

19th
WARD

Quarterly

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

NOVEMBER 2022

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

The Beverly Hills Turkey Trot 5K Run and Family Walk, presented by CIBC Bank, returns to the 19th Ward community on **Saturday, November 26th**, beginning at 9:00 am, at 9200 S. Hamilton. Now in its 14th year, this annual family tradition has become one of the most anticipated events in the area, with over 2,200 participants expected to run or walk the beautiful tree-lined streets of the historic North Beverly neighborhood. Proceeds from this year's 5K will once again benefit the John McNicholas Pediatric Brain Tumor Foundation and the 19th Ward Youth and Community Foundation.

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

Registration fees are:

5K Run Individual, Adult (ages 20 and up): \$35 until November 25th; \$40 on race day;

5K Run Individual, Young Adult/Youth (ages 19 and under): \$30 until November 25th; \$35 on race day;

5K Untimed Walk Individual: \$35 until November 25th; \$40 on race day;

5K Untimed Family Walk (limit four t-shirts per family admission): \$80 until November 25th; \$85 on race day;

Note: online registration will close at 11 am on November 25th; Walk-up registration will be available onsite on race day.

The 5K will be chip-timed on a CARA certified 5K course, while the family walk will be untimed. Runners will be divided by age and gender according to CARA recommended

guidelines, with awards given for each age group. All participants will receive a long sleeve t-shirt and a gift bag.

Packet pick-up will take place:

Friday, November 18th:
1:00 pm - 5:00 pm
at CIBC, 3040 W. 111th Street

Saturday, November 19th:
9:00 am - 1:00 pm
at CIBC, 3040 W. 111th Street

Monday, November 21st:
1:00 - 5:00 pm
at CIBC, 3040 W. 111th Street

Friday, November 25th:
1:00 pm – 7:00 pm
Running Excels, 10328 S. Western

Saturday, November 26th:
7:00 am – 9:00 am on Race Day
at the Christ the King Gym

“We are so excited to host the 14th annual Beverly Hills Turkey Trot, and are expecting record breaking turnout,” said Matt O'Shea, Alderman of the 19th Ward and founder of the 19th Ward Youth and Community Foundation. “This event is such a great way to bring the community together on Thanksgiving weekend, and help raise funds for two organizations that do so much for the neighborhood.”

The 19th Ward and Original Pancake House – Beverly will host a pancake breakfast immediately following the race, at 10:30 am. 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 one goal: to eradicate pediatric brain



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

The 19th Ward Youth and Community Foundation is a 501(c)3 non-profit organization that supports and hosts a wide variety of safe, healthy, and educational youth activities for children in Beverly, Morgan Park and Mount

Greenwood. All programs are made available at little or no cost to participants and are intended to help children and teens make new friends and stay active in the 19th Ward community. Some events include the Easter Egg Hunt, Children's Film Festival, Holiday Dodge Ball Tournament, Summer Concerts in the Park, Beverly Hills Turkey Trot, Family Ice Skating Party, Paper Shredding Days, and support to countless community causes.

For more information on the 14th Annual Beverly Hills Turkey Trot 5K, please visit www.the19thward.com or (773) 238-8766.

ALDERMAN MATT O'SHEA'S
PUBLIC HEALTH
& SAFETY
TELEPHONE TOWN HALL
Tuesday, December 6 • 7PM - 8PM
With Special Guests:
Dr. Jennifer Seo
Chicago Department of Public Health
Commander Sean Joyce
Chicago Police Department, 22nd District
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THANKSGIVING Community Food Drive

benefitting Pat's Pantry

WED, NOV 16th, 2022

10:00am - 12:00pm

Mt. Greenwood Community Church

3509 W. 111th Street, Chicago

Hosted by

The 19th Ward & St. Cajetan Elementary School

Pat's Pantry is a food pantry operated in collaboration with the Mt. Greenwood Community Church in memory of Patrick Turney.

We are collecting non-perishable and toiletry items.



PAT'S PANTRY

The most commonly needed items include:

- | | | |
|---------------------|---------------------|-------------------------|
| • Applesauce | • Cooking Oil | • Feminine Products |
| • Boxed Oatmeal | • Jelly/Jam | • Kleenex |
| • Canned Beans | • Nuts | • Paper Towels |
| • Canned Fruit | • Pasta/Pasta Sauce | • Shampoo |
| • Canned Soup | • Peanut Butter | • Soap |
| • Canned Stew | • Rice | • Toilet Paper |
| • Canned Tomatoes | • Bandages | • Toothbrush/Toothpaste |
| • Canned Tuna | • Deodorant | • Grocery Gift Cards |
| • Canned Vegetables | | |

Monetary donations also appreciated. Checks can be made payable to Pat's Pantry.

Pat's Pantry offers food pick up opportunities **Wednesday's from 3:00-6:00pm.**

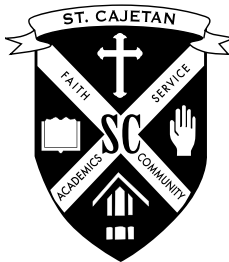
For more information, or to volunteers, please contact Kathy Cavalonne Turney at patspantrymtgcc@gmail.com.

The Mt. Greenwood Community Food Drive is sponsored by:

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O'SHEA**
19TH WARD ALDERMAN

**Bill
Cunningham**
ILLINOIS STATE SENATOR 18TH DISTRICT

**Fran
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STATE REPRESENTATIVE ★ 35TH DISTRICT



www.MtGreenwoodFoodPantry.wordpress.com

Barbara Vick Expansion Update

Earlier this year, Chicago Public Schools (CPS) and Alderman Matt O'Shea announced a major investment in local early childhood development. As part of this investment, the commercial building at 9901 S. Western Ave. was purchased by CPS and is in the process of being converted to a satellite location for the Barbara Vick Early Childhood and Family Center. This \$11.65 million project will provide high-quality pre-school opportunities for generations of children.

Once completed, the facility will include six new classrooms, a playground, and office space. Expanding Barbara Vick is especially impactful because it offers a unique, blended classroom environment that ser-

vices children with developmental disabilities and their neurotypical peers. CPS hopes to move into the new administrative offices in March of 2023 and open the classrooms in August 2023. Applications for the new Barbara Vick facility will be available this Spring at www.chicagoeearlylearning.org.

From speech and language to overall growth and development, research consistently shows that what happens in a child's earliest years sets the foundation for long term well-being and educational success. Providing access to high quality pre-k options makes our community more attractive to young families and ultimately increases area property values.



Ald. O'Shea visits the site of the new Barbara Vick Early Childhood and Family Center at 9901 S. Western Ave.

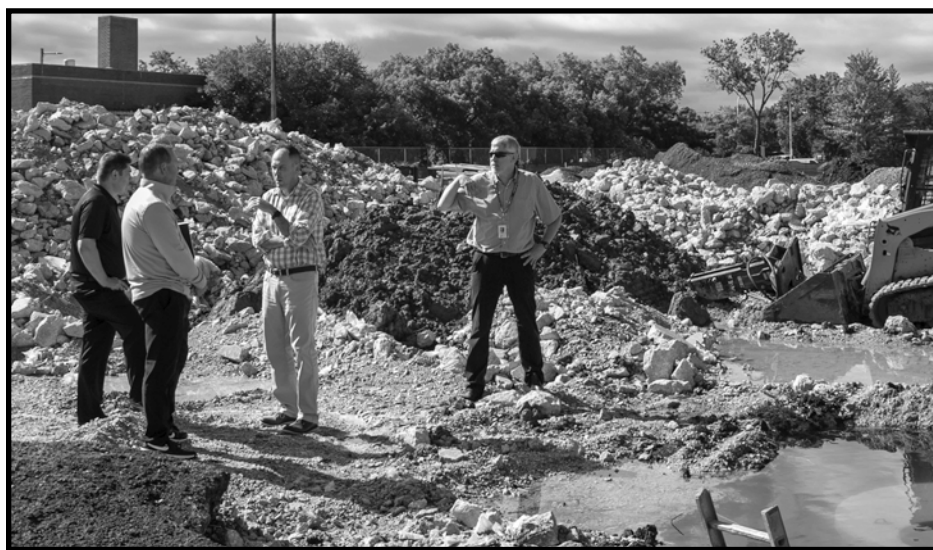
Investments at Morgan Park H.S. & Fire Station

Construction is underway on the final phase of a \$23 million improvement project at Morgan Park High School. Replacement of the parking lots and installation of the turf field and running track should be finalized in the coming weeks. In addition, the science labs and floors have all been replaced and the heating and cooling system has been upgraded. The school also received a new door entry system for school safety.

Improvements at Morgan Park High School began shortly after a \$20 million investment at Esmond Elementary School. In 2019 a 20,000 square foot annex at Esmond was opened replacing the old, danger-

ous modular building. That project also included a new outdoor playground, community garden, turf field, and roof repairs at the main school building.

Work is also ongoing on a \$420,000 improvement project at Engine 120 Fire Station at 11035 S. Homewood Ave. that will conclude this December. This work includes new concrete and fencing on the outside, the replacement of an old staircase and other interior safety improvements. Maintaining Fire Stations is critical to the safety and security of the community. Projects like these will not only help students and improve public safety, but also boost surrounding property values.



CPS visits Morgan Park High School Parking lot with Ald. O'Shea.

Redevelopment of Beverly Woods Property

The \$4 million redevelopment of the former Beverly Woods restaurant at 11532 S. Western Ave. is making significant progress. This 17,000 square foot facility is being renovated into a medical facility. Improvements include a complete rehab of the interior and exterior of the building and two new parking lots with landscaping improvements.

The Chicago City Council has approved a five-year lease for a south side wellness center for Chicago Police Officers. The wellness center will occupy approximately one third of the facility with two additional medical users being sought now. The Chi-

cago Police Department also retains the option to extend this lease for an additional five years.

The wellness center will include seven offices, a conference room and reception area. Given the tremendous stress that Chicago Police Officers face on a daily basis, officer wellness must be a key priority. This center is expected to open in early 2023.

The Beverly Woods Restaurant opened in 1954 and was operated by the McGann Family for 63 years. The entire community is very excited to see improvements to this prime parcel and to see a major investment in Police Officer wellness.



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Sunday: Closed





19th Ward
YOUTH & COMMUNITY
FOUNDATION



BLOOD DRIVE

SUNDAY, DECEMBER 11, 2022

8:00 AM - 12:00 PM

ST. CAJETAN SCHOOL - GYM
(USE DOOR 3)
2447 W. 112th Street, Chicago

In order to ensure appropriate social distancing, **appointments are required** and can be made at either www.communityblood.org or 1-800-280-4102.

Use code CS01 to locate this blood drive.

Bring Photo ID to Appointment





www.communityblood.org

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Holiday



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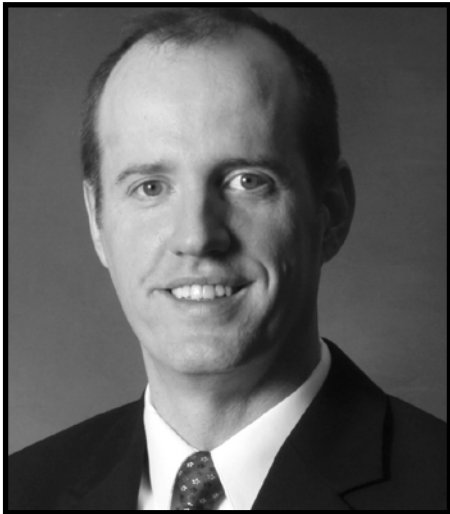
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Why we opposed the SAFE-T Act

By Senator Bill Cunningham and State Representative Fran Hurley

There has been much discussion in Illinois in recent months about the SAFE-T Act, a controversial criminal justice reform law that was passed and signed into law in 2021. We both voted against the law when it was called for a vote in the General Assembly. There are many reasons for our opposition to the SAFE-T Act, but generally speaking, we believe it will hinder efforts to combat crime in our communities — which is why we opposed it and why we have been working to repeal it's most damaging provisions.

Of late, most discussion of the new law has focused on the elimination of cash bail, which is scheduled to take effect on January 1st. Supporters of the law argue the current bail system unfairly treats individuals who have not been convicted and don't have the financial ability to post cash in order to be released while their case is pending in court. We believe the bail system should be reformed to address this problem, not eliminated. It makes sense to give judges the ability to set cash bail in certain cases, particularly when a defendant has a history of skipping court appearances. Cash bail incentivizes individuals to appear in court, because if they don't appear, they surrender the cash they put up to get released. Under



the new law, judges will be forced to make a binary choice: release or detain. Cash bail can provide a reasonable middle ground for judges in many cases. Without it, the number of suspects skipping court dates will climb, delaying justice and causing more crime.

Another problematic aspect of the new law are it's portions related to electronic monitoring (EM.) One provision gives EM detainees 48 hours of excused absence from their home every week. This is not only dangerous, but it is unnecessary because the existing law allowed courts to grant "leave" time to EM participants for specific reasons, like to attend school, work a job, or visit a doctor. Now participants are given carte blanche for



two days a week. Additionally, if an EM suspects flees their home, they are not considered an escapee for 48 hours, meaning the police can't pursue and detain him for two full days. This is particularly alarming because EM is increasingly populated by gun offenders and others charged with violent crimes.

It is also worth noting that while there are several real problems with the new law, quite a bit of misinformation has been spread about the SAFE-T Act. The new law does not mandate the release of hundreds of prisoners on January 1st. No suspect will be "automatically" released without a hearing. However, there is ambiguous and contradictory language in the law that needs to be fixed — and many propo-

nents of the SAFE-T Act agree those changes are necessary. We need to make it clear that the police can arrest and remove trespassers who refuse to leave private property. And we have to ensure the law allows judges to detain any suspect who they reasonably believe is a threat to public safety, regardless of what the suspect is charged with.

These changes can be made in Springfield with what is often called a "trailer bill" — a new piece of legislation written to make changes to a large, complicated bill previously passed into law. We have already worked with law enforcement groups to pass two trailer bills that made changes to the SAFE-T Act. One of those bills eliminated a misguided provision of the original law that would have unfairly exposed police officers to criminal charges if they accidentally forgot to activate their body-camera at a crime scene. We expect that a new trailer bill will be considered this fall to make additional changes.

The new law gives police and prosecutors new tools to detain domestic violence suspects and it expands programs for victims of crime. We should not repeal those provision, but we must change the parts of the law that make us less safe.

Sheriff Offers Holiday Safety Program for Seniors

Cook County Sheriff Tom Dart and 19th Ward Alderman Matt O'Shea invite 19th Ward senior citizens to a free Holiday Safety and Crime Prevention Presentation beginning at 10am on Tuesday, December 6. Smith Village, 2320 W. 113th Place, Chicago, Ill., will host this informative event and provide free valet parking and refreshments.

According to the FBI's 2021 Elder Fraud Report, cybercrime cost senior citizens in the United States nearly \$3 billion in 2021, a 62 percent increase from 2020. Locally, the Cook County Sheriff's Office sees an increase in cybercrime involving seniors during the holidays.

"Cybercrime is a danger for people of all ages. Seniors, however, are often specifically targeted by scammers," says Alderman Matt O'Shea. "With the dramatic increase in cybercrimes and other scams, we want to make sure that seniors in the 19th Ward have the information they need to protect themselves from fraudsters during the holidays."



"Online scams become more sophisticated every year," says Smith Village executive director Marti Jatis. "We are pleased to host this event to give area residents the knowledge they need to protect themselves."

Detective Michael Kane will lead the class. Kane is a 26-year veteran of the Cook County police force and an expert in cybercrimes including email and internet fraud with the Cook County Police Department Investigations Unit. Participants will learn about holiday safety including credit card and online shopping fraud, protecting package deliveries and travel safety, as well as cybercrimes, including

scams, fraud and exploitation. In addition to free valet parking, Smith Village is hosting refreshments before and during a break between Kane's two 45-minute sessions.

Register online at www.the19thward.com or call 773-238-8766 by Friday, December 2.

19TH WARD

PRESCRIPTION DRUG DROP OFF

&

DOCUMENT SHREDDING EVENT

Saturday, December 3rd

9:00 AM - 11:00 AM

CrossWinds Church

10835 S. Pulaski Rd.

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

Documents are shredded onsite.

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

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

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

Unacceptable Items:

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

Matt O'SHEA

19TH WARD ALDERMAN

Bill Cunningham

ILLINOIS STATE SENATOR 18TH DISTRICT

Fran Hurley

STATE REPRESENTATIVE 33RD DISTRICT

WWW.THE19THWARD.COM

Students and volunteers work together to make Thanksgiving special for 19th Ward seniors

For the tenth year in a row, senior citizens in the 19th Ward will enjoy the bounty of the Thanksgiving season thanks to 19th Ward Alderman Matt O’Shea, students and faculty at the Chicago High School for Agricultural Sciences and a team of local chefs and restaurateurs. And happily, they once again will

come together to enjoy a delicious meal together after two years of delivering meals to neighbors’ homes. “I don’t know who benefits more from this project,” says Bill Hook, principal of Chicago High School for Agricultural Sciences. “The senior citizens who enjoy the meal, or the students who prepare it and

those who serve the meal and others contribute in a variety of ways. It is heartwarming to see them interact with our neighbors and enjoy their company.”

“This Thanksgiving program is one of our favorite projects in the 19th Ward,” says Alderman Matt O’Shea, event sponsor and organizer. “Seeing students, chefs, restaurant owners and volunteers rally to make the holiday special for our senior citizens is a heartwarming example of how the 19th Ward community really pulls together to support one another. It reminds me of why I am so thankful to be a part of this community.”

Since 2013, agricultural, culinary, horticulture and woodworking high school students prepared a feast months in the making. Starting right after the fourth of July, agriculture students raise the turkeys; they also grow and harvest vegetables. Food science students cook a traditional Thanksgiving meal including turkey, cornbread and pumpkin pie as part of their curriculum at Chicago High School for Agricultural Sciences. Woodworking students build centerpieces that are festooned with floral arrangements by horticulture students. Then, students and volunteers serve the meal to 350 guests on Tuesday, November 15, in their gym

at 3857 W. 111th Street in Chicago.

What does it take to feed 350? Students grow pumpkins used to bake 100 pies. Harvested corn provides the primary ingredient for 20 trays of cornbread. Students raise 14 turkeys, averaging 20 pounds each, that are prepared and served. In addition, eggs from the school’s hens and sausage from pigs are used by local chefs to create traditional turkey stuffing. The meal is completed with a whopping 90 pounds of white potatoes, 60 pounds of sweet potatoes and 40 pounds of Brussel sprouts. In addition to the pumpkin pies, Marc Schulman, owner of Eli’s Cheesecake Company, donates 40 of his famous cheesecakes for an excellent dessert option.

Local chefs including Chef Diego Burgos from Smith Village, AJ Castillo owner and chef at Americanos Restaurant and Private Chef Alvin Green work alongside the students to make a meal that is bountiful and delicious.

Senior citizens who are interested in attending the Thanksgiving feast on Tuesday, November 15 at 5pm should contact the 19th Ward office at 773-403-2335. Attendees can make a suggested of \$5 donation and a canned good for to Maple Morgan Park Food Pantry.



Jenel Kowalczyk, (L-R) Barbara Gochee and Teresa Esposito prepare turkeys for the 19th Ward Thanksgiving feast for seniors.



Citizen Utility Board Hosts Cost Saving 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.

Navigating Solar Options Webinar:
Tuesday, December 6th • 1 pm - 2 pm

During the home solar options presentation, learn more about the benefits of Solar for All and community solar, how to access them, and consumer tips to know before diving in!

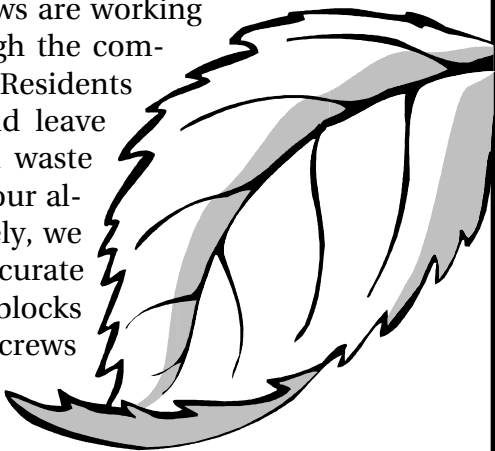
Understanding Cable Options & Reducing Robocalls Webinar:
Thursday, December 8th • 6 pm - 7 pm

During the cable and robocall presentation, a CUB representative will discuss the different choices in the TV market, ways to cut your cable costs, when 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.

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

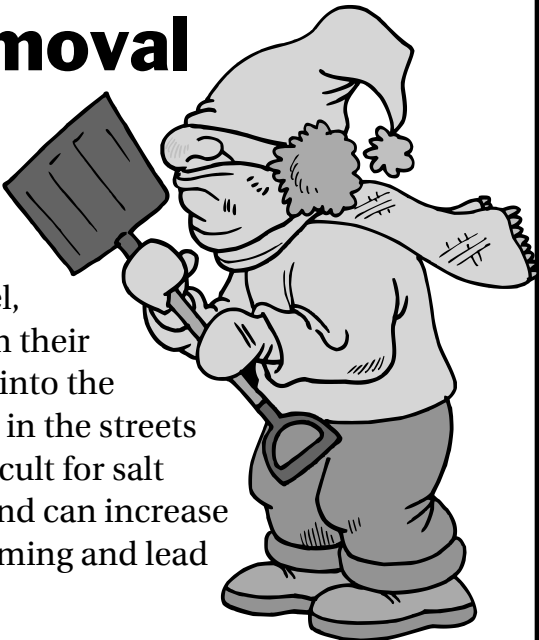
Yard Waste & Leaf Pick Up

Collection of yard waste and leaves has been extremely backed up. Our crews are working hard each day to get through the community as fast as they can. Residents are asked to be patient and leave yard waste in either a yard waste garbage cart or bagged in your alley or parkway. Unfortunately, we are not able to provide an accurate schedule of when individual blocks will be picked up, but the crews will continue working until they have collected from the entire ward.



Snow Removal Notice

As winter months approach, 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.



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 area. We're particularly proud to support the 19th Ward Youth Foundation and its commitment to providing quality recreational opportunities for children and teens.

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Special Olympics Art & Music Therapy Program Expands to 45 Schools

Alderman Matt O’Shea, Board Vice President of Special Olympics Chicago/Special Children’s Charities (SOC/SCC), recently announced the expansion of an art and music therapy program for diverse learners to include an additional 45 Chicago Public Schools (CPS) locations including five schools in the 19th Ward. The pilot program, which launched in February 2022, originally included four CPS special education cluster programs located at Mount Greenwood Elementary, Morgan Park High School, Al Raby High School, and Lara Elementary School.

The art and music therapy program, which is fully funded by the SOC/SCC program, is currently serving 137 classrooms and approximately 1,248 students. The original pilot program served eight classrooms and nearly 100 students. SOC/SCC will continue to expand the program into additional CPS locations in the coming year.

Under the expansion, Art and Music Therapy will be provided at every 19th Ward School that includes a Special Education Cluster Program. Those schools are Morgan Park High School, Chicago High School for Agricultural Sciences, Clissold Elementary School, Mount Greenwood Elementary School, and

Cassell Elementary School. The expanded art and music therapy programs are offered in partnership with the Institute for Therapy Through the Arts, which provides weekly, in-person group art or music therapy sessions for those students in special education cluster programs. The therapeutic artmaking and music programs have been adapted to meet the individualized needs of students at various stages of development. The creative arts therapies provide a platform for self-expression and invite non-verbal individuals to communicate through a creative medium.

Through these sessions, students are given opportunities to play instruments, or use clay or other artistic mediums to express emotions and stimulate new behaviors, which can then be transferred into everyday life. Students have the opportunity to explore their creativity, better express their emotions, and develop effective tools to communicate and socialize with their peers.

Cluster program teachers report that these therapies have had a calming effect and help students to center themselves and remain at peace throughout the day. It has also helped students interact with each other in different ways in the

classroom setting. The concept for an art and music therapy program was developed by Principal Kate Reidy and her staff at Mount Greenwood Elementary School. After discussing the program with Reidy, Alderman O’Shea brought it to the SOC/SCC Board of Directors for funding. The goal is to assist special needs students who were suffering as a result of the COVID-19 pandemic. SOC/SCC provides year-round programming and events to thousands of athletes within the city who have intellectual disabilities,

and participate in Special Olympics programs through the Chicago Park District and Chicago Public Schools. In addition to sports, SOC/SCC also funds cultural institution partnerships, arts programming, an athlete-produced cable access television show, cooking nights, dance parties, special events, field trips, and more. For more information, or to volunteer or donate to Special Olympics Chicago/Special Children’s Charities, please visit www.sochicago.org.



Alderman Matt O’Shea observes an art therapy class at Mt. Greenwood Elementary



THE COOK COUNTY SHERIFF’S OFFICE
IS HOSTING A

CATALYTIC CONVERTER MARKING EVENT

Thursday, November 17, 2022
3:00 pm - 5:00 pm
10835 S. Pulaski Road
Chicago, IL 60655

IN PARTNERSHIP WITH:
Illinois State House of Representatives District 35
Illinois State Senate District 18



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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 gently used books at the 19th Ward Office, 10400 S. Western Ave., or the 19th Ward's Mt. Greenwood Service Office, 3215 W. 111th St., now through December 9th.

The most commonly requested books include Little Golden Books, Don't Let the Pigeon, Who Is / Who

Was, Diary of a Wimpy Kid, Captain 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.

Bernie's Book Bank is a 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.

Sign Up For Your Water Meter Today!

The City of Chicago has resumed the installation of Water Meters. Water meters are a great way to conserve water and save money. If your home does not have a water meter, your water bill is based on a formula tied to the size of your property rather than your actual water consumption. By signing up for a meter you will be billed only for the water you use. On average, homeowners who install water meters see a 25% reduction in water bills. Most importantly, any home that installs

a water meter receives a guarantee that regardless of water consumption, your bill will not be higher than it was without a meter for at least seven years! There are currently 11,000 Chicagoans on a waiting list for water meters. If you have already requested a water meter, you don't need to do anything, the City is working through the waiting list as quickly as possible. If you would like to join the waiting list, you can do so at www.metersave.org.

Stormwater Management Tips for Fall

With fall and winter approaching, we can still see weather conditions that can lead to flooding. No longer just a problem in spring, the Department of Water Management (DWM) encourages residents to assist in reducing excess water from reaching the sewer system.

Community-wide efforts can greatly decrease the impact of neighborhood flooding and the extent of basement backups by taking the following steps:


- Sweep up leaves from driveways, sidewalks, and streets.
- Clean roof gutters and drains of leaves.
- Keep nearby catch basin grates clear of yard waste and trash.
- Don't litter or dump anything in storm drains. Storm drains are for rain only.
- Avoid running a dishwasher or washing machine during storms.
- Use a commercial car wash or wash your car over grass or gravel instead of on a driveway or in the street.
- Do not dump fats/oils/greases down the drain or down catch basins in the street.
- Disconnect your downspout from the sewer system. Make sure to direct flow to areas with permeable surfaces that can properly absorb the stormwater or use rain barrels to collect the rain directly from the downspouts. See DWM's website for a guide on downspout disconnection.
- Before winter, empty your rain barrel and store in a garage or shed.

Additional information can be found at www.cityofchicago.org/city/en/depts/water/supp_info/conservation.html


14th ANNUAL 19TH WARD CHILDREN'S FILM FESTIVAL

**THURSDAY,
DECEMBER 29th**

10:00 A.M.
**Paws of Fury:
The Legend of Hank**



2:00 P.M.
Lightyear



**\$1 per ticket
first come first serve basis**


Dear Parent:


On Thursday, December 29th, the 19th Ward Youth and Community Foundation will host the 14th 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 Paws of Fury: The Legend of Hank and a 2:00pm showing of Lightyear. 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.

Sincerely,
Matt
Matthew J. O'Shea







Alderman Matt O'Shea's Holiday DODGE BALL TOURNAMENT

Open to all 19th Ward Elementary School students.

Register at www.the19thward.com by December 22nd.

Players will be grouped by age and randomly assigned teams.

Rosters and schedules will be e-mailed to parents on Friday, December 23rd!

For more information, please contact mattoshea@the19thward.com or (773) 238-8766.

**December
26 & 27, 2022**

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7:30PM | TICKETS \$40
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CALL 773.445.3838 OR VISIT WWW.BEVERLYARTCENTER.ORG

Real Life Moment Photography Studio Once Again Offering Unique, Keepsake Photo Sessions with the Guest of Honor of this Holiday Season – Santa Claus

Real Life Moment Photography Studio will be offering unique photo sessions this holiday season featuring fun and interactive experiences with the guest of the season - Santa Claus. Bookings are now available by visiting chisanta.com

Located in the Mount Greenwood neighborhood, Real Life Moment Photography Studio is owned and operated by local resident Bridget Forbes, who offers holiday photo sessions unlike any in the area. Each session features a real-life Santa Claus who interacts with children and listens to their holiday wishes. To create the perfect holiday setting, Forbes brings in raw cookie dough and snaps photos while Santa and children roll it out. Other props for photo sessions may include books that Santa reads to children, a bench to “rest” on, fresh baked cookies to sprinkle, Christmas caroling and dancing.

Forbes partners with Marty Nolan, a Mount Greenwood native, for each Santa session. Nolan has years of experience working with children and providing them memorable one-on-one time with Old St. Nick, as the Water Tower Place Santa Claus each season.

Each Santa photography session is 20 minutes in length, and bookings are available on weekends only. Sessions are \$300 and include 10 digital images.

For more information on Real Life Moment Photography Studio, please visit reallifemoment.com



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Smith Village expert offers tips to prevent falls as weather gets icy

As temperatures drop, icy conditions on streets and sidewalks create fall risks. Every winter, Smith Village Greenleaf Rehab in Chicago’s Beverly neighborhood sees an increase in patients recovering from falls.

According to the U.S. Center for Disease Control, one in four adults, 65 and older, will fall this year, making falls one of the most significant health concerns for seniors.

“Falls take a toll on the body,” says Kelly Lehman, director of Smith Village Greenleaf Rehab. “As we age, bones get more fragile, so a fall can have very traumatic consequences. Also, being off your feet while you recover can exacerbate other health conditions.”

Fortunately, there are steps to take to prevent falls even in the ice and snow.

Keep your hands free

Make sure to wear warm gloves when you head outside, so that you’re not tempted to stick your hands in your pockets. Then, put your mobile phone away. You want to have both hands free to use handrails or catch yourself if you begin to slip.

Take your time

When the ground is icy, be sure to allow a little extra time to get to

where you are going. Walk slowly and take smaller steps. Shorter steps give you more stability, while taking long steps can cause you to lose your balance.

Wear appropriate boots

Winter in Chicago is not the time for fashionable footwear. Good boots provide added traction in slippery conditions. Make sure you have sturdy, well-fitting boots with rubber soles and low, wide heels.

Have a ball

If you use a walker or cane, putting a tennis ball on the bottom of the walker legs or at the bottom of the cane to prevent slipping on ice. The texture of the ball and the added surface area gives you more control.

Be mindful when entering a building

Ice and snow from other people’s boots can melt just inside entrances causing slippery conditions. Pause and assess your surroundings as you take your time entering a building.

If you are recovering from a fall, Smith Village Greenleaf Rehab offers short-term stay rehabilitation to help older adults get back on their feet. Patients go to physical therapy five or six times per week. “We want to get them out of bed and moving

as quickly as possible,” says Lehman. “The quicker you get out of bed, the better the outcomes are.”

In addition to therapy, patients at Smith Village Greenleaf Rehab benefit from the nursing staff managing and monitoring medications, and the Certified Nursing Assistants aiding you with the activities of daily living. While recovering, patients also enjoy delicious meals and social activities when they’re not resting in their newly remodeled suites. The modernization of Smith Village’s skilled nursing care wing,

built in 1991, required a \$21.5 million investment to provide 66 private suites for all short-term stay rehab patients and skilled nursing care residents. This completely remodeled three-story building, which now benefits from a 10,204 square-foot addition, was opened in September 2021.

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.



Kelly Lehman demonstrating walker technique

Mercy Circle and Mother McAuley Launch Macs with Mercy

19th Ward Alderman Matt O’Shea visits with Mercy Circle resident Sister Margaret Brennan, RSM and Mother McAuley High School student government member Gigi Navarrete as they create Halloween luminaire jars for families served by Pat’s Pantry.

The Thursday, October 13 event, marks the first meeting for Macs with Mercy, a new inter-generational program in which a different student organization from Mother McAuley will visit Mercy Circle on the second Thursday of a month to

complete community service projects.

“Our community shines brightest when we work together,” says Alderman O’Shea, who helped organize this new program. “Seeing the students and Mercy Circle residents create decorations for the families served by Pat’s Pantry is a heartwarming example of that spirit.”

For more information about Mercy Circle or to schedule a private appointment and tour, please call 773-253-3600 or visit MercyCircle.org.



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JOEY'S JUSTICE COMING SOON!
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7830 Frontage Rd., Justice

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. Hours at Beverly Arts Center are Friday, November 18, from 12noon until 5pm; Saturday, November 19, from 10am until 5pm. For more information, call 773-238-8766.

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 (including 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.

About Misericordia

Misericordia Heart of Mercy, located at 6300 North Ridge Road on a 31-acre campus in Chicago, is home to more than 600 children and adults with cognitive and developmental disabilities. Its Outreach Program offers a variety of services and activities for another 150 fami-

lies. Regarded as a national model, Misericordia provides a full continuum of care, as well as residential placement, work opportunities, and therapy and recreational programs.



The Misericordia Best Baker Crew gets in the holiday spirit while preparing for the Christmas Pop-Up Show at the Beverly Arts Center on Friday, November 18-Saturday November 20.

19TH WARD

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Representatives from Osco will be administering the flu shots.

TUESDAY, NOVEMBER 22nd

11:00 A.M. - 2:00 P.M.

19th Ward Community Room

10402 S. Western Ave., Chicago

Registration required and can be done by visiting www.the19thward.com

First come, first served basis

Limited supply available

All participants are asked to bring photo ID and insurance cards if available. Osco will bill your insurance but there will be no charge to patients. If your insurance does not cover the vaccine, you will not receive a bill.

Get protected before the holidays.

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Matt O'SHEA
19TH WARD ALDERMAN

Influenza (flu) is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness. The most serious cases can result in hospitalization or even death in extreme cases. Senior citizens, children and those with serious health conditions are at a high risk of serious flu complications. Getting an annual flu shot is the best way to prevent the illness.

For more information, please contact Tristan at (773) 238-8766 or tristan@the19thward.com.

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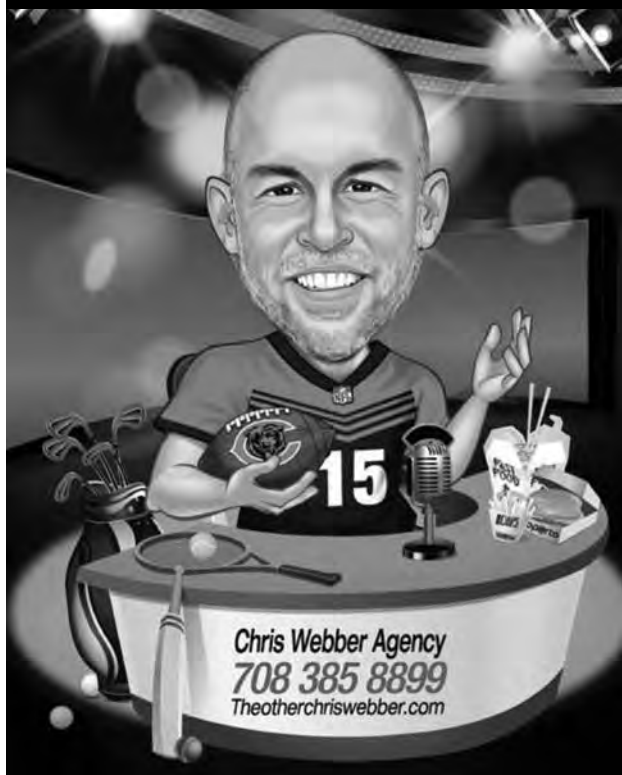
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Written by Lakshmi Sundaram, managing director, head of US retail and digital banking, CIBC

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Why choose a CD?

- A CD offers many benefits:
- Earn a fixed rate of interest
- Save with no annual or custodial fees
- Choose from term lengths between 30 days and five years
- Withdraw all funds or renew at maturity
- Reduce volatility and risk found in other types of “traditional” investments

When it comes to saving, one size does not fit all. Equity market investments and mutual funds are great for long-run savers and overall portfolio management, but they can be volatile. Fixed-income instruments, such as corporate and municipal bonds, can be part of a well-rounded investment program, although they require you to lock up your money for long periods. CDs are short- and intermediate-term instruments that offer better returns than simply leaving your money in



a low- or no-interest checking account and are FDIC insured up to the stated limits.

Savings “sweet spot”

For savers with relatively short time horizons, a CD can fit a “sweet spot” between savings accounts (which may earn little to no return) and traditional investments (like stocks, bonds and mutual funds that are not FDIC insured).

Like savings accounts, CDs earn interest. They’re also easy to open, with relatively low minimums of \$1,000 to get started. What’s the difference between savings accounts and CDs? CDs frequently offer higher rates of return than most sav-

ings accounts for a predetermined length of time (or “term”) between 30 days and five years and you may pay a penalty if you take an early withdrawal. Savings accounts offer lower rates of returns than CDs, are 100% liquid and allow you to withdraw funds without penalty.

CDs also match some of the benefits of traditional investments. Interest earned in the CD can be withdrawn or reinvested, similar to dividends from a stock or bond. In fact, all of the money in a CD can be withdrawn or reinvested when the CD matures at the end of its term.

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Senior Citizen Thanksgiving Dinner

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3857 W. 111th St.

All 19th Ward Senior Citizens are invited to enjoy a delicious Thanksgiving meal grown and prepared at the Chicago High School for Agricultural Sciences, the only fully functioning farm in the City of Chicago.

A \$5 donation is requested but not required. Reservations are mandatory and can be made by calling (773) 238-8766.

Please consider bringing a non-perishable food item for the Maple Morgan Park Food Pantry.



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Mercy Circle welcomes Dan Lunney as director of pastoral care and mission integration

Pastoral care nourishes the heart of life at Mercy Circle. In his new role as director of pastoral care and mission integration, Dan Lunney provides spiritual support for residents and staff through worship, prayer and activities. He also creates ways to integrate Mercy Circle’s mission into practices by infusing the community’s values into daily life for residents and staff members.

Lunney’s responsibilities at Mercy Circle include ensuring there are ample ways for residents to sustain their spiritual lives. The community currently offers Mass every Tuesday, Thursday and Saturday, as well as a Word and Holy Communion service every Wednesday. Residents also enjoy numerous Bible study and prayer groups, musical enrichment and special programs.

Lunney’s approach to pastoral care connects with residents at all stages of life. While earning a Doctor of Ministry at the Catholic Theological Union, he authored a thesis about using music as a spiritual intervention for people living with dementia. He employs this expertise in his new role. “Often music, especially a familiar song, will spark a memory,” Lunney explains. “When a resident starts singing, it often helps them open up and relate to who they are.”

Lunney joins an impressive pastoral care team already in place at Mercy Circle including Father Ed Barrett, Kitty Ryan and Avis Clendenen. “When we met, I knew immediately that we shared a vision,” says Lunney. “Residents at Mercy Circle are people who have given so much to others throughout their lives. They deserve to have the best liturgy and the best spiritual care. It is a way to honor all that they’ve done.”

In addition to pastoral care, Lunney oversees mission integration. Essentially, this involves finding ways to put Mercy Circle values and mission into daily practice in the community. For instance, one of the key values is “respect for the dignity of each person.” To weave this into daily life at Mercy Circle, Lunney trains and supports the certified nursing assistants to make sure that they knock before entering any resident’s room, that they always know each person’s preferred name and can correctly pronounce it.

He also sees caring for the spiritual life of the staff as a primary goal. “Most of our employees are not working here solely for the money,” he explains. “For many, their career is guided by a sense of mission. We strive to recognize and nurture that spirit and ensure all employees get

the best care and support that we can give.”

Lunney has extensive background and education, which inspire a variety of programs for the senior living community. He holds a Doctor of Ministry from the Catholic Theological Union in Chicago, a master’s degree in theology from Saint Norbert College in DePere, Wisc., and a graduate certificate in healthcare ethics from Rush University in Chicago. He also is board certified as a chaplain by The National Association of Catholic Chaplains. Additionally, Lunney taught pastoral studies at Loyola University in Chicago.

Lunney previously worked as director of pastoral care and mission integration at St. Joseph Village, a senior living community in Chicago. He lives in Uptown with his dogs, Mickey and Peabody, who give him great joy. In his spare time, he enjoys the Chicago theater scene and taking walks along the lakefront.

Lunney’s focus on

the spiritual care of the staff also extends to caregivers. “We can become so focused on caring for others that we neglect the care of our own spirit,” he says. “We are all better able to support those that we love, if we take time for ourselves as well.”

For more information or to schedule a private appointment and tour, please call 773-253-3600 or visit MercyCircle.org.



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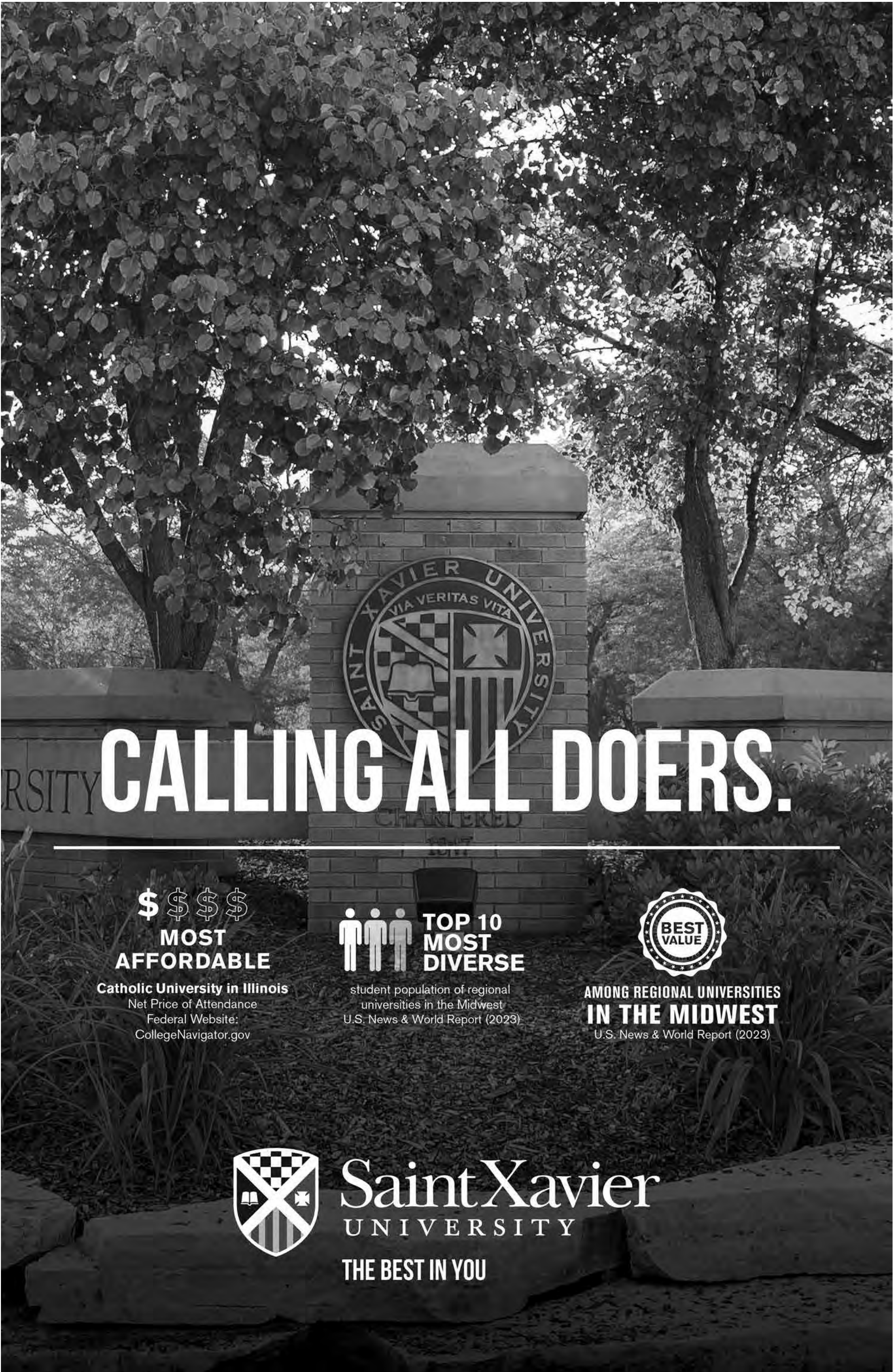


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