



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

Welcome to September 2018!

Contents

Preview: FALL SUNDAY BRUNCH: OCTOBER 14

RESERVATIONS DUE SEPTEMBER 25!

CHPV Programs to Enjoy

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- Yoga for Balance class adds Mondays; continues Thursdays

Special Events Coming Up

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- Encore Chorale resumes Mondays
- Art Gallery Exhibition by Mary Young, Friday, September 7, through October
- Dining Out at Petite Folie, Thursday, September 13
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Events of Note:

- A Livable Chicago for All Ages
- Delegation from Shanghai Visits Chicago to Learn and Share Ideas for Caring for our Older Populations

News You Can Use

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- Discount Wednesdays for Seniors at Hyde Park Produce

Board & Supporters Member Application

Fall Sunday Brunch

The Chicago Hyde Park Village
invites you to our
Fall Benefit

Sunday, October 14, 11am-3pm
Chicago Lake Shore Hotel, Hyde Park Room
4900 S. Lake Shore Drive

Enjoy:

A sumptuous buffet
Complimentary mimosas

Featuring:

Jay Mulberry, Master of Ceremonies
And 2nd City Comedy Grad Dan Friedrich

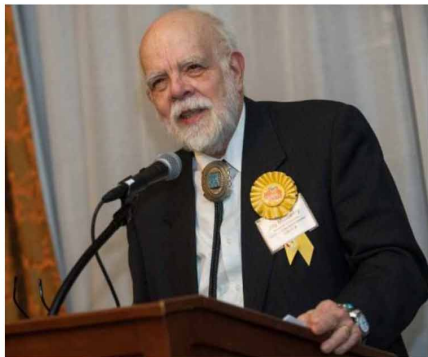
Live and Silent Auctions, featuring:
Certificates for Dining Out in Hyde Park

Free parking available
\$90 per person by Sept. 25
\$100 per person Sept. 25 - Oct. 7
For reservations, information, and donations:
joannemichalski@gmail.com 608-332-0140
www.chpv.org

Chicago Hyde Park Village is a 501(c)(3) organization



Dan Friedrich, has performed in a number of Hyde Park dramatic productions for the past several years, in plays for Hyde Park Community Players and in the annual Quadrangle Club Revels. The Revels are original musical comedy productions with book and lyrics written by local community members set to well-known songs that are performed by some Hyde Park luminaries. Dan is a graduate of the Second City Conservatory and Improv Olympic, and is adept at sketch writing and directing. His latest works include: “If Anyone Was Offended: Campaign 2016,” and “Martin Luther: He’s done an amazing job, and is being recognized more and more.” In real life, Dan is CEO/CTO of Friedrich, Klatt and Associates, a Hyde Park based computer software company that specializes in products such as a Microsoft Server/Project Online Business Intelligence package and a Microsoft Project Pro add-in with tools for managing Master Schedules. His firm’s clients include some of the country’s largest businesses: NASA, U.S. defense and aerospace contractors, and the Department of Energy among others. Dan is a truly multi-faceted talent whom the **Chicago Hyde Park Village** is privileged to present as a comedian/entertainer at our upcoming **Brunch to Remember Benefit, Sunday, October 14, 2018.**



Jay Mulberry is another Hyde Park original who has been an active supporter of many community organizations and causes for several decades since he graduated from the University of Chicago. He is a retired Chicago Public School history teacher and principal who acted as a mentor to many students in the Chicago Metro History Fair. He is past president of the Hyde Park Historical Society and has acted as the emcee at their annual awards dinner for the past decade. His introductions are always full of humor and great stories. Jay is a founding member of the Chicago Hyde Park Village and serves on our advisory committee. He currently moderates several online discussion groups, including one on climate change, one for our Village, and, most notably, Good Neighbors, where he has become well known throughout the community for posting historic images of Hyde Park and Chicago. The **Chicago Hyde Park Village** is pleased to have Jay as the master of ceremonies at our **Brunch to Remember Benefit, Sunday, October 14, 2018.**

Chicago Hyde Park Village Recurring Events

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

2018-09a

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.

September 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.**

September 12: Exercise: Joy Nieda
Program: Artful Aging

SPECIAL!! OUR NEW INDIVIDUAL HEARING AUGMENTATION SYSTEMS IS AVAILABLE – SO EVERYONE CAN HEAR!! Ask us about trying it.

September 26 Exercise: Brian Seeley
Program: VOLUNTEER FAIR!

Every year in September CHPV invites 6 to 8 other Not-for-Profits in the neighborhood to join us at a Drop-In to share information about their mission and how volunteers benefit their programs. Do you know of or work with an agency you would like to invite? Contact the office (773-363-1933; info@chpv.org) or Susan Alitto (773-485-3643; salitto@gmail.com)

NEW: **Meditation Class** has been meeting at Augustana on Tuesday evenings but we will set a new time going forward. Watch for details. Everyone is welcome!

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:

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*

SPECIAL EVENTS COMING UP

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.**

Hyde Park Encore Chorale Begins New Season

The Encore Chorale resumes the next season with a rehearsal on Sept. 17 at 9:30 a.m. in the sanctuary at Congregation Rodfei Zedek, 5200 S. Hyde Park Blvd. The choir is for adults 55 years or older. There is no audition process to join.

Encore Illinois was founded by Jonathan Miller, who grew up in Hyde Park; it has served more than 400 singers since its founding in 2016. There are currently seven choir locations, spanning from Chicago to the suburbs, which perform a wide variety of repertoire under professional direction.

The Encore movement began in Washington, D.C. and dedicates itself to “providing an excellent and accessible artistic environment for older adults, 55 and over, who seek arts education and performance opportunities under a professional artist.” All are welcome, regardless of experience or ability.

To register for the choir, visit www.encoreillinois.org.

MarY Artist Young Solo show at Banc Gallery

Mary Young resumed her professional art career after retiring from the University of Chicago Office of Civic Engagement. She was a founding member of the Chicago Hyde Park Village, and will have a solo exhibit of her fabric artwork at the Blanc Gallery, 4445 S. Martin

Luther King Drive. Opening evening is Friday, September 7, 6-9; the show continues until October 26. To see previews of her work visit her website.

Dine Around at Petite Folie, Thursday, September 13

The next periodic dining meet-up organized by Terry Stumpf will be from 5:30-8:00 p.m. at La Petite Folie, 1504 East 55th Street. The 3-course dinner will be \$38.00; beverages are additional. Reservations are required, and seating is limited. To reserve online go to CHPV.org Home; if unable to register on-line, contact Terry Stumpf at tis1649@sbcglobal.net or call the CHPV office 773-363-1933. This event is open to CHPV members and friends. No charge parking is available in the Hyde Park Shopping Center lot. To request transportation, call CHPV office (773-363-1933) by Monday, September 10 by 4 p.m.

OWL Hyde Park Resumes Saturday, October 6, 1-3

This partner group will resume meeting in the Community Room at the Treasure Island grocery store. The featured speaker will be Ray Lodato from the University of Chicago Institute of Politics, discussing the mid-term elections.

EVENTS OF NOTE

A Livable Chicago for All Ages

Over 80 people attended the first meeting of the newly formed Chicago Aging Collaborative (CAC) on August 9. The initial purpose was to determine levels of interest in further efforts and then to explore specific needs and goals for an “Age Friendly” Chicago and supportive communities for aging in place. Clearly interest is present. A second meeting has been scheduled for Thursday, October 4, 2018. Watch for details. Plan to participate and consider ways you and your groups can join the endeavor.

This effort, which CHPV helped initiate and to which CHPV has contributed both dollars and manpower, aims to elevate older population issues to a more prominent role in the conversations and planning for the future. A review of long term plans in such vital

areas as transportation, healthcare and housing reveals a striking lack of attention to the growing size of the aging population. Although much work has begun, much is in “silos.” CAC does not want to impose a particular model or to compete with other organizations. Our goal is to bring people and groups together to share and collaborate to help create a truly Livable Chicago for All Ages.

Social Service Support for the Older Population in Shanghai and Chicago

As a Sister City with Shanghai China, Chicago participates in a biannual exchange of delegates who specialize in programs and services for the older populations in their respective cities. In October 2017 Jason Molony was a member of the 8-person team that represented Chicago in Shanghai. This past August, the Chicago committee hosted 6 delegates, from Shanghai.

We proudly showed them examples of both low- and high-end senior housing, some programs such as those offered by the Chinese American Service League (CASL) and Little Brothers and Friends of the Elderly, some protections such as what is available through the courts and the Public Guardian’s office, memory centers, hospice and palliative care programs. We also visited hospitals where we met with staff and researchers who focus on gerontology and geriatrics. The closing program was a major international symposium that looked at ways to integrate community-based inter-professional care and services to optimize health and well-being of older adults.

As always both sides learn from each other’s’ experiences and successful programs. A significant difference between our two systems is how programs are developed and implemented. In China policy is determined at the top and directives are carried out accordingly on the local level. The Chinese are always impressed with how much of our work is initiated by individuals and at the grassroots, and of course, how much of the work is actually done by volunteers as well as professionals

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!



SIMPLE TACTICS TO FIGHT LONELINESS

A recent article by Cyn Meyer on Next Avenue summarized a recent study by AARP which showed that 35 per cent of older adults are lonely, and loneliness is a significant predictor of poor health (<https://www.nextavenue.org>, August 15, 2018). Consequences of loneliness among adults over 45 include

- 45 percent increase in risk of death
- 59 percent greater risk of mental and physical decline
- Development of brain biomarkers associated with Alzheimer's
- More like to need long term care and live in nursing homes

Six steps are suggested, if you or someone know is lonely:

1. Acknowledge the feelings. Isolation is not the same as loneliness. Someone suffering from loneliness wishes for more friends, doesn't see friends and family enough, doesn't meet enough people, has no one to rely on and spends holidays alone.
2. Make a plan to tackle your habits.
3. Focus on others and be curious.
4. Use technology to stay connected.
5. Volunteer.
6. Sign up for a class.

And – we can add – recognize that active participation in CHPV is a terrific way to combat loneliness!! Meet new friends, learn new skills, make yourself useful by volunteering.

BOARD MEMBERS

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Roderick Sawyer, Operations Support
Roger Huff, Club Express Evangelist
Nathan Worcester, Technical Support
Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over –or even help – with this fun job!!!

Advisory Committee

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Sammie Dortch
Kathy Huff

Roger Huff
Kitty Mann

CURRENT BUSINESS SUPPORTERS

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on Western
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U of C Geriatrics SHARE Network UC
Medicine



CHPV Membership and Interest Form

Date: _____

Basic Info

Name	First	MI	Last
Member 1:			
Member 2:			
Address			Apt #
City / St / Zip			
Contact Info	Member 1	Member 2	
Phone			
Cell Phone			
Email Address			
Date of Birth (m/d/y)-optional			

Membership Types and Fees

Membership Type & Level	ASSOCIATE	FULL
Solo (1 person)	<input type="checkbox"/> \$100/year	<input type="checkbox"/> \$480/year
Household	<input type="checkbox"/> \$180/year	<input type="checkbox"/> \$590/year

Interests

Volunteering your Skills / Interests: _____

Committees: ☐ Programs ☐ Development/Fundraising ☐ Partnerships
☐ Membership ☐ Volunteers ☐ Member Services

Directory

The Village publishes a Members Only Directory. You may choose the level of disclosure.

Visibility Options	Code	Mbr 1	Mbr 2
Name/FullAdd/Phns/Email; CoHshldMbr (if app.)	All	<input type="checkbox"/>	<input type="checkbox"/>
All except email	No Email	<input type="checkbox"/>	<input type="checkbox"/>
All except street address	No Street	<input type="checkbox"/>	<input type="checkbox"/>
All except street address & phone nos.	No Street/Phns	<input type="checkbox"/>	<input type="checkbox"/>
Name, City St Zip; CoHshldMbr (if app.)	Name & City	<input type="checkbox"/>	<input type="checkbox"/>
No member information	Do Not List	<input type="checkbox"/>	<input type="checkbox"/>

In no choice is selected, the "default" is Name & City

Signature(s)

Member 1

Member 2