

# THE A+ POST

*A news and events publication for our Active Adults*

OCTOBER — DECEMBER  
2019

As an organization committed to improving the lives of the people we serve, it's our duty to bring important issues to your attention when they arise. I've been hearing recently about two phone scams in particular that have been used to prey upon older adults. As strong, experienced, intelligent adults who have lived a lot of life, you have the power to fight back against anyone who may be trying to exploit or scam you. And the key to that is knowledge.

**The first scam is the Social Security Scam** – these are fraudulent phone calls from people claiming to represent the Social Security Administration (SSA). Callers threaten victims with arrest or other legal action if they fail to call a provided phone number or press the number indicated in the message. Scammers may also say that they want to help an individual activate a suspended Social Security number. They may even “spoof” the actual Social Security hotline number to appear on the recipient's phone: 1-800-772-1213.

*(Information from the National Council on Aging)*

If you receive one of these calls, hang up. Social Security rarely contacts persons by phone unless you have ongoing business with them and they *never* make threats about arrest or legal action. Government agencies should never demand money over the phone.

Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271 or submitting a report on the OIG website.

**Another recent scam is a new twist on the old grandparent scam.** In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately.

Recently, instead of using wire transfer or gift cards, older adults are being asked to mail cash to the fraudsters. The scammers will ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them through UPS, FedEx, and the U.S. Postal Service.

If you receive one of these calls, *don't act right away.* Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC at [FTC.gov/complaint](https://www.ftc.gov/complaint). If you receive a call from someone saying they are a family member, reach out to other family members before sending any money.

The Hinsdale Police Department recommends that if you are unsure whether the person on the phone is a legitimate representative of a business or truly who they claim to be, get their name and call back number. Then look up the phone number for the business and call the general phone number. Ask for the person by name. If you cannot reach them, it is likely a scam.

Sincerely,

*Kate*

**Kate Vogts; Director, Active Adults**



# OUTINGS

We're always on the move and you can be too! See The Barber of Seville at The Lyric Opera or Sunset Boulevard at The Porchlight Theatre. There's always something to do!



## THE BARBER OF SEVILLE AT CHICAGO'S LYRIC OPERA



**Thursday, October 10**

In Seville, the town barber is a man of many talents. From cutting hair to knowing the town gossip to matchmaking, Figaro is your go-to guy, especially when you need an elaborate scheme to marry the girl you love and save her from her pompous old guardian. Barber is musical comedy at its finest. The singing will dazzle you and the effervescent score, hilarious plot and lovable characters are unforgettable. The happily-ever-after ending will steal your heart.

- **Departure & Return Time & Location:** 12:30pm - 6:00pm at The Community House
- **Standard Fee:** \$125 / **Key Holder Fee:** \$115
- **Registration Code:** ENR-SNR-1009-68
- **Includes:** Excellent main floor seating, coach transportation

## LUNCH & LEARN AT THE COMMUNITY HOUSE



**Thursday, November 7**

**The 1950's: Elvis, Eisenhower and Lucy /** We'll enjoy a delicious buffet lunch with an informative and entertaining presenter, Historian, Jim Gibbons. The 1950's was the decade of Rock and Roll, postwar boom, the Korean War, and Civil Rights. From the booming economy to the baby boom, America was prospering after the war. From the Supreme Court's landmark decision in "Brown vs. Board of Education" in 1954 to activist Rosa Parks, the Civil Rights Movement was moving forward. Elvis became the idol of American teenagers everywhere. Teenagers danced to rock and roll music and movies featured John Wayne, Cary Grant, James Stewart, Grace Kelly, Elizabeth Taylor and Marilyn Monroe.

We will take you back to an age of innocence and Eisenhower. Gibbons will discuss the American values and conservative culture of peace, progress, and prosperity in the 1950's.

- **Time:** 12:00pm - 2:00pm
- **Standard Fee:** \$18 / **Key Holder Fee:** \$15
- **Registration Code:** ENR-SNR-1011-67

## SUNSET BOULEVARD AT PORCHLIGHT THEATRE IN CHICAGO & BRUNCH



**Saturday, November 16**

In her mansion on Sunset Boulevard, faded, silent-screen goddess, Norma Desmond lives in a fantasy world. Impoverished screenwriter Joe Gillis is persuaded to work on Norma's "masterpiece", a screenplay that she believes will put her back in the limelight. The screenwriter's ambivalence about their relationship and her unwillingness to let go leads to a situation of violence, madness, and death. This Tony Award winning masterpiece stars the incomparable Hollis Resnick, making her Porchlight debut. Music by Andrew Lloyd Webber. We'll enjoy brunch at Bistronomic before the show!

- **Departure & Return Time & Location:** 12:30pm - 6:30pm at The Community House
- **Standard Fee:** \$138 / **Key Holder Fee:** \$128
- **Registration Code:** ENR-SNR-1009-69
- **Includes:** main floor theatre seats, brunch, coach transportation

## NIGHT IN VIENNA, MOZART & STRAUSS AT CHICAGO SYMPHONY ORCHESTRA



**Friday, December 13**

Austrian conductor Manfred Honeck leads a program of richly melodic dance music by the Strauss family and Mozart's virtuosic Piano Concerto No. 21 featuring Jan Lisiecki, whose "pristine, lyrical and intelligent playing shows uncommon maturity" (*The New York Times*). After the concert we'll have snacks on the bus as we drive by the Christkindlmarket and Macy's windows and take in the holiday lights on Michigan Avenue.

- **Departure & Return Time & Location:** 12:15pm - 6:00pm at The Community House
- **Standard Fee:** \$140 / **Key Holder Fee:** \$130
- **Registration Code:** ENR-SNR-1009-70
- **Includes:** Excellent main floor symphony seats, snacks and 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



This event partially underwritten by Independence4seniors! >

# 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.



## PRIME TIME A+

*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 cardiovascular 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:** 10/18 – 11/15, 11/22 – 12/27 (no class 11/29)
- **Standard Fee:** \$60 / **Key Holder Fee:** \$50

## GENTLE YOGA

*Wednesdays, 10:30 – 11:30am*

A slower paced class for older adults using yoga poses to maintain health and slow down the effects of aging. The gentle yoga poses and breathing promote wellness, flexibility, and strength. The benefits of yoga include an increase in energy level and stamina, improved joint health and flexibility.

- **Dates:** 10/23 – 12/18 (no class 10/30, 11/27)
- **Location:** KLM Lodge 2nd floor, County Line Rd., Hinsdale
- **Standard Fee:** \$80 / **Key Holder Fee:** \$65

## SIT AND GET FIT

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

Increasing range of motion, circulation, flexibility, balance and strength are the main goals of this low impact class with easy-to-follow moves. Light weights and toning bands are used occasionally to help 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 the workout is always different and exciting

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

## PICKLEBALL LESSONS

*Tuesdays and Thursdays, 10:00 – 11:00am*

Learn to Play Pickleball and Drills for all skill levels.

- **Dates:** (Two-week sessions) 10/15 – 10/24, 10/29 – 11/7, 11/12 – 11/21, 12/3 – 12/12
- **Standard Fee:** \$70 / **Key Holder Fee:** \$60

## PICKLEBALL OPEN PLAY

*Mondays, 7:45 – 9:45pm and*

*Tuesdays and Thursdays, 1:00 – 3:00pm*

All ages, genders and skill levels are welcome. Join pickleball players looking for friendly competition and camaraderie with fellow pickleball enthusiasts. Players will play games and rotate throughout the session. Designated courts for different levels of play.

- **10-Visit Standard Fee:** \$60 / **Key Holder Fee:** \$50
- **Individual Visit Standard Fee:** \$7 / **Key Holder Fee:** \$6



## MAKING THE CONNECTION

Our recent Architectural Boat Cruise on the Chicago River SOLD OUT. It was a rainy day, but that didn't stop us from enjoying ourselves! Joining us on trips is an opportunity to engage in culture, art, have fun and connect with your friends or make new ones!

# CAN BETTER SLEEP STAVE OFF DEMENTIA?

(AND KEEP US SLIMMER?)

In his 2017 book, *Why We Sleep* — *Unlocking the Power of Sleep and Dreams*, author and sleep scientist Matthew Walker, suggests that **good sleep is more fundamental to health and good function than what we put in our mouths and how active we are.** He also shows evidence (and it's no surprise) that as we age, good sleep is harder to come by.

In this easy-reading book, Dr. Walker introduces, explains, and discusses a variety of facts and terminology on his study of sleep. Some words and phrases, like circadian rhythm (circa or around and diem or day) natural melatonin release, sleep hygiene, Rapid-Eye-Movement sleep, fragmented sleep, and the idea of 'larks and owls' were at least somewhat familiar to me, but many were not. He covers the "sleep pressure signals of adenosine," sleep efficiency, and the 90-minute cycles of sleep type. Walker explains it all in an understandable way. He also confesses how little we know about sleep and offers some theories of his own and of

other neuroscientists who study this most basic of human needs.

In 1952 at the University of Chicago, researchers observing the side-to-side eye movements (under their eyelids) of sleeping infants during day and night, noticed that these occurred in cycles. They also saw that these cycles, which they called Rapid Eye Movement sleep cycles (REM cycles) matched perfectly with periods of remarkably active brainwaves — similar to when the baby was awake.

This REM sleep alternated through the sleeping period with times of no or little eye movement and calm brainwaves. Not too imaginatively they named the other periods of sleep Non-Rapid Eye Movement sleep or NREM sleep. So, we don't just sleep. We sleep in two different ways, which cycle through the night, generally in ninety-minute periods throughout life. The researchers associated the REM sleep with dreaming and called it Dream Sleep. The NREM periods are also called Deep Sleep.

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

Walker says that **when we sleep deeply, we consolidate and cement older memories and remove unnecessary information, and that during Dream Sleep, we intensify memory.** That's a little bit of a stretch to understand these theories, but the brainwave evidence does show that 90-minute cycles early in the night contain much more Deep Sleep than Dream Sleep, and that as morning approaches, each cycle consists of shallower and shallower Deep Sleep. He quotes an "old saying" (that I'd never heard) saying that an hour of sleep before midnight is worth two after. Does that also fit with Ben Franklin's statement (via Poor Richard) that 'Early to bed, early to rise, makes a man healthy, wealthy, and wise?'

Unfortunately, large-scale studies have shown that as we age, the proportion of Deep Sleep in each of the 90-minute cycle becomes smaller. The restorative power of sleep becomes diminished. What a surprise!

Dr. Walker asserts that due to a variety of factors, we have a nationwide sleep deficit, and that a lifetime of sleeping fewer than seven hours a night contributes to age-related losses of alertness. It increases the risk of cancer, infections, falls, depression, memory impairment, weight gain and dementia.

His prescription to get more sleep at younger ages is easy to say but often hard to accomplish. Sleep on that.



Contact James K. Curto at 630-789-1135 or [jkcurto@birches.net](mailto:jkcurto@birches.net) or through [www.birches.net](http://www.birches.net). Encore is The Birches' award-winning memory-support neighborhood.

## STAYING ON TRACK

One step at a time is good walking and we want to give a big hurrah to all of our friends who visit our walking track consistently.

Tom Julian	Eileen Schmidt
Bill Blomquist	Urte Cahill
Jane Blomquist	

*Pictured: Urte Cahill (left) and Eileen Schmidt (right) take a well deserved rest after a walk on the track.*

Shrek the Ogre is an unlikely hero who finds himself on a life altering journey alongside a wisecracking Donkey and a feisty princess who refuses to be rescued! Add a dash of short-tempered bad guy, a gingerbread cookie with a serious attitude, and a couple dozen other fairy tale misfits and you've got a swampy recipe for fun and a messy situation that only a true champion can fix! And Shrek's the Ogre to do it!

Save the Date for this awesome show by our friends at Stage Door Fine Arts! The show runs January 24 through February 2 only at The Community House-Kettering Hall.

# 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](http://thecommunityhouse.org).



## FUNDAMENTALS OF DRAWING & PAINTING

*Thursdays, 1:30 – 3:30pm*

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:** 10/24 – 11/21
- **Standard Fee:** \$161 / **Key Holder Fee:** \$140
- **Registration Code:** AP-ADT-1003-69

## 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:** 11/6 – 12/4
- **Standard Fee:** \$107 / **Key Holder Fee:** \$90
- **Registration Code:** AP-ADT-1001-69

## SHAKESPEARE SESSIONS

*Fridays, 10:30 – 11:30am*

- **Hamlet and the Tragedy of Enclosure:** 10/11
- **King Lear and Macro-Tragedy:** 10/18
- **The Dark Lady and the Beautiful Youth:**  
**Shakespeare's Sonnets:** 10/25
- **Death and the Maiden: Women in Shakespeare's Tragedies:** 11/1

**Standard Fee:** \$30 / **Key Holder Fee:** \$25

## AARP DRIVER SAFETY

*December 17 & 18, 11:30am – 3:30pm*

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 sign up:**  
**(630) 323-7500 Ext. 0**

## INDIAN PRAIRIE COMPUTER CLUB

*Second Wednesday of each month, 9:30am*

This group offers periodic informational presentations by guest speakers or club members, as well as general question and answer sessions.

## SOUNDS GOOD! CHOIR

*Rehearsals every Thursday; 9:30 – 11:00am*

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. 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](http://www.soundsgoodchoir.org) for more information.



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 PRESENTATION

**Dr. Mark Pappodopoli, AMITA** **October 23**

**Health Alexian Brother Hospice Medical Director**

Dr. Mark Pappodopoli has been in private practice for 33 years and is experienced in caring for palliative care and hospice patients. He is board certified in Family Medicine with a certificate of added qualification, CAQ in Geriatrics, Hospice and Palliative Medicine. He is also the Chairman of the Department of Family Medicine at AMITA Health Alexian Brother Medical Center in Elk Grove Village.

**Coffee and donuts at 9:30am; Presentation begins at 10:00am. \$3 at the door, no advance registration.**

*No meetings will be held in November or December.*

## 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!**

**They Shall Not Grow Old** **October 10**

*(R); 1 hr. 39 min.*

A World War I documentary with never-before-seen footage to commemorate the centennial of the end of the war.

**Just Getting Started** **October 24**

*(PG); 1 hr. 31min; Tommy Lee Jones, Morgan Freeman, Rene Russo*

An action comedy about an ex-F.B.I. Agent (Tommy Lee Jones) and an ex-mob lawyer in the Witness Protection Program (Morgan Freeman) having to put aside their petty rivalry on the golf course to fend off a mob hit.

**The Old Man and the Gun** **November 14**

*(PG-13); 1 hr. 33min; Robert Redford, Casey Affleck, Sissy Spacek*

Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public.

**Love Gilda** **December 12**

*(documentary); 1 hr. 24 min.*

In her own words, comedienne Gilda Radner looks back and reflects on her life and career. Weaving together recently discovered audiotapes, interviews with her friends, rare home movies and diaries read by modern day comediennes (including Amy Poehler), LOVE Gilda offers a unique window into the honest and whimsical world of a beloved performer whose greatest role was sharing her story

**Can You Ever Forgive Me?** **December 26**

*(R); 1hr. 46min; Melissa McCarthy, Richard Grant*

A true story, based on the memoir by the same name. Lee Israel made her living in the 1970s and '80s profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack

## CARD GROUPS

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

**Relaxed Bridge** **Fridays, 11:30am**

Soliciting advice is permitted.

**Men's Bridge** **Tuesdays, 12:00pm**

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

**Women's Canasta** **Wednesdays, 1:00pm**

Fun and lively group.

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

Enjoy American Mah Jongg with friends.

## MORE ROUNDTABLE GROUPS

- **The Investment Group** meets the 1st Wednesday of every month at 9:30 am.
- **The Finance Group** meets the 3rd Wednesday of every month at 9:30 am.

## 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! No book group in January.**

**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.

**Middlemarch, by George Eliot** **December 2**

A complex tale of idealism, disillusion, profligacy, loyalty and frustrated love. This penetrating analysis of the life of an English provincial town during the time of social unrest prior to the Reform Bill of 1832 is told through the lives of Dorothea Brooke and Dr Tertius Lydgate and includes a host of other paradigm characters who illuminate the condition of English life in the mid-nineteenth century.



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](http://thecommunityhouse.org)

630-323-7500

## You could make a difference with the stroke of a pen.

If you're age 70 and a 1/2 or older (even if you don't look it!), you can direct your tax distribution to a charitable organization, such as The Community House, and avoid the income tax on the withdrawal/distribution.



Call Annie Krug, The Community House Executive Director at 630-323-7500 Ext. 227 to learn more or email [akrug@thecommunityhouse.org](mailto:akrug@thecommunityhouse.org). You can also contact your Financial Advisor.