

Age Advantage

Mather Edgewater Community Calendar

APRIL / MAY / JUNE 2009

Community Event
—*It's More Than a Lunch!*
Lunch, Entertainment, and More!

Lunch in the Garden

Monday, April 27

Spring is popping up all over! The room will be filled with the blossoms of our smiles as we delight in our indoor garden atmosphere. Enjoy a performance by The Bobble Heads, a quartet of the Rhapsody Orchestra, as they perform a variety of songs from the 50s and 60s with an original approach! Feast on a scrumptious menu of baked bone ham, roasted chicken, fresh vegetable pasta salad, mini quiches and tiropites, assorted cheeses, fresh green salad and fruit, beverage, and dessert.

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

Cost: \$7*

\$8 for Kosher-friendly meals

"Kosher-friendly" must be requested upon reservation.

Note: We will prepare a meat-free protein option.

*Sign-up for a FREE membership that day.

Reservations begin Tuesday,
March 10, and are required
by Wednesday, April 22.
Call toll-free: 1 (888) 600.2560

Co-sponsored by Mather LifeWays and
Covenant Methodist Senior Services

An Afternoon in Germany!

Trip to Milwaukee | Thursday, June 4

Combine the old with the new! Experience the beautiful, modern design of the lakefront Milwaukee Art Museum which combines art, dramatic architecture, and landscape



design. Then, travel to the old world with lunch at the famous Mader's German Restaurant which includes one entrée selection, salad, beverage, dessert, and gratuity.

Check-in: 8:15 a.m.

Departure: 8:30 a.m. from Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Return: Approximately 5:30 p.m.

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

Cost: \$55, includes full lunch and gratuity, museum admission, and round-trip travel on a coach bus

Sponsor: Mather Edgewater and There's No Place Like Home, a program of CJE SeniorLife

No phone reservations accepted. For more information or to receive a registration form, call (773) 769.1995. Payment in full with registration form is required to confirm. Payments are non-refundable. No exchanges.

Checks payable to: Mather LifeWays

Mail to: Mather Edgewater

1020 W. Bryn Mawr Avenue, Chicago, IL 60660

.....
Ask about the Mather Edgewater Express Pass and SAVE! Call (773) 769.0299 for details.
.....

matherlifeways®

Mather Edgewater

Community Event
—It's More Than a Lunch!
Lunch, Entertainment, and More!

*Everything's
Coming Up
Roses*

Monday, May 18

Delight in a lively and festive performance to be announced soon. Enjoy a delicious lunch of meatloaf, roasted chicken, whipped potatoes and gravy, green peas, fresh green salad and fruit, beverage, and dessert.

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

Cost: \$7*

\$8 for Kosher-friendly meals

"Kosher-friendly" must be requested upon reservation.

Note: We will prepare a meat-free protein option.

*Sign-up for a FREE membership that day.

Reservations begin Tuesday, April 28,
and are required by Wednesday, May 13.

Call toll-free: 1 (888) 600.2560

Co-sponsored by Mather LifeWays
and Covenant Methodist Senior Services

Medication Safety: Tips for Good Health

Learn tips on how to use your medication safely! Proper medication use can maintain your health and prevent unnecessary hospital visits. Following the presentation, there will be an opportunity to review your medications with pharmacists from Dominick's Pharmacy. Be sure to bring yours!!

Date: Wednesday, April 29, 1:00–2:30 p.m.

Location: St. Andrew's Greek Orthodox Church
5649 N. Sheridan, President's Room,
use REAR entrance

Cost: FREE

Reservations required: 1 (888) 600.2560

Sponsors: Mather Edgewater and
Dominick's Pharmacy (Foster and Sheridan)



Low Vision Friends

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision.

Dates: Mondays, April 13, May 11, and June 8, 10:00 a.m.

Location: Edgewater Presbyterian Church
1020 W. Bryn Mawr Avenue

Cost: FREE

Contact: (773) 769.0299

Sponsor: Mather Edgewater

Tuesday Morning Book Club



Date: Tuesday, April 28, 10:00–11:30 a.m.
Their Eyes Were Watching God
by Zora Neale Hurston



Date: Tuesday, May 26,
10:00–11:30 a.m.
Anil's Ghost by Michael Ondaatje



Date: Tuesday, June 30, 10:00–11:30 a.m.
The Scarlet Letter by Nathaniel Hawthorne

Location: Chicago Public Library, 1020 W. Elmdale Avenue

Cost: FREE

Contact: (312) 744.0718

Sponsor: Mather Edgewater and the Edgewater Branch
of the Chicago Public Library

Community Event
—*It's More Than a Lunch!*
Lunch, Entertainment, and More!

Greek Festival

Monday, June 22

Opa! Imagine being nestled by the warm Mediterranean sun, wild ocean waves, and clear blue skies! Join us as we experience a celebration of Greek delights. Enjoy music from the 30s, 40s, and 50s performed by the Frank K Trio. Taste a delectable menu of Grecian roasted chicken, pastichio, spanakopita, Athenian style green beans, vegetarian dolmades, Greek salad with feta & olives, fresh fruit, assorted rolls, beverage, and dessert.

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

Cost: \$7*

\$8 for Kosher-friendly meals

"Kosher-friendly" must be requested upon reservation.

Note: We will prepare a meat-free protein option.

*Sign-up for a FREE membership that day.

Reservations begin Tuesday,
May 19, and are required by
Wednesday, June 17.

Call toll-free: 1 (888) 600.2560

Co-sponsored by Mather LifeWays
and Covenant Methodist Senior Services

Move More! Exercise with a Twist...

Nintendo Wii at Mather Edgewater!

Perhaps you've seen your grandchildren, nieces, or nephews play. Nintendo Wii (pronounced "we") is a video game that involves physical interaction. Learn how to get a workout while having fun and improving cognitive brain function.

Date: Tuesday, May 5, 1:00–2:30 p.m.

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

Use rear entrance. Parking available in paved lot.

Cost: FREE

Reservations required: 1 (888) 600.2560

Opportunities in Civic Engagement

Volunteering is a wonderful way to enhance your life; and service is the breath of life for a community. Here are a few of the current volunteer opportunities in Edgewater. For more information, call Kathy Bavaro at (773) 769.0299. Change your life and another's today!

 Mather LifeWays

Mather Edgewater

Assist with hospitality at our monthly luncheon (standing required) or help promote programs by distributing information at community locations. Provide help by sharing program information with groups and organizations you are associated with: churches, synagogues, older adult and community groups, and local businesses. Be an important link to connecting people's lives!

Uptown Head Start



Positively impact children's lives and change your own by volunteering to read to children in this phenomenal program. All volunteers will go through a screening process by Head Start staff. Dates and times are flexible.

Edgewater Beautiful



The ECC Edgewater Beautiful Committee offers volunteer opportunities such as community beautification and "greening" action through community gardens, beach cleanup(s), and decorating streetscapes. Meetings are the second Thursday of each month from 10:00–11:00 a.m. at 6400 N. Broadway. To find out how you can help, contact Allen Stryczek at astryczek@sbcglobal.net or Kathy Bavaro at (773) 769.0299.

Mather Edgewater's Circle of Wellness

Gardening Your Inner Spirit



Take time to reflect and notice what's blooming inside of you! Using readings, music, and a brief presentation, we will become aware of the seeds of growth planted in our lives.

Date: Wednesday, May 6, 1:00–2:30 p.m.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, The President's Room

Cost: FREE

Reservations required: 1 (888) 600.2560

Sponsor: Mather Edgewater

Exercise—Mild and Moving

Each exercise class focuses on cardiovascular fitness, strength training, flexibility, and balance. Exercises are adjusted to each person's ability—some in the chair, some standing up. The classes are enjoyable and effective!

Try your first class FREE!

Dates: Tuesdays, 11:00 a.m.–12:00 p.m.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, The President's Room

Cost: \$4* per class *Sign-up for a FREE membership

Reservations required: 1 (888) 600.2560

Sponsor: Mather Edgewater

Tai Chi

Tai Chi is a meditative form of exercise that links the health of your body to a relaxed state of mind. Are you wondering what this is all about? Join us! Wear loose fitting, comfortable clothing, and bring a pair of socks.

Try your first class FREE!

Dates: Fridays, 11:00 a.m.–12:00 p.m.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, The President's Room

Cost: \$4* per class *Sign-up for a FREE membership

Reservations required: 1 (888) 600.2560

Sponsor: Mather Edgewater

*Parking for the above classes is available in the paved lot.
Use the REAR entrance between the church and auditorium.*

FREE Mather Edgewater Membership Program

Sign up for FREE membership and receive the *Age Advantage* quarterly newsletter and discounts on programs. *Sign-up is available the day of the program.*

CommunityConnections

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

Covenant Methodist Senior Services

1415 W. Foster Avenue, Chicago
(773) 769.5500

The 1415 Club

Join the 1415 Club for a wonderful time with friends, great food, and lively entertainment!

Date: Wednesday, June 17,
2:00–4:00 p.m.

Location: The Methodist Home,
1415 W. Foster Avenue

Cost: \$5

R.S.V.P.: Trisha Bolthouse at
(773) 769.5500

Berger Park

6205 N. Sheridan Road, Chicago
(773) 761.0376

Classes meet March 30–June 7.
Call for more specific information.
Classes, dates, and prices subject
to change.



Yoga (60+)

Dates: Mondays,
1:15–2:15 p.m.

Cost: FREE

Modern Dance

Dates: Mondays, 7:30–8:30 p.m.

Cost: \$21

Berger Park Bridge Club (60+)



Dates: Tuesdays
& Thursdays

12:00–3:00 p.m.

Cost: FREE

Jewelry Making

Dates: Tuesdays & Thursdays
2:00–5:00 p.m.

Cost: \$70

Line Dance (60+)

Dates: Wednesdays
10:30–11:30 a.m.

Cost: FREE

Pottery

Dates: Wednesdays, 5:30–8:30 p.m.

Cost: \$75

Screenplay Writing

Dates: Wednesdays, 7:00–9:00 p.m.
Saturdays, 10:00 a.m.–12:00 p.m.

Cost: \$35

Writing Workshop (18+)

Dates: Thursdays, 7:00–9:00 p.m.
Saturdays, 10:00 a.m.–12:00 p.m.

Cost: \$35

White Crane Wellness Center

1355 W. Foster Avenue, Chicago
(773) 271.9001

Gentle Yoga

Dates: Tuesdays, 12:00–1:00 p.m.

Cost: Call for information

CJE SeniorLife: A Non-Denominational Social Service Agency

3003 W. Touhy Avenue, Chicago
(773) 508.1000

First Wednesday of the Month! Coffee Currents



Come talk, laugh,
and share with
friends and
neighbors. You
buy the beverage

of your choice and

we'll provide the pastry!

Dates: Wednesdays, April 1,
May 6, and June 3, 10:30 a.m.

Dates are subject to change.

Call to confirm.

Location: Metropolis Café
1039 W. Granville

Contact: (773) 508.1089

Sponsor: There's No Place
Like Home

Benefits Assistance

CJE staff trained as Senior Health Insurance Program (SHIP) counselors are available to help guide and assist you with your Medicare benefits. *Contact: (773) 508.1089*

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

Swedish Covenant Hospital • Anderson Pavilion
2751 W. Winona Avenue, Chicago • (773) 878.1304
Galter Medical Pavilion
5140 N. California Avenue, Chicago

Women Feeling Well

Join Sheri Ruerup, CNM, a nurse midwife, who will explain what you need to know about your health, tips for feeling better, and what your health care provider needs to know. Bring comfortable shoes for walking.

Date: Friday, May 15, 9:45 a.m.–12:00 p.m.

Location: Anderson Pavilion, Auditorium

Cost: FREE

Reservations required: (773) 878.6888

National Senior Health and Fitness Day



Stop by the Galter LifeCenter throughout the day to attend programs that promote health and wellness among older adults. Learn about special classes and guest lectures, and enjoy refreshments and raffle drawings. Don't miss out on this

fun-filled and educational day!

For more information, contact Lois Grossman at (773) 878.9936, extension 7342.

Date: Wednesday, May 27, 9:00 a.m.–7:00 p.m.

Location: Galter LifeCenter

Skin Cancer Screening

Skin cancer screenings for people with no history of the disease will be conducted by Aleksandar Krunic, MD, a board certified dermatologist at Swedish Covenant Hospital.

Date: Tuesday, June 16, 10:00 a.m.–1:00 p.m.

Location: Galter Medical Pavilion, Ambulatory Care Center

Cost: FREE

Reservations required: (773) 878.6888

Kidney Disease Prevention & Screening

More than 60% of people who are diagnosed with kidney failure learn about it for the first time in the emergency room. The National Kidney Foundation's KidneyMobile, in collaboration with Swedish Covenant Hospital, Alderman Margaret Laurino's 39th Ward, and The Salvation Army, will provide free screenings for diabetes, high blood pressure, and kidney disease. Blood and urine specimens will be analyzed during the screening, which will take about one hour. Fasting is recommended but not mandatory. Appointments are walk-in only and will be made the day of the event beginning at 8:45 a.m. Although the event lasts until 1:00 p.m., the last appointment will be made at 12:00 p.m.

Date: Wednesday, June 17, 9:00 a.m.–1:00 p.m.

Location: The Salvation Army, Mayfair Community Church, 5200 N. Pulaski Road (Corner of Foster Avenue)

Cost: FREE

Information: (773) 878.6888

Medicare and Other Senior Health Insurance Information

Swedish Covenant Hospital is a Senior Health Insurance Program (SHIP) site. SHIP is a free, state-sponsored counseling service provided by the Illinois Department of Insurance, which assists Medicare beneficiaries and their caregivers with health insurance problems, planning, and questions. Make an appointment with our SHIP counselor, who can guide you through problems involving Medicare, Medicare Supplement Insurance, Medicare HMOs, long-term care insurance, retiree health plans, claims processing, and appealing claims denials.

To make an appointment contact: (773) 878.1304

Have questions about the IL Cares Rx program, or need help filling out the forms?

Just call Mather LifeWays Info Plus!

IL Cares Rx is a prescription drug assistance program, which works in coordination with Medicare Part D to cover the cost of monthly drug plan premiums, deductibles, and to reduce copayments for those who are eligible for the program.

TOLL-FREE: 1 (888) 600.2560

infoplus@matherlifeways.com

Monday-Friday, 8:30 a.m. - 4:30 p.m.



Mather LifeWays Telephone Topics

Telephone Topics offer you the opportunity to participate in a live telephone lecture on a variety of topics, and from the comfort of

your own home. Examples of topics include brain aerobics, how to lower your phone bill, Chicago history, health-related programs, and more.

Join other adults in these fun phone programs. **No special equipment is necessary—just a telephone—and it's FREE!**

*For more information, please call Kate Paz,
Mather LifeWays, at (773) 205.3306*



Heart-to-Heart

Serving home-bound older adults of the Edgewater community, Heart-to-Heart volunteers provide friendly visits, reassuring phone calls, light shopping assistance, escorts to appointments, and transportation. *If you need assistance or would like to become a volunteer, call (773) 973.5464.*

Did You Know?

The Heart-to-Heart program at St. Gertrude maintains a lending closet for medical equipment that older adults frequently request. The closet includes walkers, canes, raised toilets, and wheelchairs—all of which are loaned to those in need, free of charge. Please call (773) 973.5464 to confirm that they currently have what you need. Also, if you have unused medical equipment that you no longer want, please call Heart-to-Heart so that others in need can put this to good use.

THE LENDING CLOSET

6214 North Glenwood (1400 W)
Hours: 9:00 a.m.–2:00 p.m.
Monday–Thursday

United Methodist Home Maintenance

*A Division of
United Methodist
Homes & Services*

Competent, reliable craftsmen are available for your repair, maintenance, and home improvement needs.

- Handicap accessibility (ramps, grab bars, tubs, and showers)
- Kitchen and bath renovations
- Porches and decks
- Plastering and painting
- Plumbing and electrical
- Floor improvement
- Seasonal maintenance (gutter cleaning, storm windows)
- All other inquiries welcome!

**Bonded, licensed,
and insured.**

**All work is guaranteed.
Call (773) 769.9000
for more information.**

ABOUT US

Mather LifeWays is a unique not-for-profit organization. We enhance the lives of older adults through lifestyle and residential alternatives that create Ways to Age Well.SM

Mather 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 Covenant Methodist Senior Services, Edgewater Presbyterian Church, the Heart-to-Heart program at St. Gertrude's Church, St. Andrew's Greek Orthodox Church, and CJE SeniorLife.

To learn more about Mather Edgewater, contact Kathy Bavaro at (773) 769.0299 or e-mail kbavaro@matherlifeways.com.

Mather LifeWays
1603 Orrington Avenue, Suite 1800
Evanston, IL 60201

Non-Profit Org.
U.S. Postage
PAID
Evanston, IL
Permit No. 198

Make Plans to Smile in 2009!

A Mather Edgewater Luncheon is more than a lunch—it's a community event!

Meet new friends or bring a group and enjoy a neighborhood lunch together. We all magically come together for an afternoon of delicious dining, good company, new friends, great entertainment, and resources.

Experience the aroma of a scrumptious catered meal cooking fresh in the kitchen, while guests ages 50 and better learn about

new programs, discover resources, and exchange ideas with acquaintances. Then the entertainment begins! From annual crowd pleasers such as Mardi Gras, St. Patrick's Day, Greek Festival, Oktoberfest, and the Holiday Luncheon, to other seasonal themes, Mather Edgewater Luncheons offer great food, community resources, and a festive atmosphere to keep you connected!

Due to the popularity of the Luncheons, we require reservations before our monthly deadline. Reservations can be accepted the day following the preceding month's luncheon. **Call us toll-free at 1 (888) 600.2560.**



Mark your calendar for Luncheon dates in 2009!

April 27

May 18

June 22

July 20

August 17

September 21

October 26

No Luncheon in November

December 7