



Norwood Life Care  
FOUNDATION

# Review

W I N T E R 2 0 0 9

A PUBLICATION OF NORWOOD LIFE CARE FOUNDATION, NORWOOD CROSSING AND NORWOOD SENIORS NETWORK

## From the CEO

As the Chief Executive Officer of this wonderful organization, I want to convey my very special thanks to all those who have donated both time and money to further our mission of "enhancing the independence and well-being of older adults." 2008 was a financially challenging year for most of us, and a time when many individuals had to rethink their spending priorities. We are very touched and grateful that you continued to make the Norwood Life Care Foundation a priority. Your gifts enable the Foundation's continued support of Norwood Crossing and Norwood Seniors Network, both of which are known for exceptional care and services.

I know many are looking for 2009 to be different. For me, the time has come to make a major change. I have decided to step down as the CEO of Norwood Life Society effective March 31st. This was a very difficult decision because I truly love my work and the older adults we serve. However, I now have grandchildren in 3 states and a list of other things to accomplish. I have so many found memories to take

with me, including the chance to personally guide King Harald and Queen Sonja of Norway through our buildings. Thank you for your support and encouragement over the years.



## Issue

### HIGHLIGHTS

Get Ready for the Gala .....	2
Thanksgiving Food Drive.....	2
Charitable Tax Issues.....	3
From the Executive Director.....	3
Lille Julaften .....	4
Holiday Appeal Donors.....	5
Calendar .....	6

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## Norwood Bids Farewell

After 17 years, this March we bid farewell to Marcia Mahood, CEO. Since Marcia first came to 'Norwood Park Home' the organization has undergone many changes. Under her leadership Norwood Crossing has expanded its programming and services to "Reshape Aging" for the 21st century. She expanded our vision to include a new Assisted Living building opening this summer. Norwood began to bring its outstanding senior services outside the Norwood Crossing walls and into the community through Norwood Seniors Network.

Marcia has been deeply connected to the Norwood Park community. Her roots in the community prompted involvement with the Norwood Park Chamber of Commerce and the Edison Norwood O'Hare Kiwanis. She has welcomed both local and global dignitaries, but her favorite visits are from the residents and family members who stop by. Her dedication to seniors has been honored on several fronts. She was given a Leadership Award from Life Service Network, and has recently been named "Business Person of the Year" by the Norwood Park Chamber of Commerce.

Marcia has wonderful memories of Norwood: "I have loved my job and the people that I have had the pleasure to work with." She intends to continue to support Norwood Life Care Foundation in any capacity she can.

Mike Toohey, who served as Norwood Crossing's Executive Director under Marcia and has been named her successor says, "Marcia has been more than just a steady hand at the wheel; she has been a driving force for positive change. She cares deeply about this organization and the elders it serves. She championed the phrase "Reshaping Aging", and together with the Board and staff we have done just that. She will be greatly missed by this organization and on a personal level by me."

Marcia's retirement plans are varied and many: "I want to learn to speak Spanish, do more scuba diving, make a quilt, spend more time with my grandchildren, and about 30 other things." As Marcia has shown, if she wants to accomplish it, she likely will do so!

When you see her, please join us all in thanking her for her dedication, and wishing her well on her future endeavors.

## Getting Ready to GALA!!!

“GALA” has become a verb in the Norwood Life Care Foundation Office. The foundation board, staff and volunteers are springing into action in preparation for our Annual Gala and Auction.

Co-Chairs Dr. Arthur and Mrs. Mari-Lyn Peterson and Mr. Emil and Mrs. Susan Ulstrup are dedicating countless hours and boundless energy to ensure the event's success.

Once again, with all thanks to John and Jean Simms, the event will be at the Park Ridge Country Club on April 18.

In an effort to shake things up a bit, there a few changes.

For starters, “The Ultimate Party Band” will be on hand for our listening *and dancing* enjoyment. You can get a sneak peek at their musical stylings by logging on to their website at [www.ultimatepartyband.com](http://www.ultimatepartyband.com).

This is the single largest fundraising event that Norwood Life Care Foundation hosts each year. We can't make it great without your help!

The easiest way to guarantee the success of the event is to attend, bring

your friends, and bid on the auction. There is no easier way to help the foundation than come have a fun night out! Invite those friends that you've been meaning to get together with, or treat your in-laws to a nice evening out.

Volunteers have already begun finding priceless treasures (See the side bar for how YOU can contribute). Invitations are being designed at this very moment. Look for yours in the mail soon!

If you would like this GALA to be the best, call or email Bryan in the foundation office to offer your assistance. We need help with set up, clean up, solicitation and many other activities.

773-577-5387

[bmanasse@norwoodlifecare.org](mailto:bmanasse@norwoodlifecare.org)

### How to Secure an Auction Item Donation...

Auction items could be a variety of items or experiences. Our solicitation effort is most successful if each of us uses personal contacts to obtain one or two items. In the past, season ticket holders have donated tickets to sporting events; supporters have used personal connections to get unique tours of generally off-limit places, such as a network television studio or Holy Name Cathedral. Vacation home owners have donated the use of their properties.

Another option is to donate your professional services, such as accounting, consulting, or therapy.

If you belong to a golf or health club and spend money there, you will likely be more successful at securing a donation than the office would with a form letter.

If you just had your garden landscaped or a patio installed, your contractor may be willing to donate services for the exposure it would bring. Please think of what you can do, where you spend money, what contacts you have, flip through the Rolodex and see if you can turn a contact into an auction item for Norwood Life Care Foundation.

We have the necessary forms in the office, just call! 773-577-5387

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## Norwood Crossing Reaches out to the Community

Needy families requiring assistance in the Norwood Park area were able to pick up food items for a traditional Thanksgiving Day dinner thanks to community residents, Norwood Crossing employees and visitors who donated more than 100 food items to the Thanksgiving Food Drive at Norwood Crossing.

Putting some of the groceries in collection boxes (from left) are: Rev. Marilyn Doering; Stephanie Balsler, Louise Mills, resident Marion Peterson; and Eileen Heneghan. The items were delivered to the New Hope UMC Community Food Pantry for distribution to families in time for Thanksgiving.



## Topics in Charitable Giving

### Congress Helps!

Congress has revived IRA charitable rollovers. This can help you avoid taxable withdrawals.

Previously, you would have to take the withdrawal to make a donation. The withdrawal would trigger a tax bill, and there may be limits to your charitable write offs, depending on your adjusted gross income.

A law that began in 2006, and was recently extend through 2009 provided some relief. Now the IRA custodian writes the check directly to the charitable organization. That donation will count toward your minimum required distribution, and only the additional amount you withdraw would be taxable.

This allows you to avoid paying taxes on the money contributed Norwood Life Care Foundation.

Be careful. Qualifying charitable distributions must go directly to a charity. If your IRA custodian sends you a check instead, it doesn't matter if you then send a check immediately, it will be counted as taxable income.

### Charitable Gift Annuities

A charitable gift annuity (CGA) is a way to make a significant donation, increase personal income, and cut your tax bill — all at once!

Available to anyone over 65 years of age and depositing at least \$5,000, a CGA can provide 7, 8, or even 9% interest, depending on the age of the beneficiary.

If you buy your 85 year-old parent a \$10,000 gift annuity, you will receive a \$5,148 tax write-off, AND guarantee an 8.2% annual interest payment to them.

Request the payment be made in early December each year, and you've just given a lifetime holiday gift. They will never have to worry about having money for those extra holiday expenses.

A CGA is the ideal answer to what to do with maturing CDs. There is no bank that can match these interest rates!

The gift can be custom made for your needs. YOU decide when to receive payments, how to pay (with cash or securities), and whether to base your payments on one life or two.

A personalized CGA scenario can be done at the foundation office. Call for an appointment.

Always make sure your check to Norwood Life Care Foundation is accompanied by your name and correct address so we can make the proper recognition.

For information about Charitable Gift Annuities, IRA Rollover donations, bequests or any other planned giving opportunities, contact your financial advisor or Norwood Life Care Foundation: 773-577-5367.

### Visit our newly redesigned website!

[www.norwoodlifecare.org](http://www.norwoodlifecare.org)

You can find a calendar of events, pictures of fun-filled Norwood happenings, volunteer opportunities and now debuting:

Save stamps:  
DONATE ON-LINE!

## On A Personal Note... From the Foundation Executive Director

After running the request for volunteers in the last newsletter, I decided to take up the challenge myself. On Christmas Eve I delivered meals for the Norwood Seniors Network. The streets were slippery, as were the sidewalks. Boots and blue jeans covered in slush, I walked through puddles and drove through alleys trying to avoid the "No Parking after Snowfall" restrictions. Alas, half way through my route, I got a flat tire. Luckily, I am from the neighborhood, so my husband arrived on the scene to switch cars with me, and Julie Russell from NSN relieved me of some of my remaining deliveries. After that, I have a new appreciation for our many dedicated volunteers, and all I have to each of you is: *THANK YOU, THANK YOU, THANK YOU! God bless each of you.*



*Laura Curley*



# Celebrating Norwegian Roots Lille Julaften 2008

Traditionally, Norwegians decorate their Christmas tree on the evening of December 23. The decorating of the house and the tree is done by the entire family. So on December 20 the Norwood Life Care Foundation family gathered to decorate the tree in our activity room.

While singing traditional Christmas songs, some of which were easily recognized, even though they were being sung in Norwegian, we placed a star on the top of the tree, and candles on the branches. Tinsel, hearts, angels, nissen and Norwegian flags were a part of the tree decoration. Heart shaped Christmas baskets made of colored, glossy paper not only adorned the tree, but were also handed out by Nissen (Santa's helpers) to the residents, filled with nuts and raisins.

The residents and Norwegian guests who attended were then treated to a variety of homemade traditional Norwegian Christmas cookies. The entire afternoon was made possible through the dedicated service of Jorunn and Bill Scheiderich, Signe Marie Kilen, Mette and Edward Bowen, Vivian Landon, Liv and Per Ohrstrom, Turid and Hugo Lanesskog, and Randi and Roar Broch. To these friends we say *TUSSEN TAKK!*



Jorunn Scheiderich, Secretary of the Norwood Life Society Board of Directors, and primary planner of the event, welcomes everyone to Lille Juleaften, or "Little Christmas Eve."



Emil Ulstrup, Chairman of the Norwood Life Society, gets into the festive holiday spirit by joining others in playing the part of Nissen, or Santa's Helpers, passing out treats to residents.



Vivian Landon lent her musical talents to the celebration on the piano while Mette Bowen led the singing.

Sitting on the piano, and placed throughout the activity room, were representations of the Traditional Norwegian Nissen.

Carols ranged from the familiar (*Silent Night*), to those known only to the Norwegians in attendance (*The Mouse Song*).



*Finding the almond in the Christmas porridge was a special treat. In some homes it was rewarded with extra sweets, while on the farm it excused the lucky child from early morning chores on Christmas day.*



Caption Residents and their families, some Norwegian, some not, delighted in the songs, decorations and cookies of Lille Julaften, as we paid recognition to our Norwegian heritage.

(Left) The Lund family enjoys the program in their traditional Norwegian sweaters.

(Right) Lillian Matyskiela, Loretta Meyer and Marion Peterson (standing) enjoy the carols.



## 2008 Holiday Appeal Donors

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*“Blessed are those  
 who give without  
 remembering.  
 And blessed are those  
 who take without  
 forgetting.”*

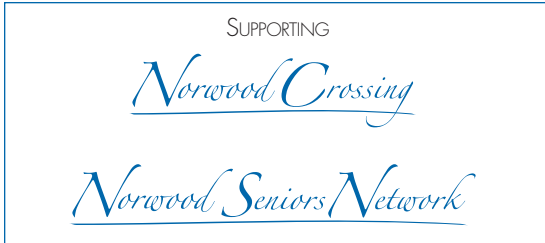
— BERNARD MELTZER

*Thank you for remembering us,  
 we will not forget your generosity.*



*Norwood*  
*Life Care Foundation*  
Supporting the very best in senior services

6016-20 N. NINA AVENUE • CHICAGO, IL 60631-2410  
PHONE: 773-577-5390 • FAX: 773-631-4850  
WWW.NORWOODLIFECARE.ORG



# Upcoming Events

As a supporter of the Norwood Life Care Foundation, all are welcome to visit the Norwood Crossing campus and drop by the Norwood Seniors Network office any time.

## WEEKLY EVENTS

### Monday

- 1:30pm Expressive Arts
- 3pm Piano in the Lobby
- 6:30pm Horse Racing

### Tuesday

- 10am Ceramics / Men's Club
- 2pm Dice games and Scrabble
- 6:15 Drawing on Memories

### Wednesday

- 9:45 Shopping outing
- 2pm Explore Art
- 3pm Food Forum
- 6:15 Knit & Crochet

### Thursday

- 10am Sing-a-long
- 2pm Catholic Mass
- 3pm Bingo

### Friday

- 8:45 Current Events
- 10:45 Trivia
- 2:30 Crafts
- 3pm Piano in the Lobby
- 3:30 Super Fun Senior Fit

### Friday

### Saturday

- 10am Trivia
- 2pm Happy Hour

### Sunday

- 8:45 Catholic Mass outing
- 10:15 Chapel Services
- 1:30 Neighborhood Program
- 2pm Family Festival and Games

## NORWOOD SENIORS NETWORK LUNCH OUTINGS

All lunches are on Tuesdays, and pick up begins at 11am. Please call 773-577-5329 for more information.

- Jan. 20 Russell's Barbeque
- Feb. 10 House of Szechuan
- Feb. 24 Claim Jumpers
- March 10 Mirabell
- March 24 Olivetti

## SPECIAL EVENTS

Call the Foundation to participate

### Knowing Norwood

- Thursday January 15 1pm
- Thursday February 19 7am
- Thursday March 19 1pm

### Annual Gala

- Saturday April 18 6pm
- Park Ridge Country Club
- To request an invitation call 773-577-5387

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New Program Announcement at Norwood Crossing:

**Pet Therapy** has made its debut and has become a regular part of the calendar. If you would like to participate or learn more about the program, contact Ryan in the Life Enrichment Office at 773-577-5326.