



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

Welcome to August 2017!

Contents

CHPV Ongoing Programs to Enjoy

Drop-Ins: August 9, 23, 2017

Interest/ Affinity Groups

Special CHPV Events Ahead

Services Available: How to Request and Use – Useful Tips

Weekly Shopping service

Pot-luck Luncheon, Aug 16, 11:30a

Smart Photography (iPhone and Android) Aug 17th Noon – 1:30p

Cook County Forest Preserve Field Trip August 23

Atul Gawande Webinar/Celebration September 25, 3:30p - 6:30p

Fall Frolic: Community Arts for the Ages, October 1

3rd CHPV Anniversary

Upcoming Drop-In “Fairs”

Network Events of Note

SHARE: Healthy Aging opportunities

Bells of Summer at Rockefeller Chapel, Sunday Aug 6, 5 pm

Steppin classes every Wednesday, 6-8 p.m.

Reviews of Recent CHPV/ Network Events

July 4th Parade – The Village Marched!

Artful Aging: July 12th Drop In with Fabiana

Brain Fitness/Balance Training Classes; Support Groups

Recent Volunteer and Training Class Graduates

Board & Supporters

Membership Form

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. We also have the “Best Day of My Life...So Far” writing group sponsored by SASI and facilitated by Melisha (see more detail below). There’s also our book/jewelry exchange (bring a book, take a book). Montgomery Place and LifeCare@HOME do Blood pressure checks for all who want to monitor their rates. And always announcements and a 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. And let us know if there is a program you would like.](#)

Upcoming Drop-In Programs:

August 9 - Exercise with Randi Kant and Safety discussion with CPD and UCPD. Let us know if you have special concerns you would like addressed.

August 23 - Field trip to Cook County Forest Preserves: This is a new version of our Drop-In – come to Augustana at 8:45 am to board a bus for a Day in the Country! We will be visiting the Little Red Schoolhouse Nature Center, where we can walk about, sit and enjoy the scenery, enjoy a picnic lunch, and learn about the park from one of the trained rangers. Be sure to sign up!! Costs: \$10 for members \$15 for nonmembers, includes bus, lunch and program.

Interest/Affinity Groups

NEW! Women’s Groups meet the first Monday and third Friday of each month. The Monday Group meets at **Café 53**, 1369 E. 53rd St. Next meeting: **Aug 7, 10a-11:30a**. In the summer and when the weather is good, we enjoy sitting in the patio behind the cafe.

The Friday Group meets at **Piccolo Mondo**, 1642 East 56th St. Next meeting: **Aug 18, 10a-11:00a**. These are simple friendly gatherings to get better acquainted and share stories and information. Do stop by; call the office to let us know if you need a ride! If Mondays and Fridays aren't good for some, is there interest in a Thursday group? We might meet the 4th Thursday at Bergsteins or the newly opened Build Coffee at Experimental Station on Blackstone at 61st St.

Memoir Group: At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator, Melisha, to capture personal life reflections – recent, just past, or long ago. Brief twenty minute writing sessions, followed by sharing with the group. You can also share on-line in a special chat group. Not only do participants have fun writing and sharing their own stories; research suggests that sharing one's life stories enhances one's sense of connection with one's community and satisfaction with one's life experiences. AND, if you have grandchildren or young friends, your skill as a storyteller has many benefits: it helps to connect children with history, family and each other as well as to develop their language and memory skills. *Would people like more of this activity and at different times?*

KNITTING AND CROCHET CLASS DAY CHANGE: The weekly Montgomery Place Knitting and Crochet class is now being held on Wednesday, 1:30 - 2:30, in the Art Room. Brush up your skills or learn a new one. Everyone is welcome. Contact Cindy Pardo pardoquilts3@comcast.net for information.

Discussing Books About Hyde Park: In collaboration with the Hyde Park Historical Society, this group gathers to discuss books on 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).

- The August 14 meeting will be about the Jane Collective, centered around the book *The Story of Jane: The Legendary Underground Feminist Abortion Service*.

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, Gary Worcester or the office for more information.

Bridge and Game Group: Meets on Mondays and Wednesday at the Nichols Park Field House, 1355 East 53rd St., from 12:30 to 2:30 pm. There's always a bridge table; Wednesday also has a mahjong table. **Note:** in July and August this group meets at the Park Shore, 1755 East 55th St. due to summer camp use of the field house.

Chicago Storytelling Guild: Meets the third Tuesday of every month at Augustana Lutheran Church, 5500 S.Woodlawn Ave., from 7:30-9:30 pm. For more information contact Judith Heineman, [312-925-0439](tel:312-925-0439); juhestories@aol.com.

Program Committee

Regular Meeting: The 3rd 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. The Program Committee screens, coordinates and helps to implement Village programs.

If you have an idea or would just like to join our group, come to the next meeting on Aug 21 at 3 pm.

UPCOMING CHPV SPECIAL EVENTS

HOW TO ACCESS SERVICES AT THE VILLAGE

Membership in CHPV has benefits! Many are available to all members – like the social and educational events listed in the Newsletter and on our calendar. Some of these events request an [RSVP = let the office know you are coming-- At least 48 hours in advance](#). If we are planning a potluck or special group meeting, we need to know who/how many to expect. If no one responds, the event may be canceled.

If you want a [ride](#) to an event sponsored by CHPV or SHARE: CALL THE OFFICE OR SEND AN E-MAIL TO rod.sawyer@chpv.org at least [48 hours in advance \(for Monday rides please notify by midday Thursday\)](#)! If you do not check your email frequently, ask for a telephone confirmation and provide your contact number. Once you are informed of who can help you, contact them to make sure you meet up.

Full Members can request assistance for a wide variety of needs, including rides to medical appointments, vets, transportation, theater, etc.; whether we can meet your requests depends on the availability of our volunteer drivers. [Request rides at least 48 hours in advance \(for Monday rides please notify by midday Thursday\), and let Rod know how you want to be contacted – by email or by phone](#). When you are informed of who can help you, contact them to make sure you meet up.

Another Member Benefit – Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion when available 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. She will begin picking up those who have registered at 10:00am and return participants to their home when done. To register, contact the office or Susan. Susan will alternate going to Mariano's and to Treasure Island. During the summer, she will start earlier and make a run to the Farmers' Market in Harper

Court. If members find this useful, we will try to add more excursions.

POT-LUCK LUNCHEON, Wednesday, Aug 16, 11:30 AM at Huyck Home. Informal gathering to enjoy each other's company! Call the office to RSVP and to request a ride: 773-363-1933.

Smart Photography (iPhone and Android), Thu, Aug 17th, 2017



Phone cameras have come a long way, from add-on novelties to full-fledged cameras that have replaced all but the most specialized models. What makes them more versatile is that you can share your photos immediately after taking them

This also brings new and imaginative ways to photograph, as we can now take pictures of ourselves (selfies), without ever having the camera leave our hands.

Photographs have become easier to take, but good pictures are still a challenge. This class is more about GOOD photography, not another class on “set this, set that and push that”.

In conjunction with our Forest Preserve Nature trip on August 23rd, we will hold a smartphone photo class on August 17th, from 12pm to 1:30pm. We will cover camera phone operations and story telling, which is what photography is all about. We will also cover what your camera is capable of, and what it is not, photo file storage formats and how they affect your pictures, what photo file sizes mean for your pictures and phone memory storage, transferring your photos to your computer, and printing and sharing.

Date and time: Thursday, 8/17/17 12:00pm – 1:30pm

Location: Augustana Lutheran, 5500 S. Woodlawn.

Cost: Full members, free; members, \$10; non-members, \$25.

Scholarships available.

SAVE THE DATES!!!

Mon. Sep. 25: Webinar with Atul Gawande, 3:30-6:30

Sun. Oct. 1, 2017: Fall Frolic: Community Arts for the Ages!

Thu. Oct. 26: Anniversary Celebration



SAVE
THE
DATE !

CHICAGO HYDE PARK VILLAGE

FALL FROLIC!

MAKE ART! LISTEN TO GREAT MUSIC!

FOOD, FUN! SILENT AUCTION!

OCTOBER 1, 5:30—8:00

AT THE HYDE PARK ART CENTER

PUT IT ON YOUR CALENDAR!

3rd CHPV Anniversary

We will celebrate again in the beautiful Hyde Park Bank Lobby. Watch for details and bring friends and family to meet neighbors, enjoy refreshments and learn more about CHPV achievements and plans.

Upcoming Drop-In Fairs:

September 27, “Volunteer Fair.” This was well received when we first held one a year ago so we thought we’d make it an annual event. *If you work with an organization that uses volunteers or know of a good group that needs volunteers, give us your suggestion and some contact information.* Space is limited.

October 23, “Health Resource Fair.” This will focus on resources in our area. Let us know if you have suggestions of people or places to invite. Space is limited.

December 13, “Craft Fair.” Again an activity that was popular when we introduced it a year ago so it could become a tradition. It’s an opportunity to buy special gifts from local craftspeople. Let us know if you or someone you know would like to participate as a craft vendor. Space is limited.

NETWORK EVENTS

Healthy Aging Events: Free transportation available to seniors, friends and family to all these events – call 773-363-1933

Brought to you by the SHARE Network – the South Side Healthy Resource Experts.

Artful Aging (at any age) Summer Saturdays at the HPAC August

Join Artist Mary Tepper in creating an accordion-style book which is great for journaling, photos, a sketch book, or just to enjoy.

Keep an eye on our website for any upcoming events

www.hydeparkart.org

Date and Time: Saturday, August 12, Noon to 2:00 p.m.

Cost: No charge, all materials provided by HPAC

Location: Hyde Park Art Center, 5020 S. Cornell Ave.

Cook County Forest Preserve Field Trip, Wednesday August 23 Wellness in the Woods: The Little Red Schoolhouse, Cook County Forest Preserve

We were treated to a fantastic introduction to the Cook County Forest Preserves by Nina Baki at our June Drop In. We are looking forward to participating in the numerous programs at locations throughout the Chicago and Cook County region. We will plan one outing per season to experience all that nature has to offer in the Midwest. Our first outing will take place during our August 23 Drop In and will find us at the Little Red Schoolhouse located in Willow Springs, IL for a program at the Nature Center that will be customized just for the Village! You can sign up by contacting the office at info@chpv.org or by calling 773-363-1933. Transportation and lunch provided. Join us!



Date and Time: Wednesday, August 23, 8:45 am!

Location: Meet & board bus at Augustana Church Parking Lot

Cost: Members \$10, Nonmembers \$15.

Note: Scholarships available

Bells of Summer at Rockefeller Chapel, Sunday August 6, 5 pm

Join us on the lawn of Rockefeller Chapel, Woodlawn Ave. at 59th St., to listen to the weekly summer carillon concert and share a potluck picnic with neighbors. Bring a lawn chair or blanket and a dish to share. Call the office or Susan (773-485-3643) if you need transportation. Lynnli Wang, carillonneur from Yale University, Arlington National Cemetery and the Netherlands, will ring the bells on August 6.

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.

REVIEWS OF RECENT CHPV EVENTS

July 4th Parade – The Village Marched!



Artful Aging: July 12th Drop In with Fabiana



Artist, teacher and executive director of GoldMind Arts, Fabiana Glazier, gave Drop In participants a demonstration on how creative experiences can enhance quality of life as we age. If there is interest, CHPV will sponsor a workshop with Fabiana.

Brain Fitness and Balance Training Classes; Support Groups

If there is interest, CHPV will repeat the popular Brain Fitness and Balance training classes in the fall, and add others such as Mindfulness Training. Let us know what you would like. We will also repeat our Life Planning, Loss and Caregiver Support Groups if there is sufficient interest.

Volunteer Training and Driver Class Update: Tue. July 25, 10a – 1p

Congrats to our new trained volunteers – Adrian Alexander, Julie McLauchlin, Mary Snyder, Barbara Roy, Ismail Turay, Kitty Mann and Pat Wilcoxon. Trained volunteers are the backbone of our Village, and soon you will see the difference they make in helping our membership.

When you get your next phone call or letter from the village, request a ride, attend an event, or stop by the office, you might get a chance to chat with a fellow member.

BOARD MEMBERS

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

STAFF

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

Freehling Pot and Pan	Noodles, Etc.
Hyde Park Bank	Pizza Capri
Hyde Park Produce	Spinelli State Farm Insurance
Mather Lifeways	U of C Civic Engagement
MAC Properties	U of C Geriatrics SHARE Network
Montgomery Place	

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

CHICAGO HYDE PARK VILLAGE



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CHPV Membership and Interest Form

Date: _____

Membership Category:

Associate: Individual

Household

Full Service: Individual

Household

Payment (make checks payable to CHPV):

☐ \$100 one payment ☐ Renewal

☐ \$120 (if 2, 3 or 4 payments)

☐ \$180 ☐ Renewal

☐ \$480

☐ \$590

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):

Programs

Partnerships

Membership

Volunteers

Development

Fundraising Events

MEMBER 1: _____

(Last, First, Middle or MI. Please include suffix if applicable)

ADDRESS _____ Zipcode: _____

Please circle preferred method for contacting you.

PHONE: _____ MOBILE: _____

EMAIL: _____

Date of Birth: _____ (Month, Day and Year)

MEMBER 2: _____

(Last, First, Middle or MI. Please include suffix if applicable)

PHONE: _____ Email: _____

Date of Birth: _____ (Month, Day and Year)

Signature _____