

# CHICAGO HYDE PARK VILLAGE



## THE VILLAGE VOICE

February 2020 – March 2020

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## **FROM THE DESK OF THE EXECUTIVE DIRECTOR**

**Michelle Dassinger**



For the first newsletter of 2020, I thought it would be appropriately resolution-ish to share the current vision, mission, and core values of CHPV with you because these statements describe the ideal that we strive for as an organization – just like many of us set New Year resolutions to strive for every January.

These statements are largely the result of board planning meetings and discussions facilitated by the staff of the Community Programs Accelerator. This version was the result of a retreat in the spring of 2018. Read them, reflect on them, let me know what you think!

### ***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.*

### **Mission**

*The mission of Chicago Hyde Park Village is to create a community of “neighbors helping neighbors” on the south side of Chicago by providing opportunities for social engagement, educational programs, and facilitating volunteer support services and referrals to foster vibrant healthy aging.*

### **Core Values**

- 1. Be open, communicative, and equitable*
- 2. Be compassionate and respectful of individual autonomy*
- 3. Integrated and responsive team made up of staff, volunteers, and students*
- 4. Sustained fiscal viability*
- 5. Effective, engaged, and knowledgeable board, committees, and staff team*
- 6. Clear management structure with appropriate pathways for input from members, partners, the community, volunteers, and staff*
- 7. Well-developed and impactful sustained services and programs*

Best Regards,

A handwritten signature in cursive script that reads "Michelle". The ink is dark and the signature is fluid and legible.

Michelle

## **BOARD MEMBERS**

### **Earlline Davis**



**Ms. Earlline Lillian Davis, CRC** is a Vice President for Investments, and Senior Financial Advisor with BMO/Harris Bank. She has a finance degree from Governors State University, and she is a Certified Retirement Counselor. She currently serves the Kenwood, Hyde Park, Pulaski, and Beverly areas. Although she was born in Belize, she has lived for several decades in Oakenwald with her husband and the youngest of their three children. This picture was taken at the CHPV 5<sup>th</sup> Anniversary Celebration [photo by **Kathy Huff**].

### **Barbara Norrish**

**Ms. Barbara Norrish, BS, MS, PhD.** is a retired nurse and health administrator. She has a PhD in Health Services and Policy Analysis from the University of California, Berkley. She began her nursing career as an Army



**Photo by Kathy Huff**

Nurse at Walter Reed Army Medical Center in Washington. She spent three years on the faculty of Samuel Merritt University as the Director of the Graduate Case Management program before leaving to join Kaiser Permanente, as the Director of Operations for Northern California Regional Patient Care Services (aka nursing). After retiring in 2013 she became a Volunteer in Park at the Rosie the Riveter World War II National Historical Park in Richmond, California; as a volunteer working with students on writing assignments in a Richmond High School English class, and as an usher at the Berkeley Repertory Theater.

Barbara moved to Chicago in 2016 to “share the journey of aging with my dear friend Terry Stumpf.” She became a docent at the Robie House, since she has

been a fan of Frank Lloyd Wright for several decades. She serves as co-chair of the CHPV Program Committee, and chaired the 2018 Fall Fundraiser.

## **ANNUAL APPEAL**

**Margaret Huyck**

Thanks to the 59 donors who have contributed \$8,760 to the end of the year annual appeal (as of January 28, 2020!

*There is still time to make donations* – perhaps to honor the memory of a loved one, or the ongoing work of an admired person.

We will have a complete list of donors for the year at the Annual Meeting on Tuesday, March 10, 4-6 pm at the Accelerator, 5225 S. Cottage Grove.



## **UPCOMING Chicago Hyde Park Village EVENTS**

### **Drop Ins 2020**

**Susan Alitto**

Despite challenging January weather, we welcomed high attendance at interesting programs. On January 8, Dr. Shellie Williams led a lively presentation and discussion on “**Understanding Hospice and Palliative Care.**”

On January 22, **Nina Helstein** treated us to a fascinating account on the origins and history of the **University of Chicago Folk Festival** which is presenting its 60<sup>th</sup> program this February 14 and 15 at Mandel Hall. Thanks to our affiliation with the Festival and their generosity, we also began selling deeply discounted tickets: \$12 for Friday evening (as opposed to general admission \$25, seniors \$20) and \$15 for Saturday (general admission \$30, seniors \$25). If you missed the opportunity to buy tickets at the Drop In, you can still order tickets through the office or at the next Drop In on February 12. Payment with cash or a check is due at the time of the order (sorry, we cannot accept credit cards for this). **All discount orders must be received by February 12.**

The exciting line up continues for February. On **February 12**, we will welcome **Tessa McEwen from UC Medicine’s Memory Center** to talk with us about care and support for dementia patients and their families and how we can develop a dementia friendly community in Hyde Park.

On **February 26**, the producer of the **Gilbert and Sullivan** shows, **Nancy Levner** will join to talk about this year's production of the lively and popular "**Pirates of Penzance**." Again, the Gilbert and Sullivan Society will offer us discounted tickets \$15 for their performances on March 13-15. We will begin tickets sales at this Drop In and continue to make them available through the office and at the March 11 Drop In. Again, payment with cash or a check is due at the time of your order (sorry, we cannot accept credit cards for this). **All discount orders must be received by March 11.**

Our **program committee** is busy scheduling more interesting programs for upcoming Drop Ins from entertainment to topics on Healthy Aging and other useful information for seniors. As always, we welcome your suggestions and requests

**CHPV DINING OUT | EATING TOGETHER**  
**JANUARY 2020 | A NEW YEAR & A NEW DECADE**  
**Terry Stumpf**

This Morning I Pray for My Enemies  
And whom do I call my enemy?  
An enemy must be worthy of engagement.  
I turn in the direction of the sun and keep walking.  
It's the heart that asks the question, not my furious mind.  
The heart is the smaller cousin of the sun.  
It sees and knows everything.  
It hears the gnashing even as it hears the blessing.  
The door to the mind should only open from the heart.  
An enemy who gets in, risks the danger of becoming a friend.  
— *Joy Harjo, Poet Laureate of the United States*



**CHPV's First "Let's do Lunch" at Valois Cafeteria!**

**CHPV FIRST TUESDAY DINNER SALON**  
**TUESDAY, JANUARY 7, 2020 4:30 P.M.**  
**THE SNAIL THAI CUISINE RESTAURANT**  
**1649 EAST 55TH STREET, CHICAGO**  
**773-667-5423**



**EAT, TALK, AND BE FRIENDLY! DINNER GATHERING**

First Tuesday Dinner Salon is our casual *no-host* dining together. Conversation around the table can center on life in Hyde Park, travel experiences, upcoming events, and/or politics.

First Tuesday Dinner Salon is open to CHPV members and non-members. No Reservations required – just show up as you are able. Dress is casual.

Diners order off the menu and individual checks are provided. Each diner's individual check includes tax and 18% gratuity. Payment - cash or credit card accepted.

Transportation on your own. On 55th Street paid parking available; no fee parking on the side streets.

**TABLE CONVERSATION TOPIC | A NEW YEAR & A NEW DECADE**

- Keeping your eye on the ball?
- That which matters most to you?

Our Corner Round Table (and now the side room) dinner and conversation awaits - bring a friend, yourself, an appetite, smiles and good stories.

Arrive a little early and/or on time to grab a seat at the table. We've been filling up our space fast.

The Corner Round Table is reserved for you and your guest!

For further information and questions, contact Terry Stumpf at

[tls1649@sbcglobal.net](mailto:tls1649@sbcglobal.net)

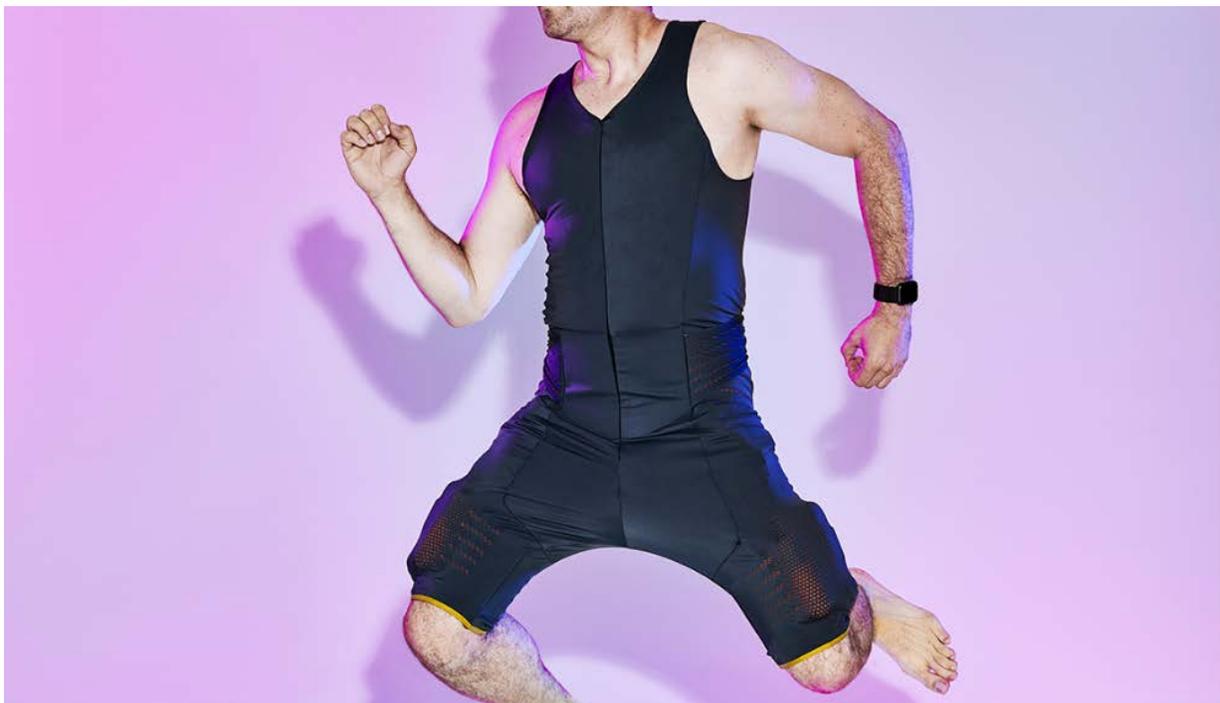


**Terry entertaining some members at the first “Let’s Do Lunch” at Valois Cafeteria**

## NEWS YOU CAN (POSSIBLY) USE

### HOT NEW WAYS TO TREAT CHRONIC DISEASE

Rita McCarthy



Tech breakthroughs like robotic underwear and stroke-detecting visors are improving quality of life and revolutionizing medicine.

Did you know that electricity or what they call “electroceuticals” is the hot new way to treat chronic diseases? It is actually known as “**bioelectronic medicine.**” Check out **the Time Magazine** article (Nov, 4, 2019) [“Tapping Electricity for New Therapies”](#), part of an issue focused on “Health Innovation.”

New advances in bioengineering and neurology allow scientists to identify specific nerves and implant devices that can be activated when needed to stimulate or dial down activity that serves to regulate the body’s immune and metabolic responses. Such therapies already exist to treat headaches, certain types of depression, as well as chronic and sinus pain. The article goes on to discuss the fascinating new research being done. Estimated to become a **\$40 billion industry** by 2025.

[An article](#) in the Oct/Nov 2019 issue of **AARP Magazine** also talks about recent medical breakthroughs such as a robotic piece of underwear, customized to assist mobility of older people with a weak back or hips. This fascinating device was originally developed to enhance a soldier’s endurance in the field. As a pilot study, eligible members in a Seattle retirement community are leasing and testing garments for \$1,000 to \$5,000 depending on the package. The cost is expected to come down.

Another article in the **AARP Magazine** describes [the Otago Exercise Program](#) designed to prevent second falls. The program includes a series of five strengthening exercises and 12 balance moves with increasing levels of difficulty. These are focused on the knee, hip and ankle. Some exercises include backward walking, knee bends, heel walking and toe walking. This exercise program is to be administered by a physical therapist.

## **TIRED OF COOKING?**

**Rita McCarthy**



While my husband Steve and I do like to cook, we recently tried some freshly pre-prepared foods at **Trader Joe's**. We were pleasantly surprised.

In the fresh food section, we love:

- the grilled vegetables,
- the salad kits complete with dressing, especially the Kale and broccoli
- the roasted potatoes with red peppers and onions
- the fresh rosemary chicken breast with wild and brown rice.
- the various types of salmon.

And in frozen section, we're partial to:

- spanakopita
- mushroom risotto
- chicken chile verde burritos
- the soups (the pea soup is especially good)

Let CHPV know what meals you've enjoyed. Write [info@chpv.org](mailto:info@chpv.org).

## SENIOR HOMEOWNER TAX BREAK CHANGES

Seniors can apply for multiyear homeowners tax break this year

Margaret Huyck

Senior citizens who own their own homes in Cook County can now immediately apply for a multiyear tax exemption, instead of having to apply for the tax break every year. Some owners of condo and coop apartments, or association houses, have already received notices that their exemptions will be automatically renewed this year. Now seniors can apply for their 2019 property taxes, and can receive the break for four years without having to reapply. The new law only applies to seniors who own property in Cook County and occupy it as a residence.



## FREE TAX HELP AVAILABLE TO CHICAGO RESIDENTS

Dorothy Pytel



Qualified Chicago families and individuals can receive free tax return preparation and e-filing at tax sites located across the city.

The City of Chicago is committed to ensuring that hardworking Chicagoans can access free tax services to file their returns and claim their tax refunds. The City of Chicago works with its nonprofit partner, **Ladder Up**, to offer free tax help throughout the tax season and at various points in the off-season.

<http://www.taxprepchicago.org/index>

## DISCOUNTS

Terry Stumpf

- Wednesdays **10% Seniors** at Hyde Park Produce | Purchase a Hyde Park Produce Gift Card for \$50.00, it'll be reloaded to the amount of \$55.00 (can't be combined with Seniors Discount of Wednesdays)
- All Days Senior **15% Discount Eat-in Only** Leona's Pizzeria & Restaurant
- All Days Senior **Admission \$7.00** Harper Theater
- All Days Senior **10% Discount** Dunkin' Donuts
- **10% discount on haircuts** for CHPV Members at Hair Design International on 57th St.

## ABOUT OUR MEMBERS

### NEW MEMBERS: WELCOME!

Zina Stephan



**Zina Stephan** moved with her sister Irene Koenen to Hyde Park from Portland, OR last May. She is very happy in the neighborhood and living at the Windemere. While she misses friends, she finds this a very friendly neighborhood, and can easily indulge her love of reading, theater, music and dance. She has long had dance as a serious hobby, and was a serious ballroom dancer for 14 years. In addition, she worked as a medical technologist.



## Reeva Shulruff



Hi Thanks for the welcome. There are so many activities available through the Chicago Hyde Park Village. I was at Yoga this morning. I lived in Hyde Park for several years in the 60's when I attended SSA. I returned to Hyde Park in 1985 and have been enjoying Hyde Park and all it has to offer since. I am a Pediatrician and am now working part time. In addition to Sounds Good choir I am a member of KAM Isaiah Israel Congregation and the community choir.

## Representative Curtis Tarver II.



Photo by Kathy Huff

**Curtis Tarver II** was elected to represent District 25 in the Illinois House of Representatives to replace Barbara Currie. He lives in the North Kenwood neighborhood. He earned a BS from Iowa State University in 2003 and a J.D. from the University of Iowa College of Law in 2006. He has worked as an assistant to Mayor Richard M. Daley, operated his own law firm, and is the co-founder of the first African-American owned and licensed brewery in Illinois. He is shown here at our Annual Fundraiser with his daughter, and with Executive Director Michelle Dassinger and Director of Special Projects Dorothy Pytel. He also attended the 5<sup>th</sup> Anniversary Celebration in November.

## Carla Young

I am grateful to Dorothy Strang for introducing me to Hyde Park Village and Janeé's yoga class. As I begin a new phase of my life as a retiree, I appreciate the work so many have done to make this organization and these resources possible. As the leader of the early childhood division at the Laboratory Schools for many years, I was guided by my mission to support children, families, faculty and the school. I was fortunate to be a part of a school founded by John Dewey in 1896 whose thinking and writing about education included a belief in the importance of school as a cooperative community. I am just learning about Hyde Park Village and the ways in which it helps build communities of people who support each other and enrich each other's lives.

My husband Jack and I live at 59<sup>th</sup> and Stony Island. Jack, who trained as a historian and worked as a school administrator, now enjoys being able to focus on his own research and writing. We are blessed to have nine grandchildren. I travel to Boston for part of every month to be with my daughter, her husband and their family of three girls

## IN MEMORIAM

### **Barbara O'Connor, Political Organizer and Neighborhood Activist, Dies at 89** *Alexander von Hoffman* (her adopted nephew)



*Photo from The Hyde Park Herald*

Barbara O'Connor, a passionate reformer who conducted field operations for the political campaigns of Abner Mikva, Harold Washington, Carol Moseley Braun, and Barack Obama, among countless other progressive candidates, died of cancer in Chicago on January 12, 2020, at age 89.

Such was O'Connor's repute in local political circles that the young Barack Obama came to her apartment, seeking her advice on whether to run for elected office.

O'Connor was born on April 28, 1930, in Chicago's Chatham neighborhood to Joseph Patrick O'Connor and Mary Roche. By the time she was 18, both her parents had died. She and her younger sister, Mary Ellen O'Connor, went

to live with their mother's sister and family. Barbara O'Connor attended Mercy Catholic High School in Chicago and Marycrest College in Davenport, Iowa.

From a young age O'Connor dedicated her life to social justice and progressive politics. She recalled proudly that at the age of 15 she was arrested for the first time at a civil rights protest, and in 1948, she volunteered for her first political campaign, to elect Adlai Stevenson II governor. After college, she got her first job at the Chicago Catholic Action Federation, where she joined liberal Roman Catholic activists in the Young Christian Students organization.

In 1955, she moved to Chicago's Hyde Park neighborhood, where she participated in community affairs for the next 65 years. There she met Saul Alinsky, the founder of the Industrial Areas Foundation, who taught her techniques of community organizing.

An ardent supporter of civil rights, she pushed local property management companies to integrate their apartment buildings, served on the board of the Catholic Interracial Council of Chicago, and became a consultant to the Illinois Commission on Human Relations. She was a close friend and supporter of Chicago civil-rights leader Al Raby.

Above all, O'Connor fought for liberal Democratic reform candidates, particularly opponents of the regular Democratic organization. She began as a campaign precinct volunteer, but her pleasant personality and strong focus on issues soon gained her greater responsibility. Campaign managers put her in charge of canvassing large districts and training and deployment of precinct workers for entire campaigns. On election days, O'Connor was a tireless troubleshooter, handling a myriad of legal and logistical problems.

Early on, O'Connor lined up behind Hyde Park's anti-machine alderman, Leon Despres, and later aided the campaigns of other dissident candidates, including Mary Lee Leahy, Richard Simpson, and David Orr for Chicago aldermen; Richard Newhouse and Barbara Flynn Currie for the Illinois State Senate; and Abner Mikva for U.S. House of Representatives.

In the 1972 Illinois governor's race, O'Connor worked under her close friend Victor de Grazia in the campaign of the maverick Dan Walker and contributed to Walker's historic upset victory over the Republican governor, Richard B. Ogilvie. In 1974, she became the director of the Illinois Governor's Action Office. Recalling her work there, a career civil servant, Jim Mullen, declared, "I never met a stronger, tougher, or more value-driven person in politics or government."

In 1983 and 1987, O'Connor fervently supported Harold Washington's campaign for mayor of Chicago, training canvassers and filling in where needed. Arlene Rubin, her co-legal specialist in those campaigns, remembered that O'Connor knew election law and procedures better than the campaign's volunteer attorneys. O'Connor considered Washington a friend and served in

his administration as deputy director of the Mayor’s Office of Inquiry and Information.

In the 1990s and 2000s, O’Connor continued to work campaigns. She helped to elect Carol Mosely Braun to the U.S. Senate in 1992, as well as assisting such Illinois politicians as Jesús “Chuy” García, Luis Gutierrez, and others too numerous to list.

When not campaigning or working, O’Connor devoted herself to community life in Hyde Park. She was involved with the Hyde Park Kenwood Community Conference, in 1960 as block club organizer to facilitate racial integration and urban renewal, later as executive director to revive the conference, and on the board of directors. An avid photographer, O’Connor was an active member of the Artisan 21 cooperative artists’ gallery. A devoted gardener, she volunteered at the Hyde Park Garden Fair, where she dispensed advice on growing herbs and the art of forcing bulbs. She helped at the annual Hyde Park Art Fair and Used Book Sale. More recently, O’Connor was among the first to join the Chicago Hyde Park Village, which aims to allow its members as they age to remain in their homes and live a full life in their community.

A memorial service will be held for Barbara O’Connor at 11am, Saturday, February 1, at St. Thomas Apostle Church, 5472 S. Kimbark Avenue, to be followed by a reception nearby with tributes and music.

For additional information and sources for quotes, please contact  
Alexander von Hoffman  
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[alexander\\_von\\_hoffman@harvard.edu](mailto:alexander_von_hoffman@harvard.edu)



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## SPONSORS

DB Dentistry – Deborah L. Beaty, DDS

Hyde Park Bank

Hyde Park Produce

Rita McCarthy, Broker, Distinctive Homes Chicago, at Coldwell Banker

Hair Design International on 57<sup>th</sup> Street (10% off haircuts)

Mather Lifeways

Montgomery Place Resident Council

George Rumsey, Computer Resource Center

Toyota on Western

University of Chicago Medicine, Division of Geriatrics and Palliative Care

University of Chicago Office of Civic Engagement

UChicago Presents

James “Sandy” Wilson and Pamela Toler

## NATURE NOTES

### THE BALD EAGLE

*Sylvia Dawson*



When the rivers freeze over the Bald Eagles migrate to the Lock and Dam on the Illinois River at Starved Rock State Park. Here they feast on fish stunned by the turbines. Good views of the eagles can be had in February from the Visitor Center or the overlook at the Park.

## COMMUNITY EVENTS

The University of Chicago  
Comer Children's Hospital  
Service Committee

Save the Date for

### 53rd Annual Irish Coffee

Augustana Lutheran Church  
5500 South Woodlawn Avenue  
Chicago, IL 60637

Saturday, March 14, 2020

Admission \$10

2:00 pm – 4:30 pm

Only  
Irish Coffee  
provides in  
a single glass  
all four essential  
food groups:  
alcohol  
caffeine  
sugar  
fat



### Raffle and Silent Auction

Refreshments and Irish Music



**All proceeds benefit the critically ill  
children of Comer Hospital**

For more information visit  
[www.comerservicecommittee.org](http://www.comerservicecommittee.org)

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

**The University of Chicago  
Service League**

**Program Meeting  
Wednesday, February 19, 1:30 P.M.**

*Augustana Lutheran Church, 5500 South Woodlawn Avenue*



### **“Protecting Our Water”**

Kimberly Neely DuBuclet, a Commissioner of the Metropolitan Water Reclamation District of Greater Chicago, will discuss the mission of the MWRD of protecting our water and minimizing flooding and how this important environmental mission is implemented. Elected in November 2018, Commissioner DuBuclet will share her experiences on the MWRD and her goals for the District. Prior to joining the MWRD Board, this life-long Chicagoan and South Side resident worked for the Chicago Park District and served as a State Representative.