

MATHER LIFEWAYS

AgeAdvantage

JULY | AUGUST | SEPTEMBER 2018

In partnership with Chicago Methodist Senior Services



Ways to Age Well in Edgewater with Mather LifeWays

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Learn how to save 14% on our remaining luncheons in 2018

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THE STORY OF MATHER LIFEWAYS IN EDGEWATER



Founded in 1941, Mather LifeWays is a non-denominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well.SM Our program in Edgewater is the result of a shared vision of community service partners seeking to connect older adults to resources. It consists of community partnerships formed between Chicago Methodist Senior Services (CMSS), City Lit Theater, Edgewater Presbyterian Church, Bethany Retirement Community, the Heart-to-Heart program at St. Gertrude's Church, St. Andrew's Greek Orthodox Church, and CJE SeniorLife.

To learn more about Mather LifeWays in Edgewater, contact Kathy Bavaro at (773) 769.0299 or edgewater@matherlifeways.com.

Lunch, Entertainment, and More— Join the Celebration!

Meet new friends or bring a group—either way, each Mather LifeWays luncheon will be the party of the month! With a delicious lunch, toe-tapping live entertainment, an array of neighborhood resources, and a warm welcome for all, these events are part of what makes the Edgewater neighborhood a great place to Age Well!



MARK YOUR CALENDAR FOR ALL OUR LUNCHEONS!

July 23 | August 20 | September 24 | October 29
(No Luncheon in November) | December 3

LUNCHEONS AT MATHER LIFEWAYS

Dixieland Indoor Picnic **Monday, July 23**

Entertainment: North Shore Senior Stompers

Take in the taste of summer with grilled hamburgers, hot dogs, roasted chicken, fresh green salad, fresh fruit, popcorn, dessert, and beverage. Enjoy foot-stompin' Dixieland tunes performed by the North Shore Senior Stompers.

Reservations begin Tuesday, June 12 and are required by Wednesday, July 18.

Caribbean Carnival **Monday, August 20**

Entertainment: Edizon Dayao

Bring your island smile and sway to the upbeat rhythms of Edizon Dayao as he performs many danceable favorites, including contemporary line dances. Your taste buds will be dancing as well, as you enjoy a delicious lunch of roasted pork, roasted chicken, Spanish rice, steamed mixed vegetables, fresh green salad, seasonal fresh fruit, assorted rolls, dessert, and beverage.

Reservations begin Tuesday, July 24 and are required by Wednesday, August 15.

Ciao Bella Luncheon **Monday, September 24**

Entertainment: Peter Oprisko

Mama mia! If you're not Italian, you will be today as you enjoy the romance and entertainment of Italy. You'll be serenaded by vocalist Peter Oprisko, performing songs from the Rat Pack era. Savor a tasty menu of Italian meatballs and sausage, cheese tortellini with marinara sauce, penne pasta primavera, fresh green salad, seasonal fresh fruit, assorted rolls, dessert, and beverages.

Reservations begin Tuesday, August 21 and are required by Wednesday, September 19.

LUNCHEON DETAILS

RESERVATIONS REQUIRED

Please leave a message on our toll-free number (888) 600.2560, or email your name and phone number to edgewater@matherlifeways.com.

CHECK-IN: 11:30 a.m.

LUNCH AND PERFORMANCE: 12:00–2:00 p.m.

LOCATION:

St. Andrew's Greek Orthodox Church
5649 N. Sheridan Road, Chicago
(Park in the **PAVED** lot.)

COST: \$10

\$12 for a tuna plate or veggie burger. These options must be requested upon reservation.

*Luncheons are presented by Mather LifeWays
in partnership with Chicago Methodist Senior Services (CMSS)*

BECOME A MEMBER!

**Membership is free—just sign up at your first Mather LifeWays in Edgewater Luncheon.
We'll keep you informed about upcoming programs and events.**

TAKE A DAY TRIP WITH US!



Lake Geneva, Wisconsin

Thursday, August 2

Join us for the perfect summer trip! We'll dine at the Red Geranium, with your choice of Chicken Angelina, Black Angus chopped steak, or grilled citrus salmon. All entrees served with salad and appropriate side dishes (beverage included). Next, we're off to downtown Lake Geneva for shopping, strolling by the lake, or whatever you'd like! Stay ashore, or board the Grand Belle of Geneva for an ice cream social boat cruise. Guests must be able to travel on their own or bring someone to assist them.

Check-in: 8:45 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 9:00 a.m.; **Return:** Approximately 6:45 p.m.

Cost: \$82 (includes lunch, boat cruise, and round-trip travel on a coach bus) or \$62 (includes lunch and round-trip travel on a coach bus)

The Amish Country—Shipshewana, Indiana

Tuesday, September 11



Travel with us to Indiana's Amish country! Choose lunch on your own or a family-style lunch at the Blue Gate Restaurant, including roast beef, fried chicken, real mashed potatoes, chicken dressing, gravy, vegetables, homemade noodles, salad, homemade bread, and pie (beverage included). Take the rest of the afternoon on your own to browse the many shops in quaint downtown Shipshewana or head to the largest flea market in the Midwest! We'll provide transportation between downtown and the flea market (one trip only each way). Guests must be able to travel on their own or bring someone to assist them. Note that there may be a wait for the bus, and there are no chairs available outside the flea market while you wait.

Check-in: 8:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 8:15 a.m.; **Return:** Approximately 7:00 p.m.

Cost: \$35 (includes round-trip travel on a coach bus; lunch is on your own) or \$55 (includes family-style lunch, gratuity, and round-trip travel on a coach bus)

TRIP DETAILS

To register for a trip: Call (773) 769.1995 for more information, to receive a registration form, or to pay by credit card. Payment in full is required to confirm. **Payments are non-refundable. No exchanges.**

Checks payable to: Mather LifeWays

Mail to: Mather LifeWays, 1020 W. Bryn Mawr Avenue, Chicago, IL 60660

Day of trip: Parking is available at St. Andrew's Church. (Park in the **PAVED** lot.)

All trips are presented by Mather LifeWays.



Save Money & Skip the RSVPs with **ORANGE ADVANTAGE**

Join our Orange Advantage program and save a little for a rainy day. Save 14% by paying in advance for our five remaining luncheons in 2018, July through December. (There is no luncheon in November.) If you've been unable to commit to all 11 luncheons through our Express Pass program, this is your chance! Orange Advantage saves you a little money each month, plus you won't need to make a reservation for a lunch—your name will already be on the list.

Cost: \$43 for five luncheons
(July 23, August 20, September 24,
October 29, and December 3)

**Call Dave Dalton at
(773) 769.1995 for more
information or to pay
by credit card.**

Note: Orange Advantage participants will enter through our regular check-in line. Our reservation list will reflect that you paid and are part of Orange Advantage. No exchanges or refunds.

WELLNESS PROGRAMS

Experiencing Spirit

Wednesday, September 12, 1:00–3:00 p.m.

Kathy Bavaro, Spiritual Guide

Many of us have lost someone physically in this world, yet continue to feel their spirit with us. In this program, we will share our experiences with the afterlife and discover that, in spite of our culture's skepticism, these events are quite common. By honoring these special connections, we will be able to better appreciate the gift they add to our lives.

Cost: \$2

Reservations Required: (773) 769.1995

Exercise—Mild & Moving

Tuesdays, 11:00 a.m.–12:00 p.m.

Boost your cardiovascular fitness, flexibility, and balance, all while you move to fun music, standing or sitting in a chair. A former dancer with the Juilliard School in New York, instructor Suzanne Harris is a certified physical trainer who also teaches at Galter LifeCenter. Take advantage of this great way to stay fit!

Cost: \$2/class

Call (773) 769.1995 and register to try your first class free!

Tai Chi

Fridays, 11:00 a.m.–12:00 p.m.

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Why tai chi? Increased balance, stamina, flexibility, brain health, and reduced blood pressure... all are possible benefits of tai chi! Come try something new—you'll learn and practice in a supportive, compassionate environment and feel better! Please wear loose-fitting, comfortable clothing, and bring a pair of socks.

Cost: \$4/class

Call (773) 769.1995 and register to try your first class free!

LOCATION INFORMATION

Each wellness program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

ART PROGRAMS

Art History: Modernism

Wednesday, August 15, 1:00–2:00 p.m.

As a style, a culture, and a philosophy, modernism transformed the world in the twentieth century. From the 1893 World's Columbian Exposition, to the urban renewal of the 1950s, this lecture will focus on Chicago's unique contributions to modernism.

Cost: FREE

Reservations Required: (773) 769.1995

Art Class: Paper Flowers

Wednesday, September 26, 1:00–3:00 p.m.



Join artist Vivian Visser, who will guide you through creating some beautiful paper flowers to take home.

Cost: \$12 (includes materials)

Payment in advance required. Space is limited. For more information or to pay by credit card, call (773) 769.1995.

Art Insights—Coming in September!

Presented by a volunteer from the Art Institute of Chicago, Art Insights has covered topics including Women in Art and Gauguin. Interested in learning more? Contact us for the topic, date, and time—and make a reservation. This program is free. Please call (773) 769.1995 for details.

LOCATION INFORMATION

Each art program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

TUESDAY MORNING BOOK CLUB

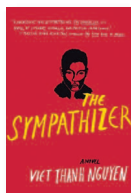
Meets the last Tuesday of the month.



Girl with a Pearl Earring

By Tracy Chevalier

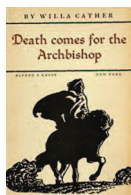
Date: Tuesday, July 31,
10:00–11:30 a.m.



The Sympathizer

By Viet Thanh Nguyen

Date: Tuesday, August 28,
10:00–11:30 a.m.



Death Comes for the Archbishop

By Willa Cather

Date: Tuesday, September 25,
10:00–11:30 a.m.

Location: Edgewater Presbyterian Church,
1020 W. Bryn Mawr Avenue

Parking: Available at St. Andrew's Church, **PAVED** lot

Cost: FREE

Contact: (773) 769.1995

LOW-VISION FRIENDS

**Mondays, July 9, August 13, & September 10,
10:00 a.m.**

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. Call to confirm.*

Location: Edgewater Presbyterian Church,
1020 W. Bryn Mawr Avenue

Cost: FREE

Contact: (773) 769.1995

The above programs are presented by Mather LifeWays.

HISTORY PROGRAM

Mother Jones & the Virden Mine Massacre

Tuesday, August 14, 1:00–2:00 p.m.



Historian Paula Fenza shares little-known details about Mother Jones and the 1898 labor union conflict in Virden, Illinois, which left four security guards and seven striking mine workers dead.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: FREE

Reservations Required: (773) 769.1995

Presented by Mather LifeWays and Edgewater Village

What Is Estate Planning (and Why Do I Need It)?

Nancy Franks-Straus, Partner, Golan Christie Taglia LLP

Tuesday, October 2, 1:00–2:00 p.m.



Learn all about the basics on estate planning and how to benefit from it. Nancy will cover:

- planning for disability (health care issues, living wills, and health care power of attorney)
- planning for financial issues (property power of attorney and guardianship)
- planning for death (wills, probate, living trusts, and estate taxes)

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: FREE

Reservations Required: (773) 769.1995

Tribute to Evelyn Buchanan



“A life well-lived” comes to mind when thinking of our long-time member Evelyn Buchanan. She spread so much joy at our luncheons with her upbeat and friendly

personality, and that came from her pure enjoyment of being there, visiting with friends and meeting new people. She appreciated each day fully and the gifts that came with it.

In her youth, Evelyn was a civil rights protestor. As an adult, she worked for the City of Chicago, fighting against poverty and serving as a counselor. She worked with children in many different settings, including in her younger years when she worked with children who lived in the inner city through an ecumenical church program.

Evelyn listened to the beat of a different drum even before it was fashionable. She was an independent thinker and an inspiration to others. In her later years, she explored creative outlets and discovered she was an artist and poet.

Evelyn knew what it meant to Age Well as she participated in our programs and her own exploration. We'll miss her joy, warmth, and compassion, even as her wisdom and kindness keep “paying it forward.” She will always be with us in spirit.

Thank you for your life well-lived, Evelyn!

With love and gratitude,

Kathy Bavaro

FILM SERIES AT MATHER LIFEWAYS

Light refreshments will be served.

Cost: \$2 • Reservations Required: (773) 769.1995

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, the President's Room.
Park in the **PAVED** lot and use the **REAR** entrance
between the church and the auditorium.

Presented by Mather LifeWays



The Leisure Seeker R



A runaway couple (Helen Mirren and Donald Sutherland) go on an unforgettable journey in their faithful old RV, traveling from Boston to Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprises.

Wednesday, July 25, 1:00–3:00 p.m.

Finding Your Feet PG-13



When Sandra discovers her husband is having an affair with her best friend, she seeks refuge with her estranged older sister Bif. Sandra is a fish out of water next to her free-spirited sibling, but she reluctantly lets Bif drag her to a dance class, where she starts finding her feet.

Wednesday, August 22, 1:00–3:00 p.m.

Year by the Sea UR

Hoping to reclaim who she was before marriage and children, an empty nester retreats to Cape Cod, where she embarks upon a quest to set herself free.

Wednesday, August 29, 1:00–3:00 p.m.

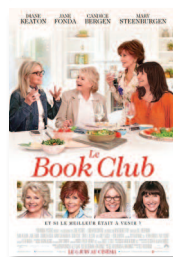
Chappaquiddick PG-13



This thought-provoking film reveals the scandal and mysterious events surrounding the tragic drowning of a young woman, as Ted Kennedy drove his car off the infamous bridge.

Wednesday, September 5, 1:00–3:00 p.m.

Book Club PG-13



Diane (Diane Keaton) is recently widowed, Vivian (Jane Fonda) enjoys her men with no strings attached, Sharon (Candice Bergen) is still working through her decades-old divorce, and Carol's (Mary Steenburgen) marriage is in a slump. After reading the infamous *50 Shades of Grey*, these four lifelong friends are catapulted into a series of outrageous life choices.

Wednesday, September 19, 1:00–3:00 p.m.

Art inspires people at every stage of life, which is why Chicago Methodist Senior Services (CMSS) has hired art historian Dr. Mark Pohlad as Arts Programming Director for our three aging services communities, Covenant Home of Chicago, Hartwell Place, and Wesley Place. Dr. Pohlad, who was an active volunteer at CMSS before joining our staff, noticed that residents not only enjoyed discussing history and engaging with art, but wanted to keep learning. So instead of just showing them artwork, he decided to create a lecture series.

While the benefits of art therapy are becoming widely recognized, art history hasn't been part of many programs to date. Based on the resident response we've seen to the CMSS program, we believe art history has a role to play in art therapy for older adults.



The greatest benefit of these lectures, according to Dr. Pohlad, is that they answer a need for intellectual enrichment. Many residents are college-educated, and these lectures give them a chance to engage and discuss interesting subjects in a college-like setting again. For others, the program gives them the opportunity to complete a new educational achievement.

One Covenant Home resident, Marci, always hoped she could go back to college. Thanks to CMSS's art history certificate program, Marci says her prayers were answered and "college came to her."

Now a sample of Dr. Pohlad's courses is coming to you. Join us for Art History: Modernism on Wednesday, August 15. *See page 6 for details.*



SATURDAY, JULY 7
3:00–11:00 p.m.

SUNDAY, JULY 8
12:00–11:00 p.m.

Enjoy fun for the whole family—including Greek food, dancers, beer and wine, music, children's activities, and a marketplace.

Admission: \$3 (Children 12 and younger FREE with adult)

St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road

For information call (773) 334.4515. • standreworthodox.org

NOW MORE PARKING!

- Both sides of Sheridan Road between Hollywood and Balmoral
- Emanuel Congregation, 5959 N. Sheridan Road (Sat. 1:00–11:00 p.m.; Sun. 11:00 a.m.–11:00 p.m.)
- Church of Atonement, 5749 N. Kenmore (Sat. 2:00–11:00 p.m.; Sun. 1:00–11:00 p.m.)

COMMUNITY CONNECTIONS

Programs are held at the address(es) listed in the headings unless otherwise noted.

BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

Classes begin August 7 and continue through September 6. Call for more specific information. Classes, dates, and prices are subject to change.

Acting

This activity introduces beginner actors and actresses to the basic principles of performance. Participants will learn exercises and games to develop their confidence and stage presence.

Dates: Tuesdays, 6:30–8:00 p.m.

Cost: \$12.50

Senior Storytelling Workshop

Storytelling is a unique craft used over the ages to communicate myths, legends, and more. Learn the skills needed to be a great storyteller.

Dates: Thursdays, 1:00–2:00 p.m.

Cost: FREE

CITY LIT
LITERATE ★ THEATER

Meet City Lit Theater

We are proud to partner with City Lit, a not-for-profit theater company founded in 1979 devoted to stage adaptations of literary material. Their mission includes making live theater accessible through low ticket prices. They also offer a \$4 senior discount on all shows.

For more information, visit citylit.org.

OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

Simply Strong

Staying physically active is one of the most important things you can do to maintain your health and independence. This class focuses on improving strength, balance, and flexibility—increasing your ability to carry out daily activities as well as reducing your risk of falling. The last 15 minutes of each class is dedicated to a lively and informative wellness discussion.

Dates: Tuesdays, 10:00–11:00 a.m.

Cost: FREE

NORTHSIDE COMMUNITY RESOURCES

1530 W. MORSE AVENUE, (773) 338.7722, EXT. 21

Senior Home Repair Program

You're eligible for FREE repairs if you meet income limit restrictions, are at least 60, and a Chicago resident. Types of repairs include safety improvements, security improvements, and accessibility improvements. Contractors are licensed and bonded. This program is sponsored by the City of Chicago Department of Planning and Development. For more information, call (773) 338.7722, ext. 21.

HEART-TO-HEART

Serving homebound older adults in the Edgewater community. Volunteers provide friendly visits, reassuring phone calls, light shopping assistance, escorts to appointments, and transportation. Call (773) 973.5464 if you need assistance or would like to become a volunteer.

CHICAGO METHODIST SENIOR SERVICES

The Most Extensive Senior Services Network on
Chicago's North Side • cmsschicago.org
1415 W. FOSTER AVENUE • (773) 769.5500

*Classes will take place at Winwood Apartments,
1406 W. Winona. Reserve a spot by calling (773) 769.9000
or emailing computerservices@cmsschicago.org.*

Accessibility Features in Windows 10

We'll look at mouse, keyboard, and screen features
that help make Windows easier for everyone.

Date: Thursday, July 12, 10:30 a.m.–12:00 p.m.

Cost: \$12

Malware, Spam & Viruses

Learn to defend yourself from computer threats and
what to do if you're affected.

Date: Tuesday, July 17, 1:30–3:00 p.m.

Cost: \$12

Backup Basics

Secure documents, pictures, and videos with simple
tools you already have in your computer.

Date: Thursday, July 26, 10:30 a.m.–12:00 p.m.

Cost: \$12

Help Grow Our Community!



Every Mather LifeWays luncheon
is a festive celebration thanks
to people like you! We'd like
to welcome new friends at
future luncheons (and ALL
our programs in Edgewater).

Please help us get the word out to your neighbors who
are not attending our events.

Ask us about flyers and other ways you can be an
ambassador for our special community.

CJE SENIORLIFE

A Non-Denominational Social Service Agency
3003 W. TOUHY AVENUE, (773) 508.1000

CJE SeniorLife's Shalom Bus is in your neighborhood.
Call (773) 508.1000 for more information or to apply.

THE LENDING CLOSET

St. Gertrude's maintains a lending closet for
medical equipment that people frequently
request. Call (773) 973.5464 to see if they
have what you need.



GET CONNECTED TO POSSIBILITIES



Telephone Topics

*Discover... chat... journey...
without leaving your home!*

- Register in advance by calling (888) 600.2560,
or emailing teltopics@matherlifeways.com.
- At the time listed for the program, dial in from
any phone ... and enjoy. All calls are FREE!

*Visit matherlifeways.com/telephonetopics
for a current schedule.*

Save Money & Skip the RSVPs When You Have ORANGE ADVANTAGE



If you're planning to attend the five remaining Mather LifeWays luncheons in 2018, get **Orange Advantage** and save a little money for a rainy day!

By pre-paying for our five remaining luncheons in 2018, July through December (there is no luncheon in November), you'll save 14%. Your total cost: \$43.

Plus, you won't need to make a reservation for a lunch—your name will already be on the list.

For more on Orange Advantage, see page 5.