

Arbor West Neighbors



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www.facebook.com/ArborWestNeighbors

Check out our brand new logo! We are excited to share our newly crafted image with you. Many thanks to artist Chris Garland for his wonderful design work and patience while working with us!

Neighbors,

The holiday season is upon us and with it comes an opportunity to give and share our time, talents, and enthusiasm with others. In this issue, we have highlighted a few of the many ways to volunteer and get involved in our community. Not only does volunteering benefit the organization and individuals for whom you are donating your time, but it also provides benefits to you, the volunteer. Quite simply, it gives us the satisfaction of using our skills and talents to help others and we often make some new friends in the process. In this season of giving, please consider ways that you can give the very precious gifts of your time and talents to members of our community.

Rush Oak Park Hospital

Rush Oak Park Hospital, located at 520 S. Maple Ave. in Oak Park, is always looking for volunteers to help throughout the hospital. Volunteer shifts are typically four hours long (9am-1pm or 1pm-5pm) once a week. Volunteer opportunities exist in many departments, including: human resources, the



Excursion to The Economy Shop

Date: Thursday, Dec. 7th

Time: 12 noon

Location: The Economy Shop,
103 S. Grove Ave., Oak Park

Admission: Free

Please join us for a fun tour of the Economy Shop. We will meet at noon and enjoy sandwiches while learning about the shop. Then, we will tour the three floors which will have festive holiday decorations. We should be finished by 1:00.

The Economy Shop offers the opportunity to socialize, downsize, find bargains, and support local charities all at the same time!

Please note that this outing will involve climbing several sets of stairs.

To RSVP or ask questions, please contact Liz Swan at [708-383-9712](tel:708-383-9712) or [easwan@gmail.com](mailto: easwan@gmail.com).

emergency room, nursing services, marketing, rehabilitation, spiritual care, information services, physician offices, and the laboratory. Please contact ROPH Volunteer Services at 708-660-5684 or e-mail the director of Volunteer Services, Cynthia Vasquez at Cynthia_J_Vasquez@rush.edu.

Ten Thousand Villages

Ten Thousand Villages is a non-profit retailer dedicated to supporting fair trade. The store features beautifully crafted products from more than 130 artisan groups from 38 countries. Volunteers are an important part of Ten Thousand Villages' operating model. Volunteers allow the organization to keep operating costs low and enable the sharing of the artisans' stories. Ten Thousand Villages is located at 121 N. Marion St., Oak Park. If you are interested in becoming a volunteer, please contact Kathy Gentile, Assistant Manager/Volunteer Coordinator by e-mail at volunteersvillagesop@gmail.com or by phone at 708-848-4572.

AgeOptions

AgeOptions is a nonprofit organization connecting older adults and those who care for them with resources and service options so they can live their lives to the fullest. As the Area Agency on Aging of suburban Cook County, Illinois, AgeOptions advocates, plans, coordinates and funds services for older adults in our community. AgeOptions has numerous opportunities for volunteers ranging from assisting older adults in getting their benefits, reducing the risk of financial abuse amongst older adults, teaching healthy living ideas, and being a member of the board of directors or advisory council. AgeOptions also has a new volunteer opportunity through the Senior Medicare Patrol program which teaches individuals how to detect and fight against Medicare fraud. To find out more about any of the AgeOptions volunteer programs, e-mail volunteer@ageoptions.org or call 708-383-0258.

Retired and Senior Volunteer Program (RSVP)

The Retired and Senior Volunteer Program (RSVP) of West Suburban Cook and Southern DuPage Counties is sponsored by Triton College. RSVP is funded by the Corporation for National and Community Service, the Illinois Department on Aging and Leyden Township and matched by Triton. RSVP is part of Senior Corps, which also includes the Foster Grandparents and Senior Companions programs. RSVP connects individual volunteers with a wide array of volunteer opportunities, including children's activities/tutoring, data entry, grant writing, reading, clerical tasks, and tax counseling. To volunteer through RSVP, contact Minerva McLaren, Volunteer Coordinator, at 708-456-0300 (ext. 3835).

Hephzibah Children's Association

Hephzibah is Oak Park's oldest social services organization. They offer short- and long-term group homes for children traumatized by neglect and abuse; child welfare and family services; foster care and adoption programs; Head Start and Early Head Start programs to give infants, toddlers and preschoolers from low-income families the best possible start in life; and award-winning day care on a sliding scale for families of all income levels.

Hephzibah offers intergenerational volunteer opportunities, including homework helpers, technology mentors, heartmates (long-term mentoring), helpmates (wherever the need is greatest at the moment), and Head Start assistants. Individuals Interested in becoming a Hephzibah volunteer should attend one of their bi-monthly volunteer orientation sessions and can sign-up by contacting Volunteer Manager, Hannah Weigel, at

hweigel@hephzibahhome.org.

L'Arche Chicago

L'Arche Chicago is a community where people with and without intellectual disabilities share life together in homes, as family. In their group homes, L'Arche strives to merge quality care and mutual relationships, building a community where everyone has a genuine place of belonging. There are opportunities to volunteer at L'Arche in their three homes in the Forest Park area. There are no specific age or education requirements. All they ask is that you have a desire to develop mutual relationships with the core members and assistants. L'Arche is looking for volunteers to do things like walk their dog Allie with a core member from Friendship House, play Uno with Noah in Peace House, or cook dinner regularly in any of our homes! If you are interested in volunteering with L'Arche, please contact Sarah Ruskowski, Director of Development & Engagement, at 708-660-1600 or sarah.ruskowski@larchechicago.org.

Cluster Tutoring

Cluster Tutoring is a nonprofit, community-based organization that provides free one-to-one tutoring to more than 100 students primarily in the Austin neighborhood of Chicago's West Side. The program was founded in 1990 by a 'cluster' of local churches and community groups in response to the disturbing statistic that less than half of Chicago Public School students graduate from high school. Each tutor is matched with a student, and the tutor-student pair works together during the school year to prepare the student for a successful academic career. Volunteers can tutor either on Tuesdays at the Pine Avenue Church in Austin, or Thursdays, at the First United Church of Oak Park. Each weekly session runs from 6:30 to 8:00 p.m. from the end of September until mid-May. Interested volunteers can

contact Executive Director, Kara Kalnitz at 773-378-5530 or via e-mail at clustertutoring@clustertutoring.org

AWN

Arbor West Neighbors is looking for individuals who can assist us with tasks that will keep the organization humming along. For example, we could use a tech savvy individual to help us maintain our website and Facebook page. We would also love some assistance with our marketing efforts. Are you handy at keeping the books? You could assist our treasurer. Do you enjoy planning events? Then join our next event committee. We have many opportunities that require varying levels of commitment. Please contact us at arborwestneighbors@gmail.com if you are interested.

More Important News

Thank You, Creating and Recreating Home: Options for Aging in Community Participants!



A very special thank you to the many individuals who helped us make the Creating and Recreating Home event a success. In particular, thank you to our speakers, Charlie Hoch, Kay Muller, Ann Cibulskis, Valerie Werner, Barbara Bodner, Kevin Monahan, Paul Schultz, and Tammie Grossman. More than 80 participants joined us as we considered how we conceive of, develop, and live alternative housing in our own towns and villages. We look forward to pushing these creative ideas further along and having the opportunity to live these concepts. Please see Marc Blesoff's article about this event in the [Wednesday Journal](#) by clicking [here](#).

Join Us



Arbor West Neighbors is looking for volunteers to join the following committees:

- Advocacy • Communications • Partnerships
- Membership/Recruitment • Social Interests • Service

Become a Member

Our suggested annual membership donation is \$50, which will assist us to further develop our interest groups, programs, advocacy activities, and events. If you are interested in becoming an Arbor West Neighbors member, please e-mail us at arborwestneighbors@gmail.com or call 708-613-0152.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Walking Group 8am	5 Movie Group 11:45am	6	7 Economy Shop 12 noon	8	9
10	11 Walking Group 8am	12 AWN & League of Women Voters @ 19 th Cent. Club 9:30am First Evening of Hanukkah 	13	14	15	16
17	18 Walking Group 8am	19	20	21	22	23
24	25 Christmas Day 	26	27	28	29	30
31 New Year's Eve 