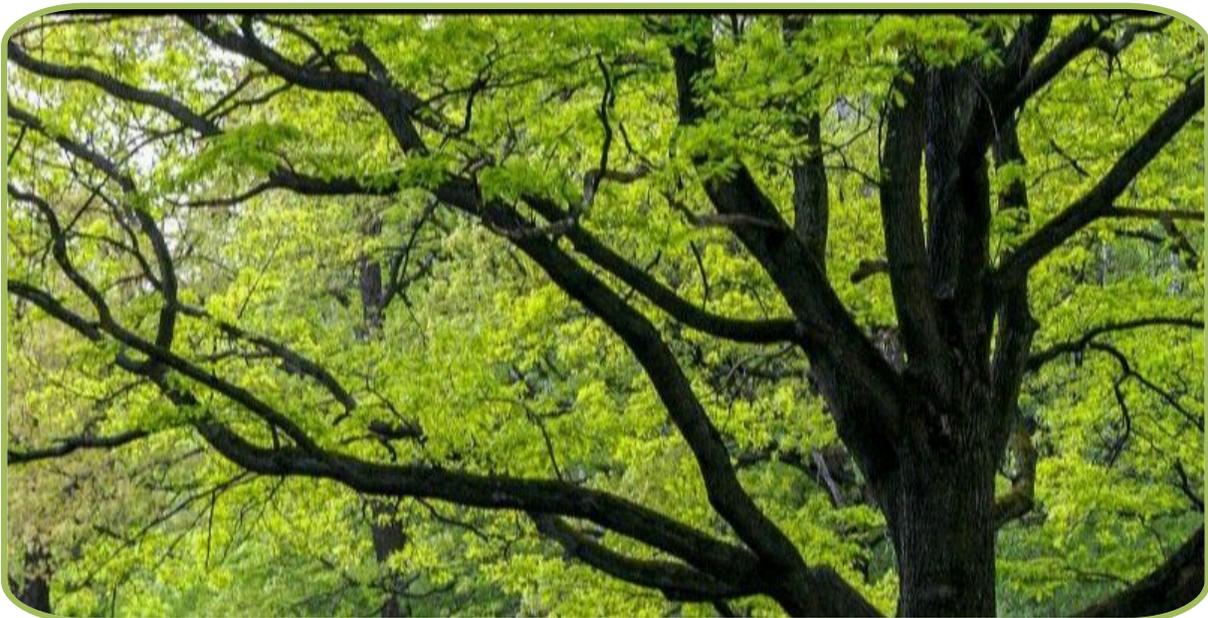


From: Arbor West arborwestneighbors@gmail.com
Subject: Arbor West Neighbors "Branching Out" Newsletter, July 2022
Date: July 2, 2022 at 8:38 AM
To: bodsail@gmail.com



We support and enrich aging
through community building and advocacy.



Branching Out

Sharing Stories and Information through Outstretched Arms

July 2022

We've Been Busy...

Maybe it's the pent-up energy from the last two years of isolation or maybe we just needed to show off our passion, but May and June have been action-packed for Arbor West Neighbors. Here's the news!

Day in Our Village



Arbor West Neighbors had a great tent manned here by Lisa Schwartz, Catherine Marienau and Meg Herman. It was a beautiful day to make friends and spread the news about our organization. Our handprint art project was enjoyed by many including the youngest, a one-year-old boy, to our oldest, a 98-year-old woman with her great-granddaughter! Four lucky raffle winners, Valerie Gager, Joyce Porter, Susan Saliny and Elizabeth O'Brien, won complementary Awn membership. Thanks to Val Lester for the tent and Marion Serifman for the snazzy sign.

At the Oak Park Commons Intergenerational Cohousing table, adults stopped by to talk to Susan Stall and Charlie Hoch, and youth stopped to build with Legos! Cohousing was first introduced at the Arbor West Neighbors "Creative Options for Housing" Forum in November 2017

Neighbors Creative Options for Housing Forum in November 2017.
Get regular updates as they move forward.

www.oakparkcohousing.org



West Villages First Juneteenth Parade





A small but mighty Arbor West Neighbors team supported the newest diversity group that brought together River Forest, Forest Park, Maywood and Oak Park residents in a parade through Forest Park and a mini festival at Proviso East High School. To build awareness, our animated marchers handed out brochures to many folks who didn't know of Arbor West Neighbors. Thanks to Phyllis Rubin, driver Chris Hauri, Rich White and Susan Beach and their energetic family.

Forum on “Aging in our Communities: Housing Affordability, Accessibility and Possibilities”



The forum was a collaborative effort of Arbor West Neighbors Advocacy Work Group, Concordia College of Gerontology, and the Kott Memorial Charitable Fund. The keynote speaker was Gail Schechter from H.O.M.E.(Housing Opportunities and Maintenance for the Elderly), who talked about Creating Community. About 80 participants learned about Missing Middle Housing as well as the changing needs of the older population. The focus was on creative housing options such as home sharing, sharing a two flat with family or others, Accessory Dwelling Units, and Cohousing. A contractor spoke about how to stay in your home longer by making your home more accessible. Special thanks to the Arbor West Neighbors members on the Planning Committee — Kathy Clark, Betsy Kelly, Judy Smith, Sandra Sokol and Susan Stall.

Arbor Adventurers

Denise Poncher, Karin Grimes, Pete Notier, Iris and Victor Yipp walked along the Salt Creek Trail near Brookfield Zoo. There was great conversation, beautiful scenery and a coyote sighting (from a safe distance). Contact Pete Notier

pjn1178@gmail.com to join the next walk.

Photo by walker, Don Burk.



Meetups





The May Members Meetup was a casual "Bring Your Own" picnic at Maple Park.



June's event was a hot time (99°) with over 30 folks inside and out at Chris Hauri's home in River Forest



Pandemic Time

Janis Johnston facilitated two Zoom sessions looking at



how to increase happiness, find meaning and build community in this unpredictable time. Participants shared stories and ideas and reminded each other that we're not in this alone.

Ripple Focus Groups

Arbor West Neighbors member, Gil Herman, reports that his team from the Oak Park River Forest High School Incubator Program won the school "sharks" competition. Their business, Ripple, helps people create digital celebrations of life. Our members were asked to provide input for their business plan. Congratulations to Karin Grimes for winning a free video remembrance for her participation.

<https://ripplememory.com>

Upcoming Arbor West Neighbor Events for Members and Guests

Mix of Minds Discussion Group

This group meets the second Monday of each month, 3:00 - 4:30 pm, to discuss thought-provoking articles chosen by group members on a rotating basis.

For further information, to join the group, or to receive the Zoom link, contact Alex Matthew, msalexmatt@gmail.com

Arts & Crafts Days

Marion Sirefman, www.SirefmanArt.com, will host three monthly sessions to help small groups of Arbor West Neighbors Members explore various media, using her large surplus of art supplies. Each session is limited to 4 participants.

Decorative Paper Collage: Wednesday, July 13, 1:00 - 4:00

4 spots are currently filled, but a waiting list is available.

Stained Glass Mosaic Suncatcher: Tuesday, August 9, 1:00 - 4:00

2 spots are currently available.

Exploring Watercolors: Tuesday: September 13, 1:00 - 4:00

2 spots are currently available

Contact Marion, msirefman@hotmail.com to reserve a spot.

Member Meetups

Casual gatherings to get to know each other better and catch upon the latest Arbor West Neighbors news.



July Meetup

Hosted by Elisabeth and John
Muhlenberg

615 S. Kenilworth Ave, Oak Park

Tuesday, July 26, 2022

4:00 - 5:30 pm

August Meetup

Hosted by Susan Stall and
Charlie Hoch

631 S. Harvey

Tuesday, August 23, 2022

Tuesday, August 23, 2022
4:30 -6:00 pm



Fiber Works

Judy Beisser, Lisa Ridolfi and Jane Wood attended the newest Arbor West Neighbors special interest group for knitting and crafting. In person gatherings will be at 1:00 pm on the first Wednesday of the month.

Next Meeting - Wednesday, July 6 at 1:00 pm

Contact Denise Poncher (drponcher@gmail.com) or Bonnie Jordan (bonnie@hotmail.com) for information and location.

Movie Circle

Ed White leads a monthly movie discussion series. For now, members view movies independently before joining the discussion on Zoom. In

person discussion is anticipated in the near future.

Next Movie:
Out of Africa

Discussion:
Thursday, July 28, 2002 at 7:00 pm
To join the discussion and to receive the Zoom link, email Ed White,
ewhite@comcast.net

Meet Your Arbor West Neighbors Members

Phyllis Rubin - BOARD PRESIDENT

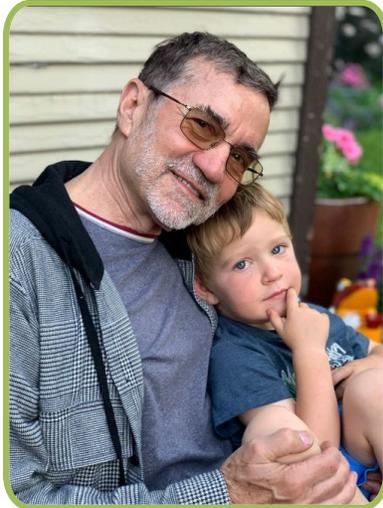
Phyllis has been active in Arbor West Neighbors for about 5 years. Phyllis grew up in a Baltimore row house where every house was alike. As a young child she always found her way home - her row house was the FIRST on the block! As a child, she loved pets, but did not have her own. Her next-door neighbor adopted cats and dogs, so Phyllis could play with their pets as though they were her own.

Phyllis has had two careers: one as a speech and language pathologist and now as a psychologist. She has 4 toes in retirement and 1 still working. She has been in the Oak Park area for 50 years. One of her children is in the Chicagoland area; the other is in the Washington DC area.

Phyllis used to play piano but started singing lessons at the start of the pandemic. Also, during the pandemic, she



crocheted three plastic yarn (plarn) bed rolls for the homeless. She is a fighter for being plastic freer!



Don Burk - BOARD VICE-PRESIDENT

Don Burk became active in Arbor West when he retired from the computer industry two years ago. Don grew up in Southern California and in 6th grade had his brush with celebrity — dance lessons with Mouseketeer Bobbie Burgess! Don is still active in artistic pursuits. He plays the Native American Flute and helps his wife, Margaret, who is an internationally recognized storyteller.

Don came to the Chicago area for graduate school at the University of Chicago, met his wife at a theater group and has been in the Chicago area since grad school. He has lived in the same house since 1987. Don has 3 sons and 5 grandchildren who he loves to visit. When asked if he was a Sox, or Cubs fan, Don replied that he has become a soccer fan as a result of watching the Ted Lasso series on Apple TV. He hopes all members will find creative and enjoyable ways to become active in Arbor West Neighbors.

Denise Poncher - MEMBERSHIP AMBASSADOR

Denise grew up in Chicago and West Los Angeles. She worked in the graphic arts prior to computers, and later for the Department of Justice. She retired and



moved back to the Chicago metro area (Berwyn) to help look after her great-grandson. This past December she moved to Oak Park with her Corgi, Teddy.



Her background is in the Fine Arts. Denise also created two photo documentaries: one '*Summer of 1990, Israel and Palestinian Families in the Occupied Territories*', the other '*Betrayal*' on domestic violence. Both documentaries were shown at various venues in the Chicago metro area.

Denise enjoys reading, walking/hiking, art, knitting, movies, theatre, and horseback riding. When visiting her son in Denver, he said, "Mom I could teach you to snowboard." As they drove up to the ski resort and the mountains loomed above, Denise decided to stick with cross country skiing!

Help Wanted

Nominating Committee needs a third member. Join the fun group of Phyllis Rubin and Meg Herman while they scout out leadership for our organization. For more information, contact Meg.

mherman@managinghorizons.com

New Programs. Have a topic you'd like to share? An event you'd like to attend with others? Let Louise Corzine know!

louisecorzine@gmail.com

Newsletter Editor. "Branching Out", our bimonthly newsletter, welcomes persons willing to join our Editorial Volunteers to work once or twice a year organizing submitted content. Contact Barb Bodner (bodsail@gmail.com).

Don't Miss This

Member recommendations

Several members have shared what they've been watching on TV this summer.

Susan Stall recommends *Borgen*, a Danish political drama centering on the unexpected election of the first female Prime Minister. It's in its 4th season on Netflix, but Susan reminds us to be sure to start at Season 1.

The remake of Agatha Christie's classic detective story, *Death on the Nile*, is available on Hulu and HBO Max. **Margaret Burk** says it's fun even though you might already know "who dun it"!

Rich White recommends *Under the Banner of Heaven*, a murder mystery based on real life events in 1984 Utah. This mini-series streams on Hulu.

For inspiring summer reading, reach for *Women Rowing North: Navigating Life's Currents and Flourishing as We Age* by Mary Pipher. **Chris Hauri** suggests you read it with a friend and share the passages that speak to you. Here's your guide to getting older with grace, appreciation and understanding, instead of denial and rejection of getting old. Lovely book.

Branching Out will appear bimonthly in your inbox. Member submissions to arborwestneighbors@gmail.com for the September edition are due by Friday, August 17, 2022. Please add NEWSLETTER in the subject line.

Visit Our Website

Join Arbor West Neighbors

The Mission of Arbor West Neighbors is supported, in part, by a grant from the Oak Park River Forest Community Foundation.

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