020 S. Cornell, \$10 for CHPV Members / \$20 for non-members \*\*Registration is required: call 773-363-1933 or email info@chpv.org

This program is being offered as a collaboration between:
Chicago Hyde Park Village, the SHARE Network, Hyde Park Art
Center and presented by Rush Generations.

## Artful Aging...at any age! May 20

Beginning Saturday May 20, **Summer Saturday**'s at the Hyde Park Art Center and continuing once per month through August. This month will feature: "Creative play through print making." Join Artist David Geary to create mono type prints in a make and take art workshop. Drop in any time between 12:00noon and 3:00pm. HPAC is located at 5020 S. Cornell. There is no cost to participate in this fun event. Watch for more Artful Aging events!

## Mobile Phone Class 101 - Apple iPhone: May 23

Perhaps you got one for Christmas. You may have obtained one from a son or daughter passing down an older phone. Maybe you took the plunge and purchased one yourself.

Now that you have a smartphone, you may feel not so smart. But you don't have to stay that way!

Let's explore learning together. Many of us have a smartphone, but are too afraid to use it. Some of us have ventured into the smartphone world,



but know that you can do more with it. With more and more of our activities having been made easier, or made essential, with a smartphone, it's time that we delve in and learn how to use it better.

This class is more than just teaching you how to dial, text and take pictures! I believe that most of us learn better when we have a reason to learn, so we will in this class:

- BEFORE, WHEN and AFTER you purchase/acquire your phone
- Safety and Security
- Phone exercises Contacts, Calling, Photos, Siri, iCloud and more!

• Final Words, Tips and Q/A

This Class will be offered Tuesday, May 23rd from 1:00pm – 2:30pm

The cost for this class FREE for full members, \$20 for associate members. This class will be offered again (iPhone and an upcoming Android version). Scholarships are available. To register, call 773-363-1933 or email us at info@chpv.org. This first class will be limited to members only and the first 20 registrants.

Please also note that members are entitled to FREE personal consultation for their phones. Please contact the office to set up an appointment.

#### Member Benefit Trial - Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion once/week on Thursdays for up to 3 members (the capacity of her car). If there are more who are interested, Ismail Turay has offered to take people in his van when he is in town. All are welcome but full members will have priority. The next will be on Thursday, May 3 and May 10. She will begin picking up those who have registered at 10:00 am and return participants to their home when done. To register contact the office or Susan. Susan will alternate going one week to Mariano's and the next week to Treasure Island. If members find this useful, we will try to add more excursions.

**POT-LUCK LUNCHEON, Wednesday, May 31, 11:30 AM at Huyck Home**, 5532 S. South Shore Drive, #18D, 312-833-0415. Informal gathering to enjoy each other's company! Call the office to RSVP and to request a ride: 773-363-1933.

**POT-LUCK SUNDAY SUPPER, Sunday, June 11**, 5:30 pm, at the home of Barbara Roy, 5443 S. Cornell Ave. Finally the long promised Sunday evening Pot Luck! Barbara Roy and Susan Alitto will host this first one and will provide beverages and appetizers. Guests bring a favorite dish to share and register with the office (773-363-1933). Space is limited.

#### REVIEWS OF RECENT CHPV EVENTS

## Advanced Care Planning: Drop In April 12

Mackenzie Buss (CHPV intern and first year masters student at UChicago's School of Social Service Administration) presented at



the April 12 drop-in about why planning ahead for the care we want at end-of-life is important for ALL adults to do. In conjunction with many other groups across the country that participated in the nationwide initiative, <u>National Health Care Decisions Week</u>,

Mackenzie spoke with Village members and non-members to raise

awareness about the importance of advance care planning. National Health Care Decisions Week is all about encouraging people to talk with their partners in care (this could be spouses, children, siblings, neighbors, friends, healthcare professionals, spiritual leaders, etc.) about their own end-of-life priorities. Having those conversations not only increases the likelihood that someone's health care wishes will actually be met when they cannot make decisions for themselves, but sharing about one's own advance care planning can also inspire others to do the same.

The presentation covered the basics of advance care planning, from understanding the different kinds of advance directives, to choosing a health care agent, to storing and sharing the advance directive documents. Mackenzie emphasized that advance care planning is an ongoing process, not a one-time event, and it requires reflection, organization, and communication. Those attending the presentation received a Resource Guide that directed them to Illinois' official advance directive documents online as well as a host of other valuable resources that are designed to help people approach this difficult process. This Guide as well as a copy of the presentation are available in the Village's office if you would like to take a look, learn more, and get a copy for yourself.

Mackenzie is also getting a small group of Village members together to further discuss their questions and experiences with advance care planning sometime the week of May 15-19. If you are interested in joining the group please email her at <a href="Mackenzie.Buss@chpv.org">Mackenzie.Buss@chpv.org</a>.

## Where In World Have You Been? Drop-In April 26

At the April 26 Drop In we asked four members "Where in the World Have You Been?" *Inagrace Dietrich* told us about her family's home



and adventures in St. Martin, where they go for at least a month very year. She also shared her cross-stitch creation which captures the beauty of the place. *Mary Naftzger* reported on her repeated trips to Guatemala as a part of University Church projects working with local residents and how rewarding it is to have such an opportunity to work with local people and visit more remote areas most visitors do not get to see. *Mary Rose Shaughnessy* shared stories about some of her favorite cruises

and the advantages and disadvantages of cruise travel (as well as some of the various cruise lines). Carol Cross described her yearly trips to Mexico during the winter. She later reported: I forgot to include one of the highlights of my 25 years: visiting Oaxaca City, Mexico. The photos here are just two of the 15 images that were bigger than life size in a major exhibit two years ago. The photographer was Marcela Taboada one of Mexico's most respected artist. This past year I met Marcela and asked her about this project. This photo shoot took only 4 hour in



a village south of Oaxaca City, was digitally shot using only natural light, no assistant was there to help and women in the Village designed and arranged all the vegetable head dresses. This idea came to Marcela in a dream and was not commissioned but accepted by the city based on merit."

This was an entertaining program for both travelers and audience... and worth repeating. Not only could we visit new places through the eyes of people who have been there, but we also discover new things about friends when they share the travel and adventures

they have enjoyed. We started a map to identify where members have been and we'll repeat the program 2 or 3 times a year. Let us know if you would like to share some of your travel experiences!

## **Boost Your Brain And Memory**

Chicago Hyde Park Village has just completed a third offering of this popular program about brain health developed by the MatherLifeways Institute on Aging. We will offer it again through the SHARE Network to Off the Pews partner communities on the South Side (see below). We are also keeping a wait list of people interested in taking the course when we offer it again. Let us know if you would like us to add your name.

## First Thursday with the Hyde Park Chamber of Commerce

By Rod Sawyer



First Thursday Chamber Check In is an event similar to our Village Drop Ins, as the Hyde Park and extended business community come together to socialize and mingle over food and drink. On April 6<sup>th</sup>, 2017,

Chicago Hyde Park Village was the featured host organization.

First Thursday Chamber Check In presented the Village the opportunity to introduce ourselves to members of the business community who do not already know us, and to build upon those relationships we already have. Many businesses in the community support the Village in one way or another, such as food for our programs. Since Augustana was not available on that date, we were able to secure the space at the University of Chicago Community

Accelerator, 5225 S. Cottage Grove. It was a fantastic location, as the space was large, and has plenty of parking. For members who needed rides, carpools were available from Augustana.

We had a fantastic time, munching on salad and cheese trays



provided compliments of Hyde Park
Produce, who is a continual partner in
providing food for our Drop In's. We
munched on delicious chicken wings from
a new restaurant partner, Nando's, which
opened on 53<sup>rd</sup> Street last January. And
yet another new partner, Teffecx Company,

provided us with beverages, along with the Village providing some of the other essentials such as paper, ice and water. We heartily thank all of those who donated, and ask that you consider them when patronizing our area businesses.



Our event was very well attended. The Chamber told us to prepare for 40 – 50 guests, and we ended up with around 65, a fantastic number for the event! We were also treated to wonderful presentations by the Chamber President, Wallace Goode, our Village President, Margaret Huyck, Business Partnership Chair Cindy Pardo,

and some of our members. It was indeed an enjoyable night!

Much thanks to the team of Cindy Pardo, Susan Alitto, Ava Salonis and Mackenzie Buss for all of the planning, and Gary Worcester, Mary Ulinski and Mary Naftzger for volunteering to make this a fantastic event! Additional thanks go to Board and Village members who attended and made our guests feel welcomed.

## SHARE (Southside Healthy Aging Resource Experts): "Memory Loss, Care Giving, and the Arts" at University of Chicago Community Grand Rounds

By Margaret Huyck

Ways in which participating in arts programs can help persons with dementia and their caregivers were featured in the April 22, 2017 Community Grand Rounds sponsored by the University of Chicago Medicine Center for Community Health and Vitality, a part of the Urban Health Initiative. The goal of these programs is to improve the long-term health of nearly one million people who live on the South Side of Chicago. This program was held at the Villa Guadalupe Senior Services, Inc., 3201 E. 91<sup>St</sup>, Chicago.

The panel was moderated by Dorianne Miller, MD, Director of the Center for Community Health and Vitality at the University of



Chicago Medicine.
Introductory
information was
presented by Shellie
Williams, MD, who
focused on symptoms
of memory loss and
patient care; Pat
MacClarence, AM,
LCSW who specializes
in family and
caregiver support;
Phillip Bennet who

described the resources available through the Alzheimer's Association; and Donna L. Otis, who addressed some of the legal issues associated with dementia care.

Ms. Fabiana Glazer, the Executive Director of GoldMind Arts, described her programs for working with persons with dementia and their caregivers by involving them in her art classes. When her grandmother developed dementia, she was inspired to use her work as an artist to help such individuals improve their quality of life. Fabiana received an NEA grant to get trained to use art with elders. The part of the brain involved with art often survives the longest and thus has the potential to become an activity in which one can

become involved – and recognized as competent and creative. She works with shared social-cultural history, centered around family gatherings, food, and sleeping. In her classes "nothing is wrong" – every opinion or creation is important and worthwhile. It becomes a ways of rebuilding confidence when most domains seem to be going wrong. Responding to art or creating art celebrates the access to long-term memory. It is easier to make friends over art, and producing art does not require language. This is an activity in which both patient and caregiver can have fun, together and independently. Fabiana emphasizes that "fun is fundamental – but hard to come by when dementia takes over."

Members who selected her workshop enjoyed the two mini-projects. In the first, we were presented with an abstract painting and asked to speculate about the artists (was this a man or a women? What are your clues? What do you think is being expressed?) and opinions (Do you like it? Would you have a place to put it?). A second picture was one my Matisse, with some sort of figure and shapes. (Check with me if you want to see the pictures!) Our second project was to create a mini-work of art on the spot. We each selected a small plastic bag filled with yarns, papers, and sometimes other objects, and a 3" sticky square – on which we each created a montage with our materials. They were very different from each other, and interesting. We shared the results and responded to them. This is an activity that does not take much space, and has many variations.

One of caregivers who attends a weekly class offered by Fabiana at the University of Chicago with her husband (who has mid-stage dementia) said that these were highlights of the week for them both. It offers a welcome respite and a source of pleasure.

Look for a visit from Fabiana Glazer at a Drop In!

#### **NETWORK EVENTS**

#### CAN YOU HEAR ME? COPING WITH HEARING LOSS

Co-sponsored by the Chicago Hyde Park Village and the SHARE (Southside Healthy Aging Experts) Program of UC Medical Center

Saturday, May 6, 2017, 1:00 PM Social; 1:30-1:45 Business Meeting; 1:45-3 Program; Lower Level of Treasure Island, 1526 East 55<sup>th</sup> Street, Chicago

OWL was founded in 1980 to do education and advocacy on issues of special concern to midlife and older women. Hearing loss is a reality for many midlife and older women and men, although it is often denied, untreated, or ignored. Hearing loss is one of the "hidden disabilities", with serious consequences but no predictable clues to its presence. The evidence is that hearing impairments contribute substantially to social isolation and relationship problems, with consequences on health and well being.

In this program, organized by *Lorie Rosenblum*, *Ph.D.*, *MSW*, we will learn about the personal challenges of hearing loss, and some strategies for dealing with such loss. Lorie will draw on her own long experience of moderate to severe hearing loss, beginning in mid-life, as well as her extensive reading about the topic, to help us understand what this means in terms of social, professional, and intimate interactions, and sense of self. Lorie has a Ph.D. in English Literature, and a Masters of Social Work from the University of Chicago; she has taught courses on "The Illness Experience" and worked for many years as a geriatric social worker. She is an active member of OWL, writes poetry, and is a member of the Village.

Larry Hagle has been caring for Lorie and her hearing for over two decades. He is a board certified hearing aid dispenser and has served the hearing industry for over 50 years of service. Larry Hagle, has taken care of thousands of people with hearing impairments. Larry has 55 years of service in the same location at 8 Michigan Avenue and has built solid reputation in the hearing health care industry by changing several people's quality of life through better hearing! Larry has also served on the Board of

Directors of the American Hearing Research Foundation for more than 20 years.

Mr. Hagle will bring with him examples of devices he recommends to deal with various kinds of hearing loss, and discuss pros, cons, and costs of various options.

Unfortunately, Medicare at this point does not cover any costs other than an initial hearing assessment. There has been some progress in getting accommodations for hearing loss in various social settings, such as theaters, public transportation, and places of public assembly, but much more needs to be done. We will discuss options for personal advocacy (standing up for your right to be able to hear, helping others understand your disability, making sure that public speakers do not assume that they can be heard just because "normal hearing" people can hear them) and social advocacy (getting hearing aids covered by Medicare, dealing with the high cost of hearing aids).

Bring your friends to learn and share their own experiences with these issues!

For all SHARE events FREE TRANSPORTATION IS AVAILABLE! Call the office: 773-363-1933 or email info@chpv.org

**Encore Chorale Augmented!** Jonathan Miller, the founder of the various Encore Chorale groups in Chicago is exploring the possibility of an additional choral group just for Alzheimer's patients and their caregivers. Would any of you be interested? Do you know of others who might be interested? If so, contact the office, Margaret Huyck or Susan Alitto.



Steppin Dance Classes! Celebrate Steppin Productions, in partnership with Chicago Hyde Park Village and Augustana Lutheran Church of Hyde Park, presents "Chicago Style Steppin," a 12-week dance class that offers fun AND fitness!

Get ready to "Go all out on the Dance Floor" as instructor Steppin'

Rick Ball "steps" you into a healthier routine. Classes meet from 6-8 pm on Wednesday evenings, at Augustana Lutheran Church of Hyde Park, 5500 South Woodlawn. Although this session began on January 25th, 2017, is not necessary to have come to the first or all the classes. People can join at any time and participate whenever they have time. Class costs: \$10/class or \$80/12wks, Seniors (60+) and college students with ID: \$7/class or \$56/12wks. Whether you are a beginner or advanced, you are welcome.

#### **NEWS YOU CAN USE**

The American Society on Aging Roundtable discussion on April 28 focused on "Advocating for Older Adult Issues: Strategies for communication and organizing." Candice Warltier from a Communications Strategies Group talked about how to spark interest, stay in control and handle tough questions when giving presentations. When eliciting both positive and negative responses, the speaker can use "bridging" techniques such as "a related question is..." or "your membership might also like to know..." to bring the discussion around to the issues you want to stress.

Kris Sadur from Congresswoman Jan Schakowski's office, emphasized the importance of communicating with elected officials on all issues we care about. She stressed being concise, specific, flexible and persistent. It's best to put one's message in writing. We should always do our homework so you know the official's advocacy history and follow up as appropriate with thanks and reports on results. When visiting the official or the office and staff, bring materials to leave behind. Stories are always effective and can give the official material to use as he/she advocates for the cause.

Ann Marie Cunningham from the Jane Addams Senior Caucus, who also spoke last month at the OWL meeting, expanded on her tips on how to reach our targeted audience most effectively. It's important to organize, collaborate with like-minded groups and train people on effective advocacy. Of course, she encouraged us all to participate in the upcoming March to Springfield to promote an end to the current budget crisis. Her "poster child/senior" is our own Al Klinger who at 91 will arch all 200 miles!

This was good ASA Meeting, it is always reassuring to know that our advocacy efforts do matter and useful to learn ways to be more effective!

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Newsletter Staff: Margaret Huyck, Editor Pro Tem; Susan Alitto, Rod Sawyer (Contact me to take over –or even help – with this fun job!!!)

#### **CURRENT BUSINESS SUPPORTERS**

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# THANKS TO ALL WHO RESPONDED TO OUR APPEAL!!! THERE IS STILL TIME TO DONATE!



5500 S. Woodlawn Ave. ■ Chicago, IL 60637 ■ Tel. 773-363-1933 ■ www.chpv.org ■ email: info@chpv.org

## CHPV Membership and Interest Form Date: **Membership Category: Payment** (make checks payable to CHPV): **Associate:** Individual $\square$ \$100 one payment □ Renewal $\square$ \$120 (if 2, 3 or 4 payments) Household □ \$180 □ Renewal Full Service: Individual □ \$480 □ \$590 Household I wish to make a donation in the amount of (CHPV is 501(c)3 nonprofit; donations are deductible as provided by law) **Total enclosed:** \$\_\_\_\_\_ Other Interests: I am interest in volunteering Indicate any special skills or interests: \_\_\_\_\_\_ I am interested in working with the following committees (Please circle): Partnerships **Programs** Membership Development Volunteers **Fundraising Events** MEMBER 1: \_\_\_\_ (Last, First, Middle or MI. Please include suffix if applicable) Zipcode: Please circle preferred method for contacting you. PHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ (Month, Day and Year) (Last, First, Middle or MI. Please include suffix if applicable) PHONE: \_\_\_\_\_ Email: \_\_\_\_ Date of Birth: \_\_\_\_\_\_ (Month, Day and Year)