

Reshaping Aging™

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

NORWOOD PUTS ON THE RITZ!

Another first! Norwood Crossing residents participated in our inaugural Fashion Show this fall, held in conjunction with the Art Show opening on November 5, 2011. This team effort involved the Life Enrichment and Expressive Arts staff, residents, family members, volunteers and additional Norwood staff. The result was a beautiful show complete with music, lighting and an emcee. Here are just a few of our wonderful models (and escorts):

Kathy McInnes shows her style. (below)



A volunteer escorts Alfred Brenner down the runway.



Phyllis Johnson hits the catwalk with George Weis.



Lorraine Seles soaks up the applause.



Gertrude Jany makes an elegant entrance with Wayne Zischke.

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EXPERIENCE THE POWER OF ONE

Norwood Life Care Foundation invites you to participate in our new initiative, The Power of One. The Power of One is a campaign with two simple messages:

- 1) Make a will.
- 2) Include the Norwood Life Care Foundation as a beneficiary in your will for one percent or more.

Why Do I Need A Will?

A will serves you in many ways:

- It allows your estate to be settled without unnecessary delays, taxes or problems with distribution of your property
- It allows you to determine who will oversee the estate settlement process
- It allows you to specify what each heir will receive
- It allows you to appoint a guardian for your children
- It allows you to make special provisions for heirs with special needs
- It offers you the opportunity to leave a legacy by supporting those charities that made a difference to you during your lifetime

Why Should I Include Norwood Life Care Foundation?

Charitable gifts help us carry out our mission of enhancing the independence and well-being of seniors, while also enabling us to go above and beyond in the care we provide.

Our organization touches seniors at all points in their lives, from active seniors who utilize the Norwood Park Senior Center, to frail seniors who rely on meal delivery and other supportive services to remain at home, to the seniors who are no longer able to live independently and reside at Norwood Crossing. Whether it is through Expressive Arts Therapy, improvements to our building and campus, or the million dollars plus in charitable care provided every year, Norwood Life Care Foundation is committed to excellence in care and services to seniors. By leaving us a gift of one percent or more of your estate, you are exercising the power of one person to make a difference. If all of our supporters made a similar gift, think of how powerful each one would become!

How Can I Participate?

If you don't have a will, contact an attorney to set one up. It's a gift you give your family.

If you need help to find an attorney, let us know. We may have resources that can help.

If you do have a will, all it takes is a simple codicil to include a beneficiary, such as the following phrase: "I hereby give, devise and bequeath one percent (1%) of my estate to Norwood Life Care Foundation, a 501(c) 3 organization located in Chicago, Illinois for its exempt purpose". Always consult with your attorney regarding any changes to your estate plan.

Most of us have a number of family members that we must provide for in our estate plans. We may have multiple charities that we support as well. Please consider including the Foundation among them. A gift of one percent still allows you to support the most important people in your life – and our seniors too. By including a gift to Norwood Life Care Foundation, you become a member of the Legacy Society, a special group of people who have made planned gift arrangements in support of our organization

Let Us Know!

We value the opportunity to thank all of our Legacy donors. With your permission, we will acknowledge your gift along with our other Legacy Society members, and invite you to an annual reception and other events. By publicizing your gift, you encourage others to give as well – truly an example of the power of one. Please contact us to discuss the Power of One today.

“LITTLE CHRISTMAS EVE”

Norwood celebrated Lille Julaften (Little Christmas Eve) with the help of some of our Norwegian Board members and friends. The residents prepared a musical number and were treated to a song selection by the Good News Singers. Mette Bowen, NLS Board member, led us through a comparison of Norwegian and American holiday decorating traditions. Mette also taught a number of residents how to make the traditional Norwegian Christmas baskets, called julekurv.



Board members and guests enjoyed the festivities.



Norwood Life Care Foundation Board member Emil Ulstrup, in a traditional “nisse lue” (Santa Hat), passes out handmade “julekurver” to the residents.

NORWOOD LIFE CARE FOUNDATION FACELIFT FUND

Norwood Crossing is embarking upon an exciting new beautification project! Having completed several key projects on the lobby level of our campus, including the Ohrstrom Norwegian Heritage Hall, the History Wall, and the new Wellness Center, we are now turning our attention to the Skilled Nursing Building.

This redecoration project includes re-painting and re-flooring all three floors of the Nursing Building. New corridor light fixtures are being installed on each floor as well as more contemporary and efficient nursing stations. The solariums will receive the same new paint and flooring, as well as new window blinds. Finally, each resident room will be re-decorated with new paint, flooring and light fixtures and eventually flat screen TVs.

Much of this work will take place during the evening hours when there is little traffic on the floors in order to minimize any disruptions for our residents and family members. Work began at the end of 2011 and will continue through the first half of 2012.

Norwood Life Care Foundation is seeking your help to successfully complete this project. Charitable gifts will allow us to complete this project in a timely and high-quality fashion so that our residents, family members and staff can enjoy an appealing and peaceful environment. Naming opportunities have been created for individual rooms (\$2,500), the solariums (\$3,500) and the nursing stations (\$5,000), but gifts of any amount help. Use the enclosed reply devise to make a gift today. For more information, call us at (773) 577-5367, email mmccarthy@norwoodlifecare.org, or check out the Foundation website at www.norwoodlifecare.org.

Name _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email _____

- I would like to support the Facelift Fund (gift enclosed).
- I would like a Charitable Gift Annuity proposal based on this birthdate _____ .
- I have provided for Norwood Life Care Foundation in my estate plan.
- I would like information on **The Power of One** and how to include Norwood Life Care Foundation in my will.

Send to Maureen McCarthy, Executive Director, Norwood Life Care Foundation
6016-20 N. Nina Ave. Chicago, IL 60631-2410

NORWOOD PARK SENIOR CENTER SECOND ANNIVERSARY

The Norwood Senior Center, one of the fastest growing Senior Centers in the city, celebrated its second anniversary in September 2011 with a luau-themed bash. The Center is operated under the auspices of the Norwood Seniors Network and in conjunction with the City of Chicago and Chicago Park District.



Treats were plentiful at the luau.



It's never too late to learn a new dance step!

DID YOU KNOW?

- Many of our residents and their families have responded to our appeal to donate the interest on their security deposits. These gifts will help support our programs and projects around Norwood Crossing. Thank you!
- Norwood Crossing achieved a perfect survey result from our 2011 Long-Term Care Survey from the Illinois Department of Public Health. Kudos to our staff for their great work!
- Our new volunteer program, nor·VOL·ution, is finding exciting new ways to involve seniors in both the giving and receiving of volunteer efforts. Have a few hours to spare? Give Kate Roche a call at 773-577-5329.
- Norwood Seniors Network (NSN) is available to provide in-home care including home-delivered meals, escorted transportation and home companionship to area seniors. Do you have a family member or neighbor who may need help? Call the Network at 773-631-5673.
- The Norwood Park Senior Center will be open Saturday mornings, starting in January. Want to learn more? Call the Senior Center at 773-775-4790.
- New Charitable Gift Annuity rates have just been issued by the American Council on Gift Annuities. Norwood Life Care Foundation uses these national rates when issuing our charitable gift annuities. The new rates still greatly exceed typical CD or savings account rates, ranging from 6% for a 76-year old donor on up to 9% for those aged 90 and older. If you'd like to see a personalized example of what a Charitable Gift Annuity can do for you, call us at 773-577-5367 or use the reply device located in this newsletter.



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

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*Norwood Crossing
Norwood Seniors Network*

SAVE THE DATE FOR THESE UPCOMING EVENTS:

Timely Talk: Building Steam for Model Railroading as a Hobby
Wednesday, January 18, 2:00 p.m.

Why Do I Need A Will? Presentation
Wednesday, February 15, 8:00 a.m.

Timely Talk: Staying Fit over the Winter
Wednesday, February 15, 2:00 p.m.

Charitable Gift Annuities Presentation
Thursday, March 8, 10:00 a.m.

Timely Talk: Landscapes Before and After
Wednesday, March 21, 2:00 p.m.