

19th WARD Quarterly

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

FEBRUARY 2019

Mayor Emanuel and Alderman O'Shea Cut the Ribbon on Annexes at Esmond and Mt. Greenwood Elementary Schools

Mayor Rahm Emanuel and 19th Ward Alderman Matt O'Shea joined Chicago Public Schools and the Public Building Commission on the southwest side to cut the ribbon on the annexes at Esmond Elementary School and Mt. Greenwood Elementary School on Friday, February 8th.

"An investment in our children is an investment in the future of Chicago," said Mayor Emanuel. "Together with Alderman O'Shea, we are proud to bring new state-of-the-art facilities and the extra space necessary to support students and families on the southwest side."

"The Mt. Greenwood and Esmond annexes were critical investments that benefit our residents for generations to come," said Alderman Matt O'Shea, 19th Ward. "I am proud to work with Mayor Emanuel to build a stronger future for 19th Ward residents."

The two-story 20,000 square foot annex at Esmond Elementary School in Morgan Park replaced a deteriorating stand-alone modular building. The annex includes a classroom, computer lab, science lab, art room with storage, library, dining room, hybrid kitchen and dining area, administrative office, bathrooms, building storage, an elevator and building support space. The project also featured a renovated parking lot, load area, refuse enclosure, storm water management infrastructure, a new outdoor playground, community garden, and a turf field.

Renovations to the existing building included a new roof and repairs to the exterior envelope.

The two-story 27,000 square foot annex at Mt. Greenwood Elementary School in Mount Greenwood includes thirteen standard classrooms, a science lab, offices, storage and utility rooms, bathrooms and an elevator. Work within the school building includes converting two existing classrooms for expanded lunchroom capacity. The school also received a new outdoor playground, a new parking lot and storm water management infrastructure.

"These state-of-the-art facilities expand opportunities for students to develop a passion for lifelong learning while laying the foundation for future success," said CPS Chief Education Officer LaTanya D. McDade.

These investments build on several upcoming and completed projects on the southwest side



since 2011. Opened in 2015, the 64,000 square foot Morgan Park Sports Center features a state of the art indoor ice rink facility and a world-class gymnastics center with concession areas, meeting and party rooms, viewing areas, offices, restrooms and team locker rooms. Mt. Greenwood Park last year was updated with a new walking path and outdoor exercise equipment. Upcoming projects include the addition of a new water feature at Graver Park.

Since taking office in 2011, Alderman O'Shea has secured nearly \$100 million in investments in 19th Ward public schools.



Get Behind the Vest Pancake Breakfast - 2/24

19th Ward Alderman Matthew O'Shea will host his fifth annual pancake breakfast benefiting the Chicago Police Memorial Foundation's "Get Behind the Vest" initiative, on Sunday, February 24th, 2019, at St. John Fisher School, 10200 S. Washtenaw Ave., from 8:00 am - 12:00 pm.

Admission is \$5 per person or \$25 for families. All money raised will be donated to the Chicago Police Memorial Foundation's Get Behind the Vest initiative, which actively raises funds to replace bullet proof vests for Chicago Police officers.

Ald. O'Shea began hosting the pancake breakfast in 2015, and together with school fundraisers throughout the Beverly, Mount Greenwood and Morgan Park community, has raised over \$120,000 for the Get Behind the

Vest initiative. The 2018 event was the largest event to date with over \$37,000 donated from the pancake breakfast and school fundraisers.

In addition to the pancake breakfast, Ald. O'Shea will once again be working with local schools to organize "dress down days" and other student-based fundraisers to raise additional funds for bullet proof vests.

"Several officers from the Chicago Police Department were killed in the line of duty in the last year, and now more than ever, we need to do all that we can to make sure our officers are given the tools they need to return home to their families at the end of their shifts," said Alderman O'Shea. "The

19th Ward is home to hundreds of active and retired Chicago Police officers, and we understand the danger these brave men and women face each day. Through the

tremendous support of the community, schools, and local businesses such as Original Pancake House - Beverly and Kean Gas Station, we want to help in protecting those who protect us."

Bullet proof vests need to be replaced every five years, at a cost to police officers of five hundred dollars or more. Over the past five years, the Chicago Police Memorial Foundation has replaced 8,000 outdated bullet proof vests currently in use by Chicago Police Officers. The organization now works to provide an additional five hundred vests per year to help ensure the safety of our officers. To date, 44 Chicago Police officers' lives have been saved by bullet proof vests. Last year, 149 officers were killed in the line of duty nationwide, with 52 of those lives being taken by gunfire.

Ald. O'Shea sits on the Chicago Police Memorial Foundation Advisory Board and the Chicago Police Chaplains Ministry Board of Directors. He represents the communities of Beverly Morgan Park and Mount Greenwood, where thousands of first responders reside.

The pancake breakfast is generously supported and co-hosted by the Original Pancake House - Beverly. All pancake batter, condiments and cooking supplies will be donated by the Harrigan Family, who have operated the Original Pancake House for more than fifty years. Additional sponsors include the 19th Ward Youth Foundation, Beverly Area Planning Association, Senator Bill Cunningham, State Representative Fran Hurley, Saint John Fisher Parish, and Officer Mullens Apple Sauce.

For more information on Alderman Matt O'Shea's Pancake Breakfast, benefiting the Get Behind the Vest initiative, please call 773.238.8766. For more information on the Chicago Police Memorial Foundation's Get Behind the Vest initiative, please visit www.getbehindthevest.org



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WE'RE PROUD TO SUPPORT THE
**19TH WARD
 YOUTH
 FOUNDATION**

Being Beverly's neighborhood bank means more than just offering solid banking solutions. It means doing our part to give back to the local charities and social organizations that unite and strengthen our communities. We're particularly proud to support the 19th Ward Youth Foundation and its dedication to hosting a wide variety of safe, healthy, and educational youth activities for children and teens in our area.

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Business Breakfast 2/20

On Wednesday, February 20th, Alderman Matt O'Shea invites all 19th Ward business owners to a

breakfast at Bar-raco's Event Center (3124 W. 111th St.), at 8:00a.m. Kenya Merritt, Deputy Commissioner of the Chicago Department of Business Affairs and Consumer Protection, will explain the new Pop-Up Ordinance. Sophia

Zisook of Kiva will join us to discuss a new, unique form of business microloan. This event is hosted by the Beverly Area Planning Association, Morgan Park Beverly Hills



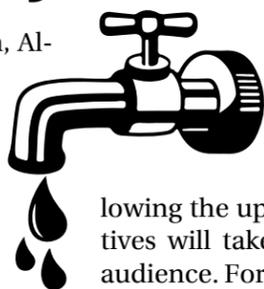
Business Association, 95th Street Business Association and Mount Greenwood Community & Business Association.

Executive directors from these associations will present ideas for a successful 2019 and discuss any topics presented by those attending the event. All business owners in the 19th Ward are encouraged to attend and learn more about

efforts to support the local economy in Beverly, Morgan Park and Mount Greenwood. Please RSVP to Tristan Angus at (773) 238-8766 or tristan@the19thward.com.

Water Quality Meeting - 3/6

On Wednesday, March 6th, Alderman Matt O'Shea will host a meeting to address residents' concerns about water quality at 7:00pm in the auditorium at Morgan Park High School. There, representatives from the Department of Water Management and the Department of Public Health will



provide an update on their efforts to ensure all Chicagoans have access to safe drinking water. Following the update, the representatives will take questions from the audience. For more information on this topic, please visit <http://www.chicagowaterquality.org/>.

Staying healthy, staying involved



Mercy Circle resident Sister Ellen Marie Ryan, RSM with rehab manager Joanna Ruzich

Thanks to Mercy Circle's short-term rehab, I'm already back in step as a volunteer at Mother McAuley High School. I taught music at McAuley for more than 30 years. Now helping out there is a great encore.

- Sister Ellen Marie Ryan, RSM

Call 773-253-3600 to learn about our next Open House or to schedule a private tour.



Sponsored by the Sisters of Mercy West Midwest

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Memory Support • Skilled Nursing Care
Rehabilitation Therapy

3659 West 99th Street | Chicago, IL
773-253-3600 | mercycircle.org



10th Annual
19th Ward
YOUTH FOUNDATION

Sunday, February 17, 2019
Mount Greenwood Park Ice Rink
3721 W. 111th Street
2:00 p.m. - 5:00 p.m.
\$1 suggested donation
lite refreshments and music provided

Family Party
Ice Skating Party

SPONSORED BY:


Matt O'SHEA
19TH WARD ALDERMAN


Bill Cunningham
ILLINOIS STATE SENATOR 18TH DISTRICT


Fran Hurley
STATE REPRESENTATIVE 35TH DISTRICT

To receive information about this and other 19th Ward Youth Foundation events, please sign up for our email updates at www.the19thward.com
For more information contact Margie Olsen at (773) 238-8776.

Meeting to Address Cancer Concerns

Local participants sought for public health survey

Local elected officials and experts from the University of Chicago will host a community meeting on Monday, February 18th, to provide details about a study to examine potential environmental causes of cancer in the 19th Ward.

The meeting will be held at 7:00pm at the Morgan Park Academy Auditorium, 2153 W. 111th Street. Public health researchers from the University of Chicago Multiethnic Prevention and Surveillance Study (COMPASS) will make a presentation.

“Both medical professionals and elected officials in our area have received numerous inquiries about the occurrence of certain cancers in the community,” said State Senator Bill Cunningham. “This meeting is being held to examine those concerns and to encourage local residents to participate in the COMPASS survey, which may help us understand whether or not cancer rates are being affected by environmental factors in our area.”

As concern about increased occurrences of cancer in our community has mounted over the last several years, the University of Chicago announced they would bring their comprehensive cancer and chronic disease study to the 19th Ward. COMPASS is designed by researchers to understand how lifestyle, healthcare delivery, environ-

ment, and genetics affect health. COMPASS aims to determine why certain population groups have higher rates of occurrence of cancer and chronic diseases than others.

As part of the COMPASS study, eligible participants are asked to complete a specially designed interview (questions about lifestyle, environmental exposure, and medical history), and to provide a blood and urine sample. Radon and drinking water tests in various homes may also be conducted.

The goal of COMPASS is not to diagnose cancer among individual participants, but to identifying what behavior and environmental exposure might cause disease across different population sub-groups, which will help U of C to develop new strategies to prevent cancer and other chronic diseases among Chicagoans.

The February 18th community meeting will be hosted by 19th Ward Alderman Matt O’Shea, State Representatives Fran Hurley and Kelly Burke, and Senator Cunningham. 19th Ward residents will be invited to sign-up as COMPASS participants at the meeting, but those not in attendance can still enroll by sending an email to 19thwardhealthstudy@gmail.com. Only 19th Ward residents are eligible. Please include your name, age, address, and phone number.

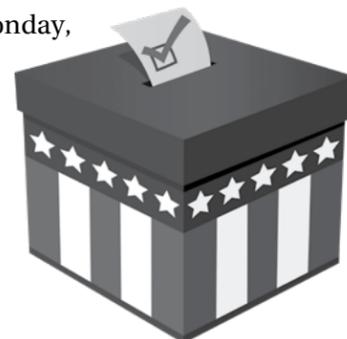
Municipal Election Information

Tuesday, February 26th, is the Municipal Election for the City of Chicago; the polls will be open from 6:00am to 7:00 pm. The offices that will appear on this ballot are Mayor, City Clerk, City Treasurer, and Alderman. All voters are able to participate in the Municipal Election through early voting, voting by mail, or on Election Day.

EARLY VOTING

Early voting is available now through Monday, February 25th at the Chicago Board of Elections Super Site located at 175 W. Washington St. and at Mount Greenwood Park, 3721 W. 111th St. Early voting hours are:

- February 11-16: 10:00am-4:00pm
- February 17: 9:00am-7:00pm
- February 18-22: 9:00am-5:00pm
- February 23: 10:00am-4:00pm
- February 24: 9:00am-5:00pm
- February 25: 9:00am-7:00pm



For a complete list of early voting locations throughout the city, please visit www.chicagoelections.com.

VOTE BY MAIL

Any registered voter may vote by mail. You do not need a reason or excuse to do so. In order to vote by mail, you must first complete a vote by mail application either online or using a paper form. To apply online, please visit www.chicagoelections.com, and click on the “Voting” button at the top left hand side of the home page. Paper forms are available at the 19th Ward Office, 10400 S. Western Ave. or can be downloaded at www.chicagoelections.com. Vote by mail applications must be received by the Chicago Board of Elections by 5:00pm on Thursday, February 21st.

Upon receiving your completed application, the Chicago Board of Elections will mail you a ballot including instructions. A mail ballot must be post marked on or before Tuesday, February 26th in order to be counted. Please note, ballots cast in Early Voting or by mail are final; after casting ballots in either method, voters may not return to amend, change, or undo a ballot for any reason.



19TH WARD

DOCUMENT SHREDDING

Please note, this event is for document shredding only.
We will not have electronics recycling available.

SATURDAY, FEBRUARY 23rd, 2019
9:00 A.M. - 11:00 A.M.
SAINT JOHN FISHER
10234 S. WASHTENAW AVE., CHICAGO

This service is provided free of charge, but is open to 19th Ward residents only. Documents are shredded on site.
Only documents that are loose can be shredded; please remove any staples or binders before you arrive.

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SCHOOL

Mark Your Calendar for the Annual

clean & green

Chicago's Citywide

Saturday, April 27, 2019

On Saturday, April 27, you and your neighbors can make an immediate difference in your community by volunteering for Chicago's citywide Clean & Green Day of Service.

Clean and Green is a great opportunity for residents, school groups and community organizations to team up and beautify areas in their neighborhood. The City will provide the brooms, rakes, shovels and bags needed for clean-up projects.

Deadline for registration is Monday, April 22

For more information, or to register, call 311.
You can also visit: www.chicago.gov/dss.


 CHICAGO
 DEPARTMENT OF
**STREETS &
 SANITATION**
John F. Tully Jr.
 Commissioner


 City of Chicago
Mayor Rahm Emanuel



Why Are Your Property Taxes So High?

The Cook County property tax bill due March 1, 2019, shows taxpayers the debt of every local government that levies taxes on their homes and other real estate, helping explain why taxes rise, Treasurer Maria Pappas said today.

"The financial challenges facing local governments can seem unreal because the numbers are so large," Pappas said. "The tax bills show homeowners the problems are indeed real."

Anywhere from five to 13 taxing districts — local governments and school districts — levy taxes on a given property, Pappas explained.

On the front of every bill is a section called "Taxing District Debt and Financial Data," which provides detailed information for

each taxing district, including:

- Money owed by your taxing districts
- Pension and health care amounts promised by your taxing districts
- Amount of pension and health care shortage
- Percentage of pension and health care costs taxing districts can pay

The First Installment for Tax Year 2018 is due March 1, 2019. The First Installment is always 55 percent of the prior year's total taxes. About 1.7 million property tax bills have been mailed to owners of homes, businesses and land, Pappas said. Property owners can download a copy of the new bill by going to cookcountytreasurer.com.

Senior Property Tax Exemptions

The Cook County Assessor has mailed out applications for Senior Citizens to apply for property tax exemptions. Forms must be returned by April 10, 2019, but the earlier the better. Only residents who have previously qualified for these cost saving programs will receive these applications in the mail. Property owners who are eligible for the Senior Exemption and/or the Senior Freeze are required to fill out these forms in order for the proper exemptions to appear on their sec-

ond installment property tax bill. Anyone who was born in 1953 or earlier qualifies for the Senior Exemption. Additionally, if your total household income is under 65,000 you may qualify for the Senior Freeze exemption. These forms, as well as descriptions and eligibility guidelines, can also be obtained at www.cookcountyassessor.com or at both 19th Ward offices. You can also reach the Assessor's Office by phone at (312) 443-7550.

Sign Up for Smart 911

What is Smart911?

Smart911 is a free, online platform that allows users to securely enter important medical and household information in their Safety Profile to help plan ahead for an emergency situation. This information will automatically display for dispatchers when the user dials 9-1-1. Currently, Smart911 is trusted by 32 million people in thousands of communities nationwide to stay safe.

How can you sign up?

Sign up at www.Smart911.com or download the free app in the iTunes & Google Play stores now and have life-saving capabilities at your fingertips, 24/7.

How can Smart911 keep your family safe?

Today, 75% of 911 calls are made from cell phones, making it difficult for call takers to determine the exact location of an emergency. By creating a Smart911 Safety Profile with up-to-date information, 911 dispatch staff is better prepared to help you and your family in an emergency.

When creating your Safety Profile, you can include things about:

- **Allergies** – Does someone in your family have an allergy to food or medication? 911 dispatchers will be able to immediately inform first responders.
- **Autism** – Does your child have Autism? Do they have a tendency to wander or hide when scared? Uploading a photo and a physical description of your child makes them easier to locate in case of an emergency.
- **Alzheimer's** – Do you have a parent or older relative living with you that suffers from Alzheimer's or dementia? First responders will be better prepared to help.
- **Animals** – Do you have pets? This information can assist firefighters in their search to bring everyone, including your pets, to safety.
- **Hearing Impairments** – Do you have a loved one who may be deaf, hard of hearing or nonverbal? A 9-1-1 operator can initiate a text message with a notification on Safety Profiles that text is preferred. In addition, if the caller is disconnected from the call or has poor cell phone coverage, a 9-1-1 operator can initiate a text to stay connected.

...as well as **current medications, physical disability, mental health, home layout, emergency contacts**, and more.



FILL UP YOUR TANK AT KEAN GAS STATION FEBRUARY 16th - 23rd AND 25¢ PER GALLON WILL BE DONATED TO THE CHICAGO POLICE MEMORIAL FOUNDATION.

February 16th - 23rd

Kean Gas Station, 2632 W. 111th Street

Kean Gas will donate 5 cents for every gallon of gas pumped. Four local businesses have each agreed to match that donation. That means every gallon of gas pumped will generate 25 cents for the Get Behind the Vest Campaign.

Alderman Matt O'Shea will be pumping gas on Thursday, February 21st from 2:00-6:00pm!

THANK YOU TO:

Matt O'SHEA
19TH WARD ALDERMAN

KEAN BROS.

Bill Cunningham
ILLINOIS STATE SENATOR 18TH DISTRICT

Fran Hurley
STATE REPRESENTATIVE * 35TH DISTRICT



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Celebrate Fat Monday in Beverly/Morgan Park

The Morgan Park Beverly Hills Business Association is bringing the Big Easy to Western Avenue with the inaugural Jambalaya Jam and Cook-Off!

The event begins at 6:30 p.m. on Monday, March 4, at Cork & Kerry, 10614 S. Western Ave., and features tastings of 13 different jambalayas, each prepared by a local restaurateur or caterer competing for the People's Choice and Judge's Choice awards. Tickets are \$20 per person and also include cornbread, a New Orleans inspired cocktail crafted by Lizzy Benner of Steering Cocktails and live Zydeco music by Le Travailant. A cash bar will be available.

A Cajun/Creole dish originating in New Orleans' French Quarter, traditional jambalaya is a com-

ination of meat (usually sausage), vegetables (the "holy trinity" of onion, celery and green pepper) and rice. With Spanish, African and French influences, though, there are many interpretations of this hearty dish, and event attendees

can expect to have their taste buds tantalized by a wide variety of unique flavors and creative ingredients!

Participants in the Jambalaya Jam and Cook-Off include Alvin Green, Personal Chef; Americas; Calabria Imports; Ellie's Café; Fox's; Home Run Inn; Horse Thief Hollow; Ken's on Western; Loquacious Culinary; Nicky's; Open Outcry; Swanson's Deli; and Sweet Freaks.

For more information or to purchase tickets, visit mpbhba.org.

**JAMBALAYA
JAM
& Cook-off**

O'Shea Calls For Hearings On Postal Service

Over the past several years Alderman O'Shea has received complaints from residents about the United States Postal Service. These complaints increased at an alarming rate in 2018 and early 2019. Complaints range from residents receiving mail late, or in several instances not receiving mail at all, and poor customer service at local post offices when making inquiries to the whereabouts of their mail. Alderman O'Shea has made several attempts to get this resolved through USPS and by contacting

federal lawmakers, but the situation has seen little improvement. "People, especially senior citizens, rely on mail being delivered in a timely fashion. This is people's livelihood we are talking about, and it is time we had some answers," said Alderman O'Shea. On March 13, 2019, Alderman O'Shea will introduce a resolution to the full City Council calling for hearings regarding the quality of service USPS delivers, and their plans for improvement.

Veterans' Day Breakfast

Alderman Matt O'Shea, along with our partners Bill Cunningham, Illinois State Senator 18th District; Fran Hurley, State Representative 35th District; Beverly Area Planning Association and Mount Greenwood Community & Business Association, will host a 2019 19th Ward Veterans Day Breakfast to honor all those who have served or are currently serving our country. The breakfast details are in progress and once confirmed, an

announcement will be made in the near future. In the meantime, we are requesting our 19th Ward Veterans' contact information to make this event a success. Please contact Margie Olsen at the 19th Ward Office at (773) 238-8776 and provide your name, address, phone, email and branch served. Also, you can visit <http://www.19thwardmobile.com/19th-ward-veteran/> to submit.

Utility Bill Clinics Scheduled

Alderman Matt O'Shea and the Citizens Utility Board (CUB) will host a utility bill clinic on Tuesday, March 19th from 11:00am - 1:00pm and Thursday, March 28th from 6:00 - 8:00 pm at the 19th Ward Office (10400 S. Western Ave.). Residents are invited to bring copies of utility bills (gas, phone and electric) for review with the Citizens Utility Board to make sure you aren't overpaying. There is no

cost for this event. Join us and learn how to spot unnecessary charges on electric, natural gas or phone bills. Also, find out which energy efficiency programs or rebates might help you. Space is limited! To reserve your spot today, please contact Anairis Boror at aboror@citizensutilityboard.org with the subject line "19th Ward - 3/19" or "19th Ward - 3/28" or call her at (312) 263-4282, extension 111.

19th WARD EAST BEVERLY TOWN HALL MEETING

WEDNESDAY,
MARCH 27, 2019

7:00 P.M.

GRAVER PARK
1518 W. 102ND PL.

Please join us for a discussion of community events. Representatives from various government agencies will also be present to address any concerns or questions you may have.

Sponsored by:

Matt
O'SHEA
19TH WARD ALDERMAN



Bill
Cunningham
ILLINOIS STATE SENATOR 18TH DISTRICT

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VANDERPOEL IMPROVEMENT
ASSOCIATION

BAPA
Beverly Area
Planning Association

EAST BEVERLY
ASSOCIATION

19TH WARD BLOOD DRIVE

MONDAY, FEBRUARY 18, 2019

10 A.M. - 5 P.M.

CONFERENCE CENTER

19th Ward Office, 10402 S. Western

For appointments call 877.258.4825 or vitalant.org
use group code 094B

Appointments recommended. Walk-ins welcome.

PREPARE FOR YOUR DONATION • EAT WELL
STAY HYDRATED • BRING ID

Promotion runs the date of the individual drive as listed above. When offered, all giveaways, prizes and tickets are non-transferable, non-refundable, not redeemable for cash and while supplies last. Must be at least 18 years of age (16 - 17 years of age with signed parental consent) for actual donation, and due to gaming laws, must be at least 18 years of age to be entered into a random drawing. ITxM and LifeSource employees and their immediate families are not eligible to participate. Void where prohibited by law. Please bring ID with you on the day of donation. Proper ID is required to donate blood. A LifeSource or military ID, driver's license, passport, or employee or student ID with picture and full name are all approved forms of ID. Birth certificate along with a picture ID that includes the donor's full name will also be accepted.

LIFESOURCE is now vitalant

Smith Village residents, St. Cajetan students team-up with Alderman O'Shea to create Valentines for Veterans

For a third year, Smith Village residents and students from St. Cajetan School join Alderman Matt O'Shea and Gold Star mother Modie Lavin to create a special Valentine's Day thank you for veterans. This year, the intergenerational group strung together garlands of three-inch hearts they had personalized with special messages to honor and encourage 20 men and 20 women enrolled in the Road Home program at Rush University Medical Center. The program treats veterans who have served in the Vietnam War and subsequent

military conflicts for post-traumatic stress disorder, traumatic brain injury and military sexual trauma.

During the heart-filled endeavor, on Tuesday, February 12, in Smith Village's Community Hall, 2320 W. 113th Place, about 20 Smith Village residents and 32 St. Cajetan students created Valentine cards and assembled gift packages containing candy and personal care items for the veterans.

"Our community benefits because people across generations band together to help others. Making something a tradition, like this collaboration to support veterans, demonstrates how citizens of all ages put caring into action," said Alderman Matt O'Shea.

"Once again Smith Village residents are thrilled to be taking part in this effort," said Meghan Maple, associate executive director for Smith Village. "Like many other community service projects at Smith Village, our Valentines for Vets effort includes our younger neighbors. While they're doing good for others, they have an opportunity to connect with each other."

"This year, when we asked 20 students to participate, 32 signed up! Our students always are excited to team-up with Smith Village

residents and Alderman O'Shea," said Laura Sheeran, a sixth-grade teacher at St. Cajetan. "Such efforts align with the goals of our student council, so our students learn the value of expressing gratitude and of helping others in the greater community."

Smith Village's Environmental Services staff lent its expertise by preparing the wooden hearts for the group to paint and decorate with messages of love.

Lavin, an outreach coordinator for The Center for Veterans and Their Families at Rush, accepted the garlands of conversation hearts, cards and gift bags to present to the veterans on Valentine's Day at Rush University Medical Center.

Lavin, a Beverly resident, is the mother of Marine Corps Corporal Conner T. Lowry, who at age 24, was killed in 2012 while on patrol in Helmand Province, Afghanistan. Lowry received a bronze battle cross and other military honors. A street in Beverly bears his name. Thanks to donations from family, friends and neighbors, Beverly Park contains a memorial bearing a bronze replica of his helmet, boots, dog tags and rifle.

As a Gold Star mother, Lavin appreciates the challenges veter-



Jada Cesar, left, and Ellie Geraghty, right, share a light moment with Alderman Matt O'Shea making Valentines at a previous Valentines for Vets event.

Photo by Smith Village

ans and family members must face. By helping returning veterans and their families adjust to civilian life, she is honoring her son's sacrifice.

The Road Home addresses the consequences of war for veterans as well as their families. The program also recognizes that while returning home should be a joyful experience, the process is often challenging due to emotionally damaging experiences.

Photos of this year's event were not available at press time, so the 19th Ward Quarterly included images from previous years with this article.



Smith Village resident Elaine Hayes examines a Valentine card she made with Liam Nolan at a previous Valentines for Vets event.
Photo by Waldemar Reichert

O Brews & VIEWS

✿ OPEN OUTCRY & BAPA ✿

Southside Irish Parade ROOFTOP VIEWING PARTY

Sunday March 17th

✿

Open Outcry Rooftop

✿

10:30am-2:30pm

✿

Tickets Include

Food, Live Irish Music by Bohola, Drink Specials, 2 Free Drinks & More!

Limited Tickets Available · \$75 BAPA Members / \$85 Non-Members

Purchase Tickets at www.BAPA.org

Sponsored by: COMPASS JENI NELSON REAL ESTATE

The Beverly Arts Center

UPCOMING CONCERTS

Friday

3/1 at 7:30PM



THE BIG LAGNIAPPE

Come early for our Mardi Gras Party
Food available from Chuck's BBQ starting at 6:30PM



JC BROOKS BAND

Indie-Funk Band from Chicago

Saturday

2/23 at 8PM

Saturday

3/9 at 8PM

Irish Concert Event
with Special Guests

Irish singer/guitarist-
Dáithí Sproule
and
The Cross Keys School
of Irish Dance



LIZ CARROLL JAKE CHARRON
— half day road —

BAC SUMMER ARTS CAMP

Full day for children ages 5-12



Sessions run each week from
June 10 - August 30
Pre & post camp available



Tots Camp

A summer arts
program for 3-5
year olds



SCHOOL OF FINE ARTS at The Beverly Arts Center

Visual Arts • Theatre • Dance • Music • Film

Discover the artist inside all of us



ONE DAY SALE
10% OFF
FEB 15



Beverly Arts Center
Imagine. Discover. Create.

2407 West 111th Street
Chicago, IL 60655
773.445.3838
www.beverlyartcenter.org



No Castle On the Hill? Unthinkable!

Castle Keepers Unveil Castle Restoration Campaign to Save Our Community Landmark

Imagine driving down Longwood Drive at 103rd Street, and looking up to see, not the iconic Givins Castle on the corner, but a boxy, blah building that could be in anyone's neighborhood.

It seems unthinkable, but in reality, the fragile limestone with which the castle was built in 1886 has suffered from more than 130 years of Chicago winters. The distinctive crenellated turrets need to be restored, and that will require a variety of historic restoration specialists and approximately \$800,000.

A task force of a dozen people from Beverly Unitarian Church, owners of the castle since 1942, and the community are reaching out to the Beverly/Morgan Park neighborhood, the City of Chicago and even federal historic preservation agencies for help in restoring this unique and historically important building.

Early last year, the castle underwent an extensive assessment of the building's condition by a professional engineering and architecture team. Results revealed cracks and decomposition in the turrets and roof structures. The task force of Castle Keepers invested \$25,000 in stabilizing the turrets, but that's a temporary fix.

When the extent of the damage and daunting amount of funding it will take to rebuild the turrets and save the castle were revealed, the Beverly Unitarian congregation needed to make a difficult decision. For nearly 80 years church members have lovingly maintained the hilltop castle and property, including interior restorations in the 1980s and 1990s. How could a congregation of fewer than 100 members undertake a project that could cost up to \$1 million?

True to their heritage as our community's Castle Keepers, they decided to forge ahead.

Members of Beverly Unitarian Church have pledged \$400,000 to the project. "With that wonderful vote of confidence we are moving into the external phase of fundraising to reach our \$800,000 goal," wrote Jean Hardy Robinson, a member of the restoration task force.

Work to restore the castle from the roofline up needs to begin in spring.

Last year, the castle restoration fund was set up to accept donations that will go directly into helping to pay for the critical repair work. The funds are completely separate from church funds, so donors can be confident that 100 percent of

their tax-deductible gifts will help save the beloved neighborhood landmark.

Robinson and other members of the castle task force have been researching all angles of this vitally important campaign and volunteering expert experience in areas from project management to fundraising. Spreading the word is an intrinsic part of the plan.

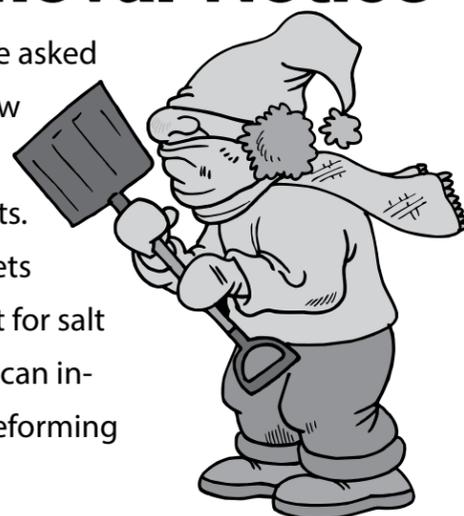
People are available for presentations on the Castle history and the restoration project for community groups as well as guided tours of the Castle for people interested in learning more about the project.

Friends of the Castle are coming up with creative ideas on how to help. Errol Magidson, author of "Chicago's Only Castle," a rich history of the Givins Castle illustrated with dozens of photos, is donating proceeds from the sale of the book to the restoration fund. Books are available at Bookies, 10324 S. Western.

The castle task force is now reaching out for major donations as well as all levels of contributions. People are invited to make donations online at www.givins-castle.org or to call 773-233-7080 for more information.

Snow Removal Notice

This winter, all residents are asked NOT to shovel, plow or blow snow from their sidewalks or driveways into the streets. This extra snow in the streets makes it extremely difficult for salt trucks to get through, and can increase the chances of ice reforming and lead to accidents.



Cupid Skate

Saturday, February 16th
4:45 - 6:05 pm

Celebrate Valentine's Day weekend with all your loved ones! MPSC is hosting our first annual Cupid Skate that will feature themed music, crafts and sweets for everyone!

Sweets! Love Songs! Crafts!

\$8 per couple • Skate Rental Included

Like us on Facebook! Comment and Share our "Hockey Valentine" post for a chance to win tickets to a Chicago Blackhawks game on February 14th!

CHICAGO PARK DISTRICT

Morgan Park Sports Center
11505 S. Western Ave
(773) 840-4622 • MorganParkSportsCenter.com

SELF-DEFENSE SEMINAR

TUESDAY, FEBRUARY 19th • 5:30 P.M.
MARIST HIGH SCHOOL - CAFETERIA
4200 W. 115th St. • Chicago

Learn useful self-defense tips from a trained law enforcement officer. This FREE seminar will be fun, interactive, and provide introductory information on how to protect yourself from assailants.

DUE TO LIMITED SPACE, RSVPS ARE REQUIRED.

Hosted by:

State Representative Fran Hurley	State Senator Bill Cunningham	State Representative Kelly Burke
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For more information, please contact Rep. Hurley's constituent service office at **773-445-8128** or RepFranHurley@gmail.com

O'Shea Challenges High School Students to Polar Plunge for Special Olympics

For the third year in a row, city of Chicago 19th Ward Alderman Matt O'Shea has challenged local high school students and sports teams to participate in the 19th Annual Chicago Polar Plunge, which will take place Sunday, March 3rd at North Avenue Beach. The Chicago Polar Plunge benefits the 7500 athletes of the Special Children's Charities and Special Olympics Chicago program.

To date, he has commitments from Brother Rice, St. Rita, Mother McAuley, Marist and Mt. Carmel. St. Xavier University will also be putting a team together.

Last year, hundreds of students from area high schools answered Ald. O'Shea's challenge and dove into the icy waters of Lake Michigan for the athletes of Special Olympics Chicago.

"Challenging high school students to take the Plunge with me is one of my favorite ways to get young people involved and to connect them with local athletes with disabilities in the spirit of friendship and inclusion for all," said Ald. O'Shea. "This is a great opportunity for students and athletes and to give back and help support our athletes."

Polar Plunge participants are asked to generate a minimum of

\$200 in pledges to benefit Special Olympics programing. However, students participating through this challenge are offered a discounted \$100 rate to make the event more affordable for young people.

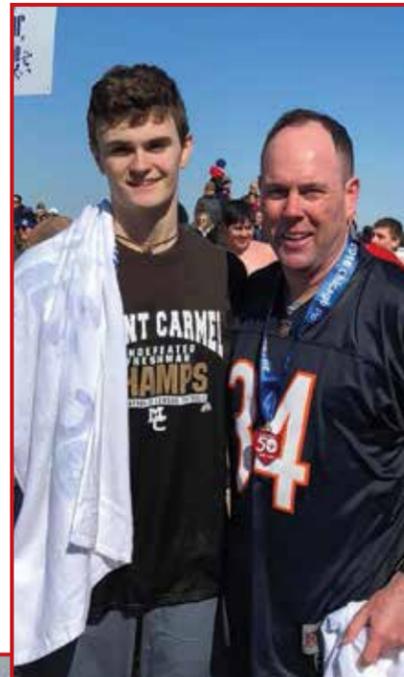
Ald. O'Shea is the president of SCC/Special Olympics Chicago, a volunteer position. He is also a veteran Chicago Polar Plunger, having participated and fundraised for more than 15 years.

The Chicago Polar Plunge is the largest fundraiser of the year for Special Olympics Chicago, and helps to provide funding for year-round activities, events and competitions for Chicago-area Special Olympics athletes. Through the

years, the event has attracted the participation of city of Chicago Mayor Rahm Emanuel, "The Tonight Show" host Jimmy Fallon, actor Vince Vaughn, actor Dax Shepard, musician and artist Lady Gaga, the casts of *Chicago Fire*, *Chicago PD*, and *Chicago Med*, The TODAY Show personalities Al Roker, Tamron Hall and Dylan Dreyer.

Any students interested in this challenge should email matoshea@the19thward.com.

For more information on the Chicago Polar Plunge, please visit www.chicagopolarplunge.org or call 312.527.3743.



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As a not-for-profit organization backed by Smith Senior Living, who's been caring for older adults in the Chicago area since 1924, everything we do is based on improving the lives of those we serve. And as Beverly's first Life Plan Community, you have the peace of mind of knowing a full continuum of care is available on campus should you or your loved one ever need it.

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Barbara Vick
Early Childhood & Family Center

Annual School Fundraiser

Date: Friday, March 8th 2019
Time: 7:00pm - 11:00pm
Where: 115 Bourbon Street
3359 W. 115th Street

with very special guest:
APRIL'S REIGN

21 and Over
Drinks & Dinner Buffet
Raffles & Silent Auctions
Split the Pot & a Grand Raffle

Money raised during this event will help fund additional educational programs geared towards the diverse learning needs of students at Barbara Vick.

For ticket information, contact us at
bvptf14@gmail.com
Jenn, Fundraiser Co-Chair, 847-409-4851
Maricela, Fundraiser Co-Chair, 217-721-7229

HOCKEY 4 HEROES
100 Club of Chicago

APRIL 28, 2019 3X3 HOCKEY TOURNAMNET

This tournament will be a 3 on 3 at **Morgan Park Ice Arena** on April 28th followed by a family skate. This is for high school aged players and all proceeds will benefit the 100 Club of Chicago. Each player who registers will receive a Hockey 4 Heroes t-shirt (adult size), entrance into the 3 on 3 tournament, and entrance into the family skate afterwards. Winning 3 on 3 team gets a prize. There will be raffle baskets and t-shirts for sale at the event. Need further information? Email us at hockeyforheroes3x3@gmail.com

Sign up at <http://signup.com/go/fodHYEL>
The 3x3 is from 12 pm to 1:45 pm
Family skate is from 2 pm to 3pm
\$5 at the door and open to all ages

Help support families of Fallen First Responders who have given so much.

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PATRICK MCDONNELL**
St. Rita H.S. Caritas Service Project



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of the Electrical Joint Apprenticeship and Training Trust

OFFICIAL INFORMATION REGARDING APPRENTICESHIP OPPORTUNITIES

I.B.E.W. Local 134 and the Electrical Contractors' Association sponsor apprenticeship programs in Cook County, Illinois through the Electrical Joint Apprenticeship and Training Trust (EJATT). EJATT has permission from the U.S. Department of Labor to open a registration for new applicants for its Communications Program. For more information on this program, please go to our website at www.ejatt.com.

REGISTRATION INFORMATION

Registration for the Communications Program will take place at the
IBEW-NECA Technical Institute
6201 W. 115th Street, Alsip, Illinois
on the following dates and times
Monday, March 4, 2019 through Friday, March 15, 2019
9:00 A.M. until 11:00 A.M.

All applicants must report in person and bring the following documents in order to register:

1. Your valid Driver's License.
 2. Your original Social Security Card.
- You must provide copies of the following documents that will be kept by EJATT (No documents will be copied in our office or returned to you):**
3. A \$25.00 non-refundable registration fee (Money Order only made payable to EJATT).
 4. To prove employment eligibility you must provide a copy of your U.S. Birth Certificate, U.S. Passport, Certificate of U.S. Citizenship or Naturalization, or Permanent Resident Alien Card. (Minimum age of 17 at registration).
 5. To prove High School Graduation (HS), you must provide a copy of your HS transcript (official or unofficial), or a copy of a HS Diploma, or GED Certificate. College transcripts do not satisfy this requirement. Current HS seniors may register with acceptance contingent upon graduation.
 6. To prove one full year of HS level Algebra with a grade of at least "C" or better, or one post HS level Algebra course or higher level course with a grade of at least "C" or better, you must provide a copy of a transcript. Note: The GED Math Certification does not satisfy this requirement.

Upon an offer of apprenticeship, you must be able to demonstrate that you can perform the essential functions of an apprentice electrician with or without a reasonable accommodation. In addition, a drug screen, physical exam, and background check will be required.

EJATT will not discriminate against apprenticeship applicants or apprentices based on race, color, religion, national origin, sex (including pregnancy and gender identity), sexual orientation, genetic information, or because they are an individual with a disability or a person 40 years old or older. The EJATT will take affirmative action to provide equal opportunity in apprenticeship and will operate the apprenticeship program as required under Title 29 of the Code of Federal Regulations, Part 30.

South Side Irish St. Patrick's Day Parade Announces 2019 Grand Marshal and Parade Honoree

The South Side Irish St. Patrick's Day Parade Committee announces Honor Flight Chicago will lead this year's parade as the Grand Marshal. Honor Flight Chicago honors senior war veterans with an all-expense-paid, one-of-a-kind journey to Washington, D.C. Choose Kind was named the 2019 Parade Honoree. The organization is dedicated to promoting kindness and raising awareness about Apert syndrome. The Grand Marshal and Parade Honoree will lead the parade set to step off at noon on Sunday, March 17 from 103rd and Western in Chicago's Beverly/Morgan Park neighborhood.

"The entire focus of the South Side Irish Parade is on family, community and Irish heritage and we could not think of two more deserving organizations to represent this year's parade," said Greg Kovak, co-chair of the South Side Irish Parade Committee. "The parade committee is excited to highlight these organizations."

Honor Flight Chicago's mission is to honor, thank and inspire. The nonprofit organization began flying World War II veterans to their memorial in 2008 before adding veterans of the Korean War era in 2016. This year, Honor Flight Chicago is expanding to Vietnam era veterans.

"We are thrilled to be selected as the 2019 South Side Irish Parade Grand Marshal," said John Ptak,

Honor Flight Chicago Board President. "Leading the parade down Western Avenue is just another way for us to thank our veterans for their service and sacrifice and also recognize our many volunteers that make each flight possible," added Ptak.

Visit honorflightchicago.org for more information on how you can apply to take part in an Honor Flight or donate to support a flight.

The parade will also honor Choose Kind, an organization dedicated to promoting kindness and raising awareness about Apert syndrome, a rare genetic disorder that affects the proper development of the skull, hands, and feet. Children born with the condition suffer from a range of physical and cognitive impairments and face numerous surgeries over their lifetimes.

When Kerry and Chris Lynch learned their daughter, Mary Cate, had been born with Apert syndrome, they pledged they would use her diagnosis to make a difference. Choose Kind is the powerful result of their pledge. Kerry and Mary Cate travel to schools in Chicago, teaching students about what it's like to look different. To date, Mary Cate and her

mom have traveled to 125 schools and thousands of students have pledged to Choose Kind.

"The South Side Irish Parade has always been a big part of our lives and our entire family is excited to be recognized by the parade committee," said Kerry Lynch. "This is such a tight-knit community that has supported us from the very beginning and we look forward to spreading

our message, always choose kindness."

The South Side Irish Parade will kick off the festivities with a pre-parade fundraiser on Saturday, February 23, 2019. The party will be held from 6:00 p.m. to 11:00 p.m. at 115 Bourbon Street, 3359 West 115th Street, Merrionette Park, IL, 60803. Proceeds from the evening will help support the expense of operating the parade.

Tickets are \$40 at the door and admission includes a dinner buffet, draft beer and wine. The event will feature raffle prizes, a silent auction, selection of the South Side Irish Parade Queen, and much more. The Larkin & Moran Brothers and the Avondale Ramblers will provide live music inside the 115 Bourbon Street Performance Hall. The fundraiser will also feature a quieter approach with Irish traditional music sessions

featuring Pat Finnegan and Friends inside the Saloon.

South Side Irish Parade merchandise will be available for purchase at South Side Irish Imports, 3446 W. 111th St. Chicago, IL 60655, through St. Patrick's Day.

The 4th Annual South Side Irish Parade Film Fest will take place at the Beverly Art Center on Saturday, March 2, 2019. The Film Fest will feature an afternoon matinee, pre-feature reception, an evening feature film and a post-film musical performance. For tickets call 773-445-3838 or visit beveryartcenter.org.

About The South Side Irish Parade:

The parade is operated by the South Side Irish St. Patrick's Day Parade and Heritage Foundation, a 501(c)3 non-profit organization, where more than 100 volunteers work year-round to ensure this family-friendly celebration continues for future generations.

The parade is generously supported by major sponsors including by Paddy's Irish Whiskey, Lakeshore Beverage, The Beverly Review, Raising Cane's, IUOE Local 399, IUOE Local 150, Chicago White Sox, ComEd, County Fair Foods and South Side Irish Imports.

Visit southsideirishparade.org for more information on the pre-parade fundraiser and the South Side Irish Parade.



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| Apr 13, 2019 | Meditation: Forgiving Others |
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Lightworker Circle & Reiki I begins
Ongoing:
LGBTQ Group & Grief Groups

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Get a free child safety seat inspection!

February 16, 2019
11:00 a.m.-1:00 p.m.

22nd District
1900 W. Monterey Ave
(enter thru the garage off Monterey & Homewood)

Further information Contact CAPS Office
312-745-0620




Please bring child and child restraint



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among regional universities in the Midwest

U.S. News & World Report (2019)



Saint Xavier

UNIVERSITY

The Best in You

Smith Village Trial Stay program now available to prospective AL residents

Starting this year, Smith Village has introduced its Assisted Living Trial Stay Program. “Thanks to the success of our Trial Stay program, which attracted several new prospective independent living residents, we decided to offer a similar opportunity for others considering the benefits of assisted living,” announced Marti Jatis, executive director of the life plan community at 2320 W. 113th Place.

“Relocating is a big decision,” said Jatis. “We want to offer all the support we can to prospective residents, so they gain a better sense of what it’s like to live in our community. Because so many Smith Village residents hail from the 19th Ward, they often find themselves reconnecting with neighbors, members of their parish, and old classmates. And they sometimes forge friendships with the grandparents of their grandchildren’s classmates.”

For a standard monthly fee, Assisted Living Trial Stay participants receive three meals per day, medication management, and assistance with bathing and dressing. They can summon assistance using a personal help button worn on a wristband or lanyard.

Trial Stay participants can settle into a furnished, one-bedroom

assisted living apartment that includes a galley kitchen. Housekeeping and laundry services are provided.

“We’re committed to making sure residents remain as independent as possible. Our staff members work as care partners rather than caregivers in assisting with the activities of daily living,” said Sarah Jewett, director of assisted living. “This gives residents a greater sense of empowerment. It’s not uncommon to see newcomers rejuvenated once they’ve been here awhile. They often experience healthy weight gain, positive changes in mood, more energy and a renewed desire to socialize. Even those preferring solo activities seem to benefit from daily interactions with others.”

The Trial Stay program also offers access to activities, programs, services and amenities enjoyed by other assisted living residents, including onsite entertainment, crafts and horticulture workshops, field trips, and delicious, healthy meals prepared by an executive chef. Those who sign up have access to visiting healthcare providers, including physicians, optometrists, hearing specialists, podiatrists and chiropractors. And, they can attend—or view on TV—

religious services offered onsite every week.

With their doctor’s permission, Trial Stay participants can take advantage of the Smith Village wellness center, which includes a salon, spa and workout room.

Participants in Smith Village’s Assisted Living Trial Stay program are encouraged to entertain their family and friends in private dining rooms, make use of the library, craft room, movie theater and other common spaces.

Jatis suggested answering the following questions to determine if you or a family member may benefit from participating in the Assisted Living Trial Stay program:

1. Do you have difficulty running errands, grocery shopping and getting to medical appointments?
2. If you still drive, have you experienced recent fender benders?
3. Are you no longer able to visit friends and participate in activities you normally enjoy?
4. If you’ve lost a spouse, have you become isolated?
5. Are you bathing less often? Do you fear falling in the tub? Do you have difficulty with certain aspects of personal grooming?
6. Is your home falling into disrepair?



Smith Village executive director Marti Jatis says Smith Village’s Assisted Living Trial Stay program makes it easier for neighbors to consider a move to Smith Village. Photo by Waldemar Reichert

7. Is it becoming more challenging to keep your home clean?
8. Does cooking present a problem? Have you burned some items lately?
9. Are you losing weight?
10. Are you having difficulty managing your medications? Are you starting to confuse dosages?

“Several ‘yes’ answers may mean it’s time to begin exploring Assisted Living options,” Jatis said. “Our Trial Stay program offers people a chance to experience Assisted Living services to decide if the Smith Village lifestyle is a good fit.”

To learn more about Smith Village’s Assisted Living Trial Stay program, call Meghan Luce at 773-474-7300.

SHADOW DAY for 6th and 7th grade girls



Monday,
February 18

Shadow a current student to find out what it’s like to be a Mighty Mac!

Lunch and fun provided!

Register online at mothermcauley.org

Calling McAuley Alumnae! CAREER DAY

Friday, March 1

Come share with our students how the *lifetime advantage* of a McAuley education steered you toward success in your career or vocation.

7:00 am Set-up and breakfast
7:55 am Fair begins
11:00 am Fair ends
(lunch provided until noon)

Register online at mothermcauley.org/alumnae or contact Maura Moran Vaughan '07 at (773) 881-6565 with questions.



McAULEY HALL OF HONOR INDUCTION

Join us for the McAuley Hall of Honor Induction

Sunday, April 7

10am Mass followed by Induction Ceremony
Mother McAuley Auditorium

2019 HONOREES

Jennifer Costello Fortner '94
Carla Hall '73
Mary Cartan Hendry '63
Jennifer Lim, MD '80
Dawn Jenkinson McKenna '86
Sister Ellen Marie Ryan, RSM

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Five seniors were selected in early December as the 2019-2020 Illinois State Scholars and rank among the top ten percent of Illinois students, according to the Illinois Student Assistance Commission (ISAC).

The students are seniors Amber Anderson, Jaylen Boyd, Briana Bragg, Malakhi Hubbard-Munir, and Serena Echols. An Illinois State Scholar is decided by the Illinois Student Assistance Commission (ISAC) based on their sixth semester class rank and ACT scores from their junior year. The ISAC receives the ACT scores directly and schools send their class ranks to ISAC.



Morgan Park High School, in cooperation with the office of 19th Ward Alderman Matt O'Shea, held a successful Career Day with 15 professionals, featuring keynote speaker Arne Duncan, the former Chicago Public Schools (CPS) CEO and U.S. Secretary of Education.



A school-wide effort to improve growth on the SAT was recently instituted when the principal, Dr. Femi Skanes, held assemblies for the juniors to explain how the important standardized test assesses academic skills and to help set goals for improvement. Staff members worked with juniors to set manageable goals for improving their scores on the SAT by identifying what areas they need to focus on and planning a strategy for their target score.

National Honor Society



The local chapter of the National Honor Society, sponsored by English teacher Carletha Becton, and coordinated by Assistant Principal Kai Erquhart, inducted 12 new members into the chapter for the 2018-2019 school year. The ceremony was held in Blackwelder Hall on the Thursday leading up to the winter holiday vacation. The guest speaker was alumnus Ms. Efundunke Hughes.

@EMPEHI

SIXTH STRAIGHT PUBLIC LEAGUE TITLE

A The boys varsity Mustangs bowling team won their sixth straight Chicago Public Schools (CPS) championship.



ACADEMIC EXCELLENCE

B Junior-level students were recognized for their academic and attendance efforts during a mid-day celebration. Eleventh graders were given certificates for 95 percent or better attendance and being on the honor roll, as well as showing growth in either.



The BAC's Annual Fundraiser... Supporting the Arts

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or visit us at beverlyartcenter.org



The easiest, simplest solution to knee pain can be PT, not surgery

Mercy Circle provides short-term stay rehab, therapies for residents

Was it her recent fascination with Occam's Razor since reading Barbara Kingsolver's newest book, *Unsheltered*? Or was it her recollection of giving away her tap shoes after successful surgery to replace her left knee five years ago?!

Sister Mary Sheehan, RSM, among the first residents to move into Mercy Circle in November of 2013, hasn't decided precisely what prompted her to consider physical

therapy instead of surgery. A torn meniscus in her right knee caused an aching pain which had become severe.

"More than 20 years ago, I was diagnosed with rheumatoid arthritis. Initially, it was very painful. Combined with osteoarthritis, it led me to undergo knee-replacement surgery on my left knee.

"While that surgery relieved my pain and got me back walking normally," she adds, "I soon realized my experience with pain medication after the surgery left me with several undesirable side-effects." Sister Mary also noted that healthcare solutions affect the whole person, not just the problem someone is trying to eliminate.

Late in 2018 when the pain in Sister Mary's right knee significantly increased, she asked Rediet Kokebie M.D., her rheumatologist at Mercy Hospital & Medical Center, about alternatives to surgery.

Dr. Kokebie suggested healing a slight tear in her meniscus with a 6-week plan for physical therapy at Mercy Circle, while she continued to treat Sister Mary's arthritic knee with gel-like injections. Sister Mary decided to take Dr. Kokebie's advice.

A resident in independent living, Sister Mary stayed in her own apartment. Mercy Circle also provides private suites for short-term stay rehab patients being discharged from the hospital but not ready to go home.

"Almost as soon as I embarked on my PT regime, I realized I was getting a lot more than relief from my painful knee. The therapy room is full of energy and life. Patients encourage each other and really forge a sense of a community," she explains.

Recently, Dr. Kokebie visited Mercy Circle. She was pleased to see the therapy department and to meet the therapists. She concurs with Sister Mary's positive assessment of Mercy Circle's therapy department.

So what influenced Sister Mary's decision to rely on physical therapy?

"After my successful surgery five years ago, I dusted-off my tap shoes but quickly realized my tap-dancing days were over," says Sister Mary, recalling when she and another Sister of Mercy auditioned at the now-shuttered Candlelight Dinner Playhouse in Summit, Ill., and were chosen to perform their



Mercy Circle physical therapist Ethel Juralbal adds weights to Sister Mary Sheehan's right ankle before she begins her therapy regime to strengthen her knee. Photo by Gary Middendorf



Mercy Circle physical therapist Ethel Juralbal assists Sister Mary Sheehan, RSM with exercises. Photo by Gary Middendorf

tap-dancing routine.

And, why the influence of Occam's Razor on her decision? "The principle William of Occam proselytized during the Middle Ages is based on Aristotle's theory—the simplest solution often is the best one," says Sister Mary as she muses. "As philosophy college professor for many years, it's nice to know what I taught continues to make sense."



**STRENGTHENING THE TIES
THAT BIND: A COMMUNITY AFFAIR**

MORGAN PARK HIGH SCHOOL • 1744 W. PRYOR AVENUE

**VENDOR
FAIR**

SUNDAY

MARCH

10

2019

NOON
UNTIL
04:00 P.M.





STATE REPRESENTATIVE
Fran Hurley
and
STATE SENATOR
Bill Cunningham
invite you to





Bike Across America
WITHOUT LEAVING THE 19TH WARD BIKE HIKE

Meet us at Mt. Greenwood Park, and then join us as we bike across the 19th Ward and celebrate at the end with a bike raffle and snacks!
The ride usually lasts an hour.

SATURDAY, MAY 18 at 10:30 A.M.

MT. GREENWOOD PARK

3721 W 111th St, Chicago, IL 60655

For more information, please contact Rep. Hurley's District office at 773-445-8128 or RepFranHurley@gmail.com

ALDERMAN MATT O'SHEA'S SENIOR CITIZEN CORNEED BEEF LUNCHEON

Thursday, March 7, 2019

12:00 P.M.

115 Bourbon Street
3359 W. 115th St.

\$5 Admission includes
family style luncheon

Cash bar available

Live Music

Open to 19th Ward Residents Only

Space is limited, reservations required

773-238-8776 or
moira@the19thward.com

Senior Citizen
Irish
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Contest
Prizes for
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