
March- April 2018 Newsletter



At Home in Community

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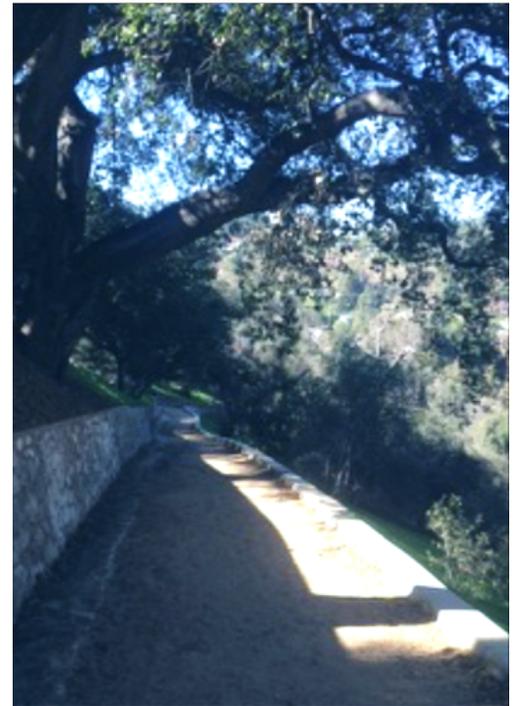
Neighbors,

Over the fifty odd years I have lived in Oak Park, I have been involved in quite a few organizations and have put in my time with most of them. However, as I listened to the discussion of volunteering at a recent AWN board meeting, I realized that I never saw myself as a volunteer. Instead, I understood active participation as inherent in belonging.

My participation has ranged from ringing doorbells in support of a political candidate or slate to teaching children how to macramé stoles to wear for their first communion, to standing with a group protesting a realtor's red lining, to baking peach blueberry crisp for our block party. Whatever form it took, active participation broadened and deepened my understanding of the community in which I lived and offered opportunities for new, enriching friendships.

I participated in organizations whose goals and purposes I believed in. Furthermore, my participation gave me opportunities to shape and refine those goals and purposes and the ways they were pursued. Participation over the years has given me the sense of being at home in Oak Park. To this participation I also owe my thanks for many treasured friendships.

Tesse Donnelly, Board Member, Arbor West Neighbors



Liz Swan, sent this photo from Pasadena, CA. as she yearns for a return to outdoor walking.

AWN Walking Group

Currently walking indoor at YMCA
"Free Senior Friday"
Join us there Friday's at 8am
255 S. Marion St., Oak Park

Cooperative Housing

What exactly is it? How to get started?

Tues, February 27 from 7– 8:30 pm
Presenter: Kathy Tholin
Cooperative Housing Founder and Resident

Where: 631 S. Harvey Ave, Oak Park

Contact: stallsusan@gmail.com

Creating Cohousing in Oak Park Guided Discussion

Mon, March 6 from 7 – 8:30 pm
Oak Park Public Library
Open Meeting Room behind
Circulation Desk

834 Lake Street, Oak Park, IL

Contact: stallsusan@gmail.com

Oak Park – a Community for All Ages



Arbor West Neighbors goal is to support community residents who desire to age in the home of their choice through the promotion of an age-integrated society that recognizes the voices, power, and needs of engaged adults.

Great Neighbors is a program of Little Brothers – Friends of the Elderly created to encourage community for all ages through mutually beneficial friendships with older adults based on proximity and interests.

Arbor West Neighbors and Great Neighbors are partnering to accomplish these objectives together.

Please join us for an information and volunteering meeting to learn more about how Arbor West Neighbors and Great Neighbors are working together in your neighborhood.

Wednesday, March 14 from 4 – 6 pm

Oak Park Public Library / 1st Floor, Community Engagement Room

834 Lake Street, Oak Park, IL

RSVP phone Heather at 312.604.7234 or online at: <https://awngn.eventbrite.co>

Arbor West Neighbors has many opportunities that require varying levels of commitment. More information follows. Please contact us at arborwestneighbors@gmail.com if you are interested in learning more.

Why Volunteer with Arbor West Neighbors (AWN)?:

- Support the mission of AWN and shape your community by advocating for age friendly initiatives.
- Enjoy being involved with development of new community programs.
- Meet new people and strengthen connections with your “neighbors”.
- Leave a legacy and a model for future generations to meet the challenge of an aging society.
- Be part of the solution on a local level!

SEEKING Board Members who:

- Desire to support the mission of AWN to advocate for an OPRF age inclusive community, which supports older adults to age in community.
- Enjoy shaping the big picture as AWN shapes their role in the community.
- Enjoy participation in development, based on grassroots input and decision making by consensus.
- Able to attend monthly, two-hour board meetings.
- Able to attend a once a year, daylong, fall retreat for strategic planning.
- Able to be involved with ongoing planning that requires 5-6 hours a week.

SEEKING Communications Coordinator:

Responsibilities

- Collaborate with leadership to develop communication strategies that will broaden AWN reach and deepen our impact.
- Advise AWN to maintain "core" message consistency.
- Serve as editor for the organization's website and social media.
- Serve as editor for AWN's bimonthly newsletter.
- Attend a 2-hour board meeting once each quarter

Qualifications

- Desire to support the mission of AWN to advocate for an OPRF age inclusive community, which supports older adults to age in community.
- Interest in positioning AWN to effect change in our community.
- Ability to coach and support AWN leaders as spokespersons.
- Communications experience or evidence of skills needed.

SEEKING Volunteer Coordinator:

Responsibilities:

- Support and work to further the AWN Mission by developing a Volunteer Unit. Based on interest and skills, volunteers can work with AWN to build capacity within the organization (IT, communication, marketing etc.) or volunteer with external programs such as Great Neighbors and Chore service development.
- Work within current partnerships, such as Great Neighbors, to provide/manage volunteers. The Great Neighbors volunteers will interact "one to one" with residents in a variety of ways to reduce isolation and provide "neighbor to neighbor" interactions.
- Develop stand-alone services such as a Chore Service or IT assistance.
- Use computer skills for communication and document storage; use Google Contacts and Documents.
- Attend a 2-hour board meeting, once a month and a day long, yearly, strategic planning retreat.
- Be involved with planning that requires 5-6 hours a week.

Qualifications

- Desire to support the mission of AWN to advocate for an OPRF age inclusive community, which supports older adults to age in community.
- Interest in positioning AWN to effect change in our community.
- Ability to coach, train and support senior leaders and volunteers.
- Volunteer coordinating experience or evidence of needed organizational ability.

Neighborhood Events

**MONEY
SMART
WEEK**



Is getting a handle on your finances and/or de-cluttering a lifetime of acquisitions on your agenda?

Money Smart Week 2018 will be held from April 21-28. Money Smart Week helps consumers better manage their personal finances. Programming is offered to all demographics and income levels and covers all facets of personal finance.

Below is information on two local Money Smart Week programs. For more information on Money Smart Week and to see their complete programming schedule, visit www.MoneySmartWeek.org.

Give Yourself a Raise – A Money Smart Week Program

Saturday, April 21 from 11 am – 12:30 pm

Austin Branch | Chicago Public Library - 5615 W Race Ave | Chicago IL 60641

Contact: CSchmidt@chipublib.org

Are you living with more bills than balance in your checking account each month? Join Federal Reserve Bank of Chicago Money Smart partner, Laura Bruzas, as she shares her time-tested \$5,000-More-a-Year Formula which includes her best saving, finding and making money tips. She will also share with you what she does with the money and help you give yourself a raise so that you, too, can pursue what your heart desires.

River Forest Public Library and River Forest Township keep on Celebrating Seniors™ All Year Long!

Shift Your Assets From Clutter to Cash – A Money Smart Week Program

Monday, April 23 from 10 – 11:30 am

River Forest Public Library - 735 Lathrop Avenue, River Forest IL 60305

Contact: Dana.Janisich@riverforestlibrary.org

This program addresses:

- * the true costs to your wallet and well-being of having too much stuff
- * how to determine what to let go of and what to keep
- * the best sources for valuing and selling or recycling your items
- * what's hot, what's not, right now
- * how-to avoid the inevitable pitfalls you'll encounter along the way
- * valuable local resources you'll want to know about!

Presenter and Federal Reserve Bank of Chicago Money Smart partner Laura Bruzas spent three years doing the research so that you don't have to!

Arbor West Neighbors endeavors to share information about a wide variety of community events without endorsement of content

Become an AWN Member

Our annual membership (\$50 for individuals; \$75 for couples) helps us further develop our interest groups, programs, advocacy activities, and events. If you are interested in supporting our work by becoming an Arbor West Neighbors member, please email arborwestneighbors@gmail.com or call (708) 613-0152.

Stay Connected

AWN's bi-monthly newsletter covers a wide variety of topics and events. To subscribe, go to <https://www.arborwestneighbors.org/newsletters>