

Reshaping Aging™

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

NORWOOD CROSSING CROCHETS FOR THE HOMELESS



Norwood Crossing resident Lillian Johnson crochets a plastic mat.

Why clutter area landfills with empty plastic grocery bags when they can be recycled and converted into plastic mats for the homeless? For the past three months, about 15 residents of Norwood Crossing have gathered on Tuesday afternoons for two hours in the Activity Room to rekindle skills that they may have thought were no longer useful. In a process that is reminiscent of an assembly line, they flatten the donated plastic bags, cut the bags into strands, crochet the strands into strips about one-foot long, and then crochet the strips together into plastic mats for the homeless.

“The plastic mats are very effective in keeping the homeless off the damp ground,” said Pat

Zabel, Life Enrichment supervisor and coordinator of the project at Norwood Crossing. More than 20 senior living communities, senior day care centers and elementary and high schools are participating in the project, called “New Life for Old Bags.” The 3’ x 6’ mats are then delivered to Cornerstone Community Outreach that serves social service agencies in the Uptown neighborhood.

Although Uptown is about 10 miles east of the Edison Park neighborhood where Zabel resides and the Norwood Park neighborhood where she works, she sees the project as having many pluses. “It involves the residents throughout

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Twenty students from Walter Payton College Preparatory High School sort and flatten plastic bags with Norwood Crossing residents.

ALL ABOUT VOLUNTEERS

This year's Volunteer Appreciation Luncheon will be held on June 6 in the Norwegian Heritage Hall at Norwood Crossing. While we are forever and always thankful for our many volunteers, on that day Norwood Life Care Foundation will demonstrate its gratitude. We have more than 350 active volunteers whose time is valuably given and deeply appreciated by our Norwood Crossing residents and Norwood Seniors Network clients. Our volunteers gave over 13,000 hours of service last year.

Our special appreciation will be noted that day as we recognize Mary Cormack with the Olghren Award for Outstanding Volunteer Service. Mary has only been volunteering for a year, but has already devoted more than 1000 hours to Norwood. She spends many days in the Gift Shop, and has revitalized its relevancy for residents, guests and staff. On Tuesdays she can be found across the street in the Thrift Store, and has served as a representative of Norwood at a variety of community events.

Mary represents our new focus in volunteers. We not only want to bring people in who can serve our seniors in our organization, but we also want to provide meaningful opportunities for seniors to continue to lead lives of productivity and service once they move in to Norwood Crossing.

VOLUNTEERS NEEDED

We can always use a few extra sets of hands on Memorial Day. Residents like to go outside to see the parade as it passes our front door, and more hands would help.

With summer just around the corner, your college age children may need something to fill their days. The Norwood Seniors Network is in need of volunteers to deliver meals to its clients. Volunteers must have their own cars and be available between 11am and 1pm. This is a particularly rewarding volunteer opportunity as you will meet seniors at their homes, deliver meals and provide socialization. Too often, the drivers that deliver meals may be the only person a seniors sees each day. Meal deliverers are needed Monday through Friday year 'round.

TAX NEWS YOU CAN USE

Do you have a slow season at your business? If you send people home when business gets slow, consider sending them to us instead. If you keep your employee on the clock while they do volunteer hours, you can deduct some or all of their pay as a charitable contribution. Check with your tax professional, then call Bryan Manasse at the Norwood Life Care Foundation 773-577-5387 to get started.

To volunteer for any of our open positions, please call Bryan Manasse at 773-577-5387.

Crocheting for the Homeless *(continued from front page)*

Norwood Crossing because it has many steps, each requiring a different skill," she said. "Not everyone can crochet but many can flatten bags and others can certainly cut the plastic into strips. It creates teamwork and a sense of community, some of the same needs that were required on the home front during World War II when many of our residents were younger. There also is a certain amount of satisfaction for everyone involved. We're creating a useful item that makes some of life's hardships more bearable for the homeless."

The project is expected to last about six months, ending sometime in July. Persons interested in donating plastic bags should bring them to the lobby of Norwood Crossing. If you would like to volunteer to crochet mats with the Norwood Crossing residents, call (773) 577-5387.

NEWS FROM MEMORY SUPPORT

Norwood Crossing's Memory Support unit in the new Assisted Living Building is now nearly fully occupied. Memory Support consists of two neighborhoods of ten residents each, and only a few rooms remain vacant.

The residents spend their days socializing with each other, guests and their two resident dogs, Jack and Bunny; dining in their beautiful kitchen; listening to music; and taking part in group activities. They recently attended a Cubs game, courtesy of David Schultz at Travel-Rite. Equestrian therapy is planned for the summer in Lake Forest with the Equestrian Connection. Also coming up in the summer, residents will be able to step out their door and garden with Chicago Botanic Gardens personnel. We still need \$5,000 to completely cover the cost of this horticulture program. If you, or someone you know would like to contribute the final piece to this memory support program, recognition rights are available.

The Memory Support staff is grateful for the interaction of so many family members. The support of families is one of the things that makes the Norwood Crossing program stand head and shoulders above the rest. They are hoping to install a swingset for young family members to play on when they visit. If anyone is interested in donating the cost of the swingset (estimated to be less than \$1,000), please contact Christy Schoenwald. We will be happy to put your name on the swingset in recognition of your gift.

Norwood Crossing has the finest Alzheimer's and memory support unit in the state of Illinois and provides excellent quality of life to its residents.



Thomas and Jean Yost, with George Murphy in the background, enjoying the day at Wrigley Field. Family members were invited to join residents, volunteers and staff for the spur of the moment outing.

Leave a Legacy -- Please Remember Norwood in Your Estate Plan!



GOLF OUTING - SAVE THE DATE!

Norwood Life Care Foundation's Annual Golf Outing will be held on **Monday, August 9** this year at **Klein Creek Golf Club** in Winfield, Illinois. Klein Creek is a 6,700 yard, par 72, Dick Nugent designed course, approximately 23 miles from the northwest corner of Chicago.

Opportunities exist for event sponsorships, foursomes and tee signs. This is always a fun day and a great fund raiser for a good cause!

Check out www.Kleincreek.com for views of the beautiful course and www.norwoodlifecare.org after June 1 for more information about cost and registration for the event.



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Norwood Crossing

Norwood Seniors Network

LOOKING AHEAD

- The dining room at Norwood Crossing is getting a face lift. Well really, it's more like an extreme makeover! Residents will enjoy a modernized dining room, similar to Snapdragons. Work should be completed by May 5. Be sure to ask for a tour next time you're here!
- The Annual Picnic is scheduled for Sunday, August 29. This year we intend to have a rain plan, just in case! If you would like a table to sell your crafts or promote your business, contact Bryan at 773-577-5387
- Norwood will be hosting open houses this summer. If you haven't seen the new Assisted Living building yet, now's your chance. The dates are May 12 or June 9, and both are from 2pm - 4pm. RSVP to Pete at 773-577-5316
- Norwood is proud to host "Timely Talks" for the public. Held in the new building on the Norwood Crossing campus, these educational sessions cover a wide variety of topics. Check the website as the dates near to find out what the topic will be. May 26 and June 23, from 2-4pm. Call Pete at 773-577-5316 for more information.

LOOKING BACK

Norwood Life Care Foundation's inaugural Casino Night on March 13 was a big success. Nearly 100 people attended and everyone had a fabulous time. We hosted 2 blackjack tables, a craps table, roulette table and poker table and our dealers kept busy taking bets and paying out winnings. The event was held in the Heritage Hall and included strolling hors d'oeuvres, a seafood table, silent auction, raffles and lots of gambling. Many Norwood Crossing employees and volunteers were on hand to work the event as coat checkers, raffle ticket sellers, bankers and dealers. Our heartfelt thanks go out to our volunteers, sponsors and gamblers for making the event so much fun!

2009 Annual Reports are now available in the Foundation office.

