



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

Welcome to July 2018!

Contents

Review of Healthy Aging in the Woods! June 27

CHPV Ongoing Programs to Enjoy

- Interest/ Affinity Groups: Recurring Events Chart
- Upcoming Drop-Ins: Wednesdays, July 11 & 25
- Healing After Loss Support Drop-In Group, 2nd & 4th Thursdays 10:00– 11:30 AM, Piccolo Mondo
- De-cluttering Support Group, 1st & 4th Mondays at 3:30
- Yoga for Balance class continues Thursdays
- Potluck luncheon, Wednesday, July 18, 11:30. RSVP
- Hyde Park Book Group

Special Events

July 1: Village Pot Luck Picnic and Carillon Concert
July 4: 4th on 53rd Parade

Events of Note: Healthy Aging Resource Directory

News You Can Use

- Discount Wednesdays for Seniors at Hyde Park Products
- UC Medicine Advisory Council News
- Links for news about senior issues

Board & Supporters

Review of Healthy Aging in the Woods! June 27

We boarded the bus at 10:15 with great expectations – a day in the woods with familiar and new friends! Those who had enjoyed previous outings were especially enthusiastic, because they knew that Ava Salonis could arrange fine programs for us, working with the staff of the Cook County Forest Preserves.

This time there were about 21 of us, headed to the *Sand Ridge Nature Center in Calumet City*. This site features exhibits on the natural and cultural history of the Calumet Region, including replicas of the prairie wagons that brought early American settlers across the land to learn from the Native Americans, and replicas of the early homes established. (Most of us expressed great relief that we did not have to deal with those conditions – see picture inside the home...) We enjoyed time to explore the site independently, a guided tour, and a delicious lunch provided by Hyde Park Produce.

Many of us did some good walking, as well as good visiting. We look forward to future expeditions!



Chicago·Hyde·Park·Village·Recurring·Events¶

☐	1 st ¶	2 nd ¶	3 rd ¶	4 th ¶	¶
Monday¶	<p>10:00-11:30am·Women's·Group·@·Café·53¶</p> <p>12:30-2:30pm·Bridge·and·Game·Group·@·Park·Shore·Party·Room·(Summer·location)¶</p>	<p>12:30-2:30pm·Bridge·and·Game·Group·@·Park·Shore·Party·Room·(Summer·location)¶</p> <p>3:30-5:00pm·Declutterers'·Support·Group¶</p>	<p>12:30-2:30pm·Bridge·and·Game·Group·@·Park·Shore·Party·Room·(Summer·location)¶</p> <p>3:00pm·Program·Committee·meeting·@·Augustana·Lutheran·Church¶</p> <p>7:30pm·HPHS/CHPV·Book·Group·@·Treasure·Island·Community·Room¶</p>	<p>12:30-2:30pm·Bridge·and·Game·Group·@·Park·Shore·Party·Room·(Summer·location)¶</p> <p>3:30-5:00pm·Declutterers'·Support·Group¶</p>	¶
Tuesday	<p>4:30pm·Hyde·Park·Village·Salon/Dining·@·The·Snail¶</p>	¶	<p>Chicago·Story·Telling·Guild·@·Augustana·Lutheran·Church·on·Summer·hiatus¶</p>	¶	¶
Wednesday¶	<p>10:00-11:00am·Men's·Group·@·Piccolo·Mondo¶</p> <p>1:30-2:30pm·Knitting·and·Crocheting·@·Montgomery·Place¶</p> <p>¶</p> <p>¶</p> <p>¶</p> <p>¶</p> <p>¶</p> <p>Wed·Bridge·and·Game·Group·@·Nichols·Park·on·Summer·hiatus¶</p>	<p>10:30-2:00pm·Drop·In·@·Augustana·Lutheran·Church·</p> <p>·10:45·Light·Exercise·</p> <p>·11:30·Announcements·</p> <p>·12:00·Lunch·</p> <p>·1:00·Program¶</p> <p>1:30-2:30pm·Knitting·and·Crocheting·@·Montgomery·Place¶</p> <p>7:00pm·Mahjong·&·Bridge·@·Treasure·Island·Community·Room·¶</p> <p>Wed·Bridge·and·Game·Group·@·Nichols·Park·on·Summer·hiatus¶</p>	<p>10:00-11:00am·Men's·Group·@·Piccolo·Mondo¶</p> <p>11:30pm·Pot·luck·Luncheon·@·Huyck·Home·(RSVP)¶</p> <p>1:30-2:30pm·Knitting·and·Crocheting·@·Montgomery·Place·¶</p> <p>¶</p> <p>¶</p> <p>¶</p> <p>Wed·Bridge·and·Game·Group·@·Nichols·Park·on·Summer·hiatus¶</p>	<p>10:30-2:00pm·Drop·In·@·Augustana·Lutheran·Church·</p> <p>·10:45·Light·Exercise·</p> <p>·11:30·Announcements·</p> <p>·12:00·Lunch·</p> <p>·1:00·Program¶</p> <p>1:30-2:30pm·Knitting·and·Crocheting·@·Montgomery·Place¶</p> <p>7:00pm·Mahjong·&·Bridge·@·Treasure·Island·Community·Room·¶</p> <p>Wed·Bridge·and·Game·Group·@·Nichols·Park·on·Summer·hiatus¶</p>	¶
Thursday	<p>10:00-11:00am·Men's·Group·@·Piccolo·Mondo¶</p> <p>10:30-11:20am·Yoga·for·Balance·@·Augustana·Lutheran·Church¶</p>	<p>10:00-11:30am·Healing·After·Loss·Drop·In·Group·@·Piccolo·Mondo¶</p> <p>10:30-11:20am·Yoga·for·Balance·@·Augustana¶</p>	<p>10:00-11:00am·Men's·Group·@·Piccolo·Mondo¶</p> <p>10:30-11:20am·Yoga·for·Balance·@·Augustana·Lutheran·Church¶</p>	<p>10:00-11:30am·Healing·After·Loss·Drop·In·Group·@·Piccolo·Mondo¶</p> <p>10:30-11:20am·Yoga·for·Balance·@·Augustana·Lutheran·Church¶</p>	¶
Friday	¶	☐	<p>10:00-11:00am·Women's·Group·@·Piccolo·Mondo¶</p>	¶	¶

2018-07b¶

→ Transportation is available to all events for Village Members. Call CHPV Office: 773-363-1933 2 days in advance.¶
 → All Events Subject to Change: Be sure to check the monthly newsletter or call the office for details.¶

Please Note: Some of our ongoing programs—the Wednesday Bridge Group and the Tuesday evening Story Telling Guild—are on hiatus for the summer. We will repost the details when they return in the Fall.

Some of our partner programs are also on summer hiatus. The OWL Hyde Park group will resume in October.

July DROP-INS

NOTICE ON FORMAT: We will collect appropriate information on announcements prior to the Drop-In and print a handout for distribution at the Drop In. **If you have an event or activity you would like included, please submit the relevant information to the office by noon on the Tuesday prior to the Drop In.**

During the short break between exercise and the start of lunch members and guests will occasionally give a brief introduction about interesting programs and activities

July 11: Exercise: Joy Nieda

Program: *Dr. Kate Thompson*, Principle Investigator, Program Director, SHARE Network, **"All About SHARE"**

Over the past three years CHPV has greatly benefitted from the resources and programs available through our partnership with the SHARE Network. Dr. Thompson established this network with funds obtained through a US Health Resources and Services Administration GWEP grant. Ava Salonis is our SHARE Coordinator and CHPV member Jason Molony is the Program Manager. Dr. Thompson will tell us about the work Share has been doing to promote healthy aging initiatives on the South Side of Chicago and the Network's plans for the future.

SPECIAL!! OUR NEW INDIVIDUAL HEARING AUGMENTATION SYSTEMS WILL BE AVAILABLE FOR THIS PROGRAM – SO EVERYONE CAN HEAR!!

July 25: Exercise: Brian Seeley

Program: TBA

HEALING AFTER LOSS: A Support Drop In Group

As we age the loss of someone near and dear to us becomes a more frequent occurrence. Loss is always a complicated experience. If you have lost someone from your life, recently or in the more distant past, and want to talk to others in a similar situation about the emotions, experiences and activities related to this loss, we invite you to join a friendly and caring group on the **2nd and 4th Thursday of every month from 10:00 to 11:30 at the Piccolo Mondo Bakery, 1642 E. 56th Street.** All discussion will be confidential. The format will be a drop-in, which means you can come when you wish, as often as you wish. You do not have to make a commitment to attend any specific number of sessions.

If you have a friend, who is not a CHPV member, but would like to attend the group please urge them to come.

The group is facilitated by *Kitty Mann*, CHPV member and clinical social worker. If you want more information or want to explore whether the group will meet your needs, please call or email Kitty Mann (773-469-9084, kittymann@gmail.com).

“Decluttering” Support Group:

Chicago Hyde Park Village has started a special group for those who want some support in decluttering a home (or office). The group meets on the second and forth Monday afternoon at 3:30 at Augustana Lutheran Church, 5500 S. Woodlawn. The group is open to all. All resource suggestions, ideas and tips also welcome.

YOGA FOR BALANCE Training with Janèe Powell.

Weekly classes at Augustana every Thursday at 10:30 am. Cost: \$10/session; \$8 for CHPV members. Card valid for 5 sessions: \$45; \$35 for CHPV members.

Janee Powell has been leading yoga training for over 15 years, and has been studying Mind-Body Wellness, Mindfulness and Natural

Healing for over 20 years. Through yoga she aims to assist and direct class participants with transformational techniques that repair the body, restore balance, increase strength, and relax the mind. She is certified in Hatha Yoga and Kemeti Yoga.

Hyde Park Book Club

Sponsored by the HP Historical Society and CHPV

Third Monday of each month, 7:30 p.m., Community Room, Treasure Island Grocery, 55th & Lake Park. Upcoming schedule:

July 16, 2017

We Wear the Mask: 15 True Stories of Passing in America, Brando Skyhorse & Lisa Page. Lisa Page will be joining us. Available at 57th Street Books and the Seminary Coop Bookstore. Available at some CPL locations, but not Blackstone.

August 20, 2018

The Hyde Park Book Club Summer Reading List. (Available on request)

September 17, 2018

Nina Barrett, author of the soon to be published (July 17) *The Leopold and Loeb Files: An Intimate Look at One of America's Most Infamous Crimes*.

UPCOMING SPECIAL EVENTS

Carillon Concert and Pot Luck Picnic

July 1, Rockefeller lawn

Villagers from The Village in Lincoln Park and Skyline Village will join us for what is becoming an annual chance to socialize, share picnic fare and enjoy the special carillon music at Rockefeller. We will begin gathering at 3:30 pm. (No rain date but if weather isn't good we can seek shelter in the Rockefeller sanctuary.) Artist: Carol Anne Taylor from Dallas' Cathedral Santuario de Guadalupe. The concert starts at 5 pm and lasts an hour.

Bring a dish to share (together with serving utensils) and your own preferred beverage (alcohol allowed). We'll have water and lemonade. Also, bring your own lawn blankets or chairs.

4th on 53rd Parade

Join CHPV and most other neighborhood organizations for the annual **4th and 53rd parade**. We gather in the parking lot behind the Hyde Park Bank on July 4 between 10 and 10:30. Step off for the parade is at 11 am. Everyone is welcome to join us for this "Everyone Marches, No One watches" parade of the year!

NETWORK EVENTS OF NOTE

SHARE (Southside Healthy Aging Resource Experts) Programs

The SHARE Network has produced a useful "South Side Aging Resource Guide" covering topics from Caregiver support to Medical Equipment and Personal Safety. Pick up a copy at the next Drop In, at the UC Medicine Senior Care Center on 71st and Exchange or from the office.

****Transportation is available to all healthy aging programs by calling: 773-363-1933, you must call at least 48 hours in advance.**

Steppin' for Health! Every Wednesday evening from 6:00 – 8:00 at Augustana Lutheran Church

NEWS YOU CAN USE

WEDNESDAYS ARE SENIOR DAYS AT HYDE PARK PRODUCE!!!

If you are over 65 and shop at Hyde Park Produce on a Wednesday,

you will receive a 10% discount! 🍌🍓🍏🍎

Current Awareness in Aging Research is an excellent, daily listing of print stories of special concern to seniors. Articles are from US National News, US State News, International News, and

Medical/Science News. A click on a citation takes you to the original article. It is free by contacting car 1 for SSCC caar1@lists.wisc.edu.

News from UC Medicine Community Advisory Council

The Council and the Adult Health Work Groups (on which CHPV has representatives) each meet quarterly.

The biggest news, of course, is about the opening of the new UC Medicine Trauma Center on May 1. They expected to be busy, but never anticipated quite the volume of patients that did arrive: 274 in the first month! In addition to its medical staff, the Trauma Center is working to break cycles of violence with a team of 'recovery experts' who are developing in a comprehensive and integrated program to help trauma patients and their families even after they leave the hospital.

The UC Medicine Trauma Center is unique among trauma centers in that it is the only such center that is also affiliated with an academic medical center on the same campus.

An additional UC Medicine violence prevention program is its Rapid Cycle Grant Program. Now in its second year, this program expedites the distribution of fund to grass roots organizations working to address the health crisis of intentional violence, especially over the summer months. Announced in the Spring, the Urban Health Initiative received 47 applications and awarded over \$50,000 to 7 community organizations working with youth.

Every three years UC Medicine undertakes a Community Health Needs Assessment. As a part of its effort to identify the most urgent health needs in our community they are organizing small focus groups throughout the service area. If you would be interested in participating in such a group, please notify the office (773-363-1933) or Susan Alitto (773-485-3643).

BOARD MEMBERS

Gary Worcester, President
Margaret Huyck, Past President
Susan Alitto, Founding President
Rita McCarthy, Vice President
Cindy Pardo, Secretary

Joanne Michalski, Treasurer
Ann Audrain,
Jane Comiskey
Allison Hartman
Ismail Turay

STAFF

Ava Salonis, SHARE Project Coordinator
Roderick Sawyer, Operations Support
Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over –or even help – with this fun job!!!

Advisory Committee

Josie Disterhoft
Sammie Dortch
Kathy Huff

Roger Huff
Kitty Mann

CURRENT BUSINESS SUPPORTERS

Bonjour Cafe
Cedars Restaurant
Chicago a Capella
Community Programs Accelerator
Barbara Flynn Currie
Foreign Car Hospital
Freehling Pot and Pan
Leslie Hairston, Alderman, Fifth Ward
Hyde Park Animal Hospital
Hyde Park Art Center
Hyde Park Bank
Hyde Park Produce
Hyde Park Property Management
Kimbark Plaza
Life Care at Home
Rita McCarthy, Coldwell Banker
Residential Brokerage
Mather Lifeways

MAC Properties
Mercato grocery delivery
Montgomery Place
Nando's Peri Peri Restaurant
Noodles, Etc. Restaurant
NowPow
OWL Hyde Park
Pizza Capri Restaurant
Toni Preckwinkle, Cook County Board President
Rohammad Sims State Farm Insurance
Spinelli State Farm Insurance
Toyota on Western
U of C Civic Engagement
U of C Geriatrics SHARE Network
UC Medicine

***THANKS TO ALL WHO RESPONDED TO OUR REQUEST
FOR SUPPORT THIS YEAR!!!***