



Chicago Hyde Park Village n 5500 S. Woodlawn Ave. n Chicago, IL 60637  
Tel. 773-363-1933 n [www.chpv.org](http://www.chpv.org)

## ***Welcome to August 2018!***

### **Contents**

#### **Preview: October 14 Gala Brunch Fundraiser**

#### **CHPV Ongoing Programs to Enjoy**

- Interest/ Affinity Groups: Recurring Events Chart
- Upcoming Drop-Ins: Wednesdays, August 8 & 22
- Healing After Loss Support Drop-In Group, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays 10:00– 11:30 AM, Piccolo Mondo
- De-cluttering Support Group, 1<sup>st</sup> & 4<sup>th</sup> Mondays at 3:30
- Yoga for Balance class continues Thursdays
  - Trial 2<sup>nd</sup> session in August
- Dining Options
- Potluck luncheon, Wednesday, August 15, 11:30. RSVP
- Hyde Park Book Group, Monday, August 20, 7:30 PM

#### **Past Special Events**

July 10: Inagrace Dietterich Elected to CHPV Board  
July 18: Pot luck Luncheon with Indian Guest Bani

#### **Upcoming Events of Note:**

August 7: Screening of “What Counts” documentary

August 9: “A Livable Chicago for All Ages: Voice to Vision to Action,” a citywide appeal to advance age-friendly initiatives in Chicago

August 19: Oral History Presentation of St. Thomas  
SHARE Programs

New Meditation Class

### **News You Can Use**

- Discount Wednesdays for Seniors at Hyde Park Products

### **CHPV Program Committee Report and Guidelines to Initiating a CHPV Program**

### **Board & Supporters**

# A Sunday brunch to remember

Sunday, October 14, 11am-3pm

Chicago Lake Shore Hotel  
Hyde Park Room, 2nd floor  
4900 S. Lake Shore Drive

The Chicago Hyde Park Village  
invites you to our  
Fall Fundraiser

## ENJOY:

a sumptuous buffet  
with omelet and waffle stations

## DRINK:

start with complimentary mimosas

## LAUGH:

with 2<sup>nd</sup> City grad Dan Friedrich

Master of Ceremonies:  
Jay F. Mulberry

Silent auction featuring  
food and drink



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



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

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.

## **August 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 before the Drop In.**

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

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

**August 8:** Exercise: Randi Kant

Program: Trisha Morse, “All About the White City”

**August 22:** Exercise: Sarah Oaks

Program: Tanya Wells, MSN, APN, FNP-C, “Sleep and Aging”

Looking ahead to September . . .

September 12: Exercise Joy Nieda; Program: Artful Aging

September 26: **Our Annual Volunteer Fair!** Do you know of an organization that needs volunteers (besides CHPV!) or do you volunteer with an organization that you’d like to promote? Please send information on the cause, activity and who to contact to the office: 773-363-1933 or [info@chpv.org](mailto:info@chpv.org).

## **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 **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 10:00 to 11:30 at the Piccolo Mondo Bakery, 1642 E. 56<sup>th</sup> 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](mailto: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.

**New:** In response to popular demand for more sessions and for those who cannot make the Thursday sessions, we will try adding a second weekly session of yoga with Janee during the month of August, Dates, based on availability of space at Augustana: Tuesday, August 7 and 28; Monday, August 13 and 20.

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.

**CHPV Dining Out Meet-up** - meets up every other month - fine dining and Dutch treat.

**WOW!** The CHPV Dining Out Meet-up was so enjoyable Thursday, July 26th - 19 of us - at the The Promontory on the Covered Patio. We had great service from our wait staff Don and oversight by House Manager Terry. Even the weather cooperated - a delightful summer evening al fresco (dining amidst the evening dawn and summer breeze and they didn't add an extra charge for that amenity). The food was delicious and I didn't notice any plates that went back to the kitchen with food remaining on the plate. While dining at tables, conversations around the three tables seemed robust.

### **Results of the Upcoming Restaurant Options in Hyde Park for the Future Survey**

La Petite Folie - top of the list

Mesler - in the new Sophy Hyde Park Hotel - came in second (we'll wait until they open and have some experience)

Gorée Cuisine (West African) - came in third

### **Write in Recommendations**

Chicago Firehouse Restaurant

Duck Duck Goat Restaurant

Jolly Pumpkin Pizzeria and Brewery

### **Next CHPV Dining Out Meet-up - Watch for Details**

Dining Location: La Petite Folie

Time: 5:30 p.m.

September Date to be Determined

**CHPV First Tuesday Dinner Salon** - meets every First Tuesday of the month at 4:30 p.m. The Snail Thai Cuisine Restaurant (1649 East 55th Street)  
Eat, Talk, Be Friendly, and Good Conversation! Join us - casual dining and Dutch treat.

**Potluck Luncheon at Huyck Home**, Wednesday, August 15. Very important to RSVP (312-833-0415 or to the office).

### **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, 55<sup>th</sup> & Lake Park. Upcoming schedule:

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*

### **PAST SPECIAL EVENTS**

#### **INAGRACE DIETTERICH Welcomed to CHPV Board**

You can usually find Inagrace in the kitchen area during the drop-ins, but she has now agreed to add her experience in strategic planning on the CHPV Board. Inagrace has a Ph.D. from the University of Chicago Divinity School, and a great deal of expertise developed from teaching at Regent College, Louisville Presbyterian Theological Seminary, Loyola University Chicago, and the Episcopal Seminary of the Southwest. Her research, consulting, and publications have focused on transforming organizations to mesh with their missions. We are delighted to have her working with us as we continue to mesh our organizational structures and strategies with our missions. Inagrace and her husband Paul have six children and ten grandchildren



## Pot Luck Luncheon with an Indian Theme

On Wednesday, July 18, 17 CHPV members and friends gathered at the home of Margaret Huyck to share luncheon – and learn about a very innovative social program to “rescue” and revitalize daughters of sex workers in Mumbai, India. Ms. Bani Das, co-founder of *Kranti*, both cooked some of her Indian dishes (Chicken & rice, green peppers), and shared her story and the saga of her non-profit.

Bani was invited to the US by the State Department to meet with police departments and social service agencies throughout the country who are trying to address the issues of sexual trafficking. After her State Department tours, she came to stay with Margaret Huyck, the professor/mentor of the other *Kranti* founder, Robin Chaurasiya. Bani wanted to work on her English language skills. While here, she met with several people who coached her in language skills.



L-R: Lorraine Richardson, Ernie Billups, Bill Bassin, Ruth Knack, Grace Latibeaudiere-Williams, Elaine Saenz, Bani Das, & Marcia Cozzi.



L-R: Lorie Rosenblum, Bani Das, Mike Wichura, Gary Worcester, Dee Cross, Margaret Huyck, and Laura Kracke.

Bani and the Kranti “Revolutionaries” visited the US in 2015. Twenty-one of them stayed in Chicago with the Huycks, and presented their musical performance explaining their life in several venues. They also went to Washington DC, New York, Yosemite, Reno, and LA. At the current time, two of the Kranti members are enrolled in colleges in New York City, two in Los Angeles, one in a boarding school in the west, and at least one in Great Britain. They have been operating for eight years; they provide shelter, schooling, therapy (including individual psychotherapy, plus art, music, meditation, and other modalities designed to recover and construct a positive sense of self and a commitment to social change.

## **NETWORK EVENTS OF NOTE**

**Screening and discussion of Documentary Film “What Counts”**  
by Emmy-nominated filmmaker Nicole Newnham. August 7, 4:00-

6:30pm, Knapp Center for Biomedical Discovery, [900 East 57th Street](#), Auditorium 1103; Hosted by the Center for Healthcare Delivery Science and Innovation

This documentary illustrates the value of healthcare interventions that address patients' essential needs. It highlights the stories and experiences of a growing group of organizations that are taking critical steps to address the social and environmental factors that impact the health of patients. These initiatives push traditional boundaries to redefine what counts as care and can improve patient wellbeing in dramatic ways.

More information and to register here:

<https://www.eventbrite.com/e/screening-of-what-counts-and-panel-discussion-tickets-47865421765>

**A LIVABLE CHICAGO FOR ALL AGES: VOICE TO VISION TO ACTION AUGUST 9, 4-6 pm., Rush University Medical Center, Searle Conference Center, 1725 W. Harrison, 5<sup>th</sup> Floor.**

How can we:

- Learn from global and national approaches?
- Further activate older adults and all Chicagoans as assets to their community?
- Continue to move Chicago forward?

**Our featured speaker:**



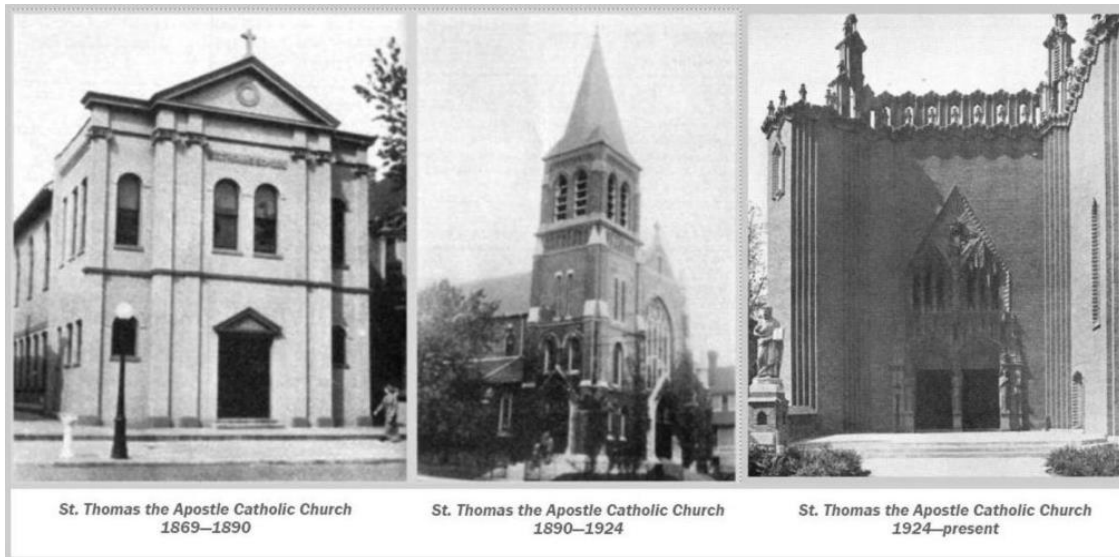
Phil Stafford, PhD is a nationally recognized expert in aging and communities. A cultural anthropologist, Phil has been active in research, training, speaking and publishing around issues of community development for age-friendly communities for over three decades. He has worked with planning for aging in nearly 40 U.S. communities.

# **HYDE PARK HISTORICAL SOCIETY**

**INVITES YOU TO AN ORAL HISTORY PROGRAM:**

**"HYDE PARK-KENWOOD STORIES THEN AND NOW"**

**Commemorating 150 Years of St. Thomas the Apostle**



Did you attend or participate in services or events at St. Thomas the Apostle Church? Did you or your children attend the St. Thomas the Apostle School? Do you know about the unique architecture of the church, when it was built, and who designed it? Help us celebrate this historic congregation's 150th anniversary by recounting your memories about it at this special event. Bring photos, posters, and other memorabilia to share.

**Sunday, August 19, 2018 - 2:00 to 4:00 PM**

**Montgomery Place, 5550 South Shore Drive, Chicago, IL**

**Reception Following the Program**

**Space is limited. R.S.V.P. by: Friday, August 17, 2018**

**Call:** Lala Rodgers at 773-401-0474 **Email:** [hporalhistory@gmail.com](mailto:hporalhistory@gmail.com)

Oral History Project is funded in part by a grant from Hyde Park Kenwood Community Conference

Photos from: St. Thomas the Apostle archives.

## **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 71<sup>st</sup> 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

### **New Meditation Class**

Nicole (Qiaohong) Yan, a graduate student at the UC Divinity School has studied meditation in China and here and has offered to lead a Meditation Class for CHPV. Her time is limited until she completes her current internship at Northwestern Medical Center so we will initiate a trial 5 pm weekly meeting at Augustana and will send the schedule as soon as it is available.

### **Report from the Program Committee:**

The Program Committee meets monthly on the third Monday at 3 pm at Augustana. Everyone is welcome to join us, to bring ideas and suggestions and to help with program implementation. In addition to reviewing and evaluating current programs and activities, we have been working with our Civic Engagement consultants on a strategic plan to refine our implementation and evaluation of programs going forward.

First, we have drafted a form and guidelines for suggesting and initiating programs. They are attached at the end of this newsletter. Please use them to give us your ideas. The information on the form will help us work with you to plan and allocate resources to implement the programs you want.



Second, we are implementing procedures to ensure that we capture appropriate information on our programs for reporting to potential funders and for evaluating the overall performance of our Village. To this end we will be contacting the various affinity groups to insure we have accurate information on the responsible person(s), schedules, locations, attendance and evaluations.

## **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!



## GUIDE TO INITIATING A CHPV PROGRAM

**Vision:** The Chicago Hyde Park Village aspires to create an age-friendly, inclusive, caring community which supports an enriched, healthy, socially connected experience of aging.

CHPV welcomes program suggestions and help with implementation!

1. Complete and submit Program Suggestion form on reverse side.
2. Check for possible schedule conflicts.
3. Provide as much background and information as possible (e.g., potential audience and size, possible venue, resources available or needed, potential partners, helpers)

Once the CHPV Program Committee has reviewed and accepted the proposal, staff and volunteers will work with you to insure a successful program. Please help with:

4. A description for the CHPV newsletter, HP Herald and other appropriate newsletters.
5. Suggestions for a flyer and publicity.
6. Creation and collection of evaluations
7. Sign-ins for attendance record
8. Written report including a summary of what went well and what could be improved.

Thank you!

# PROGRAM SUGGESTION / REQUEST

## Program Guidelines:

\* Inclusive \* Accessible \* Varied \* Good value \* Hospitable \* Well publicized

Please provide as much information as possible about potential costs, benefits and resources available and needed. E-mail or deliver to the Village office. **See back for instructions.**

Title/Subject: \_\_\_\_\_

Brief Description: \_\_\_\_\_

Proposed Date/Time/Frequency: \_\_\_\_\_

Possible Partners: \_\_\_\_\_

Anticipated Audience and Size (Minimum/Maximum): \_\_\_\_\_

Possible Venue: \_\_\_\_\_

Anticipated Benefits: \_\_\_\_\_

Anticipated Costs & Coverage:

Suggested Participant fee (Member/Non-member)?: \_\_\_\_\_

What resources/Volunteers can you provide or are needed?: \_\_\_\_\_

\_\_\_\_\_

Is transportation needed? Parking options: \_\_\_\_\_

Other: \_\_\_\_\_

Developer Name: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Information: \_\_\_\_\_



## **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  
Innagrace Dietterich  
Allison Hartman  
Ismail Turay

## **STAFF**

Ava Salonis, SHARE Project Coordinator  
Roderick Sawyer, Operations Support Consultant

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



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## CHPV Membership and Interest Form

Date: \_\_\_\_\_

\_\_\_\_ **NEW Member**

\_\_\_\_ **RENEWING Member**

**Membership Category:**

**Payment (make checks payable to CHPV)**

Associate: Individual

☐ \$100 one payment

☐ \$120 (if 2, 3 or 4 payments)

Household

☐ \$180

Full Service: Individual

☐ \$480

Household

☐ \$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

**NAME 1:** \_\_\_\_\_

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

Please circle preferred method for contacting you.

PHONE: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: Month \_\_\_\_\_ /Date \_\_\_\_\_ /Year \_\_\_\_\_

**NAME 2:** \_\_\_\_\_

PHONE: \_\_\_\_\_

email: \_\_\_\_\_

Date of Birth: Month \_\_\_\_\_ / Date \_\_\_\_\_ /Year \_\_\_\_\_