

A program of
**CHICAGO
LIGHTS**

at Fourth Presbyterian Church

**Center
for
Older
Adults**

Your Time

A B E L O N G I N G P L A C E

126 E. Chestnut St. | Chicago, Illinois 60611 | 312.787.4570 | www.chicagolights.org

**January/
February
2007**

**Patty Jenkins,
Director**

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People Like Us

The COA will embrace a tremendous opportunity for growth very soon, as our society experiences an increase in the retiree population. Looking forward to our prospects for growth and the chance to serve more Chicago neighbors, we began a thorough Long-Range Planning process in March 2005 to develop a blueprint for expansion.

A team of fifteen individuals reviewed our strengths and weaknesses as an organization, the qualities of our core membership, and our potential target audiences. The Long Range Planning (LRP) Team came from the COA and Fourth Church members, staff, and the community. What they all had in common was a deep interest in the continuing vitality of the COA.

The COA is made up of a variety of individuals. The common thread is a desire to learn and grow as a person. Members may join for the classes, but they often stay for the friendships and interesting people they meet. Most people participate in at least two to three activities.

So the LRP Team determined first of all that **we want to attract more people like us!** We've got a great thing going here, and want to share it with others.

In order to grow our membership, we need a manageable and effective marketing plan. In November, we received the wonderful news of approval for a generous grant from

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January and February Mini-Courses

January: French Film Series
French cinema typically brings together a different set of priorities than American film. Visions of hope, purpose, tragedy, romance, or comedy take a uniquely philosophical point of view. In January, COA French teacher Claudine Wojtowicz will host a mini-series of five famous French classics of very different styles. Films will include *Les Parapluies de Cherbourg* (*The Umbrellas of Cherbourg*) with Catherine Deneuve; *Topaze* by Pagnol; *Au Revoir*

les Enfants (*Goodbye Children*) by Louis Malle; *Cyrano de Bergerac* with Gerard Depardieu; and *Les 400 Coups* (*The 400 Blows*) by Truffault.

Films will be shown Wednesdays in January, beginning January 3, at 10:00 a.m. A complete course syllabus is available the front COA desk.

Mini-Courses are included in COA memberships. Non-members may attend for \$30. All movies will feature English subtitles.

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the Retirement Research Foundation to hire marketing and communications professionals. We hired two consultants who will work with a team of staff and volunteers to develop a marketing plan to elevate our visibility and portray an accurate image of the creative, dynamic, and life-giving people we are.

Enhanced Programming for Men

We believe there is an opportunity to increase our support of men, who currently represent roughly 20% of COA members. For a variety of reasons, men are often underserved in communities like ours. Therefore, the LRP Team's second priority is to **involve more men in the life of the Center**. To begin, we will offer additional For Men Only courses, such as our current men's foreign policy discussion group, in 2007.

Surge in Retirement

In a very short time, you will not be able to swing a golf club without hitting a retired Baby Boomer. This dynamic generation has already begun to retire and will surely re-weave the fabric of retirement. We expect them to want a more hands-on learning environment, avenues to influence program direction, meaningful volunteer opportunities, and freedom from membership restrictions.

Analysts also expect that this generation may be challenged in ways they have never experienced. Instead of wealth, they may face economic strain. In place of world stability, there may arise a permanent shift in the balance of power. Instead of being surrounded by people who look like them, they will rely on the skills and power of ethnic minorities for their elder care. Therefore, our third determination is to **engage the dynamic generation of Baby Boomers and recent retirees entering a new phase of life**.

Exciting New Offerings

Our immediate plans include an increase the number of annual Mini-Courses from two to at least five. We will aggressively market them beyond our current

membership. Non-members are welcome to attend Mini-Courses for a special fee. At least one new course will be tailored for men only, although the topic may be repeated for the general membership. We also hope that at least one Mini-Course will be led by a Center member. Two upcoming Mini-Courses, both involving film, are described in this newsletter on pages one and six.

We hope to see more members involved in leadership as well. We will be asking for your wisdom and energy to generate Mini-Course ideas, volunteer activities, social events, and possibly travel excursions.

We plan to adjust our weekly schedule to minimize class overlap and eliminate significant gaps between classes. We will keep everyone well-informed of any planned schedule changes. As promised, membership dues will remain the same until September 2008.

New Identity in the New Year

As the LRP team concluded its thorough assessment and began to look forward to the dramatic opportunities ahead, the need for a new Center identity emerged. When the "Senior Center" at Fourth Church changed its name fifteen years ago, it was a progressive move. Today, our name is too often a stumbling block for those who could be enjoying our community.

We will officially unveil our new name at the Mid-Winter Gathering at Borders on Michigan Avenue (at Pearson) on January 29 from 1:00 to 3:00 p.m. (see page 3 for more information). Please join us to learn about our new identity and other new program offerings.

Future Promise

We have so much to look forward to, and so many good memories and blessings to be thankful for. With a forty-year history of creativity and commitment, the future of retirement and aging is bright in our corner of the world.

Thanks for making it all possible!

Outings and Adventures

- **Nite Out at Szechwan House:**

Friday, January 12, 5:00 p.m.

Szechwan House is one of our favorite spots for dinner, offering an extensive menu with something for every taste, be it spicy, mild, vegetarian, or carnivore. We'll meet at the restaurant at 625 N Michigan (entrance is on Ontario). Open to first 15 to sign up. "Dutch Treat"

- **All Night Strut at Marriott Lincolnshire:**

Wednesday, January 24 at 9:30 a.m.

Be prepared to swing and jitterbug in your seat as "All Night Strut" takes you on a musical extravaganza celebrating the sounds of the 30s and 40s. We'll go from the funky jive of Harlem to the sophisticated elegance of El Morocco with non-stop singing and dancing. Before the show, we'll enjoy a fabulous lunch at the Marriott. RSVP by Wednesday, January 10. \$55

Midwinter Gathering

Monday, January 29, 2007

1:00 to 3:00 p.m.

Our annual festivities with hot piano jazz moves down the street to Borders this year as we officially unveil our new name and program plans! Join us on the third floor for jumping piano tunes from Chicago musician Erwin Helfer, scrumptious refreshments, and exciting plans for the new year. All are welcome at no charge, with an addition gift of a discount shopping day from Borders.

- **Nite Out at Roy's:**

Friday, February 9, 5:00 p.m.

Billed as Hawaiian fusion fare, Roy's offers an extensive menu that combines fish, meat, and produce from Hawaii with Asian spices, using classic French cooking methods. If you enjoy wine with dinner, you'll have your choice of 19 that are served by the glass, or you can order a Mai Tai and pretend you're in Hawaii. Meet at the restaurant, located at 720 N State. Open to first 15 to sign up. "Dutch Treat"

- **February Luncheon:**

Thursday, February 15, 11:30 a.m.

Happy Chinese New Year! We're ushering in 4705, the Year of the Pig, with a catered Chinese buffet luncheon. In addition, T'ai Chi teacher Hau Kum Kneip will present pictures and stories from her travels in the Guizhou Province of China last summer. \$10

- **Kendall Culinary School:**

Thursday, February 22, 11:45 a.m.

Tour Kendall College's state-of-the-art culinary school and enjoy a three-course gourmet meal in the richly decorated dining room. \$30

*The COA will be closed
New Year's Day, January 1 and
Martin Luther King, Jr. Day,
January 15, 2007.*

Noon Programs

Every Tuesday and Thursday, members are invited to bring a sack lunch at 11:30 a.m. to eat together. Coffee, tea, and water are provided. At noon, a guest speaker will provide a 50-minute presentation. Noon programs are open to the public and free, except when noted. Read the descriptions below so you won't miss out!

January Tuesdays

- **January 2: Poetry with Patty**

Last January we had a wonderful time together sharing favorite poems! Bring poems of all kinds to enjoy together. You provide the poetry and Director Patty Jenkins will provide the (non-alcoholic) bubbly to round out the festivity!

- **January 9: Medical Freedom vs. Politics**

A personal account of how fitness instructor Anne Pringle Burnell researched treatment options for an ailing family member. Anne will include an overview of the relationship between drug companies, the AMA, and politicians as she has experienced it.

- **January 16: Linking Faith and Politics:**

Looking for the Common Good

Carol Allen will join us for a presentation on the views of Jim Wallis from his book, "God's Politics: Why the Right Gets It Wrong and the Left Doesn't Get It." Wallis is editor of *Sojourner's* magazine, covering faith, politics, and culture. He has taught in these areas at Harvard Divinity School, and is the

convener of "Call to Renewal," a national federation of churches and faith-based organizations working together to overcome poverty by changing the direction of public policy.

- **January 23: *The Weeping Camel***

This unique documentary follows the true story a Mongolian camel that's rejected her newborn white colt. Throughout her difficult delivery, the camel is aided by a family of shepherds, who instantly notice the mother's rejection and make valiant efforts to warm the mother to her child. Now, all hope lies with the family's two young boys, who must travel across the Gobi desert to find a healing musician.

- **January 30: The Flu Pandemic of 1918**

Join with others to view a video that will provide insight into the human response to a global disaster cited as "the most devastating epidemic in recorded world history." Discussion afterward will be facilitated by JoAnn Gruca, our gerontological nurse practitioner.

January Thursdays

Thursdays, January 4 and 11 will be Simply Social time in the lower level Dining Room. Enjoy casual conversation over lunch with other members.

- **January 18: Vive Italia!**

A hearty plate of lasagna with garlic bread (or plain bread if you wish) and green salad awaits us. Learn to speak Italian while you enjoy your dessert, as we participate in a playful travelogue. Remember to save room for a special dessert (maybe it's tiramisu!). Sign up at the COA front desk by January 10. \$10

- **January 25: Annual Service of Remembrance**

Gather for a time of stillness, stories, and honor for our members who have died during the past year. We will meet at 12:15 p.m. in Blair Chapel, with a light reception following in Anderson Hall.

February Tuesdays

- **February 6: *Il Trovatore***

Azucena—the mysterious gypsy driven to avenge her mother, who burned at the stake at the hands of the first Count di Luna; Manrico—her supposed son, the fiery partisan troubadour; and the current Count—dangerous commander of the royal forces. Both men love the same woman, and one will murder the other—learning too late that he has executed his own brother! Here is blood-and-thunder Italian opera—the action hurtling along, fueled by one grand-opera hit after another, including the Anvil Chorus!

- **February 13:**

- **Causes and Consequences of Homelessness**

Dave Davis of the Elam Davies Social Service Center will follow up on the well-received presentation he gave last spring by describing specific situations in which he has successfully found apartments for Center guests, and he will also discuss the problems of maintaining affordable housing stock in Chicago, as more and more buildings convert to condominiums and rents skyrocket in response to a rental scarcity.

- **February 20: Leer on Politics**

Norm Leer will give this presentation, part of the faculty/staff series, on all the factors that go into making our political decisions. Norm will discuss his own political values, talk about his involvements in the peace and humanistic education movements, and also discuss how his readings in thinkers such as Albert Camus, Martin Buber, and Carl Rogers, as well as his personal knowledge of Scandinavia, have contributed to his political hopes and his political skepticism.

- **February 27:**

- **Health Claims for Omega-3 Fatty Acids**

During this session, presented by gerontological nurse practitioner JoAnn Gruca, you will learn to understand the research on the health effects of omega-3 fatty acids. As a result, you may be convinced that some personal dietary changes are in order.

February Thursdays

- **February 1: Tell Me a Story**

Do you remember a time when you learned something from a child? The little buggers can certainly surprise us “seasoned” adults. Listen to and share some stories of what children have to say to the world.

This session will be led by story-lover Patty Jenkins.

- **February 8: Chicago Avenue Community Garden**

In 2001, Fourth Church purchased property on Chicago Avenue formerly owned by the City of Chicago, and formally dedicated it in 2003. The Church set down roots right away—literally. A glorious garden was planted on top of the existing tennis courts, with plots available to anyone who

asked. Community Garden Manager Anne Ellis will share the garden history and its impact on the Cabrini Green neighborhood through images and her own personal involvement.

- **February 15: Chinese Catered Luncheon**

Happy Chinese New Year! We’re ushering in 4705, the Year of the Pig, with a catered Chinese buffet luncheon. In addition, T’ai Chi teacher Hau Kum Kneip will present pictures and stories from her travels in the Guizhou Province of China last summer. \$10

- **February 22: Simply Social**

Pathways to Wellness

January and February

Thursdays from 1:15 to 2:00 p.m.

Health News You Can Use

The media constantly bombard us with the “latest” findings from medical research, whether it’s new procedures, tests, drugs, or treatments. Often, it’s difficult to understand what new ideas we should adopt to improve our personal health.

This Pathways to Wellness series will focus on valid, useful advances in health science that should be seriously considered for our own use. The sessions will be facilitated by JoAnn Gruca, our gerontological nurse practitioner.

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February: Empire & America in Film

Film connoisseur Jim Wall will be our guest once again as we delve into the idea of America as an empire builder. An empire may be described as the projection of hegemony, or dominance, over other people, using them to serve the empire’s interests with little thought to how the interests of those under domination may be affected. (Chalmers Johnson)

This hegemony is always cloaked in terms that will convince the population of the empire’s home base that this projection is for the common good.

However it is sold, empire building remains an exercise in power for the benefit of the empire. And, if history is to be our guide, all empires can look forward to their end

point. People resent oppression and will not long permit others to determine their existence.

It is with this understanding that our course will examine the expansion of the American Empire in the Middle East, from Lebanon to Afghanistan, in the period following the decline of the British Empire at the end of World War II. We will examine this phenomenon through movies that have supported or criticized empire building. Movies considered will include clips from *Exodus*, *Lawrence of Arabia*, and *The Kingdom of Heaven*. Why movies? They are a reflection of our cultural identity and crucial to the shaping of American public opinion.

Mini-Courses are included in COA memberships. Non-members may attend for \$30.

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The Center for Older Adults is a belonging place. We are leaders in the pursuit of a lifelong well-being. We are a resource for minds, bodies and spirits. Open to all faiths, we value each person as a child of God on the journey of life. Striving to fulfill life’s meaning, we enrich our neighbors and ourselves by offering renewal and direction. Serving the community, we reflect God’s light in the city.

January and February

126 East Chestnut Street
Chicago, IL 60611

312.787.4570

Mondays

9:00 a.m.

Nia Exercise

10:00 a.m.

French Café

10:00 a.m.

Walking Group

10:30 a.m.

City Growth

Strength and Stamina

11:15 a.m.

Beginning French

1:00 p.m.

Arts and Modern Life

Tuesdays

9:00 a.m.

Pep in Your Step

10:00 a.m.

Spanish Club

10:30 a.m.

Range of Motion

11:30 a.m.

Noon Program

1:00 p.m.

Afternoon Tea

Watercolor Painting

2:45 p.m.

T'ai Chi Chuan

Wednesdays

10:30 a.m.

Explorations

12:00 noon

Memoir Writing

12:15 p.m.

Current Events

1:30 p.m.

Drawing

Thursdays

9:00 a.m.

Pep in Your Step

10:30 a.m.

Open Mind

10:30 a.m.

Range of Motion

11:30 a.m.

Noon Program

1:15 p.m.

Pathways to Wellness

Fridays

10:00 a.m.

Bible Study

Nia Exercise

Noon Programs

The noon program is open to anyone who would like to attend. Members and friends typically enjoy a brown bag lunch at 11:30 a.m., and the program begins at 12:00 noon. See the schedule on pages 4–5.

Special Events

Detailed descriptions of special events can be found on page 3. Nonmembers are welcome to attend, but must pay an additional fee.

Friday, January 12: Nite Out at Szechwan House

Wednesday, January 24: *All Night Strut* at Marriott Lincolnshire

Monday, January 9: Midwinter Gathering at Borders

Friday, February 9: Nite Out at Roy's

Thursday, February 15: February Luncheon

Thursday, February 22: Kendall Culinary School

Nia Exercise

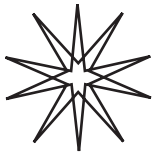
All fees for Nia Exercise are paid directly to the instructor. Participants do not need to be COA members.

Gerontological Nurse Practitioner

JoAnn Gruca, Ph.D., R.N., holds office hours on Tuesdays and Thursdays from 10:00 a.m. to 12:00 noon.

Healing Touch

Healing Touch appointments (Monday, Tuesday, Thursday, and Friday) may be made with Matthew Cook at 312.981.3398.



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The Sound of Good News

Anyone who has difficulty hearing can benefit from a new sound improvement in the Fourth Church sanctuary. A “loop system” has been installed which transmits sound from a wire loop surrounding the pews directly into any hearing aid with a “T” (telecoil) setting. The sound system is part of the Project Light sanctuary improvements.

Unlike portable headsets with built-in microphones, “loop systems” do not require any additional equipment besides the hearing aid. The system is not otherwise noticeable, so the individual need not feel self-conscious about using it. The loop system also eliminates the need to juggle between a hearing aid and

a headset, for example, when shifting between a sermon and hymn singing.

About 50% of hearing aids now come with telecoils, as do nearly all behind-the-ear aids worn by those most needing hearing assistance. Home loop systems are also available, bringing the sound of the wind in the trees to every listener.

If you do not use a hearing aid, or do not have a “T” setting, individual listening devices are always available from an usher in the back of the sanctuary (along with large print bibles, hymnals, and worship bulletins). For more information, pick up a copy of the Project Light update from the literature racks.