

19th WARD Quarterly

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

NOVEMBER 2021

A Thanksgiving Tradition Returns

Registration Now Open for 13th Annual Beverly Hills Turkey Trot K5 Run & Family Walk, Presented by CIBC



The 13th annual Beverly Hills Turkey Trot 5K Run and Family Walk, presented by CIBC, returns to the 19th Ward community on Saturday, November 27th, beginning at 9:00 am, at 9200 S. Hamilton. More than 2,000 participants are 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. Register now to receive your long sleeve race t-shirt. Packet pick-up

information will be announced at a later date.

Registration fees are:

- 5K Run Individual, Adult (ages 20 and up): \$35 until race day, then \$40
- 5K Run Individual, Young Adult/ Youth (ages 19 and under): \$30 until race day, then \$35
- 5K Untimed Walk Individual, \$35 until race day, then \$40
- 5K Untimed Family Walk (limit four t-shirts per family admission): \$80 until race day, then \$85

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 t-shirt and a gift bag.

"I am so excited that the Beverly Hills Turkey Trot is back and in-person this year," said Matt O'Shea, Alderman of the 19th Ward and founder of the 19th Ward Youth and Community Foundation. "This event has become a Thanksgiving tradition for so many people in our community. We are looking forward to our biggest and best year yet, and to help raise funds for these two organizations that do so much for our community."

The 19th Ward and Original Pancake House - Beverly - will host a pancake breakfast immediately following the race. 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 at the age of 15. The Foundation began with a sole goal: to eradicate pediatric brain tumors. Since it began, the John McNicholas Pediatric Brain Tumor Foundation has pushed for the ad-

vancements 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 with the ultimate goal of eradicating pediatric brain tumors.

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, 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 Senior Citizen Thanksgiving Dinner, Children's Film Festival, Holiday Dodge Ball Tournament, Summer Movies in the Park, Beverly Hills Turkey Trot, Family Ice Skating Party, Paper Shredding Days, Pumpkin Patch, and support to countless community causes.

For more information on the 13th annual Beverly Hills Turkey Trot 5K, please visit www.the19thward.com or (773) 238-8766.

19th Ward Vaccination Clinic

On Saturday, November 20th, the 19th Ward and Jewel-Osco will host a COVID-19 Vaccination / Flu Shot clinic at CrossWinds Church, 10835 S. Pulaski Rd., from 9:00a.m.-3:00p.m. Participants can receive booster shots for Pfizer and Moderna, first shot Pfizer vaccines for children ages 5-11, first or second shot vaccines for people 12 years and up, and flu shots. This clinic is by appointment only; appointments can be made at www.the19thward.com. All participants are asked to bring photo ID and insurance cards if available. Jewel-Osco will bill your insurance but there will be no charge to patients.

With final approval from the Centers for Disease Control and Prevention (CDC) and emergency use authorization from the Food and Drug Administration (FDA), all children ages 5 to 11 are now eligible to receive Pfizer COVID-19 vaccines. Pediatric vaccine doses have already begun to arrive in Chicago with more being delivered this week and next. Providers can begin to administer them immediately, and parents can get more information at www.chi.gov/youthvax. If you have questions about the COVID-19 vaccine for either yourself or your children, please consult your primary care physician.

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O'Shea Votes Against Property Tax Increase

Dear Neighbor:

On Wednesday, October 27th, I voted against the City of Chicago 2022 Municipal Budget as well as the \$76.5 million property tax increase. In a year when the City has received billions of dollars in federal resources, I could not in good conscious vote to raise property taxes on Chicagoans, many of whom are still struggling with the social and economic impacts of the global pandemic. Despite my opposition, the 2022 Municipal Budget passed by a vote of 35 to 15.

In addition to the property tax increase, this budget also includes \$31.5 million for a guaranteed basic income program, which will provide \$500 checks on a monthly basis to low income Chicagoans. During the midst of a severe labor shortage, providing direct cash assistance is an irresponsible use of taxpayer resources, and I voted against this program. I recognize that many do need help during these difficult times, and suggested these resources be used to provide child care assistance, or some other support to make it easier for people to join the workforce.

While I do not support the guaranteed basic income program, or further burdening property owners with a tax increase at this time, this budget does address many challenges facing Chicago. Some highlights include significant funding increases for violence prevention, domestic violence services, youth employment, and mental health services. There are also major investments in public safety and resources to combat climate change. Finally, this budget includes funds to address the backlog of garbage cart and tree related service requests that have frustrated residents for years.

Moving forward, I will continue to work with my colleagues to address issues that are important to our community, while still pushing City Government to be a responsible steward of taxpayer dollars.

Sincerely,



Matthew J. O'Shea
Alderman, 19th Ward

ALDERMAN MATT O'SHEA'S Vaccine Event

Saturday, November 20th, 2021

CrossWinds Church

10835 S. Pulaski Rd.

9:00 A.M. - 3:00 P.M.

Vaccines available:

- Booster shots for Pfizer and Moderna
- First shot vaccines for children ages 5-11
- First and second shot vaccines for people 12 years and up
- Flu Shots

By Appointment only

To make an appointment, please visit www.the19thward.com

All participants are asked to **bring photo ID and insurance cards** if available. Jewel-Osco will bill your insurance but there will be **no charge to patients**.



BOOSTER SHOTS



CHILD VACCINE

Matt O'SHEA
19th Ward Alderman

Bill Cunningham
ILLINOIS STATE SENATOR • 18th DISTRICT

Fran Hurley
STATE REPRESENTATIVE • 35th DISTRICT



Emil Jones, III
State Senator, 14th District

Kelly M. Burke
36th DISTRICT STATE REPRESENTATIVE

CrossWinds Church

Jewel-Osco



Alderman Matt O'Shea's 

Holiday
DODGE BALL TOURNAMENT

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27 & 28
2021**

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Elementary School Students

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by December 22nd

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assigned teams.

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e-mailed to parents
on Thursday, December 23rd!

For more information, please contact
ward19@cityofchicago.org or (773) 238-8766.

Bill Cunningham
ILLINOIS STATE SENATOR • 18th DISTRICT

Fran Hurley
STATE REPRESENTATIVE • 35th DISTRICT





19th Ward
YOUTH & COMMUNITY
FOUNDATION



PROTECTING OUR COMMUNITY

Chicago Police Department Accepting Applications

The City of Chicago is currently seeking qualified Police Officer candidates for the upcoming 2021/2022 academy classes. Officers receive a competitive starting salary of \$53,340 that increases to \$80,448 annually after just 18 months. Benefits include regularly scheduled salary increases, city-subsidized medical and dental insurance, holidays, tuition reimbursement, and retirement savings and pension plans. No prior law enforcement experience is required to join.

Candidates must have 60 semester hours from an accredited college or university, or 3 years active duty, or one year active duty and 30 semester hours. Upon employment, you will attend a six month paid police academy which will prepare you for a challenging and rewarding career.

Applications will be accepted now through Friday, November 19th at 11:59pm. Applications can be completed online at www.cityofchicago.org/PoliceApplication.

State Police Double Patrol on Chicago Expressways

The Illinois State Police (ISP) Division of Patrol (DOP) for the District Chicago area recently increased preventive patrol presence by 157% during peak criminal activity times on the Chicago area expressways during District Chicago's Safe Drive Detail. This increased presence includes the evening and overnight hour shifts. As of Sept. 22, 2021, District Chicago has a



total of 177 reported expressway shootings in 2021, compared to 79 at this time last year. There were 129 reported shootings total in 2021. "For over thirty years, patrol of Chicago area expressways has been a unique duty of this agency and in that time, we have not previously confronted the concentrated levels of gun violence we have faced in 2020 and 2021," said ISP Director Brendan F. Kelly. "We are a statewide agency with statewide missions and responsibilities, but we must dedicate the greatest resources to the greatest need, and right now the greatest need is here, on Chicago's expressways." As part of the Safe Drive Detail, the ISP will reallocate 10% of the Division of Patrol Troopers and Sergeants from around the state specifically to District Chicago to prevent roadway violence and provide ISP Patrol District Chicago maximum staffing in high violence shifts throughout each month. In addition to the above-mentioned efforts, there are also additional enforcement and visibility details taking place throughout the Chicagoland area expressways aimed at reducing the violence on the expressways. ISP's number one priority is and will always be to keep the public safe. ISP officers will continue to proactively patrol Chicagoland expressways

with the goal of ensuring public safety and preventing violence. The ISP is continuing its work to install License Plate Readers (LPRs) on Chicago expressways. There are currently more than 100

LPRs on Chicago area expressways from the ISP and our partner agencies with LPR installations expected to increase in the coming weeks. The LPRs will be an

additional tool to assist efforts of ISP patrol, investigations, special operations and our law enforcement partners to keep Chicago area expressways safe for motorists.

The ISP Division of Criminal Investigations (DCI) work tirelessly to pursue all possible leads for every reported expressway shooting, and put forth tremendous effort towards identifying, locating and interviewing cooperative witnesses and victims, as part of their thorough investigation. Investigating

expressway shootings presents unique challenges. DCI Zone 1, which includes the Chicago area, will also be allocated additional special agents for investigations. Investigators deal with in-transit forensic evidence and a commuting population making it difficult to develop witnesses unless witnesses contact law enforcement after the shootings occur. The ISP continues to urge the public to please contact the ISP (847) 294-4400, if they witness a shooting or have any information, which would assist in this or any investigation. The ISP also encourages the motoring public to try to safely obtain a license plate of vehicles involved in criminal conduct, when possible, and to report any information to the ISP.

Sign Up for Smart 9-1-1 Today

Smart 911 is a service that allows residents to create a free Safety Profile for their household that includes any information they want 9-1-1 and first responders to have in the event of an emergency. Then, when anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the appropriate response to the proper location. At a time when seconds count, Smart 9-1-1 provides details that could impact

response the second an emergency call is placed, which could be the difference between life and death.

You can sign up for Smart 911 at www.smart911.com and create a Safety Profile for your household to give 9-1-1 valuable information about yourself, family members, your home, pets and even vehicles that will display automatically on the 9-1-1 call taker's screen when you make an emergency call. It's private and secure and you control what information is in your profile. These details can save minutes, or even seconds during an emergency.



**The 22nd District's
WEBINAR WEDNESDAY**

*Vehicular Hijacking—
What You Should Know*



December 8, 2021 • 6:30 pm

An informational webinar series that provides useful resources to keep you, your family and your community safe.

**To register for this event,
please visit
www.the19thward.com**

**For more information, please contact P.O. Beamon
in the 22nd District's Community Policing Office
at (312) 745-0620.**

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Cunningham pushes for U of I admission for community college transfers

Illinois community college students with a B-average or better will automatically qualify to transfer to the University of Illinois under a new law State Senator Bill Cunningham shepherded through the General Assembly.

"This law accomplishes two important goals: helping students attain a quality education and helping keep talented young people in Illinois," said Cunningham, a Democrat who represents portions of Chicago and the southwest suburbs.

Under the law, the U of I will create a four-year uniform admission system pilot program, guaranteeing qualified students admission to one of the U of I system universities. In order to qualify, a student must have:

- Graduated from an Illinois high school.
- Earned at least 36 transferable credits at an Illinois community college.
- Maintained a 3.0 or better grade point average for all transferable coursework.

- Satisfied the university system's English language proficiency requirement.

The universities will prioritize current state residents and cannot turn any qualified applicant aside unless the university's enrollment capacity is 100% full with state residents.



"Knowing that you can automatically qualify to study at the U of I if you maintain a B average at an Illinois community college is a great incentive for in-state students," Cunningham said. "It encourages

them to stay in state and gives them the peace of mind to know they can start their university career at a less expensive community college. This will allow our students to earn a U of I degree without taking on the financial debt created by a full four years of tuition and room and board."

The U of I system encompasses three universities, including the primary campus in Urbana-Champaign, as well as institutions in Chicago and Springfield.

The law, originally House Bill 796, takes effect Jan. 1, 2022.

Slaughter Supports Creation of New Task Force to Protect First Responders on Roadways

State Rep. Justin Slaughter, D-Chicago, recently supported legislation that creates the Move Over Early Warning Task Force to study the impact of current traffic laws and make recommendations to modify current practice to improve the safety conditions for first responders.

"Our first responders' offices are the roadways of our state and wherever else their duty asks them to travel to," said Slaughter. "We must continue to ensure that our laws provide protection to our first responders to keep them safe as well as provide clear directions for motorists to follow."

House Bill 3656, which was recently signed into law by Gov. J.B. Pritzker, creates the Move Over Early Warning Task Force composed of law enforcement and other public and private stakeholders. They will be charged with studying traffic violations against

first responders and with making recommendations to legislators to enhance the laws protecting emergency response.

Under current state law, when approaching a stopped emergency vehicle along the roadway, you must change lanes if possible, reduce speed and proceed with increased caution. If unable to safely change lanes, you must reduce speed greatly. Despite this law, the

Illinois State Police in particular has experienced dozens of crashes and multiple fatalities in recent years caused by irresponsible driving.

"Far too many of Illinois' finest and other emergency responders have lost their lives due to the selfish actions of reckless drivers," said Slaughter. "Although we have some protections in place to protect these critical workers, the data shows that too many lives have been lost and we must do more."



THE 19TH WARD & CHICAGO HIGH SCHOOL FOR AGRICULTURAL SCIENCES

Senior Citizen Thanksgiving Meal Delivery



TUESDAY, NOVEMBER 23, 2021

300 free, individually packaged Thanksgiving style meals will be provided to senior citizens (65 and older) living in the 19th Ward. Delivery will be made after 3:00pm on Tuesday, November 23rd. Meals will arrive cold and include re-heating instructions.

Meal requests will be taken on a first come, first served basis starting at 12pm on Friday, November 19th at www.the19thward.com.

Reservations will not be accepted by phone. Please note, orders are limited to one per person with a maximum of two per household. Unfortunately, we are not able to deliver to senior living communities at this time.

Matt
O'SHEA
19TH WARD ALDERMAN

Bill
Cunningham
ILLINOIS STATE SENATOR 18TH DISTRICT

Fran
Hurley
STATE REPRESENTATIVE 35TH DISTRICT

clips

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Give yourself a wonderful winter holiday gift

by **Helen Socha**, *managing director and head of US Retail Banking for CIBC*

The winter holidays are almost here. Soon, we'll be exchanging gifts, lighting candles, reflecting on the past and celebrating the future. For many, the delights of the holidays are accompanied by overindulging and overspending, traditions that leave many people dreading post-holiday bills. If you're looking for ways to lower holiday-related stress, spend an hour making a list that will preserve your financial health.

Make your list

Compiling your list should be a straightforward exercise. Think about last year's holidays. What would you like to do again? Who will you include on your gift list? Gather your thoughts and write them down, either digitally or with pen and paper. Your list should include:

- **Entertainment.** Think about your favorite holiday events. Will you attend a play or a concert? Drive through a holiday light display? Participate in a cookie exchange? Attend an ice skating or sledding event? Host a holiday get-together for friends or family?

Now, put a price next to each event. Theater tickets may range from \$30-\$150 per ticket. Holiday light shows cost about \$20 to \$40 per carload of visitors. Hosting a party for a dozen guests costs upward of \$200, on average.

- **Travel.** Many people travel during the holidays. Some visit family and friends in other

states or countries, while some just like to get away from it all. If you will be traveling, add the various costs for gas, flights, lodging, meals and other expenses to your list.

- **Giving.** December is the month for giving. Almost one-third of all charitable donations are made in December, and more than 10% of gifts are given during the last three days of the year. If you are philanthropically inclined, include the cause and the amount of money you plan to donate on your list.
- **Gifts.** Here's the biggie: Name everyone who will receive a gift from you. The list may include family, friends, co-workers, teachers, doctors, dentists, mail people and others who provide valued services during the year.

Now, put the amount you plan to spend next to each name. (Don't forget to consider shipping costs, which can go up the closer you get to the holidays, and state and local sales tax, which range from 9.55% in Tennessee to nothing in Delaware, Montana, New Hampshire and Oregon.)

When estimating expenses, remember that prices on many goods and services have increased so you'll want to research current costs.

Add it up

Take a deep breath and add up your holiday expenses. Consider the total. Can you afford to spend that amount? Do you want to spend that amount? If the answer is yes, congratulations! The holidays are unlikely to disrupt your financial

health.

If the answer is no, don't stress. There are many ways to reduce spending without draining joy from the holidays. For instance, host a dinner party where everyone gets to bring their favorite holiday dish, or a cocktail party where guests showcase their favorite drinks. Consider having a contest with a special prize for the most well-liked dish or drink.

If your gift list is over budget, think about ways to manage it. For example:

- **Handcraft your gifts.** Googling DIY gifts will bring a wealth of suggestions for handmade presents: clementine wreaths, hand-crafted bath bombs, family cookbooks, cookie cutter candles, propagated house plants, and so many other ideas. Just remember the goal is to spend less.
- **Combine your giving goals.** Instead of giving gifts to everyone on your list, make a small charitable donation in their names. Alternatively, you could have a tree planted in a national forest (the giftee receives a certificate or card), or give a different gift offered through your favorite charity.

- **Prioritize young children.** Parents want to create memorable holidays for their children. While it may help to prioritize spending more on kids than adults, it's important to keep in mind that children remember experiences more than items.

Consider your options and adjust your list until your holiday spending reaches a reasonable level.

Set aside the savings you need

Once you've completed your list, it's time to start saving. Open a Holiday Savings Account that is earmarked for holiday expenses. Then, either transfer the amount you need to save from your regular account into the savings account, or build your savings by setting up an automatic deduction from each paycheck into your holiday savings account.

Remember, lowering your financial stress may be the most wonderful gift you can give yourself. It can improve your physical, mental and financial health. **Visit your local CIBC branch today to open your CIBC Holiday Savings Account, or call us at 877-448-6500 with any questions you have.**



Burke Legislation Helps Workers

In the wake of the COVID-19 pandemic when many are facing financial uncertainty, we must ensure that Illinois workers are protected and able to seek employment to provide for themselves and their families. By placing practical and reasonable limitations on an employer's ability to require their workers to enter into agreements that bar them from obtaining certain jobs in the near future, we can help expand opportunities for those in need of work across our state.

I sponsored Senate Bill 672, which puts reasonable limitations on the state's non-compete and non-solicitation laws. Non-compete and non-solicitation covenants can prohibit employees from working for a competing business or starting a business that would compete with their employer.



This legislation clarifies these laws for employers and helps protect workers from undue financial hardship that may occur as a result of their inability to find work after signing such an agreement with a previous employer. The legislation also makes non-compete clauses in employment contracts void if an employee is terminated or furloughed as a result of COVID-19 business circumstances or government mitigation guidelines.

Throughout the ongoing pandemic, one of my first priorities has been to implement stronger protections for our working families and provide support for displaced workers. This legislation was passed and signed into law by the governor in August. President Biden also took aim at non-compete clauses in a recent executive order over the summer.

CUB Virtual Home Energy Savings/ Cable & Robocall Presentations

Alderman Matt O'Shea and the Citizens Utility Board (CUB) will host two virtual presentations. There is no cost for these webinars. To reserve your spot today, visit the19thward.com.

Home Energy Savings Webinar: Tuesday, Dec. 14th, 1pm-2pm

During the home energy savings presentation, a CUB representative will discuss new consumer protections during COVID-19 recovery; free programs designed to save you energy and money; how to decode your gas and electric bills, spot errors, and avoid scams, and the latest Illinois energy policies and how they will impact your energy choices.

Understanding Cable Options & Reducing Robocalls Webinar: Thursday, December 16th, 6pm-7pm

During the cable and robocall presentation, a CUB representative will discuss the different choices in the TV market, ways to cut your cable costs, is it time to get rid of your 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.

Please contact Nitsaniyah at nfitch@citizensutilityboard.org with any concerns or follow-up questions. For money-saving advice and consumer tips, visit www.citizensutilityboard.org.

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Miss Purl Works to Share the Warmth this Holiday Season

One of the 19th Ward's newest shops, Miss Purl, the 95th Street Business Association, and Alderman Matt O'Shea are making it possible for 19th Ward citizens to knit holiday gifts for those in need. Kamaca Champion, who owns Miss Purl, Erin Ross from the 95th Street Business Association, and Alderman O'Shea kick started this knitting campaign on Friday, November 5, during a gathering at Smith Village. Several volunteers including the Beverly Branch Library knitting group, Christ the King parishioners and students, and Smith Village residents and staff members joined them to show their commitment to the program's success. Champion and O'Shea welcome many more volunteers who can knit mittens using any pattern or yarn they like. Or they can purchase a "mittens kit" for \$15 at Miss Purl that will include the yarn and pattern to make the mittens along with a small project bag and a coupon for 25 percent off double point needles. Children can color a coloring sheet featuring several mitten designs to accompany the donated mittens. The sheet was designed by local artist, Amber Doherty, and is available from the 95th Street Business Association website, 95thstreetba.org.

Don't know how to knit? No problem! Anyone who wants to help can join free classes at the Chicago Public Library, Beverly Branch, 1962 W 95th Street, between 6:30 and 7:30pm on Wednesdays November 3, 10, 17 and December 1, 8. Miss Purl will provide yarn and knitting needles and an expert knitter will be on-hand to provide instruction. No reservations are necessary for these classes, but supplies are limited, so those who need knitting needles may want to arrive a little early.

New knitters also have the option to purchase a mitten kit and join drop in classes on Monday evenings from 4-6pm from November 8-December 13 at Miss Purl. Volunteers also can pick up simple patterns at Miss Purl, 1824 West 95th Street, or download "the world's simplest mitten pattern" at tincanknits.com to make mittens at home.

Children and adults who will benefit include clients of the Maple Morgan Park Food Pantry, Turpin Cares, A New Direction and WINGS. In addition, the 22nd District of the Chicago Police Department will give mittens to homeless individuals and families who come there to warm up on Chicago's coldest days. "The idea for the project came from Alderman O'Shea's office,"

says Champion, owner of Miss Purl's the only yarn shop south of Chicago's Loop. "He is great at supporting local businesses while bringing together our community, so we support one another."

"Making mittens is a great way to learn to knit," says Champion. "With our holiday project, you can learn basic knitting skills, meet some new people and help the community at the same time."

"Reaching out to help others is in the DNA of 19th Ward residents. That's why we donated the first 50 knitting kits available at Miss Purl," says O'Shea. "This project offers a way to support those in need this holiday season."

Volunteers should deliver their completed mittens to one of the following locations on or before Friday, December 10: The 19th Ward Office, 10400 South Western Avenue.; Beverly Branch Chicago Public Library, 1962 West 95th Street; and Miss Purl, 1824 West 95th Street. For more information, contact Miss Purl, 312-513-6464.

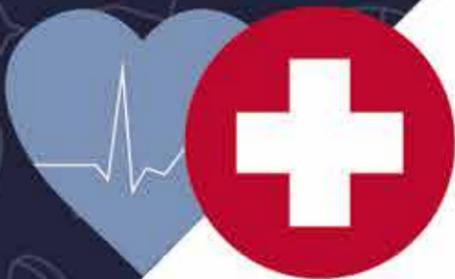


Ald. Matt O'Shea, Kamaca Champion, and Erin Ross launch the "Share the Warmth" project.

It's that time of year!

COLD AND FLU

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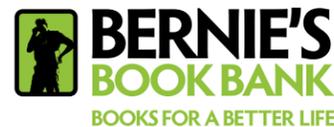
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Used Children's Book Drive

Is your house cluttered with children's books you no longer need? This December, Alderman Matt O'Shea is hosting a used children's book drive in conjunction with Bernie's Book Bank. Residents are encouraged to drop off any unneeded books at the 19th Ward office, 10400 S. Western Ave., now through December 10th.

The most commonly requested books include Little Golden Books, Don't Let the Pigeon, Who Is /Who Was, Diary of a Wimpy Kid, Cap-

tain Underpants, Judy Moody, and Percy Jackson. Bernie's Book Bank accepts gently used children's books for children birth - 12 years old. Please note, only children's books will be accepted.



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Bernie's Book Bank is non-profit organization that sources and redistributes books to underserved

children providing literacy experiences for tens of thousands of young readers each year. For more information about their work, please visit berniesbookbank.org.

Reps. Ford, Hurley to Co-Chair Public Safety & Violence Prevention Task Force

Emphasizes Need to Address Emergency with Real Action

Focused on the need to create comprehensive, long-term solutions to address the root causes of violence, state Representative Frances Hurley (D-Chicago) will co-chair a new Public Safety & Violence Prevention Task Force that will bring together local officials, community advocates, law enforcement, public defenders and bipartisan representatives from across the state to address this dire emergency.

This new task force will bring together all stakeholders to develop a collaborative approach to the violence crisis, whether it be gun violence, hate crimes, sexual and domestic assaults, or other forms of violence. Representative Hurley will work with task force members to review and account for violence prevention funding efforts, hear new ideas from violence prevention groups, and conduct listening tours with local officials and state agencies. To make sure taxpayer funds are used wisely and most effectively, the task force will also examine all appropriations awarded to organizations contracted with the state to prevent and end violence in Illinois.

“It pains me when I talk to families about the loss they have endured this past summer due to out of control violence,” Hurley said. “As we work to find ways to reduce crime rates and support our communities, it’s important that all groups are at the table for this including law enforcement, community members and prosecutors. By bringing everyone together, we can talk through ideas, concerns and questions of all stakeholders while ensuring we come to solutions that work for everyone.”

The Public Safety & Violence Prevention Task Force is expected to work with the state agencies, religious and community groups that work to curb violence, mental health providers, law enforcement and organizations focused on job opportunities for at-risk youth. Task force meeting notices will be posted on ilga.gov.

In addition to Ford and Hurley serving as co-

chairs, the committee will include 13 democrats and eight Republicans. Democratic members include: state Rep. Jonathan Carroll, D-Northbrook, state Rep. Anthony DeLuca, D-Chicago Heights, state Rep. Mary Flowers, D-Chicago, state Rep. Edgar Gonzalez Jr., D-Chicago, state Rep. Barbara Hernandez, D-Aurora, state Rep. Mau-

ra Hirschauer, D-Batavia, state Rep. Lindsey LaPointe, D-Chicago, state Rep. Theresa Mah, D-Chicago, state Rep. Rita Mayfield, D-Waukegan, state Rep. Marty Moylan, D-Des Plaines, and state Rep. Lance Yednock, D-Ottawa.

For more information, please contact RepFranHurley@gmail.com.



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Mt. Greenwood's Tommy Shimoda Becomes First Person with Disabilities to Receive the Order of Lincoln

Special Olympics Chicago/Special Children's Charities (SOC/SCC) athlete Tommy Shimoda, a Mount Greenwood resident, has once again made history by being the first athlete with intellectual disabilities to become a recipient of the Order of Lincoln, the state's highest honor for professional achievement and public service. Bestowed by the Lincoln Academy of Illinois is awarded to residents whose work uplifts communities within the State. Shimoda was honored at the 57th Convocation at the Chicago History Museum on November 6.

Shimoda, 28, is one of the most accomplished and celebrated athletes of the SOC program. He joins the ranks of 350 distinguished Illinois residents who have joined the Order of Lincoln over the last five decades including retired Illinois governors, members of Congress, Medal of Honor winners and Nobel and Pulitzer Prize winners.

Since joining the SOC program at eight years old, Shimoda has continuously made history by breaking down barriers and stereotypes of those with intellectual and physical disabilities. Shimoda competes with the SOC Special Recreation program at Mt. Greenwood Park. Diagnosed with autism, Tommy is non-verbal and speaks with the aid of a handheld computer. He currently competes in multiple sports, including basketball, softball, volleyball, track and field, swimming, gymnastics, snowshoeing, bowling, bocce, hockey, skiing, and ice

skating.

In March 2017, Shimoda was the only athlete from the city of Chicago to qualify to compete in the Special Olympics World Games, which took place in Schladming and Graz, Austria. Nearly 3,000 athletes competed in the World Games in eight Olympic-style winter sporting events. Tommy won two medals in speed skating, winning the gold in the 500-meter race and the bronze in the 777-meter race.

In July of 2017, Shimoda was awarded an honorary Excellence in Sports Performance Yearly Award (ESPY), which is presented to individual and team athletic achievements, and other sports-related performances. Shimoda was the only Special Olympics athlete from the State of Illinois to be presented this honor.

And, in October of the same year, Shimoda once again made history by being the first athlete of the Special Olympics program to be inducted into the Chicagoland Sports Hall of Fame, joining the ranks of other athletes such as Jonathan Toews, Walter Payton, Ryne Sandberg, Carlton Fisk, Bob Love, and Ryne Sandberg. At his induction, the General Mills Corporation presented Shimoda a keepsake, commemorative Wheaties Cereal

box with his image to mark the historic occasion.

"Tommy is not only hard-working, a team player and beloved by his coaches and teammates, but he is active in his community and gives back to others by volunteering his time at his local park and sport programs," said Carolyn Daley, president of SOC/SCC. "We could not be prouder of Tommy and all he has accomplished in his athletic career, and also for the amazing person that he is and the way he has made everyone who comes in contact with him see him for his abilities. For Tommy to be a recipient of the Order of Lincoln is another historic moment, and reinforces our core mission of inclusion and acceptance for all our athletes with intellectual disabilities."

Other recipients of this year's Order of Lincoln include **Dr. Joanne Smith** of the Shir-

ley Ryan Ability Lab; former NASA astronaut, Captain Scott Altman (US Navy retired); **Carol Ross Barney**, founder and principal of Ross Barney Architects; **Major General John Borling** (US Air Force retired); **John Andrew McQuown**, Director at Dimensional Fund Advisors LP; **Professor John Rogers**, eminent scientist and professor at Northwestern University; and **Mavis Staples**, singer and musical pioneer. The eight recipients join a cohort of over 350 distinguished Illinois residents who have joined the Order of Lincoln over the last five decades.

For more information on the Order of Lincoln gala, please visit thelincolnacademyofillinois.org



Tommy Shimoda and Alderman O'Shea pose with Shimoda's ESPY Award



Tommy Shimoda is interviewed by Fox 32 News

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19th WARD CHILDREN'S FILM FESTIVAL

MOVIE SCHEDULE

WED., DEC. 29, 2021

10:00 a.m. Luca	2:00 p.m. Space Jam
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On Wednesday, December 29th, the 19th Ward Youth Foundation will host the 13th Annual Children's Film Festival at the Beverly Arts Center. Admission is \$1 per person, per film, and includes the movie and snacks during the show. Tickets will be issued on a first come first serve basis and space is limited.

The Film Festival will feature a 10:00am showing of Luca and a 2:00pm showing of Space Jam. I hope that you and your family can join us for a fun day at the movies! Parent chaperones are appreciated.

Please note, this year there will be no reservations, tickets can only be purchased the day of the event.

New “People Spot” to Sit, Eat and Drink at the Corner of 103rd and Wood in Beverly

A new outdoor area to sit, eat and drink has been constructed on the northwest corner of 103rd and Wood streets in Beverly.

Funded by a grant from the city’s Chicago Alfresco program, the new “People Spot” includes modular seating for 19, nine planters with seasonal flowers, and an eco-friendly surface of crushed granite and mulch that allows for drainage and for water to get to the roots of the mature trees in the parkway.

In addition, a mural painted by acclaimed muralist and Beverly resident Nate Otto adorns the wall of the adjacent building, adding color, interest, and an “Instagram/photo backdrop” to a formerly blank space.

Described by the Chicago Dept. of Transportation as “platforms adjacent to sidewalks ... [that] create seasonal space for outdoor seating and dining,” People Spots are “place-making tools” frequently used by urban planners to help increase “pedestrian volumes and promote economic development in retail corridors.”

Indeed, according to a 2014 study by the Metropolitan Planning Council, 80 percent of businesses experienced increased foot

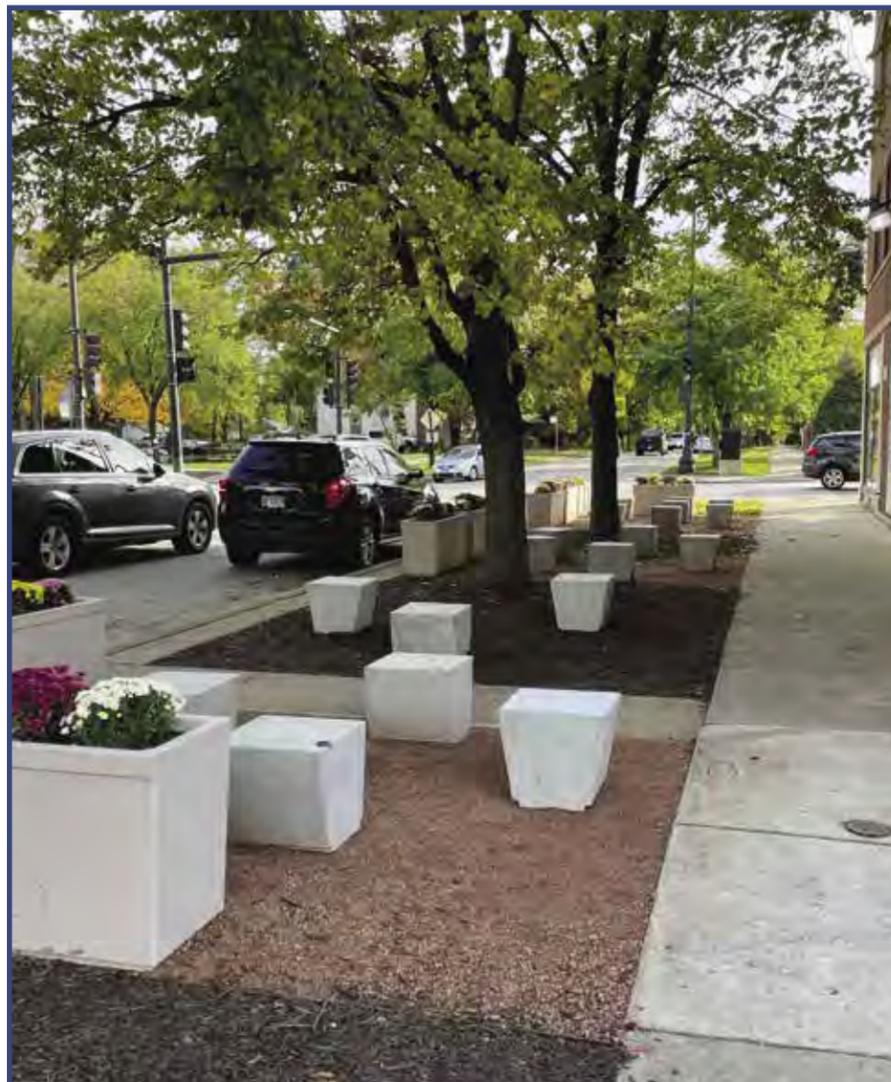
traffic and customers after the installation of nearby People Spots. Some of those businesses reported a 10 to 20 percent increase in sales, according to the study, and 34 percent of people visiting the People Spot reported making an unplanned food or beverage purchase.

The People Spot is expected to serve as a convenient outdoor dining area for customers of Ohana Ice & Treats, 1800 W. 103rd St. Unlike a sidewalk café, however, its use is not restricted to patrons of a particular business, said Caroline Connors, executive director of the Morgan Park Beverly Hills Business Association. Instead, the area is open to the public and may be utilized by anyone looking for a place to sit outdoors, including local residents, commuters, and customers of neighboring businesses, between the hours of 8 a.m. and 10 p.m.

The location for the Beverly People Spot was one of 15 selected citywide as part of Chicago Alfresco, a program managed by Choose Chicago, the city’s tourism bureau, that aims to open streets and create places for dining, socializing, arts, walking and biking. Diageo North America, a beverage compa-

ny that owns brands such as Guinness, Smirnoff and Crown Royal,

provided a \$2.5 million grant to fund the program.



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Mercy Circle speech therapist helps residents with strokes, memory loss and other neurological conditions

Every 40 seconds, someone in the United States has a stroke, according to the Centers for Disease Control and Prevention. More than 25 percent of Americans, who are over the age of 80, live with some form of cognitive impairment.

Fortunately, at Mercy Circle, located at 3659 West 99th Street in the 19th Ward, a team of professionals helps those recovering from a stroke or living with Alzheimer's disease or another kind of dementia, Parkinson's disease and other neurological disorders manage their days to maximize their independence.

One of the keys for supporting residents with neurological impairments is speech therapy, according to Joanna Ruzich, MHS, CCC-SLP, manager of Mercy Circle's therapy services. "Speech therapists teach clients to employ a variety of tools to improve fluency, articulation and word-finding as well as cognition, auditory processing and even swallowing," she says.

"In a senior living community, our patients generally come to us after a diagnosis from their physician or a referral from another specialist," says Ruzich. Between 30 and 40 percent of residents at Mercy Circle over time are engaged in some form of speech therapy.

"Some patients begin speech therapy after a major event like a stroke or because they recently were diagnosed with mild cognitive impairment. Others need short-term help because they have trouble swallowing due to COPD or because they are recovering from pneumonia," explains Ruzich, who is a speech therapist. "Regardless of their diagnosis, our shared goal aims to help people achieve as much as they can on their own."

Communication combines cognitive and physical skills

Speech therapists improve communication skills by working on both the physical and cognitive aspects of speech. They guide patients through exercises to address articulation, fluency and volume. Sometimes that involves exercises to rebuild muscles that control the mouth by harnessing the power of a sensory response to encourage certain muscles to work. "We might use a lemon or ice to trigger a muscle response," Ruzich says. "These stimuli get the mouth and tongue in motion, the first step towards rebuilding strength."

Other times, residents work to retrain their brain. "After a stroke, the brain is extremely malleable," says Ruzich. "The first six months of recovery is the prime time to

encourage the brain to build new neural pathways that help with re-gaining word-finding and making communication less frustrating."

Engaging more of the brain strengthens language skills

One evidence-based therapy that helps many people, particularly those living with Parkinson's disease or recovering from a stroke, is melodic intonation therapy. This approach uses pacing techniques, intonation and rhythm to help say words. Exercises maximize the abilities of the undamaged right hemisphere of the brain to engage those areas capable of language.

Exercise neuroplasticity to stay mentally fit

Neuroplasticity refers to the

brain's ability to change, adapt and grow. "Variety is essential for healthy individuals hoping to maintain their cognitive skills," according to Ruzich.

"Compare the brains of a taxi driver and a bus driver," says Ruzich. "The taxi driver takes new routes and learns about new places every day. The bus driver follows the same path all the time. To exercise your brain, you need to live like the taxi driver."

Ruzich recommends finding ways to regularly introduce new activities and create mental challenges such as joining a game night, reading about new topics, doing puzzles and learning new activities. "Doing so keeps keep the brain active and nimble," she says.



The Mercy Circle therapy team helps residents at Mercy Circle maintain independence. Photo credit: Robert Knapp



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Support Partnerships

Partnerships with Blue Cross & Blue Shield of Illinois, buildOn, Polished Pebbles, Catholic Youth Ministry, CityYear, College Possible, Math Circles, Umoja, Working on Womanhood (WOW), Becoming a Man (BAM), Pretty Brown Girls, GearUp, among a host of others.

After-School Activities

Chess Team, MPTV, Debate (varsity, JV), EMPEHI News (newspaper), JROTC, Fancy Drill, Jazz Ensemble, Emeralds, Marching Band, National Honor Society, Senior Board, Student Council, and many athletic teams.

Parent, Community Involvement

Local School Council (LSC), Parent Teacher Student Association (PTSA), Parent Advisory Council (PAC).

MP's Special Programs

Morgan Park's **International Baccalaureate Middle Years Program (IBMYP)** offers a course of study designed to meet the educational requirements of students between the ages of 11 and 16. The program provides a broad traditional foundation of knowledge, fosters intercultural awareness, and promotes respect for other cultures. Students receive a IBMYP certificate at the end of 10th grade.

The **International Baccalaureate Diploma Program (IBDP)** is a rigorous academic program emphasizing mathematics, science, philosophy, history, English, arts, psychology, and world languages. The International Baccalaureate Diploma is recognized by colleges and universities worldwide. Morgan Park's IBDP is the second oldest in CPS.

The **Morgan Park Academic Center (MPAC)** is an accelerated academic program for gifted and highly-motivated students. A wide range of academic classes is offered, and successful students can earn high school credit in junior high.

The **IB Career-related Programme (IBCP)** incorporates the values of the IB into a unique programme for students engaged in career-related education. CP students undertake a minimum of two IB Diploma Programme (DP) courses, an IB core course consisting of four college-preparatory components and a career-related study. Students are prepared for college academics and a career component.

Morgan Park's **Advanced Placement Program** offers college-level classes which culminate in end of the year exams. If students complete exams successfully, they can earn college credit. Morgan Park offers eight such courses.



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Smith Village modernizes Johanson Wing with \$23 million construction project

Before the end of this year, Smith Village expects to completely reopen its expanded Johanson Wing for short-term stay and skilled nursing care residents. With construction and installation of furnishings and equipment completed in early November, Smith Village is awaiting final inspections by the Illinois Department of Public Health and the City of Chicago. Construction was completed six months earlier than the anticipated completion date.

Smith Village, a life plan community in Beverly, invested \$23 million to modernize the Johanson Wing along Oakley Avenue for older adults needing skilled nursing care and short-term stay rehabilitation. As part of its strategic plan, Smith Village decided to reduce its number of licensed beds to 78 from 100. This way, it created four times more private suites for short-term stay residents and private rooms for skilled nursing care residents.

"The trustees and leadership teams of Smith Senior Living and Smith Village began its strategic planning process in 2017 with focus groups and discussions with residents as well as surveys of residents and their family members. Our purpose was to confirm the

need for changing the initial design of the wing," explains Kevin McGee, president and CEO of Smith Senior Living. "We affirmed the need to convert double-occupancy rooms to private suites; to improve common areas and infrastructure systems; and to dedicate one floor to short-term stay rehabilitation."

These findings guided the development of a plan that now provides 66 private suites and rooms for rehab and skilled nursing care as well as 12 very spacious shared skilled nursing care suites. A new, three-story, 10,204 square-foot addition to the south side of the Johanson Wing now serves as its main entrance from the parking lot. This tower houses a state-of-the-art therapy gym and private therapy rooms on the first floor and dining rooms on the second and third floors. Infrastructure improvements include a new roof, all new electrical and HVAC systems, and new windows.

When 19th Ward Alderman Matt O'Shea spoke at the September 29 ribbon cutting on September 29, he said these improvements are personal for him, "My father has been a resident at Smith Village for the last several years," he said. "Before that, the team at Smith Vil-

lage cared for my mother during her failing health. It is so important to the future of our community that our seniors have the care and services they need."

"Even with 97 years of providing the highest level of care for older adults, we recognize Smith Village must modernize its environment for those recovering from or living with health-related conditions,"

says Executive Director Marti Jatis. "With the completion of this modernization project, Smith Village combines our long-standing tradition of care with the latest modern amenities and technology."

For more information about Smith Village, a life plan community at 2320 West 113th Place in Chicago, call 773-474-7300 or visit SmithVillage.org.



Photo by Marc Monaghan

Yes, those are Therabands—which anyone who's had rehab will recognize! Elected officials join Smith leaders to cut the ribbon for the Johanson Wing to mark the completion of a \$23 modernization.

(L to R) Illinois State Representative Fran Hurley, Cook County Commissioner John P Daley, 19th Ward Alderman Matt O'Shea; Smith Senior Living Board Chair Kay Thurn, Smith Village Executive Director Marti Jatis, Smith Senior Living President and CEO Kevin McGee, Illinois State Representative Justin Slaughter and Evergreen Park Mayor Kelly Burke, who also serves the community as Illinois State Representative for the 36th District.

Yoga for First Responders & Family

On Monday, November 29th and Monday, December 13th, the Chicago Park District will offer free Yoga for First Responders and Family at Ridge Park at 6:00pm. Yoga can help individuals decrease stress and increase their ability to focus on problem solving. First responder experience stress and trauma at higher levels than civilians. Take this opportunity to flow through a vinyasa style yoga class and learn techniques to decompress. First responders and their adult family members are welcome to attend. Please bring a yoga mat and wear comfortable clothing.



Secretary of State Event

On Saturday, February 26th, the Illinois Secretary of State's Office will host a mobile driver services pop-up at the Chicago High School for Agricultural Sciences (3857 W. 111th St.) from 10:00am-2:00pm. Residents can come to this event for the following drivers services: Renewal or Corrections of a Driver's License, New, Renewal or Correction of a State ID Card, License Plate Stickers, Motor Voter Registration with Renewal of DL/ID, or Organ Donor Registration with Renewal of DL/ID. Please

note, Real ID compliant driver's licenses and ID cards must be processed at a driver service facility and will not be available at this event. Seniors age 75 and up must visit the DMV to renew a driver's license and proper identification will be needed for all services.

This event is co-sponsored by Senator Bill Cunningham, State Rep. Fran Hurley, and Alderman Matt O'Shea. For more information, please contact Rep. Hurley's Office at (773) 445-8128.



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Decorate a gingerbread house, support safe houses for families fleeing domestic violence

Start a holiday tradition with your children by decorating a gingerbread house and making home safe for everyone.

For your \$100 contribution to WINGS, you will receive a deluxe Sweet Home Chicago kit with everything you need to create a one-of-a-kind gingerbread house.

Before Wednesday, December 1, order online at WingsProgram.com for your own family and youngsters on your Christmas list. The cost of shipping or delivery to your home and to children across the county is included.

WINGS, Illinois' largest agency for families touched by domestic violence, provides safe houses for immediate refuge; three shared single-family homes and 25 independent apartments for as long as two years as well as permanent housing for some clients; counseling services for adults and children; and job readiness programs. Since

2016 when WINGS Metro, located on the South Side, opened as Chicago's first new DV safe house in more than 10 years ago, 887 DV survivors, including 458 children, have benefited from 74,792 nights of emergency shelter there.

On Sunday, December 12, 2021, loyal donors, who have raised \$10.4 million to support WINGS since 2004, will return to The Four Seasons Hotel Chicago or opt to celebrate at home just like they did in 2020. In addition to decorating gingerbread houses, children will visit with Santa and K9 Comfort Dogs, and dance to the music of Ralph's World during a family brunch with their parents and grandparents.

Since 1985, WINGS, a 501(c)(3) not-for-profit organization has provided 984,095 nights of safe shelters. During the last 12 months, WINGS provided 6,229 hours of counseling for children and 3,220 hours for adults.



Beverly residents Grace and Rory McGee with Sweet Home Chicago gingerbread houses they decorated at The Four Seasons in 2018.

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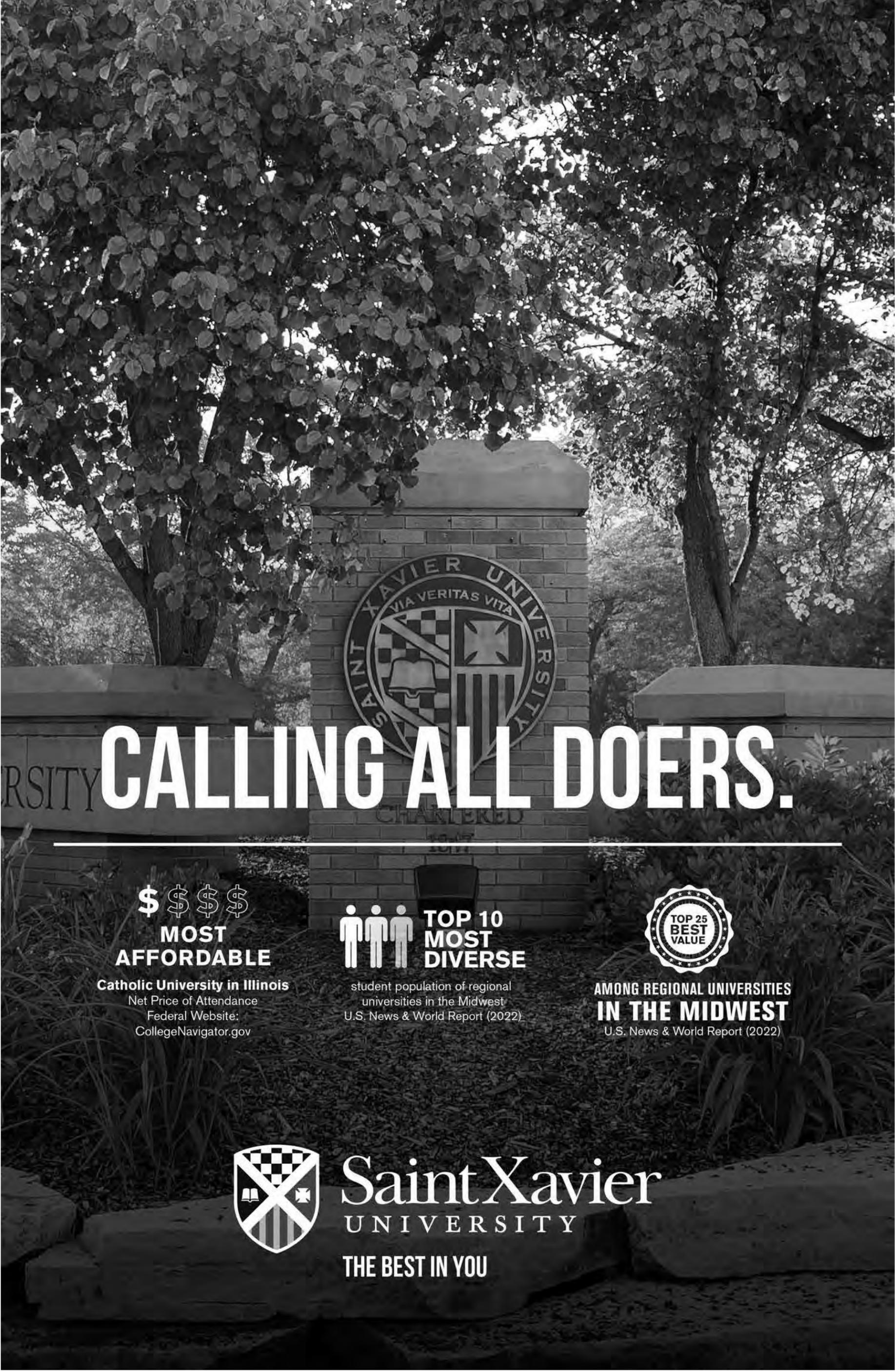
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Misericordia's Christmas pop-up shop returns to Beverly Arts Center

During the weekend before Thanksgiving, south siders can shop early for Christmas treats or add something special to the Thanksgiving feast thanks to 19th Ward Alderman Matt O'Shea, who is hosting Misericordia's Christmas pop-up shop at the Beverly Arts Center, 2407 West 111th Street in Chicago. This year, women in St. Cajetan Parish are volunteering to assist with sales. Hours at Beverly Arts Center are Friday, November 19, from 12noon until 5:00pm; Saturday, November 20, from 10am until 5pm; and Sunday, November 21, from 10:00am until 3:00pm. For more information, call 773-238-8766.



Cream, Lemon, Pumpkin Ginger and the ever-popular Irish Soda), fudge and peppermint bark, toffee, caramel and Cajun crunch, pretzel trees and spiced pecans. In addition, boxes of Christmas cards featuring artwork by residents are available. "Because so many people in our community support Misericordia, we wanted to make it easy and fun to shop for popular bakery items while they lend their support to Misericordia's job programs for residents," says Alderman O'Shea, who volunteered at Misericordia as a high school and college student.

"Since Misericordia was established on the South Side in 1921, we are truly blessed so many families loyally support our mission and advocate for our residents," says Sister Rosemary Connelly, RSM. "We are grateful to Alderman O'Shea for his sustained support."

Baked goods and other treats made by more than 80 residents include Misericordia's Hearts & Flour Bakery signature Brownie Hearts, plus a variety of breads (Chocolate Chip, Cinnamon Sour

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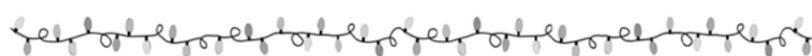
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Matt O'SHEA
19TH WARD ALDERMAN



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Dear Neighbor:

Since we established a New Direction (AND) in October of 2011, we have been overwhelmed by the generosity of so many of our neighbors. Initially, we responded to an unmet need by providing counseling, legal advocacy, education and support to families affected by domestic violence throughout the southwest side. Today, we are excited to announce a strategic partnership where AND will join forces with the WINGS Program, Inc., Illinois' largest domestic violence agency.

During the last decade, AND has provided life-affirming assistance to hundreds of our brave neighbors whose struggle is often invisible to us. Your generous spirit built AND into a small but mighty not-for-profit mission-driven organization with an equally strong balance sheet. When we have seen so many not-for-profits succumb during the global pandemic, we realize how fortunate AND is because we benefit from the wisdom of having a prudent reserve.

As we anticipated our 10th anniversary this year, our Board began to explore how to fortify and expand AND's resources that assist adults and children trying to liberate themselves from an unhealthy and often dangerous relationship. While we are successfully fulfilling our mission and managing our resources, we decided this is the right time for AND to bring its talents and assets to an organization that provides an opportunity for all of us to do more. And it turns out that our timing is perfect because WINGS' Board has been exploring how to offer new models of community-based services because not every DV victim requires a stay in a safe house or needs long-term housing.

On Thursday evening, November 4, during WINGS' annual meeting, WINGS and A New Direction announced AND will become part of WINGS' 36-year-old not-for-profit organization. Our collaboration begins with affirming this community, and to our clients that services provided by AND will continue at our current location in Beverly and we will be available for assistance at the same phone number, 773-253-7226.

We expect to complete this transition by the end of this calendar year. Jessica will join WINGS Corporate Board of business, civic and philanthropic leaders. And Jessica and several AND Board members will

join the soon to be formed AND Leadership Council. Our Board members also plan to continue organizing fun fundraising events to support our mission and services offered in our neighborhood.

Since day one, helping individuals and families overcome domestic violence as they navigate their journey to safety has been our top priority. Together with WINGS, we are confident our AND mission and legacy will grow more quickly and the support we offer will empower more people in need.

On behalf of our Board and staff members, volunteers and clients, we thank you for entrusting us to help those who are vulnerable. And we especially thank you for your confidence and faith in how we are making it possible for AND to extend its reach while being true to our founding mission—helping Southwest siders seeking to liberate themselves from the life-threatening constraints of domestic violence.

If you would like to receive additional updates about our work on behalf of families living with Domestic Violence, or get involved with our organization, please send an email to Jessica at jessica@anewdirectionbmp.org.

With gratitude as we look to our future together,



Nancy McMorran
Chair, Board of Directors



Jessica McCarihan
Executive Director

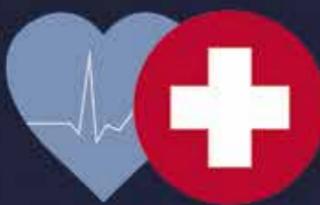


Alderman Matt O'Shea, Jessica McCarihan, WINGS CEO Rebecca Darr, and Nancy McMorran at the announcement.

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