

# CHICAGO HYDE PARK VILLAGE



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Monthly Newsletter

February 2019

## Latest News on Craig Krell

He's back home, starting palliative chemotherapy. Pain almost under control, but he's struggling to keep food down. Not a candidate for surgery.

Today, Jan 29, is his birthday.

Emails from Margaret Huyck on Jan 28th & 29th | see more details on page 15

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## Hello CHPV!

I'm happy to have joined the Village as your new executive director! It's an exciting time!

We've moved almost everything over to the new office, "Room 8" on the second floor of Augustana. There still is a lot of "moving in" to be done, but please stop in and say hello nevertheless! I look forward to meeting more Village members over the next few weeks and months.

If you would like to reach me, call the office 773.363.1933 or email me at < [michelle.dassinger@chpv.org](mailto:michelle.dassinger@chpv.org) >

More next month - Michelle

## Boost Your Brain, Boost Your Memory



As Giudi Weiss observed back in 2014 when we first offered the Mather Brain Fitness Workshop, building up your brain is a bit like building your 401(k): the more you "fund" your cognitive abilities, the longer you will be able to draw on them.

Currently CHPV is offering this "Boost Your Brain and Memory" workshop in 4 two-hour sessions this January and February led by trainer and member, Jerry Gripshover. More than 60 people have taken this workshop in the four times CHPV has offered it. Developed by Mather Lifeways Institute on Aging and the Center for the Advanced Study of Aging Services at UC Berkeley, the program teaches how to build cognitive reserve and lower risk for dementia.

It's not *just* crossword puzzles or playing bridge. Extensive research has shown that knowledge and training in physical activity, emotional health, intellectual activity, good nutrition, spiritual activity and social engagement are the benefits.

Are you interested in taking this workshop? Cost is \$15 for CHPV members, \$20 for nonmembers. For more information contact Susan Alito < [salitto@gmail.com](mailto:salitto@gmail.com) >

# Elections and Candidates



## and Questions



Many were disappointed when "Meet and Greet the Candidates" was canceled for the January 23 Drop-In. The 4<sup>th</sup> and 5<sup>th</sup> ward incumbents had to be in a City Council meeting. Plans to reschedule the event bumped against a proliferation of election related meetings. Thus, our efforts now are focused on informing neighbors about opportunities to meet and question candidates.

Of particular interest is the Chicago Women Take Action! forum at the Chicago Temple, 77 W. Washington St., on Sat., Feb. 2, 1-4pm. [see Flyer, page 7] In addition to the organizations that make up this collaboration, the numerous sponsors from throughout the city share issues facing the growing older population – transportation, health care, housing, social support.

The Chicago Aging Collaborative has compiled a list of possible questions to ask candidates. Please ask as appropriate at the various forums you attend.

### SUGGESTED QUESTIONS AND TOPICS FOR 2019 CHICAGO ALDERMANIC AND MAYORAL FORUMS Developed by Chicago Aging Collaborative (CAC)

1. How will your office advocate for this in our neighborhoods and in Chicago City Council?
2. Will you support activities to further A Livable Chicago for All Ages?
3. Housing can be challenging for many who want to age in community — negatives include physical barriers in current housing, lack of affordable options, opportunity to engage with people of all ages. How will you support people who want to remain living in their neighborhoods as they age?
4. What types of housing do you believe this community lacks, and what specific measures will you take to address this issue if you are elected?
5. What can the City of Chicago do to offer more and different options?
6. Intergenerational activities and programs have proven benefits for communities and participants of all ages. How will you foster intergenerational activities in our neighborhoods/ward/city?
7. Are there existing intergenerational programs such as Two are Better than One sponsored by the Salvation Army; AARP Foundation's Experience Corps; Little Brothers Friends of the Elderly's Friendly Visitor Program that you would support and/or expand?
8. Are you willing to sponsor extensions of these or similar new programs?
9. Will you have a formal and active council in your office to ensure that yours is a community for all ages?
10. What are your plans for ensuring that all spaces in our community are safe, walkable and convenient?

## Elections and Candidates and Questions continued

11. What are the existing challenges you see to our community's current transportation network and how do you plan to address them to improve our overall community accessibility??
12. Everyone wants to feel safe in their neighborhood. In addition to well-trained police, what specific steps are essential to promote public safety and to assure that older adults can feel comfortable in their homes, on the streets, and in local parks?
13. Every part of Chicago should have business that value older consumers and workers, and volunteer opportunities that tap into the skills and experience of older adults. What will your administration do to ensure that our neighborhoods realize these goals?

Find more info on area candidates' meet 'n greet, forum, debate or other gatherings at:  
< [https://hpherald.com/calendar/action~agenda/request\\_format~json/cat\\_ids~19/](https://hpherald.com/calendar/action~agenda/request_format~json/cat_ids~19/) >  
OR < [goodneighbors@googlegroups.com](mailto:goodneighbors@googlegroups.com) > OR < <https://www.nextdoorchicago.com/> >  
OR < <https://blockclubchicago.org/> as well as Chicago Sun-Times, Chicago Tribune

## Voter Handbook



The following information is taken from the website of the Chicago Board of Election. It's very easy to use. To see if you are registered go to <https://chicagoelections.com/en/voting.html> click on Voting, click on Voter Information, enter requested information

### UPCOMING ELECTION

**February 26, 2019 Municipal Election (and April 2, 2019 Run-Off Elections, as needed)**

Sample ballots for the Feb. 26, 2019 election will be available at < [chicagoelections.com/info](https://chicagoelections.com/info) > starting in early February.

### To Be Elected\*

Mayor, City of Chicago  
City Clerk, City of Chicago  
City Treasurer, City of Chicago  
Alderman (one in each of the city's 50 wards)

\* If a candidate receives more than 50% of the votes for any office on Feb. 26, that candidate will be elected.

If no candidate receives more than 50% of the votes for any office on Feb. 26, the two candidates for that office who received the most votes on Feb. 26 will appear on the April 2 ballots in a run-off.

**Advisory Referenda** (only in the precincts and wards where valid petitions were circulated and then submitted)

- Whether to lift ban on rent control in the following precincts:

## Voter Handbook continued

- *Precincts 1, 17, 20, 24, 26 and 30 of 1st Ward; Precincts 2, 6, 8, 9, 12, 24 and 40 of the 26th Ward*
- *Precincts 11, 15 and 17 of the 45th Ward; and Precincts 8 and 13 of the 50th Ward.*
- Whether there should be a Community Benefits Agreement related to the Obama Center in the following precincts:
  - *Precinct 5 of the 5th Ward and Precincts 1, 22 and 23 of the 20th Ward.*
- Whether revenue from marijuana legalization should fund neighborhood reinvestment in areas impacted by the war on drugs in the following precincts:
  - *Precincts 5, 23 and 26 of the 6th Ward; Precinct 33 of the 16th Ward; all precincts in the 17th Ward*
  - *Precincts 5, 20 and 30 of the 24th Ward; all precincts in the 28th Ward; and Precincts 2, 3, 16, 26 and 28 of the 29th Ward.*
- Whether there should be a Community Benefits Agreement related to the El Paseo Trail in the following precincts:
  - *Precincts 15 and 18 of the 12th Ward; Precinct 15 of the 22nd Ward; and*
  - *Precincts 12 and 23 of the 25th Ward*

### Early Voting

Early Voting will begin **Tues., Jan. 29 only at the Loop Super Site at 175 W. Washington St.**

Any Chicago voter may use the Loop Super Site.

Early Voting & Registration locations in the city are available from Feb. 11 through Feb. 25.

For hours and locations go to < <https://chicagoelections.com/en/early-voting.html> >

### When Voters Do (And Don't) Need Identification (ID)

#### 0 Forms of ID

No ID is needed when:

- The voter is already registered at the voter's current address and is voting in the correct precinct.
- Signature appears to match the voter signature on file.
- Election Judges do not challenge the person's right to vote.

#### 1 Form of ID

One (1) Form of ID with voter's current address is needed when:

- Election Judges challenge the person's right to vote.
- Voter submitted mail-in registration form that did not have Illinois identification/driver's license number or Social Security number.

Examples of acceptable ID are listed below.

#### 2 Forms of ID

Two (2) Forms of ID are needed when:

- The voter is registering in person after Oct. 9, including in the voter's home precinct on Election Day.
- The voter is filing an address change in person after Oct. 9, including in the voter's home precinct on Election Day.
- The voter is filing a name change in person after Oct. 9, including in the voter's home precinct on Election Day.

One of these two IDs must list the voter's current address.

Examples of acceptable ID are listed below.

# Voter Handbook continued

## Acceptable Forms of ID

- Passport or Military ID
- Driver's License or State ID card
- College/University/School/Work ID
- Vehicle registration card
- Lease, mortgage or deed to home
- Credit or debit card
- Social Security, Medicare or Medicaid card
- Insurance card
- Civic, union or professional membership card
- LINK/Public Aid/Department of Human Services card
- Illinois FOID card
- Mail addressed to voter

## Examples of mail addressed to voter that can be used as ID:

- Bill, Transcript or Report Card from School
- Bank Statement, Pay Stub or Pension Statement
- Utility, Medical or Insurance Bill
- Official mail from any government agency

**A voter who needs ID, but who cannot present ID, may cast a Provisional Ballot.**

**In order for that Provisional Ballot to be counted, the voter must present ID within 7 days of the election to the Chicago Election Board, 69 W. Washington St., Suite 600, Chicago IL 60602.**

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## Goal to Go on 2018 Challenge Grant

CONGRATULATIONS from Margaret Huyck, Chair, Fundraising Committee to all who contributed to the year-end campaign to support our Chicago Hyde Park Village operations! We began with a \$10,000 match challenge – and as of January 24, 2019, we received a total of \$17,909! with seven days more to go.

We count on members and friends to augment our modest membership fees. These donations, plus funds raised from the Fall Gala Brunch in October, make it possible to continue and modestly expand programs supporting seniors in our community as we grow older.

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2019

# **WOMEN'S MAYORAL FORUM**

Brought to you by | Chicago Women Take Action Alliance

**Saturday, February 2**

**1 to 4 pm**

Doors open at 12 noon

**Chicago Temple**

**77 W Washington St**

Free, But Tickets Are Required

**Register here**

< <https://www.eventbrite.com/e/cwta-alliance-mayoral-forum-registration-54780342479> >

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# First Unitarian Church of Chicago

And

INDIVISIBLE  
★ ★ CHICAGO ★ ★  
S o u t h   S i d e

Announce a forum for the Aldermanic races in the 4<sup>th</sup> and 5<sup>th</sup> wards

Tuesday, February 5<sup>th</sup>, 7:00 – 9:00 PM 5650 S. Woodlawn Avenue

Candidates committing to attendance:



L. Hairston  
5<sup>th</sup> ward



G. Piemonte  
5<sup>th</sup> ward



W. Calloway  
5<sup>th</sup> ward



E. Lucas  
4<sup>th</sup> ward

Format: Candidate introduction, then answers to audience questions



[www.ucserviceleague.org](http://www.ucserviceleague.org)

## **The University of Chicago Service League**

**Wednesday, February 20, 1:30 P.M.  
Program Meeting**

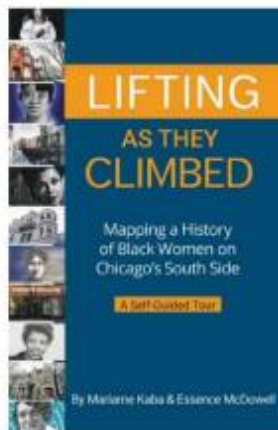
*Augustana Lutheran Church, 5500 South Woodlawn Avenue*

### **Alderman Sophia King**



#### ***“An Alderman’s Perspectives on Our City and Neighborhood”***

Alderman Sophia King will speak about her role in representing the Fourth Ward. She will share her experiences as an elected official and comment on issues facing Chicago and in particular our neighborhood. Alderman King was appointed to the City Council in 2016 after her predecessor resigned; she won a special election for the position in 2017.



Come to a

**“Celebration of African American Women in Chicago History”**

with a discussion of the book:

*Lifting As they Climbed: Mapping a History of Black Women on Chicago’s South Side*

**Saturday February 2, 2019, 1:00-1:30 PM: Social Time;**

**1:30 PM: Business Meeting; 1:45 PM: Program**

**Room #1, 2<sup>nd</sup> Floor, Augustana Lutheran Church,**

**5500 South Woodlawn Avenue, Chicago**

**Kennie James**, long-time Hyde Park OWL member, will review and discuss a guide book about African American women in Chicago: *Lifting as They Climbed: Mapping a History of Black Women on Chicago’s South Side*, by **Essence McDowell** and **Mariame Kaba**, that features thirty-three locations and ten additional sites that represent the lives and work of African American women activists and artists from Chicago’s South Side who organized to make the city work better for themselves, their families, and their communities. This book describes the conditions of African Americans in Chicago as these pioneering women influenced the history and culture of the city and of the entire country.

**Hyde Park OWL** welcomes men to join the conversation. Invite your friends to this important and very informative program. Please bring some tasty treats to share for the social time! Augustana is easily accessed by CTA #55 Garfield and #171 buses. Enter side door from the parking lot and use the elevator to reach room #1. **For more information,**

**contact: Lorie Rosenblum** < [delrosen@aol.com](mailto:delrosen@aol.com) >

# YOGA AND BALANCE TRAINING WITH JANÈE

*Brought to you by Chicago Hyde Park Village and a generous member who has improved his strength and balance significantly through yoga work with Janèe*



**Twice a week on Mondays and Thursdays at 10:30 am**

**Augustana Lutheran Church, Gorder Hall  
first floor  
5500 South Woodlawn Avenue**

**Cost: \$10/session; \$8/session for CHPV members  
Card for 5 sessions: \$45; \$35 for CHPV members**

*Come to every session or whenever it fits in your schedule!  
Chair yoga or bring a mat to work on the floor.*

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HYDE PARK  
VILLAGE**



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# Have You Been Spoofed and Scammed?

An Alert from Terry Stumpf

Office of the Inspector General (OIG), Social Security Administration (SSA), is getting reports of fraudulent telephone calls from individuals who claim to represent SSA. The Federal Trade Commission (FTC), which regulates the telecommunications industry, says the incoming calls show SSA's customer service number, 800-772-1213, on caller ID, although these calls in fact can come from anywhere. Use of a legitimate phone number to fool consumers is known as "spoofing."

The caller demands personal information, including the victim's Social Security number. Often the victim is threatened with loss of current benefits or arrest unless he calls a provided phone number or presses the number indicated in the message. Some callers switch tactics and offer to help the victim increase benefits or activate a suspended Social Security number.

Such calls are a scam; they do **not** come from official SSA representatives.

SSA wants anyone who receives such a call to report it to

OIG Hot Line: 800-269-0271 or [submit a report on the OIG website](#)

You can also report these calls to the FTC at < [ftc.gov/complaint](http://ftc.gov/complaint) >

"Social Security is committed to protecting the privacy and security of the people we serve," Doug Nguyen, Regional Communications Director. "Scammers will try anything to mislead and harm innocent people," Gale Stallworth Stone, the acting inspector general of SSA, wrote: "We will continue to track these scams and warn citizens."



## FBI Internet Crime Complaint Center

The FBI's iC3 accepts online Internet crime complaints from either the actual victim or from a third party to the complainant. Go to < <http://www.iC3.gov> >

Provide the following information when filing a complaint:

- Victim's name, address, telephone, and email
- Financial transaction information (e.g., account information, transaction date and amount, who received the money)
- Subject's (Scammer's) name, address, telephone, email, website, and IP address
- Specific details on how you were victimized

# Martin Luther King Jr. Day Celebration

The Artful Aging Program, which is a collaboration between the HPAC and the SHARE Network, focused the January 21 project on an examination of civil rights and social justice through art. Students from the School of the Art Institute along with their instructor distributed and discussed *Martin Luther King and the Montgomery Story*, a 16 page comic book first published in 1957.

This comic book (today we might call it a graphic novel) was widely distributed to civil rights groups, churches and schools. It was an inspiration and guide for nonviolent protest movements in many southern states and several countries around the world.



The next Artful Aging Program has a different topic. It's free, art supplies and materials are provided. Every third Monday of the month, at Hyde Park Art Center, 5020 S Cornell Ave.

Each of the 20 participants took home the artwork he/she created.

## Perk Up Those 2019 Resolutions

If you read/view police procedural mysteries you are familiar with the idea of a case board, murder board, link board. Whatever it's called in real life it helps perform link analysis, a data-analysis technique used to evaluate relationships between and among various types of nodes, including organizations, people and transactions.

On TV you may see a grand touch-sensitive screen, someone shuffling index cards, or some version of white board.

The medium is important to articulate your goals. Put it in writing, draw a picture, make a collage, start a scrapbook. But get it out where you can take a look at it often, so you can make it happen.

Now for the hard part. Author John Assaraf offers advice: "shift from the realm of imagination to beliefs, actions and ... what it means to your life." To your goal(s) add how you can make it happen, what your achievement means to *your* self and others, why it is important.

Sources: Charreah K. Jackson, ESSENCE Senior Editor and author of

*Boss Bride: The Powerful Woman's Playbook for Love & Success*, 2018

John Assaraf, author of *Innercise: The New Science to Unlock Your Brain's Hidden Power*, 2018



# Village to Village Network 2019 Annual Meeting in Chicago

The Village to Village Network, the national association of villages with more than 275 member Villages, will hold its 11th annual meeting in Chicago on September 18-20.

Several CHPV organizers and staff, including Ann Audrain, Margaret Huyck, Kitty Mann, Susan Alitto, Ava Salonis and Rod Sawyer have attended past meetings. The annual meeting is an excellent opportunity to meet people working for and with other Villages and to share ideas, problems and solutions.

Dianne Campbell from The Village Chicago (formerly Lincoln Park Village) and Susan Alitto from Chicago Hyde Park Village are local representatives on the planning committee. If you have ideas or requests for presentations and workshops let us know.

Registration for these meetings is open to members of all Villages. There are discounts for early and group registration. We will let you know details as they become available.

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## Year End Review

Many enjoyed our special December events so now we plan to make them traditions.

Several members joined participants from SHARE partners for a visit to the Museum of Science and Industry for their annual Christmas Around the World and Holidays of Light. Special thanks to Ava Salonis and Rod Sawyer for arranging the logistics and tickets!

Both crafters and customers enjoyed the Drop-In Holiday Bazaar and Craft Fair. It proved to be a terrific opportunity to find special and useful gifts for friends, family . . . and ourselves. The crafters all look forward to joining us again next year! Thanks to all who made it possible!

## Is Your Phone “ICE’d”?

The acronym ICE or I.C.E. stands for In Case of Emergency and has become standard in contact lists on cell phones and various electronics. The idea is to have easy access to someone who knows you and can help you in an emergency. That person’s name and contact information are loaded into your contact list under the heading ICE.

For help come to CHPV Drop-Ins on the second and fourth Monday of each month, or on Mondays from 11:30 to 12:30. Aditi Rangarajan, UofC graduate student, will be in the main room, first floor, Augustana Lutheran Church. She is helpful, patient, and very knowledgeable

# Craig Krell's Diagnosis

On Jan 22, 2019, Craig Krell wrote a very personal account of his situation to share with family and friends. You received that a few days later as an email from CHPV. On behalf of the Village Gary Worcester and Margaret Huyck assured Craig that we will stand by him.

Gary wrote to Craig: "In the past I have described you as generous and kind. After your remarkable letter I will add brave. You managed to combine directness and grace, not an easy thing to do. Your love and concern for others shines through your missive and reflects back admirably upon you.

"I share Margaret's sentiments. The whole Village stands ready to aid you, your father and your family in any way we can. You are already in a lot of prayers, including mine."

Around Thanksgiving Craig noticed loss of appetite, difficulty swallowing and pain in abdomen and back. By Christmas he definitely was losing weight and the pain was worse. His doctor ordered tests that ruled out a several possibilities, then a CT scan. The pain got really bad; from the hospital emergency room he was admitted for more tests and scans and started on morphine to try to control the pain. After numerous consults with a variety of specialists, several biopsies and other tests he was sent home to wait for the results.

Craig recalls that while he was in the hospital Cousin Lisa drove in from La Grange where she is a church pastor. Her visit that one evening helped lift his spirits. "We prayed together and that brought comfort," he said.



His sister Ruth took time off to stay with his father, Gene, while Craig was in the hospital. Then a friend recommended someone as care giver/housekeeper. That is working out very well except Craig worries that the caregiver does not drive, so transportation is a concern.



## Craig Krell's Diagnosis continued

In mid-January, six days after Craig first left the hospital, doctors confirmed the diagnosis: *stage 4 adenocarcinoma which has metastasized*. Many decisions about Craig's treatment plan are in progress; there is a possibility this type of carcinoma will respond to a newer chemo therapy. For now it's wait for more test results, wait for insurance approval. In the meantime pain management is a priority.

In late January Craig was once again admitted to the hospital.

He sees a long and life-changing process ahead. "I hope I . . . can navigate through it in a positive and life-affirming way." Strong support of family and friends will help.

Craig is not sure what communications he can manage in the near future. "I have not been able to handle Facebook for the last few weeks," he said. "Please know that if I do not immediately respond, it is not because I don't want to, it is [due to] a temporary 'rough patch'."

Please send good wishes and prayers Craig's way. He asks that you add him to the prayer circle at your church. Craig would welcome a card, a brief email or phone call/VM.

Contact information:

Craig E. S. Krell  
1400 E 55th Place, Apt 201-S  
Chicago IL 60637

Home 773-288-3929  
Cell 925-785-1979

