

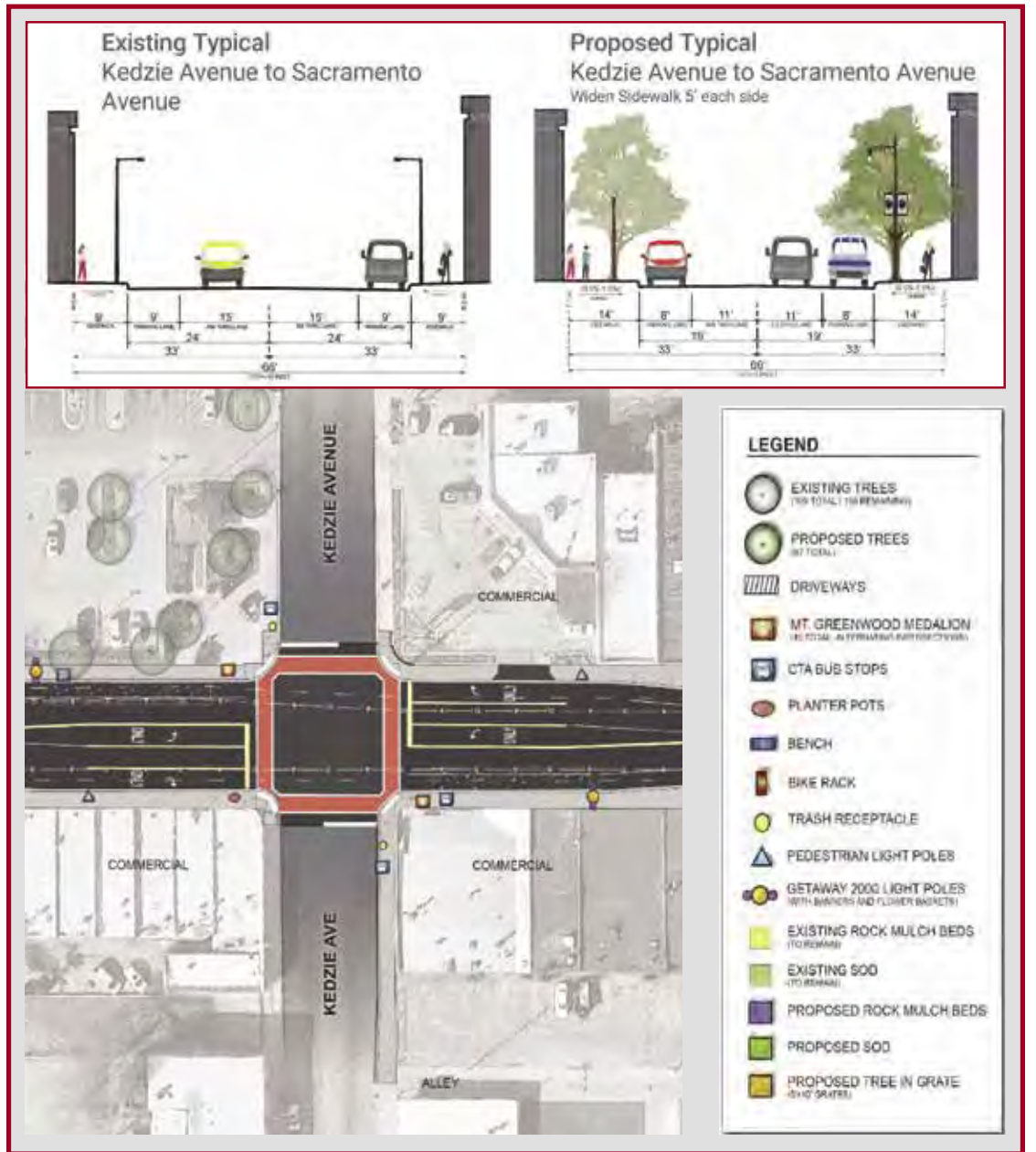
19th WARD Quarterly

A Publication of the 19th Ward Youth & Community Foundation
Matthew J. O'Shea

AUGUST 2023

111th Street Streetscape Update

The 111th Streetscape project began in May, 2023 and is approximately 25% complete. The majority of the construction along the south side of 111th Street between Homan Avenue and Kedzie Avenue is nearing completion and includes new sidewalk, curb and gutter, sewer structures, bus pads, driveways, and alley aprons. By mid-August it is anticipated that the contractor will shift to the north side of 111th Street between Homan Avenue and Kedzie Avenue. A similar progression of work will occur along the north side as was done along the south side. Traffic patterns on 111th Street will remain the same when the construction moves to the north side of the street; however, temporary parking restrictions will be in place on the north side of 111th Street as needed. Tree planting along the new sidewalk will start this fall and continue next spring. All of the existing streetlights will be removed and replaced with new light poles in 2024. The project is scheduled to be completed in 2024. We encourage all interested business owners and residents to attend the virtual weekly construction meeting with questions or concerns regarding the project.



Chicago Police Department Opens Officer Wellness Center at 115th and Western

On Tuesday, July 25, 2023, the Chicago Police Department opened a wellness center for its officers at 11540 S. Western Ave. Police Superintendent Fred Waller and 19th Ward Alderman Matt O'Shea were both on hand for an open house at the facility. The wellness center is part of the Chicago Police Department's efforts to support its officers, who are regularly exposed to difficult and traumatic circumstances.

"I am excited this wellness center will be a safe place for Chicago's brave men and women in blue to get the support they need" said Alderman O'Shea

A 2017 U.S. Justice Department report found that the suicide rate of Chicago police officers was 60% higher than the national average for members of law enforcement. Last year alone, 7 Chicago Police Officers died by suicide.

The wellness center will provide

clinical, trauma, drug and alcohol, peer support, and chaplains programs to support officers and their families. All programs will be HIPAA protected and fully confidential. The aim of the wellness center is to ensure that officers are well-supported with mental health and well-being services.

In addition to providing services, the center will also provide a safe space for officers to talk openly and honestly about their mental health and their experiences in the department. If you or someone you know is struggling, help is always available 24 hours a day through the Suicide and Crisis Lifeline by calling or

texting 988. The Wellness Center is a welcome addition to the resources available for Chicago Police Officers and provides an important outlet to find support and care.



Chicago Police Superintendent Fred Waller, Charles & Ivette Williams, and Alderman O'Shea pose for a picture after touring the new wellness center.

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Tax Appeal Seminar

Cook County residents have a unique opportunity to tackle their property tax assessments head-on at an upcoming property tax appeal seminar. Co-hosted by Alderman Matt O'Shea, the event will take place on Tuesday, October 17th at 6:00 pm at the Chicago High School for Agricultural Sciences, located at 3857 W 111th St, Chicago, IL 60655. Alongside the Alderman, Board of Review Commissioners Larry Rogers, Jr., and George Cardenas will be present to lend their expertise.

Property taxes often pose a significant financial burden for homeowners, prompting the need for a better understanding of the assessment process. With this in mind, the upcoming seminar aims to simplify the complexities and empower residents to navigate the system with confidence.

At the Cook County Board of Review Property Tax Seminar, attendees will have the unique opportunity to learn from seasoned experts with extensive experience in property assessment and taxation. Commissioners Larry Rogers, Jr., and George Cardenas are eager to address questions and concerns from homeowners, ensuring they gain insights into the assessment process.

The seminar's agenda covers crucial topics such as property assessment procedures, factors influencing tax calculations, common assessment mistakes, and the appeal process. Equipping property owners with this knowledge is vital in ensuring fair and accurate tax evaluations, ultimately resulting in potential cost savings.

In addition to invaluable insights from experts, the event facilitates direct engagement between residents and local officials. Commissioners Larry Rogers and George Cardenas are committed to serving the community and welcome feedback and concerns from taxpayers. This open communication fosters transparency and understanding, strengthening community bonds.

Residents are encouraged to bring their property tax bills or property index numbers to the meeting. This will allow them to complete and submit appeal paperwork on-site if they believe their property tax assessments are inaccurate or unjust. The appeal process offers homeowners a chance to rectify errors or present evidence supporting a reassessment, promoting equitable distribution of tax burdens.



Helping Seniors Avoid Scams 9/5

19th Ward senior citizens are being offered an opportunity to enhance their awareness and defense against scams, as Congressman Sean Casten and Alderman Matt O'Shea gear up to host an educational workshop on Tuesday, September 5th.

The event, titled "Guardians of the Golden Years: Empowering Seniors Against Scams," aims to equip senior citizens with the knowledge and tools required to recognize and avoid scams that threaten their financial security. The seminar is co-hosted by Senator Bill Cunningham and State Representative Mary Gill.

Scheduled to begin at 1:00pm, the workshop will convene at Mount Greenwood Park, located at 3721 W. 111th St. The organizers have arranged a panel discussion with representatives from the Federal Trade Commission (FTC), Internal Revenue Service (IRS), United States Postal Service (USPS), and the Illinois Attorney General's Office. These experts will share insights into the latest scam tactics and offer practical advice on how seniors can safeguard themselves.

Scams targeting seniors have become increasingly sophisticated and prevalent. Fraudulent investment schemes, identity theft, de-

ceptive mail offers, and phony IRS calls are just a few of the tactics that will be addressed during the workshop. Attendees will learn to identify the telltale signs of scams and how to respond effectively.

Alderman Matt O'Shea stated, "The workshop seeks to provide seniors with valuable information to stay ahead of scammers," underlining the importance of keeping seniors informed and resilient.

Scams continue to evolve, making it crucial for seniors to stay informed and prepared. The "Guardians of the Golden Years" workshop aims to arm seniors with the practical knowledge needed to avoid falling prey to scams.

Families, seniors, and concerned citizens are encouraged to attend the event, which promises to be an informative session offering insights into scams and strategies to thwart them. By uniting against scams, the 19th Ward community can create a safer environment for its seniors.

To join this initiative, mark your calendar for September 5th at Mount Greenwood Park (3721 W. 111th St). Together, we can ensure that our senior citizens are better equipped to guard against financial exploitation.

Cook County Sheriff and 19th Ward Partner for Catalytic Converter Marking Event

In a concerted effort to combat the rising issue of catalytic converter thefts, the Cook County Sheriff's Office and the 19th Ward are teaming up to host a free catalytic converter marking event. This event aims to provide residents with a practical solution to help deter theft and protect their vehicles.

The event is scheduled to take place on Thursday, October 26th, 3:00 – 5:00pm at Crosswinds Church (10835 S. Pulaski Rd). The catalytic converter marking event offers residents an opportunity to have their catalytic converters marked with a unique identification, making them less appealing to thieves.

Catalytic converters have become a prime target for thieves due to the value of their precious metals. By marking these converters, law enforcement can more effectively trace stolen goods and apprehend criminals. Registration for the event is required, and interested participants can register by emailing CCSO.CommunityEngagement@ccsheriff.org.

"This initiative is about providing our community with a practical solution to a pressing issue," said Alderman Matt O'Shea. "Catalytic converter thefts have been on the rise, and this event is a proactive

step to help residents safeguard their property."

Senator Bill Cunningham and State Representative Mary Gill are co-sponsoring this event, reflecting their commitment to addressing community concerns and fostering safety.

"Catalytic converter theft can be a major inconvenience for residents, and we want to provide them with tools to protect their vehicles," noted Senator Bill Cunningham. "Working together with law enforcement and community partners, we can make a meaningful impact."

State Representative Mary Gill

added, "Prevention is key when it comes to crime, and this event offers residents a tangible way to deter theft and contribute to a safer neighborhood."

With the participation of law enforcement and community leaders, this event underscores the importance of collaborative efforts in addressing local issues. By marking catalytic converters, residents can actively contribute to reducing theft rates and enhancing overall community safety.

The Cook County Sheriff's Office and the 19th Ward encourage

all interested residents to take advantage of this catalytic converter marking event. As the event approaches, individuals are urged to register promptly to secure their spot. This initiative serves as a practical reminder that community engagement and cooperation play a pivotal role in promoting security and wellbeing for all residents.



Newborn Apothecary Celebrates Ribbon Cutting

On July 20th, a ribbon-cutting ceremony celebrated the opening of Newborn Apothecary, a boutique specializing in products and services for babies, toddlers, and expecting mothers. Located at 11104 S. Kedzie Ave. in Mount Greenwood, the store is operated by Bridget Forbes dedicated to providing valuable offerings to the local community.

"We are pleased to welcome Newborn Apothecary to the 19th Ward. The boutique offers essential resources for families and creates a welcoming space for our community" said Alderman Matt O'Shea.

Newborn Apothecary's parent company (in the rear of the store), Real Life Moment, offers professional photography sessions capturing the essence of newborns, milestones and families. Real Life Moment Photography has served Chicago's Mount Greenwood community (and outward) for over 8 years. Lead by Forbes, these sessions allow parents to preserve precious fleeting moments, by not just taking photos, but by creating unique and timeless artwork centered around their baby and family. The quality of photos delivered by Real Life Moment is unmatched based on multiple international awards, many years of experience and all the safety training that is essential to pose and position the

newborn baby. While much of today's world is digital and temporary, the photo studio provides clients with a print credit that ensures they leave with an heirloom to pass down for generations to come. The newborn boutique is available Wednesday through Saturday, 12:00-6:00pm (with complimentary private ordering appointments available), providing flexibility for busy families. The photography sessions take place during the week, by appointment only.

For added convenience, Newborn Apothecary also offers online shopping and both complementary gift wrapping and local delivery at newbornapothecary.com. Customers can explore a thoughtfully curated collection of clothing and accessories, including onesies, blankets, and adorable headbands, all gift giving ready. Customers can also build their own gift baskets or purchase one already assembled.

Whether shopping for their little ones or looking for the perfect baby gift, Newborn Apothecary aims to cater to the needs of parents and families in Mount Greenwood. For inquiries or assistance, customers can reach them by phone at (773) 999-4167.

The ribbon-cutting event at Newborn Apothecary received warm wishes from the Mount Greenwood community. The bou-

tique's commitment to personalized service and a welcoming atmosphere has already resonated with local families.

The opening of Newborn Apothecary brings a valuable resource to the neighborhood, of-

fering a charming and convenient destination for parents and expecting mothers. As families visit the boutique, they can experience the dedication Bridget Forbes and her team bring to serving the community's needs.



AUGUST 2023



BEVERLY / MORGAN PARK BLACK OWNED BUSINESS MONTH

Join us to celebrate **Black entrepreneurs** in our community! **Black Owned Business Month** features special events to promote & support local businesses in August. It includes the launch of an **online directory of Black Owned businesses in Beverly/Morgan Park.**

WHAT TO LOOK FOR

NETWORKING OPPORTUNITIES
MEET & GREET OTHER BLACK BUSINESS OWNERS

BUSINESS EDUCATION EVENTS
PROFESSIONAL DEVELOPMENT SEMINARS TO HELP YOU GROW YOUR BUSINESS

ONLINE BUSINESS DIRECTORY
MORE THAN 50 LOCAL BLACK-OWNED BUSINESSES IN A SEARCHABLE DATABASE

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Gill-Supported Bill to Combat Carjackings Signed into Law

In response to the rising rates of car theft in Chicago, state Rep. Mary Gill, D-Chicago, supported legislation to create a stolen car recovery hotline in order to assist law enforcement in tracking down stolen vehicles.

"With the rise in carjackings over the last few years, it is important that we are providing law enforcement with the tools they need to help track down stolen property and catch criminals who steal cars," said Gill. "Establishing a vehicle theft hotline to ensure that law enforcement and vehicle manufacturers can work together to track and secure stolen vehicles will be a vital piece of combatting carjackings and returning cars to their rightful owners."

According to crime statistics provided by the City of Chicago, carjackings have risen dramatically over the past few years. In order to crack down on these crimes and ensure that law enforcement officials have the resources to track down stolen cars, Gill helped pass House Bill 2245, which was signed into law earlier this week. The bill directs the Cook County Sheriff and vehicle manufacturers to cre-

ate hotlines in order to coordinate with local law enforcement and provide them with location data for stolen vehicles and information on vehicles used for crimes such as kidnapping.

As state representative, Gill has made it a priority to support legislation cracking down on crime and providing assistance to first responders. She supported legislation creating a PTSD Mental Health Coordinator that will help ensure that first responders are able to get the mental health care they deserve. Gill also helped pass a state budget that allocated \$100 million in new funding for police departments.

"In order to keep our community safe, it is critical that we are working with our first responders to ensure they have the tools they need to do their jobs effectively," said Gill. "While we have made steps in the right direction, there is still more that needs to be done. I look forward to speaking with law enforcement officials throughout the summer and fall to listen to their concerns and work with them to find solutions that can help keep us all safe."

High School 101: A Seminar for Parents

Attention parents of 8th grade students. Now is the time to start your search for the right high school. Alderman Matt O'Shea and the Beverly Area Planning Association will host High School 101, a zoom seminar designed to help guide parents through the high school selection process on Monday, September 25th at 7:00pm.

A representative from Chicago Public Schools (CPS) will be present to give families an overview of how to navigate the GoCPS Application Process for the 2024-2025 application cycle (the overview cover choice and selective enrollment programs). In addition, the Principals from the Chicago High School for Agricultural Sciences and Morgan Park High School will both present information about their schools and answer any questions.

19th Ward families have many choices when it comes to high school. Please join us to get information and tips to help you navigate the process. This free seminar will be conducted entirely via zoom; to sign up, please visit www.the19thward.com and for more information, please check out cps.edu/gocps for family resources and updates.



CUB Hosts Money Saving Seminars

Alderman Matt O'Shea, Senator Bill Cunningham, State Representative Mary Gill, and the Citizens Utility Board (CUB) will host two virtual presentations on Tuesday, September 12th, 1:00-2:00pm, and Thursday, September 14th, 6:00-7:00pm. There is no cost for these webinars. To reserve your spot today, please visit the19thward.com.

Understanding Cable Options & Reducing Robocalls Webinar:
Tuesday, September 12th at 1pm

CUB will present the different choices in the TV market, ways to cut your cable costs, whether or not to keep cable, alternatives to satellite or cable, and streaming services available to consumers. In addition, CUB will discuss the different types of

robocalls, how to avoid common robocall scams, call-blocking services and what they mean for your pocket, and new proposed federal legislation.

Home Energy Savings Webinar:
Thursday, September 14th at 6pm

Are you concerned about the rise in utility prices? Join CUB for information about how to reduce your energy usage. This event is designed to help you better understand the ins and outs of your bill, avoid utility scams, as well as programs designed to save you money and energy. Bring all your utility-related questions.

For money-saving advice and consumer tips, visit www.citizen-utilityboard.org.



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Black Business Month

August is Black Business Month, a nationwide effort to recognize and support Black-owned businesses. BAPA, the 95th Street Business Association, and the MPBHBA are partnering with local businesses to bring this celebration to Beverly/Morgan Park!

Our goals include:

- highlighting our Black-owned businesses and their unique offerings.
- building community among local Black entrepreneurs so that they can support and promote each other.
- helping businesses expand their customer base by sharing information about Black Business Month in print, on social media, and this website.
- creating a lasting resource—an online directory—for people to find Black-owned businesses in Beverly/Morgan Park.

Events will eventually be listed here, along with a directory we are creating of Black-owned businesses in Beverly/Morgan Park: <https://villageinthecity.org/black-business-month/>

Business owners are welcome to sign up for programming here: <https://www.mpbhba.org/events/>



The Black Business Month kickoff at Afro Joe's was a success, and the MPBHBA, BAPA, 95th Street Business Association, and planning committee are excited to offer additional events to celebrate throughout August. Learn more about Black Business Month and access the new Black-owned business directory: <https://villageinthecity.org/black-business-month/>



Cunningham: New "Skip-the-Line" program coming to driver's license facilities

State Senator Bill Cunningham is alerting his constituents about big changes to how Illinois issues driver's licenses. Starting September 1st, anyone looking to renew their license, or get one for the first time, will have to make an appointment before visiting a Secretary of State office.



Motorists seeking some other vehicle-related service, such as title and registration or renewing license plate stickers, are not required to make an appointment and can just walk in to any Secretary of State facility. But many of those services can be accessed online as well.

The new appointment-only program, called "Skip-the-Line," is being introduced by Secretary of State Alexi Giannoulias to end the dreaded ritual of waiting in line for hours to renew a driver's license.

"This new approach should drastically improve the experience of getting a driver's license in Illinois," Cunningham said. "However, it will take some getting used to for both motorists and the Secretary of State's office. So, it's important that Illinois residents familiarize themselves with the appointment-only process to make the transition as smooth as possible."

The easiest way to book an appointment is to visit the Secretary of State's website at www.ilsos.gov. Visitors to the website can easily search for appointments by facility, date and time. It is recommended that you search for an appointment a week to 10-days in advance, but some day-of appointment reservations may be available if you are flexible about the facility you visit and time of day. Those who do not have access to a computer, or are uncomfortable using one, can call (844) 817-4649 to schedule an appointment with an operator.

In conjunction with the "Skip-the-Line" program, the Secretary of State's Office is changing operating hours at many of its facilities. The facilities closest to the 19th Ward will operate as follows:

Chicago-South

9901 S. Martin Luther King Dr
Mon-Fri, 8am-5:30pm
Sat, 8am-12:30pm

Midlothian

14434 S. Pulaski Rd
Mon-Fri, 8am-5:30pm
Sat, 8am-12:30pm

Bridgeview

7358 W. 87th St
Mon-Fri, 8am-5:30pm
No Saturday hours

Orland Township

14807 S. Ravinia Ave
8am-4:30
No Saturday hours.

"Our goal is to eliminate the Time Tax that has plagued Illinoisans for years, forcing them to stand in long lines wasting time – just to conduct basic services," Giannoulias said. "Extending hours and requiring appointments is the most efficient way to get the services you need quickly and without the headache of unpredictable wait times."

19TH WARD PRESCRIPTION DRUG DROP OFF & DOCUMENT SHREDDING EVENT

**Saturday, September 9th
9:00 AM - 11:00 AM**

CrossWinds Church
10835 S. Pulaski Rd.

**This event is free, but is open to
19th Ward residents only.**



**Documents are
shredded onsite.**

Only documents that are loose can be shredded; please remove any staples or binders before you arrive.

Turn in your unused or expired household prescription medication for safe disposal.

Medications should be in original container or a sealed plastic bag.

Unacceptable Items:

- ⓧ Needles, syringes, lancets, injection pens
- ⓧ Medical waste
- ⓧ Liquids
- ⓧ Chemo/cytotoxic drugs
- ⓧ Contaminated materials, such as gloves, tubing or IV bags
- ⓧ Batteries, aerosol spray cans
- ⓧ Trash or other hazardous material
- ⓧ Illicit drugs (Schedule I controlled substances) such as marijuana, cocaine, heroin & methamphetamine



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1. Junior Savers Account. At account opening, child(ren) must be accompanied by a parent or guardian and present a valid Social Security number(s). **2. Fees.** A maintenance fee of \$5.00 will be imposed every calendar month if the balance in the account falls below \$200.00 any day of the calendar month once the Junior Saver has reached the age of 22. Transaction limitations will apply. Fees may reduce earnings. **A listing of Wintrust Financial Corporation locations can be found here:** wintrust.com/locations.



Maple Morgan Park Food Pantry

NEEDS YOUR HELP



SAFE / CONTACT-FREE DROPOFF EVENT

Curbside drop-offs only – in the parking lot

Wednesday, October 18, 2023 • 12 P.M. - 3 P.M.

OUR SHELVES ARE IN NEED OF:

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- Adult diapers
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- Canned chicken
- Canned salmon
- Condiments
- Corn muffin mix
- Cranberry sauce
- Cake mix
- Pancake mix
- Pancake syrup
- Spaghetti
- Spaghetti sauce
- Pasta
- Stove Top dressing
- Mac and Cheese
- Pork and beans
- Baked beans
- Hormel chili with beans
- Canned chili no beans
- Sloppy joe chili
- Manwich chili
- Spam
- Chef boyardee assorted products
- Boxed sugar
- Boxed mashed potatoes
- Hot sauce
- Milk products
- Snack bars
- Tea bags
- Toothpaste
- Toothbrushes
- Dentures cleaners
- Bar soap
- Dish detergents
- Kleenex tissue
- Disposable latex gloves
- Wrapped frozen packaged meats

*Note: per food guidelines/regulations, non-perishable food items must be sealed, unopened and unused.

WE ARE ALSO IN NEED OF MONETARY DONATIONS

to help out with discounted and tax-exempt bulk food purchases from local businesses.

You can now donate online at www.maplemorganparkfoodpantry.org or checks, cashier checks and sealed cash envelopes are welcome.



Maple Morgan Park Food Pantry

www.MapleMorganParkFoodPantry.org
11030 S. Longwood Dr., Chicago, IL

Make checks payable to:

Maple Morgan Park Food Pantry, 11030 S Longwood Dr., Chicago, IL 60643-4012

SAVE THE DATE

& A NEW DIRECTION WINGS

THE 23rd ANNUAL
Purple Tie Ball
 Parisian Nights

JOIN US IN COMMEMORATING
 DOMESTIC VIOLENCE AWARENESS MONTH

Saturday, October 7, 2023

The Lyric Theater Blue Island • 7-10pm

Please join A New Direction for their inaugural Purple Tie Ball as we commemorate Domestic Violence Awareness Month and celebrate becoming a program of WINGS!

- Light Bites, Cocktails, Great Music & a Powerful Program
- Semi-formal/Cocktail Attire

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Y-Me Tournament Returns 8/26

In 1994, Kathy O'Shea founded the Y-Me Softball Tournament on behalf of former 19th Ward Alderman and breast cancer survivor Ginger Rugai. The first tournament held eight total teams to support breast cancer organizations. Now, the event has multiplied to sixty-six teams and the mission has been targeted to save lives by exclusively funding breast cancer research.

Twenty-nine years, one global pandemic, and more than one million dollars in proceeds later, the tournament will return to the St. Christina, Mt. Greenwood Park, Agricultural School and White Sox fields on Saturday, August 26th, 2023. Over 1500 women will come together to play softball and make a difference, channeling their shared sorrow and frustration into a spirit of community and hope. With sixty-eight total teams of players accompanied by their family, friends, and fans, the fields will be filled with high-energy competition and good-hearted fun. At noon, people gather to watch what many consider to be the highlight of the day: the Survivors Game. Two competing teams are made up entirely of women and men who have battled breast cancer, including Rugai and her daughter, and players range from those diagnosed within the past year to some who survived up to 38 years ago. Complete with animated play-by-play commentary, the game is a beautiful tribute to the strength of those who face this ruthless, nondiscriminatory disease.

From the accolades for survivors, to the Big Hit monetary raffle with a \$10,000 first prize, basket

raffles, to the championship game, the tournament is inspirational but also immensely impactful; generous donors of money, time, and resources made it possible to raise over \$100,000 for breast cancer research in 2022 alone. Since 2014, all proceeds have directly funded research investigations by Dr. Kay Macleod and her lab team at University of Chicago Medicine. Macleod's team discovered that metastasis, the deadliest aspect of breast cancer in which the tumor moves to other parts of the body, is more likely to occur when mitochondria metabolize abnormally. Further, we were able to identify an influential gene in this mitochondrial process, called NIX, and show that knocking out NIX blocks tumor growth and prevents metastasis. The progression of this groundbreaking research is possible with the help of funds from Y-Me, as the research team now focuses on finding a way to inhibit NIX in tumor cells and thereby stop the spread of the cancer. Tournament Chair Katie McAlinden hopes to see a record-breaking year of fundraising for Macleod and her team as recent astonishing reports claim that a person is diagnosed with breast cancer nearly every two minutes in the U.S and that women are being diagnosed at a much younger age than ever before.

To donate, register to play, read survivor stories, buy a Big Hit Raffle, or learn more, visit y-mesoftball.com. Join us on August 26th at 111th and Central Park, or make a financial contribution, big or small, to the collective effort to beat out breast cancer. Together we can



Free Flu Shots 10/7

Alderman Matt O'Shea, Senator Bill Cunningham, and Representative Mary Gill will partner with the Chicago Department of Public Health to provide free influenza immunizations on Saturday, October 7, 10:00am to 2:00pm at the 19th Ward Office (10402 S. Western Ave). Flu vaccines are offered at no cost to adults of any age and children over six months old. No appointment is necessary, and vaccinations are provided on a first come, first served basis. Influenza

(flu) is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness. The most serious cases can result in hospitalization or even death. Senior citizens, children and those with serious health conditions are at a high risk of serious flu complications. Getting an annual flu shot is the best way to prevent the illness. For more information, please contact the 19th Ward at 773-238-8766.



Estate Planning Workshop for Seniors

The 19th Ward and Kathleen Duhig of the Law Offices of Farrell & Farrell are teaming up to offer a valuable opportunity for senior citizens. On Tuesday, September 19th, a free estate planning workshop is scheduled at 12:00pm at Barraco's Restaurant (3047 W. 111th St). This workshop aims to provide seniors with essential insights into estate planning, including wills, trusts, and the power of attorney.

As the importance of comprehensive estate planning grows, the 19th Ward is dedicated to ensuring its senior citizens are well-prepared for the future. The workshop will also include a light lunch courtesy of Barraco's Restaurant.

"A clear understanding of estate planning can be complex, and our senior citizens deserve the assurance that their wishes will be carried out effectively," said Alderman Matt O'Shea. "This workshop is an opportunity for seniors to gather information, ask questions,

and leave with a clearer understanding of their options."

The workshop will be led by professionals from Farrell & Farrell Law Offices, offering attendees a comprehensive understanding of estate planning elements, ensuring they and their beneficiaries are well prepared for the future. This workshop promises to empower attendees with the knowledge they need to navigate estate planning complexities and secure their futures, along with the futures of their loved ones.

This workshop is co-sponsored by Senator Bill Cunningham and State Representatives Kelly Burke and Mary Gill.

Space is limited for the workshop, and reservations are mandatory to secure a seat. Senior citizens interested in attending this educational event are encouraged to reserve their spot by calling 773-445-8128.



Registration Now Open for a Thanksgiving Family Tradition – The Beverly Hills Turkey Trot 5K

The Beverly Hills Turkey Trot 5K Run and Family Walk returns to the 19th Ward community on Saturday, November 25th, beginning at 9:00 am, at 9200 S. Hamilton Ave. Now in its 15th year, this annual family tradition has become one of the most anticipated events in the area, with over 2,200 participants expected to run or walk the beautiful tree-lined streets of the historic North Beverly neighborhood. Proceeds from this year's 5K will once again benefit the John McNicholas Pediatric Brain Tumor Foundation and the 19th Ward Youth and Community Foundation.

Runners and walkers of all ages and levels can register now for the 5K Run or Walk, Team Registration, or the untimed Family Walk, by visiting www.the19thward.com. Those who register BEFORE race day will be guaranteed a Beverly Hills Turkey Trot long-sleeved event t-shirt.

The 5K will be chip-timed on a CARA certified 5K course, while



the family walk will be untimed. Runners will be divided by age and gender according to CARA recommended guidelines, with awards given for each age group. All participants will receive a long sleeve t-shirt and a gift bag.

"We are so excited to host the 15th annual Beverly Hills Turkey Trot, and are expecting a record breaking turnout," said Matt O'Shea, Alderman of the 19th Ward and founder of the 19th Ward Youth and Community Foundation. "This event is such a great way to bring the community together on Thanksgiving weekend and help raise funds for two organizations that do so much for the neighborhood."

The 19th Ward and Original Pancake House – Beverly will host a pancake breakfast immediately following the race, 10:30am in the school gymnasium. Admission is \$5 per person; or \$25 for a family.

The John McNicholas Pediatric Brain Tumor Foundation, also known as Live Like John, is one of the beneficiaries of this year's race. The John McNicholas Pediatric Brain Tumor Foundation was founded in 2012 by North Beverly residents Ed and Amy McNicholas, after their son John passed away from a brain tumor in 2010 at the age of 15. The Foundation began with one goal: to eradicate pediatric

brain tumors. Since it began, the John McNicholas Pediatric Brain Tumor Foundation has pushed for advancements in the care and treatment of pediatric brain tumors by facilitating better coordination of information between patients and providers, improving the quality of life for patients, and funding specifically targeted pediatric brain tumor research and treatment options.

The 19th Ward Youth and Community Foundation is a 501(c)3 non-profit organization that supports and hosts a wide variety of safe, healthy, and educational youth activities for children in Beverly, Morgan Park, and Mount Greenwood. All programs are made available at little or no cost to participants and are intended to help children and teens make new friends and stay active in the 19th Ward community. Some events include the Children's Film Festival, Holiday Dodge Ball Tournament, Summer Concerts in the Park, Beverly Hills Turkey Trot, Family Ice Skating Party, Paper Shredding Days, and support to countless community causes.

For more information on the 15th Annual Beverly Hills Turkey Trot 5K and sponsorship opportunities, please visit www.the19thward.com or call 773-238-8766.

Registration fees are:

5K Run Adult:

\$35 until 7:00pm on Friday, November 24th in-person, \$40 on race day.

5K Run Youth (under 19):

\$30 until 7:00pm on Friday, November 24th in-person, \$35 on race day.

5K Walk Individual:

\$35 until 7:00pm on Friday, November 24th in-person, \$40 on race day.

5K Walk Family

(max 4 shirts & 1 goodie bag):

\$80 until 7:00pm on Friday, November 24th in-person, \$85 on race day.

5K Virtual Walk Adult:

\$35 until 7:00pm on Friday, November 24th in-person, \$40 on race day.

5K Virtual Walk Youth

(under 19):

\$30 until 7:00pm on Friday, Nov. 24th in-person, \$35 on race day.

Note: online registration will close at 10:00am on November 24th; Walkup registration will be available onsite on race day.

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95th Street Farmers Market Update

The 95th Street Farmers Market has enjoyed a wonderful season so far! The market opened for the season on Sunday, May 7th and welcomed a number of new vendors. The market operates each Sunday through the last Sunday in October from 8 a.m. – 1 p.m. in a city owned commuter lot located at 1835 W. 95th Street. The market hosts live music each week from 10 a.m. – 12 p.m. as well as complimentary face painting for kids every other Sunday from 10 a.m. – 12 p.m. The market has also enjoyed hosting staff from the Chicago Public Library – Beverly Branch several times throughout the season. The librarians offer simple craft activities for kids and enjoy sharing information about their upcoming events. Weekly highlights for the market are posted each week on the 95th Street Farmers Market Facebook page. You can also visit the 95th Street Business Association’s website, 95thstreet-ba.org, under the market section of the site to stay updated.

Food offerings each week include delicious crepes from Aim-

ie’s European Bakery, coffee and drinks from Andy’s Sunflower Café, barbecue options and snow cones from our own 95th Street business, The Baker Sisters, and a rotating line up of pop ups facilitated by Won Kim, a local artist and chef. These pop ups are a wonderful way to experience unique cuisine and try selections from restaurants located throughout the city.

Our community tent has welcomed students from Kellogg School’s Garden Club, members of the Beverly Theater Guild, local authors, and representatives from local organizations sharing information about their work.

The regular vendors participating in the market include:

Finn’s Ranch, Aunt Lizzie’s Baked Goods, Andy’s Sunflower Café, Nuts to Go, Emmy & J’s Gourmet, Danie’s Delicious Detox Drinks, The Smile on a Dog, Stamper Cheese, Bee Line Microgreens, Noffke Farm, Lafavor Farm, Piscasaw Garden, 2Twenty Bakery, Coco’s Tamales, Aimie’s European Bakery, Jam’s Hot Sauces, True2Mi, Uncle Pizzas, Rosie’s



Plant Care, Little Squeeze Incorporated, Hughes Happy Hives, La Juicy Jars, Made with Love Vinegar, Wild Flower Soap Company, Tilly’s Bagels, Kimski Restaurant, Meze Table, Al’s Cookie Mixx, and Pixie Dust Salts.

The market is grateful for its generous sponsors for the 2023 season including our Premier Sponsor, Beverly Bank, our Market Activity Sponsors, Southtown Health Foods and the Morgan Park Beverly Hills Business Association, our Music Sponsor, Core Fitness and Physical Therapy, our General Sponsors, the 19th Ward Community & Youth Foundation, State Senator Bill Cunningham, State Representative Kelly Burke, State Representative Mary Gill, Treadfit Beverly, BAPA, the Beverly

Improvement Association, Christ the King Parish, and our Friend of the Market, Pacor Mortgage Corporation. Please message the 95th Street Farmers Market Facebook page if you are interested in sponsorship opportunities.

We look forward to spending the rest of the season with you at the market!

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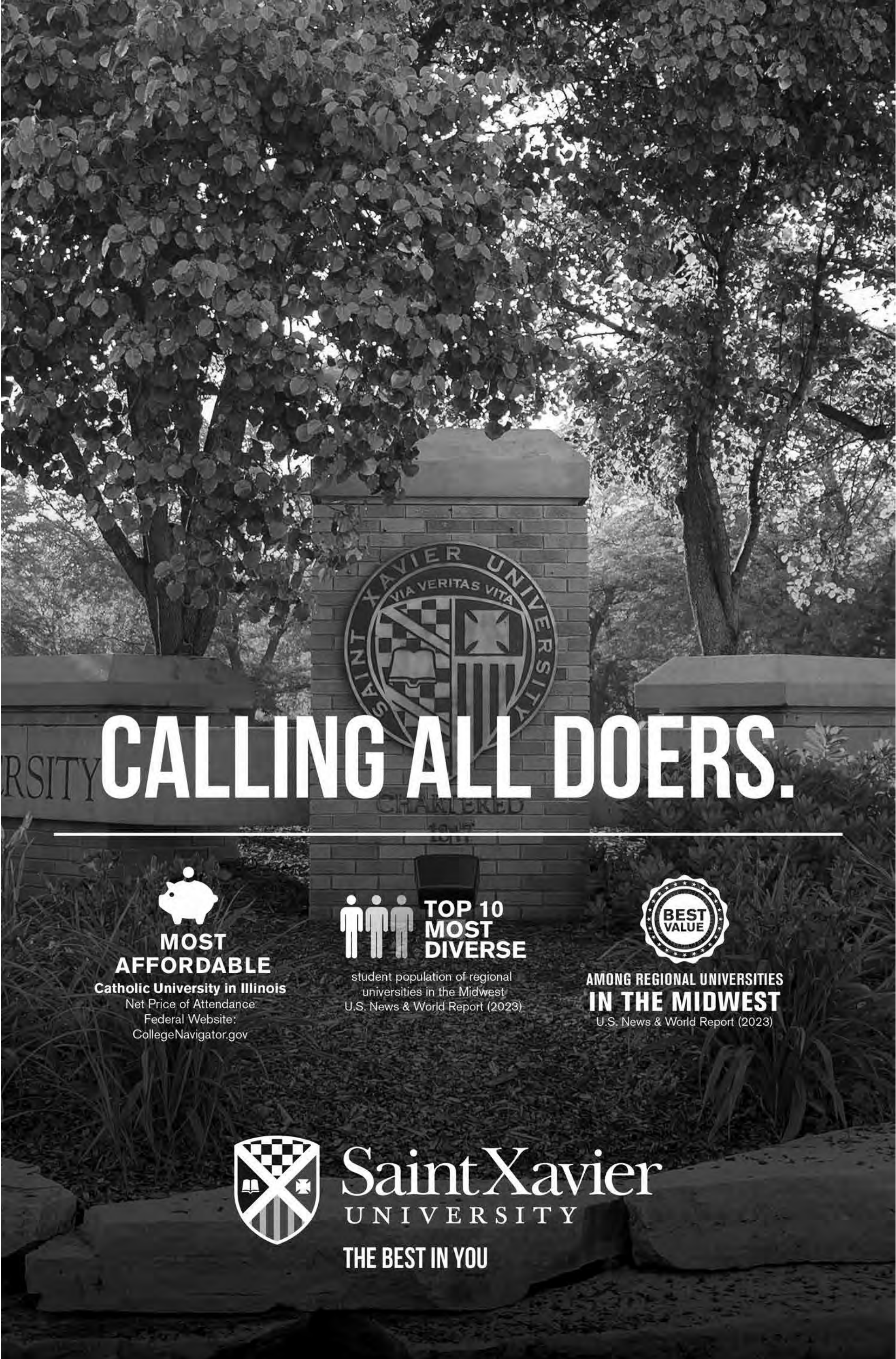
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First-Ever Golden Games for Special Olympic Athletes Ages 45 & Over, August 21-23

They've spent a lifetime training, competing and winning medals, and now for the first-time ever, Special Olympics Chicago/Special Children's Charities and the Chicago Park District will join forces to host the first-ever Golden Games to celebrate current and retired athletes ages 45 and above, Monday, August 21 thru Wednesday, August 23rd. For three full days, more than 150 athletes and coaches from various Chicago Park District programs, will enjoy a mix of sports skills/competitions and social activities at locations across the city.

Athletes will vary in age from age 45 and above, with the oldest person participating at the young age of 74. Two athletes, Amelia Hernandez, 66, and Brett Bartz, 64, who took part in the original Special Olympic Games at Soldier Field in 1968 will also be participating in Golden Games.

Sporting events include Bowling, Track & Field, Basketball Skills, Softball Skills, Bocce, Fishing, Archery and Adaptive Bicycles. Social ac-



tivities will include picnics, a Chicago White Sox game - where athletes will be acknowledged for all the stadium fans to see, an evening reception dinner dance, and shared meals. Athletes and coaches will stay at the Hilton Chicago throughout Golden Games.

"The newly created Golden Games gives us the opportunity to really shine the spotlight on our older athletes in a fun way, where they can gather and enjoy experiences they may not otherwise have the opportunity to do so," said Ray Baker, President of the Board of Directors of SOC/SCC. "Many of these athletes

have competed in our programming since they were eight years old, so to be able to participate in Golden Games - in the city where Special Olympics was born - really brings their sporting careers full circle. We are so looking forward to the Golden Games and to bring our athletes together in a new way that focuses not only on sports, but social activities where they can gather and enjoy some fun days and evenings together."

Special Olympics Chicago/Special Children's Charities provides year-round programming and events to thousands of athletes within the city who have intellectual disabilities and participate in programs through the Chicago Park District and Chicago Public Schools. In addition to sports, they fund cultural institution partnerships, arts programming, an athlete-produced cable access television show, art and music therapy for diverse learners in Chicago Public Schools, cooking nights, special events, field trips, and more.

Following is a schedule of activities (schedule to change):

Monday, August 21:

Bowling & Chicago White Sox game

10:30am - 1:30pm: Bowling at Waveland Bowl (3700 N. Western Ave)

4:30 pm: Special Guests at Chicago White Sox game with a Patio Party and Dinner
Guaranteed Rate Field (333 W 35th St)

Tuesday, August 22:

Sporting Competitions & Dinner Dance

10:00am: Basketball Skills, Softball Skills, Bocce, Track & Field

Dr. Conrad Worrill Track & Field Center at Gately (10201 S Cottage Grove Ave)

Note: Lunch Break from activities at 12:00pm

6:00pm: Golden Games Dinner Dance at the Hilton Chicago (720 S Michigan Ave)

Wednesday, August 23:

Adventure Day, Awards, and Closing Ceremonies

10:00am: Fishing, Archery, Adaptive Bicycles, Nature Rides, Animal Show, Northerly Island Tours;

Northerly Island (1521 Linn White Drive)

Note: Lunch break from activities at 12:30 pm; all activities resume at 1:00 pm

2:00pm: Awards Ceremony for all participants in Golden Games

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Intergenerational friendships thrive at Mercy Circle

Intergenerational programs at Mercy Circle, a senior living community in the 19th Ward, creates connections between local high school and elementary school students and residents as they share stories and collaborate on projects.

The residents at Mercy Circle enjoy many programs with local schools including *Macs with Mercy*, a program that invites a different club at Mother McAuley Liberal Arts High School to visit Mercy Circle every month. Recently, first graders at Queen of Martyrs visited assisted living, memory care and skilled nursing care residents to read a story and play a game together as well as make a gift of their artwork to each resident. These and other intergenerational programs benefit the residents and the students alike.

“Our community shines brightest when we work together,” says Alderman Matt O’Shea, who inspired the launch of *Macs with Mercy*. “Seeing students and Mercy Circle residents spend time together is a heartwarming example of that spirit.”

According to Generations United, intergenerational programs reduce ageism and build understanding. Students experience increased levels of self-confidence and are empowered to make changes in their school and community when they build meaningful connections

with older adults. The seniors gain new perspectives and experience reduced social isolation along with cognitive improvements.

The students, teachers and administrators at Mother McAuley are eager to continue the program in the new school year. “One of the core values at Mother McAuley is building community,” says Carey Temple-Harrington, president of Mother McAuley Liberal Arts High School. “Our students love to interact with Mercy Circle residents and tacked activities shoulder-to-shoulder as partners. There is so much compassion when the generations come together. The seniors better understand the teens’ lives and the students see the challenges of aging.”

For Sister Nancy Kennelly, IBVM, her connections with young people are more important than the projects themselves. Sister Nancy is a retired teacher and high school administrator at Lourdes High School in Chicago and says, “I enjoy engaging with the students. One of my favorite questions for them is ‘What’s making your life wonderful right now?’”

Recent McAuley graduate Kiriana Williams agrees. As a member of the Black Student Union, she joined a *Macs with Mercy* afternoon at Mercy Circle as a senior. “I enjoyed getting to know some of the residents and hearing their very

interesting stories about their careers,” she says.

Conversations and meaningful connections blast through stereotypes. “The students find out that we’re not just old ladies,” Sister Nancy says. “We have stories!”

Younger students participate in intergenerational programs as well. When first graders from Queen of Martyrs visited Mercy Circle in May, connections were immediate and joyful. The students made gifts of their artwork and stole hearts. When the first graders visited residents, smiles and laughter filled the rooms.

(from left) Mercy Circle resident Kay Fitzgerald and Janelly Rios from Queen of Martyrs as part of an intergenerational program at the retirement community.



Mercy Circle resident Sister Nancy Kennelly, IBVM, (center) meets with Mother McAuley High School student council members Grace Kearns (L) and Ayanna McClain (R) during a MACS with Mercy visit.

Smith Village says “it’s easy being green: Embraces environmentally friendly practices

Smith Village residents and staff members wanted to do more than just talk about the environment, they wanted to take action to reduce the environmental impact of their life-plan community in the 19th Ward.

Since April this year, they have successfully reduced the community’s consumption of single use plastics in dining rooms by more than 75 percent.

They started by creating an EcoGreen committee led by residents along with executive director Marti Jatis and other key administrators. The group was concerned about the impact of single use plas-

tics. Globally, humans produce 300 million tons of plastic each year, half attributed to single-use items. That’s nearly equivalent to the weight of the entire human population. Worse yet, 91 percent of all plastic never is recycled and ends up in landfills.

The EcoGreen committee knew that their community could do better. In April, Smith Village removed all single use cups, plastics and paper products from the Village Pub, Marketplace Café, dining room and hydration stations. Residents and staff were encouraged to purchase \$4 reusable to-go containers made from plastic that can be reused for years and recycled at the end of its lifespan.

The dining rooms, Marketplace Café and The Oak Room pub no longer have Styrofoam containers, plastic bags and utensils for leftovers or takeout meals. Any items that couldn’t be eliminated were replaced with products having the lowest environmental impact possible.

To introduce new residents to Smith Village’s go-green commitment, they receive the to-go container, condiment cup and soup bowl as a welcome gift. Additionally, residents and staff were encouraged to bring their own drinkware

to the hydration stations, and plastic bags were no longer offered for taking food back to resident apartments.

Smith Village resident Mary Anne Drake was eager to join the EcoGreen committee when it was first formed. “I’ve always been conscientious about recycling,” she says. “If we want to leave a healthy planet to our children and our children’s children, we have to make some changes.” She reports that after some initial resistance, her fellow residents have really embraced the program. She sees her neighbors bringing their green to-go containers to meals at all times of day.

In addition to the environmental impact, this initiative has significant cost savings, creating an immediate impact on the not-for-profit community’s bottom line. In January, 2023, Smith Village spent \$14,917 on single use plastics in the dining room. By June, that number has been reduced to \$3,515—a 78 percent reduction—exceeding the EcoGreen committee’s goal to reduce that single expense to \$4,000 per month.

The remaining disposable dining items include bendable straws for disabled residents who require them and kitchen supplies like foil,

Reduce environmental impact of single use plastics by making simple changes

- **Switch to reusable grocery bags**
Reusable grocery bags are sturdy and easier to carry than plastic grocery bags.
- **Use a reusable water bottle and wash frequently**
Switching to a reusable water bottle is one of the quickest ways to reduce plastic waste.
- **Take utensils with you**
Tuck utensils in your desk at work, or stash some in your purse or backpack to replace plastic flatware.

saran wrap that are essential to operations.

“Where we were headed was not sustainable for our budget or for our environment, but these small changes have immediately changed the trajectory” says Jatis. “Most of us did not grow up with so many disposable items, so adopting more reusable products feels familiar. Smith Village is a place where seniors can really take the lead.”

For more information about the Smith Village, please call 773-474-7300 or visit SmithVillage.org.



Smith Village resident and EcoGreen committee member Mary Anne Drake (left) has her lunch to go in one of the community’s reusable containers, as she stops to discuss new, environmentally friendly programs with Smith Village executive director Marti Jatis (right).



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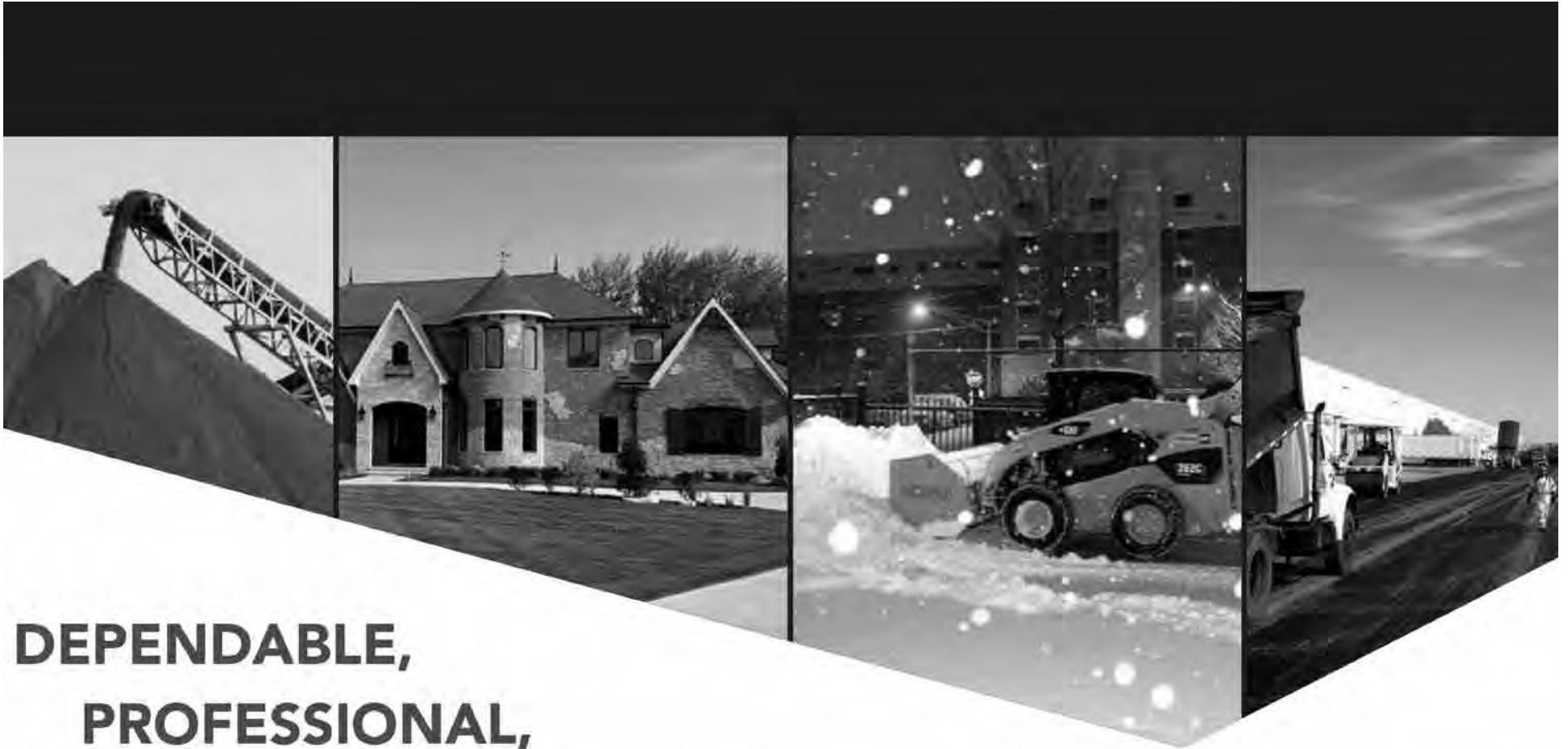


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Knights of Columbus “Tootsie Roll Drive”

Mount Greenwood, Chicago, Illinois – Father Perez Knights of Columbus Council #1444 members, family members, and volunteers will flood intersections and businesses on the Southwest Side and adjacent communities September 15th & 16th to solicit contributions from the community to support programs that provide quality of life programming for children and adults with intellectual disabilities. This event is casually known as the “Tootsie Roll Drive” because donors walk or drive away with a delicious Tootsie Roll. Formally, the 2-day event is the *Drive for Individuals with Intellectual Disabilities*.

Jim “Skinny” Sheehan, formerly the executive director of the Chicago Mayor’s Office of Special Events, and a 12-year board member of Special Olympics Chicago has lauded the Council for the incredible community support stimulated by the council’s *ID Drive*.

According to drive co-chairmen Bill Donnelly and Brian Lar-

kin the community has supported the Council’s annual drive to the tune of more than \$1 million since 1999. The Council leads the state in receipts which translates to thousands of dollars coming back to the area to support our neighbors’ needs for quality of life programming.



Recipients of the proceeds from the 2022 ‘Tootsie Roll Drive’ included secular and religious organizations. Those in the 19th Ward were St. Cajetan Special Religious Development (SPRED), St. Christina SPRED, Chicago High School for Agricultural Science Special Olympics Team and Therapeutic Riding, and Mt. Greenwood Special Rec.

Donnelly and Larkin encourage those interested in committing time or treasure to the drive to go to <https://www.signupgenius.com/go/70A0C44ABAA2FA3FE3-2023> and sign up. Or, they may phone Donnelly at 773-914-2635 or Larkin at 773-343-9841.

Save the date for the 7th Annual Sip & Shop, a Beverly shopping tradition!

Sip & Shop 2023 will take place Thursday, Sept. 14, at the 99th and

103rd streets train station shopping districts. A neighborhood favorite,

the event offers participants an opportunity to peruse the wares of more than 20 shops and vendors while sampling a variety of beverages and small bites. Co-sponsored by the Beverly Area Planning Association and the Morgan Park Beverly Hills Business Association, Sip & Shop is the best of both worlds: a fun night out as well as a great way to support local small businesses!

More information, including event time, ticket price, and location, coming soon to bapa.org.



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ALDERMAN MATT O'SHEA'S SENIOR CITIZEN HALLOWEEN PARTY

Monday, October 30, 2023

12:00 P.M.

115 Bourbon Street

3359 W. 115th St.

Cost: \$5

Reservations required

Costumes encouraged



Family style luncheon



Halloween themed desserts



Bingo with cash prizes

Sponsored by:



To make a reservation or for more information, please call (773) 238-8766.