

THE A+ POST

A news and events publication for our Active Adults

**AUGUST
2019**

THE KEY TO AGING WELL IS AT YOUR FINGERTIPS

I am happy to be able to share with you our latest A+ Post. You'll notice it's been redesigned and updated to provide you all the information you need about our programs in a fresh new format.

Did you know that The Community House is a non-profit organization that provides a meaningful place to engage for people from all walks of life? No matter where you're from, you're welcome here, which means you don't have to be a resident of the eight communities we serve (Hinsdale, Oak Brook, Clarendon Hills, Darien, Downers Grove, Westmont, Willowbrook and Burr Ridge) to engage in the programs or services we provide. Whether you're 1 or 100, there is something for everyone here at our house. When you walk through our doors, you're greeted by Sue and her team at our reception desk, where you can sign up for an A+ program, class or event, or peruse our program guide and find what's right for you. Maybe you're seeking an art class



to get your creative juices flowing or you need before and after school services for your child or grandchild. Our mission is to help inspire you and your friends and family to come out and play.

In this edition of the A+ Post, you'll find many trips, events and programs that are sure to keep you active and engaged! There's also an informative and useful article about dementia written by James Curto, Chief Executive Officer and founder of the Birches. This article discusses supporting individuals living with cognitive disabilities in a unique way that promotes independence and improves their quality of life. Did you attend "A Conversation with Mary Schmich" in Kettering

Hall on May 1? Mary had so many great insights into the aging process. There's also an article covering some of the topics she discussed in her presentation and a fantastic new website designed to ease accessibility to resources on aging by the Healthy Aging Taskforce.

As always you can visit our website thecommunityhouse.org to learn more about the services we offer. You can also stop by the reception desk or drop by to see me to just have a chat or register for classes, programs or events. I love to see your beautiful faces.

Sincerely,

Kate

Kate Vogts

Director, Active Adults



OUTINGS

We're always on the move and you can be too! Join us for a trip to The Band's Visit at The Cadillac Theater or a journey to learn more about our sister city to the north, Milwaukee, Wisconsin! Plus so much more!



MILWAUKEE PAST & FUTURE



Tuesday, October 1

The largest city in Wisconsin is reshaping its image! Join us for a trip to this thriving urban metropolis with a down-home, Midwest flair.

We'll start at the Grohmann Museum where we'll view the remarkable collection of artwork depicting the evolution of the industrial world with men and women at work. The paintings are wonderfully vivid and the sculptures capture the essence of mankind's drive to advance and evolve. Next, on to the lower East Side, which includes Milwaukee's thriving downtown. We'll tour the classic hotel, The Pfister, and hear about its long and elegant history.

We'll see a revitalized area of the city, the historic third ward. As we view the beautiful historic buildings we'll learn the story of this area. We'll enjoy a box lunch at The Public Market which offers shopping from local restaurants, bakeries, candy makers, green grocers and butchers. We'll visit the Basilica of St. Joseph, located on the historic south side of Milwaukee. This church was designated a basilica in 1929 as a place of pilgrimage with architectural and historic significance.

- **Departure & Return Time & Location:** 8:30am - 5:30pm at The Community House
- **Standard Fee:** \$132 / **Key Holder Fee:** \$122
- **Registration Code:** ENR-SNR-1009-43
- **Includes:** Docent-led tour, lunch, coach transportation

ARCHITECTURE LUNCH CRUISE ON THE CHICAGO RIVER



Tuesday, August 20

Join us for a special two-hour cruise aboard Odyssey Chicago River. We'll enjoy a 3-course plated lunch while enjoying the stunning riverfront views and hearing narrated architectural highlights. The boat's climate-controlled interior decks and open rooftop lounge make for a relaxing and elegant atmosphere.

- **Departure & Return Time & Location:** 11:00am - 4:40pm at The Community House
- **Standard Fee:** \$127 / **Key Holder Fee:** \$117
- **Registration Code:** ENR-SNR-1009-42
- **Includes:** Cruise ticket, plated lunch, coach transportation



LIGHT WALKING

Short walking distances, no stairs



MIDLEVEL WALKING

Some walking, short periods of standing and some stairs



HEAVY WALKING

Extended periods of walking, standing and stairs

THE BAND'S VISIT AT CADILLAC PALACE THEATRE CHICAGO



Wednesday, September 4

The Band's Visit — one of the most celebrated musicals ever. It rejoices in the way music brings us to life, brings us to laughter, brings us to tears, and ultimately, brings us together. In an Israeli desert town where every day feels the same, something different is suddenly in the air. Dina, the local café owner, had long resigned her desires for romance to daydreaming about exotic films and music from her youth. When a band of Egyptian musicians show up lost at her café, she and her fellow locals take them in for the night. Under the spell of the night sky, their lives intertwine in unexpected ways, and this once sleepy town begins to wake up.

- **Departure & Return Time & Location:** 12:30pm - 5:00pm at The Community House
- **Standard Fee:** \$145 / **Key Holder Fee:** \$135
- **Registration Code:** ENR-SNR-1009-40
- **Includes:** Main floor show ticket, coach transportation

THE KING'S SPEECH AT THE CHICAGO SHAKESPEARE THEATRE



Wednesday, September 25

Paralyzed by his stammer and unable to speak to a nation in crisis, King George VI ascends the throne as England stands on the brink of war once again with Germany. Enter Lionel Logue, an Australian migrant with a career path as unexpected as the king's. The remarkable true story of this unlikely bond between a reluctant king and a charismatic subject that inspired the Academy Award-winning film is now brought to the stage, where writer David Seidler first imagined it. Drama Desk and Outer Critics Circle Award-winning director Michael Wilson stages this exciting North American Premiere. We'll have lunch before the play at Riva Restaurant on Navy Pier.

- **Departure & Return Time & Location:** 10:30am - 5:00pm at The Community House
- **Standard Fee:** \$140 / **Key Holder Fee:** \$130
- **Registration Code:** ENR-SNR-1009-67
- **Includes:** Lunch, show ticket, coach transportation

HEALTH AND WELLNESS

We all know that health is wealth. Staying in shape both physically and mentally allows us to enjoy life to the fullest! Take a few laps around our track, stretch out in our new Pilates class or engage in a cardiovascular screening. Whatever you do, we encourage you to make your health a priority at The Community House.



HEALTH SCREENINGS

Thursday, September 12

Awareness is an important factor in the prevention of cardiovascular disease. On Thursday, September 12, our friends at Lifeline Screening will be providing health screenings that identify potential risk factors for cardiovascular diseases, including:

- Carotid Artery Disease
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease
- Atrial Fibrillation or Irregular Heartbeat

**An Osteoporosis Risk Assessment for men and women will also be provided.*

- **Time & Location:** 9:00am-4:00pm at The Community House
- **Fee:** Screenings start as low as \$70; receive all five screenings for \$139
- **Register:** Online at www.lifelinescreening.com/communitycircle or call 866-229-0469. You can also text the word "circle" to 797979 to register via cell phone.

PILATES UNLEASHED

Mondays, 9:00 – 9:45am

NEW CLASS!

Join us in the Fitness Room for the most useable training exercises to challenge your body. We'll stimulate your abilities to confidently handle what life throws at you every day. We will use equipment at the barre and on the floor which will vary from week to week. Move beyond your normal and live better! Must be able to move from a standing position to the floor. Please bring a mat. All other equipment is provided.

- **Dates:** 9/16 – 10/21
- **Standard Fee:** \$67 / **Key Holder Fee:** \$52

PRIME TIME

Tuesdays, Wednesdays and Thursdays, 8:45 – 9:45am

This is an easy-to-follow class where you will enjoy a low-impact workout designed to improve your cardio-vascular fitness, strength, balance and flexibility. Sessions are on-going so you may register at any time.

- **Dates:** Ongoing; purchase a 10-class punch card for
- **Standard Fee:** \$80 / **Key Holder Fee:** \$60

AGELESS YOGA

Fridays, 10:30 – 11:30am

Join this popular class, designed for those with limited mobility. Modified classic yoga exercises with easy standing poses and low impact work in a chair allow students the chance to improve strength and flexibility in an approachable and fun way.

- **Dates:** 9/13 – 10/11, 10/18 – 11/15, 11/22 – 12/27 (no class 11/29)
- **Standard Fee:** \$60 / **Key Holder Fee:** \$50 (prices are per session)

SIT AND GET FIT

Mondays and Wednesdays 11:30am – 12:30pm

Our instructor Gail will lead the class as we work on increasing range of motion, circulation, flexibility, balance and strength with easy-to-follow moves. We sometimes use light weights or toning bands to improve strength.

- **Dates:** Ongoing; purchase a 10-class punch card for
- **Standard Fee:** \$85 / **Key Holder Fee:** \$70

PILATES

Mondays and Wednesdays 10:00 – 11:00am

and Tuesdays 7:00 – 8:00pm

Toning, flexibility, better posture, increased core strength and the body/mind connection are achieved through our pilates classes. A variety of equipment adds interest so your workout is always different and exciting.

- **Dates:** Ongoing; purchase a 15-class punch card for
- **Standard Fee:** \$148 / **Key Holder Fee:** \$128



MAKING THE CONNECTION

What's the key to aging well? Living fearlessly. Connecting with others. Embracing every moment. Staying active and engaged. Every morning this beautiful group of ActiveAdults take a walk around our track and enjoy coffee together in our lobby. They are a great example of what it means to age well.

WHAT THE HECK IS A 'COGNITIVE RAMP?'

(AND WHY MANY OF USE MIGHT WANT ONE....)

At a recent professional conference, two interesting sessions focused on new approaches to helping people living with dementia. The linked ideas I'd like to discuss today are to look at dementia as a disability rather than as a disease and the idea of 'cognitive ramps.'

The presenters asked those of us in the audience to consider a situation where we were, for whatever reason, temporarily or for longer, living with a disability that requires using a wheelchair to get around.

If you can't walk about, this common device, a wheelchair, can give you back your mobility and independence. But as you'll quickly learn, if you're rolling, rather than walking, there are barriers to easy movement and progress everywhere you look. Stairs, thresholds, curbs, and more will be blocking you everywhere you want to go. This is not even considering the considerable challenge of getting into or out of a vehicle.

Theoretically, I suppose you could hire someone to carry you up the

stairs or up a single step to the front stoop of your own house or to get your wheelchair over some other barrier, but the obvious solution is a wheelchair ramp. If you had to use a wheelchair, you wouldn't think twice about installing a wheelchair ramp to get into your house. **The 'accessibility movement' and the idea of 'universal design' are all about allowing all people, regardless of physical abilities, to prosper and have full lives. Why can't we reach toward this goal for people living with cognitive loss?**

We can do this – even if only in small ways. With 'cognitive ramps' we can help at least some people living with these cognitive disabilities manage their lives better, be more independent, and generally have better lives.

The presentation was to those of us working in memory support communities, assisted living, and skilled nursing and rehab. The simplest example offered of a

'cognitive ramp' was wearing name tags. Many 'experts' in our field say that if we're trying to create homelike atmosphere in our communities – if we are attempting to create the atmosphere of a home, name tags don't fit in. We don't wear name tags in our homes. BUT, if you want to help people with poor memories remember the names of the people they live with, if we want them to know and use the names of the care team members, why NOT name tags? Our speakers called these the simplest example of a helping device – akin to a wheelchair ramp.

Our speakers for these learning sessions were from The Center for Applied Research in Dementia, in suburban Cleveland. They specialize in applying the principles and practices of Montessori based education to dementia care. One of the other 'cognitive ramps' they proposed was the Montessori principle of repetition and step-wise approaches to learning. This is no great stretch of the imagination to realize that repetition might help people who

*by James K. Curto,
Chief Executive and Founder
of The Birches Assisted Living
in Clarendon Hills, Illinois*

might learn more slowly. And that breaking down an activity or tasks into discrete steps and repeating those steps might help, too.

We'll be further exploring these ideas at a later time.



Contact James K. Curto at 630-789-1135 or jkcorto@birches.net or through www.birches.net. Encore is The Birches' award-winning memory-support neighborhood.



Terri Bowen, CEO of King-Bruwaert House asked a packed Kettering Hall to, "Please raise your hand if you are aging." A quick glance around the room caused a moment of uproarious laughter as all hands were raised high. To be alive is to be aging. We're all doing it. And that's a good thing.

The topic of healthy aging was a prominent one at "A Conversation with Mary Schmich" a luncheon co-hosted by The Community House and King-Bruwaert House on May 1. **What does it mean to age well? How do we redefine and truly enjoy the experience?** When posed with this question, Pulitzer Prize winning columnist and our friend, Mary Schmich summed it up perfectly, "I think the key to aging well is finding the balance between acknowledging what is happening and finding ways to enjoy yourself."

STAYING ON TRACK

Hippocrates once said that walking is the best medicine and we agree. We're so proud of our friends who use our Walking Track consistently. Congratulations to the following people for showing up to stay on track!

Sylvia Coan	Tom Julian
Jackie Bruns	Joan Holland
William Thomas	Sheila Lynch
Marianne Thomas	

Regardless of your age or stage of life, enjoyment is key to fulfillment. Even in the most challenging moments require a little bit of laughter. Mary Schmich spoke openly about the difficulties of caring for her aging mother and how learning from this experience helped her embrace her own journey, the impact of aging and how continuing to engage in activities that inspire you keeps your heart open to the benefits of aging and being fearless in your pursuits.

The Community House is a proud member of the Healthy Aging Taskforce, a group of community leaders, guided by the Community Memorial Foundation and committed to caring for, supporting and providing assistance to the aging population of DuPage County. In a concerted effort to provide information to help guide aging community members on their path, the Healthy Aging Taskforce developed a website that links people to resources they need to embrace aging and find answers.

Visit www.redefiningaging.org to learn more.

"A Conversation with Mary Schmich" was partially underwritten by the Anderson-Jones Speakers Series, an annual event co-hosted by King-Bruwaert House and The Community House.

PROGRAMS AND EVENTS

Looking for something new to do? Or perhaps you want to stick with what you know and love. At The Community House, we've got so many ways for you to stay engaged and active, including classes in our LyArts Program and the Sounds Good! Choir. We have included a few LyArts Programs below, but if you would like to see more, please reference our Program Guide or visit our website thecommunityhouse.org.



FUNDAMENTALS OF DRAWING & PAINTING

Thursdays, 12:00pm – 2:00pm

This class will begin with an introduction to the fundamentals of observational drawing using black and white media, including charcoal, graphite, and conte, and progress to using color. Basic concepts such as measuring and proportion, light and shadow, shading techniques and perspective will be covered. Students will consult with the instructor to choose a painting medium, such as acrylic, oil, pastel, or colored pencil. Supply list provided.

- **Dates:** August 22 – September 12
- **Standard Fee:** \$130 / **Key Holder Fee:** \$112
- **Registration Code:** AP-ADT-1003-36

WATERCOLOR PAINTING

Wednesdays, 10:00am – 12:00pm

Explore the exciting media of transparent watercolor. Learn basic techniques and apply them to a variety of subject matter. Students will provide their own materials. A list will be available the first day of class. Beginning and continuing students welcome.

- **Dates:** August 14 – September 4
- **Standard Fee:** \$107 / **Key Holder Fee:** \$90
- **Registration Code:** AP-ADT-1001-36

2019 HOLIDAY BALL - VIBRANT LEGACY, BRILLIANT FUTURE

December 7

A holiday tradition in our community, our annual Holiday Ball has been ringing in the Christmas season in Hinsdale for many decades. Join us for dinner, dancing and a very festive and fun affair!

[Visit our website to learn more and purchase tickets.](#)

AARP DRIVER SAFETY

October 22 & 23 and December 17 & 18

11:30 am – 3:30 pm

Drivers over the age of 50 can update their driving skills with this class! An added benefit is that some insurance companies provide a discount to drivers who take this class.

- **Fee: \$15.00 for AARP members** (you will need your AARP number) and **\$20 for nonmembers**. Payment is due the first day of class (Please make check payable to AARP.)
- **Call the Reception Desk to register**
(630) 323-7500 Ext. 0

2019 PATRON PARTY

September 19, 6:30pm

Don't miss the fun at our 2019 Patron Party as we celebrate 20 years of Community Revue, with a sneak peak of what's to come (and who they will parody next) in 2020!

[Visit our website to learn more and purchase tickets.](#)

BRIDGE LESSONS

Mondays 9:00am – 11:00am

Improve your Bridge playing skills and learn more about opening leads, 2nd and 3rd hand play, defensive signals and communications. Each class includes students playing four deals!

- **Dates:** September 9 – October 28
- **Fee:** \$79 (plus \$20 textbook, payable to the instructor)
- **Call the Reception Desk to register**
(630) 323-7500 Ext. 0

SOUNDS GOOD! CHOIR

Rehearsals held on Thursday mornings

The Hinsdale Sounds Good! Choir is now in its fourth year of providing joy and fun to older adults. Under the direction of professional conductor Jonathan Miller, this non-auditioned choir of more than 40 enthusiastic singers meets for weekly rehearsals on Thursday mornings. Local favorite pianist Richard Sladek is our accompanist. Sign up in advance, or come to the first rehearsal and check us out to see if it's a good fit. Visit www.soundsgoodchoir.org for more information. We look forward to singing with you!

Don't forget: as Keyholders in the Active Adults program, you have free use of The Community House walking track on the upper level of the Field House.

Rubber soled shoes are required.

Guests may use the walking track for a small fee.

All track users must check in at the front desk.

ENTERTAINMENT

See a movie, read a good book, play cards or join in on captivating conversations and lectures about compelling topics at our Special Interest Roundtable groups! There are so many ways to stay entertained at our house!



SPECIAL INTEREST ROUNDTABLE PRESENTATIONS

Mr. Tom Van Winkle, Executive August 28

Director, Hinsdale Humane Society

Mr. Van Winkel has been the Executive Director of the Hinsdale Humane Society for two years now. Their mission of Humane Education is to learn to respect, protect, and understand animals and their bond with humans. Did you know that the Hinsdale Humane Society received 25 animals rescued from Tropical Storm Barry in New Orleans in mid-July? Come hear about the good work, growth and changes in this wonderful, local organization. Some four legged friends may be joining Mr. Van Winkel.

Ms. Martina Mathison September 25

Chicago True Stories: Sizzle, Sequins, Murder & Mayhem! The 1920's was a delirious decade. What made this time so remarkable? Was the film Chicago really inspired from a true story? Find out with this engaging, educational, and entertaining program.

CARD GROUPS

Only \$1 per game! Bring a friend or two and enjoy!

Relaxed Bridge Fridays, 11:30pm

Soliciting advice is permitted.

Men's Bridge Tuesdays, 12:00pm

Call Byron Garoufalis 630-986-5796 for more info.

Women's Canasta Wednesdays, 1:00pm

Fun and lively group.

Mah Jongg 1st, 3rd and 5th Tuesdays, 12:30pm

Enjoy American Mah Jongg with friends.

Call Jan Edleson 630-974-6547 for more information.

- **The Investment group** meets the 1st Wednesday of every month at 9:30 am.
- **Finance Interest group** meets the 3rd Wednesday of every month at 9:30 am.
- For more information, please call Kate Vogts at 630- 323-7500 ext. 225.

MOVIES

Come see a movie at our house! Every 2nd and 4th Thursday in the A+ Room beginning at 12:30pm. Popcorn and coffee included with the viewing all for \$1.00 per person!

Christopher Robin August 22

(PG); 1 hr. 44min; Ewan McGregor, Hayley Atwell, Bronte Carmichael

A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.

A Dog's Way Home September 12

(PG); 1 hr. 36 min; Ashley Judd, Jonah Hauer-King, Edward James Olmos

A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness.

The Mule September 26

(R); 1 hr. 56 min; Clint Eastwood, Bradley Cooper, Laurence Fishburne

A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

BOOK DISCUSSION GROUP

The A+ Active Adults Book Discussion Group meets the first Monday of each month at 10:00am in the A+ room at The Community House. This is a small and friendly group that welcomes newcomers and reads some great selections! Please come by and join us for some interesting discussion. No meetings in July and August.

The Word is Murder, by Anthony Horowitz September 9

New York Times bestselling author of Magpie Murders and Moriarty, Anthony Horowitz has yet again brilliantly reinvented the classic crime novel, this time writing a fictional version of himself as the Watson to a modern-day Holmes.

The Warden, by Anthony Trollope October 7

The book centers on the character of Mr. Harding, a clergyman of great personal integrity, whose charitable income far exceeds the purpose for which it was intended. The novel was highly topical as a case regarding the misapplication of church funds was the scandalous subject of contemporary debate.

Prairie Fires, by Caroline Fraser November 4

The first comprehensive historical biography of Laura Ingalls Wilder, the beloved author of the Little House on the Prairie books. Spanning nearly a century of epochal change, from the Indian Wars to the Dust Bowl, Wilder's dramatic life provides a unique perspective on American history and our national mythology of self-reliance.



THE COMMUNITY HOUSE

415 W. Eighth Street
Hinsdale, Illinois 60521

At The Community House, we ignite the promise of relationship; inspire your best self to come out and play; unite people across a diverse community; and provide a meaningful place to engage.

The Community House is a 501 (c) (3) nonprofit organization.

To make a donation please visit us online.

thecommunityhouse.org

630-323-7500



Unlock savings with Active Adults Key Holder Packages.

Discounted prices for trips and events, newsletters and flyers by mail, and more.



Contact Kate Vogts at 630-323-7500 ext. 225 to learn more.