

Celebrating the Season by Strolling Down Memory Lane in the Easter Parade

Mary Ellen Kastenholz
CONTRIBUTOR

*In your Easter bonnet, with all the
frills upon it,
You'll be the grandest lady in the
Easter parade.
I'll be all in clover and when they
look you over,
I'll be the proudest fellow in the
Easter Parade.*

American songwriter Irving Berlin wrote these lyrics to Easter Parade in 1933 for a revue on Broadway titled “As Thousands Cheer.” In 1948, New York City’s Easter Parade became memorialized in the musical Easter Parade starring Judy Garland and Fred Astaire. In that year, the parade was attended by more than a million people!

Beginning in the 1880’s through the 1950’s New York’s Easter Parade was a major cultural event. Trinity Episcopal, St. Patrick’s Roman Catholic Cathedral and St. Thomas Episcopal Church would display breathtaking floral arrangements on Easter morning. The well to-do would be dressed in their new and fashionable attire and stroll from their church to the others to see the impressive flowers. The Easter Parade became a tremendous pageantry of fashion and religious observance, in New York and eventually around the country. It was a symbolic

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Judy Garland and Fred Astaire in a scene from “Easter Parade.” Photo Pinterest

THIS ISSUE

Technology Made Simple *See p. 8*

Take Our Reader Survey and Win Prizes *See p. 9*

APRIL

BIRTHSTONE Diamond
FLOWER Daisy

1 April Fool’s Day
14 Palm Sunday
15 Taxes Due
18-21 Holy Triduum
21 Easter Sunday
28 Divine Mercy Sunday

Greetings from the Editor

Dear Keenager Readers:

Happy Spring! May we ask for your input on three topics?

- *Inside there is an important 2019 Keenager Reader Survey. Please COMPLETE THE SURVEY and either mail it back to us or fill it out online through the link provided.*
- *Please SAVE THE DATE AND RSVP for the June 13 Annual Senior Unity Mass.*
- *Please be sure to SEND IN YOUR D-DAY MEMORIES for*

our special June Keenager News. Details on each of these is in this edition. Also, don’t miss the article on Catholic Charities “Home To Stay” program, a new initiative to help seniors. You will enjoy Mary Ellen’s delightful history of Easter Parades. Plus, our Reader Spotlight features one very special volunteer. We send our warmest wishes to you for a very Happy Easter!

Katie Bredemann

Keenager News

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ARE APPRECIATED**

E-mail us at
keenager@catholiccharities.net

Strolling Down Memory Lane in the Easter Parade

Continued from page 1

way of ending Lent and all its limitations for those who so chose to observe self-restrictions during the forty days preceding Easter.

Eventually, the Easter Parade's religious affiliations decreased and it became mostly an opportunity to showcase prosperity. Like Christmas, retail merchants found a way to promote their wares and, by 1900, milliners and dry goods merchants cleverly displayed advertisements linking an array of merchandise to Easter and the Easter Parade.

At one point, publicity focused on the hardships of sweat shop workers who made artificial flowers for the milliners. During the Depression, groups of unemployed workers paraded in worn out clothing carrying banners drawing attention to their predicament. One banner compared the cost of one single gown in a Fifth Avenue store to a year's worth of welfare payment for a family of an unemployed man wanting to support his family.

Chicago had its own version of the Easter Parade. A Chicago Tribune article from 1898 describes the events and attire of the informal and formal Easter Parades on Michigan Avenue, King Drive, and churches in between. Members of prominent families such as Pirie and Scott attended Easter services at the same church along with names



Thomas and Therese Brennan's growing family.

Photo Chicago Tribune

The Easter Parade became a tremendous pageantry of fashion and religious observance, in New York and eventually around the country. It was a symbolic way of ending Lent.

like Rockefeller, McCormick, Armour, Swift and Palmer. By the 1920's the back page of the Tribune featured a photo display of women in the latest fashion, with adorable children wearing Easter finery and men in striking suits.

From the late 1940's and for two decades, the Thomas and Therese Brennan family was featured annually. In 1947 the family made its debut on the Tribune's back pages showing

Thomas, Therese and their six children: five girls and the youngest, a boy. Eventually there would be 11 children – five more sons! Thomas and Therese created a theme each year and made all the family's clothing. In 1961, in honor of the new Irish-Catholic president, the boys wore dark suits and top hats and the girls' outfits included pillbox hats and gloves, like those of Jackie Kennedy. Readers as far away as Germany and Japan watched the children grow up.

Some religious experts believe Roman Emperor Constantine I in the early 4th Century may have been the first to celebrate Easter with finery to celebrate Christ's resurrection. Now that Christianity was freely practiced in Rome, for the first time ever, tradition holds that Constantine's mother, St. Helen, brought remnants of the true cross to Rome. This phenomenal finding no doubt called for a grand celebration.

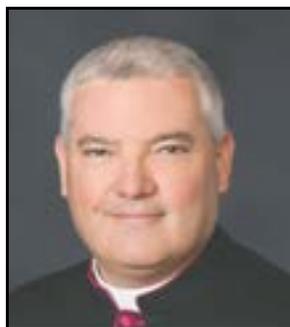
Parishes, the Bedrock of Sustaining Our Mission

This month I would like to take the opportunity to say a great big “thank you!” to all the parishes in the Archdiocese of Chicago for all you do for Catholic Charities, and to celebrate all we do together to serve the poor and vulnerable in our community.

The Church’s great tradition of serving the poor is rooted in the Gospels and in the life and words of Jesus Christ, who came “*to bring glad tidings to the poor...proclaim liberty to captives...recovery of sight to the blind...*” (Lk 4:18-19), and who identified himself with “*the least of these:*” the hungry, the stranger, and all those living on the margins of society (cf. Mt 25:45).

Jesus calls us to reach out with mercy and compassion to anyone facing challenging circumstances, and the Catholic Church does this in very special ways; not only through professional social service, health, and educational institutions and organizations, but also through the human service ministries in parishes and the personal dedication of parishioners. We all work together to fulfill the Church’s mission to love and serve those whom Jesus entrusted to our care.

At Catholic Charities, the volunteer and financial support of parishes, as well as their numerous in-kind donations, are truly the bedrock of our operations and enable us to serve nearly one million people annually. Parishes conduct



The Voice of Catholic Charities

Rev. Monsignor Michael M. Boland
Administrator, President, and CEO
of Catholic Charities

food, clothing, diaper, coat, school supply and toy drives; “adopt” various programs such as our anti-violence initiatives, senior centers and veterans services; dedicate financial support to specific services like New Hope Apartments or Refugee Resettlement; provide unused land for our senior and special needs housing; donate faithfully to our annual Mother’s Day Appeal; and provide thousands of volunteers for a multitude of Catholic Charities programs. Many of these dedicated volunteers join our advisory boards and share their leadership skills and professional expertise for years to come.

Parishes are often the catalyst for bringing new Catholic Charities programs into their communities, articulating neighborhood needs and helping us establish new services. Parishes provide space for Catholic Charities’ counseling and support groups, and work with us to establish and operate community-based food pantries. Parishes generously host Catholic

Parishes are often the catalyst for bringing new...programs into their communities, articulating neighborhood needs and helping us establish new services.

Charities Health Fairs for those who are uninsured or underinsured, and cook and serve meals in Catholic Charities Evening Supper program, providing hot meals to the hungry and homeless in parish-based locations throughout Cook and Lake Counties. Catholic Charities often works in tandem with St. Vincent de Paul chapters and human service ministries to pool resources to purchase a needed medical device for a child, repair a car so a parent can get to work, provide rental assistance to get a homeless family stably housed, or provide one-time financial assistance to prevent homelessness in the first place.

Perhaps what is most wonderful to see is that parishioners of every income level get involved and give what they can. I’ve watched people drop off a bag of apples or a few cans of soup just as often as I’ve witnessed the unloading of a carful of groceries. And in each case, they are always asking, “What else can we do?” It is truly inspiring to see the faithful give with such love and generosity, and never be afraid to roll up their sleeves to help.

I feel very blessed to daily witness the very beautiful way the Church comes together to care for our brothers and sisters in need – feeding the hungry, giving drink to the thirsty, welcoming the stranger, and showing compassion and mercy just as Jesus asked us to do. I am deeply grateful for the partnership and support of parishes throughout the Archdiocese, and we at Catholic Charities are honored to work side by side with them to fulfill the Church’s mission of charity.

The Voice of Charity

Join **Rev. Monsignor Michael Boland** every Tuesday morning for **The Voice of Charity**, a discussion about social service issues in our community.

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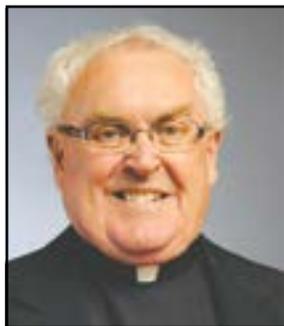
Reflections on the Practical and the Spiritual

Technology

One of the more challenging aspects of aging is the whole arena of the internet and technology. I have to confess that I am not a techie geek, but I am able to navigate a bit into the internet and use a smart phone, although I am always learning new aspects of the phone. I would be lost without my phone. The joke is that if something goes wrong with my phone I can always go to one of my grandnieces or nephews and they can solve the problem in a nano second. I am sure that many of you are

Don't be afraid to put your oar in the water and start learning the basics.

in the same situation as I have just described. I stand in awe of the advances that have been made in the area of technology. My suggestion to those of you who are not adept to the latest technology is to begin at a very basic level. Once you begin the process with a computer or a smart phone you will soon learn how wonderful these latest instruments are. In the beginning these instruments can be daunting. Don't be afraid to put your oar in the water and start learning the basics. It is never too late to start. Life will become more interesting and you can be very proud of yourself for learning



Words for the Spirit

Father Charles T. Rubey

*Founder and Director of the LOSS Program
Loving Outreach to Survivors of Suicide*

a new and different way to communicate, and keep in touch with people without having to leave the comforts of your home.

The LOSS Program and the Ultimate Mystery of Life

For the past forty years I have been working with a program called LOSS (Loving Outreach to Survivors of Suicide). This is one of the myriad of programs at Catholic Charities that care for people each and every day of the year. The program deals with families and individuals who have lost a loved one to suicide. Over the years I have learned that suicide is a different type of death. If someone dies from cancer or heart disease or in an automobile accident, loved ones know why that person died. They had a lethal illness or a tragic accident. That is what caused the death. With suicide, survivors wonder just what caused their loved ones to die. What was so awful in their lives that would prompt them to take their life? I have read thousands of notes over these years and the notes have

As we enter the Easter season we are met with one of the great mysteries...Jesus came back from the dead...

never adequately answered the question of why a person ended his or her life. The vast number of people who commit suicide do so as a result of some form of mental illness. Their pain had become intolerable and they saw that the only way to end the pain is to end their life. Suicides leave a long trail of questions for survivors to grapple with, such as "Was it something I

did or said?" There is never an adequate answer or reason to explain this decision. My contention is that survivors are challenged to live with mystery. The LOSS Program allows people a very safe environment whereby the survivors can grieve the tragic loss of a loved one from suicide. LOSS offers people group experiences or individual counseling. Over the years thousands have been helped by the LOSS Program. One of the many comments that we receive is, "LOSS saved my life." As we enter the Easter season we are met with one of the great mysteries of our faith. I referred to mystery in my comments about death by suicide. That word jumps out at me each time I celebrate Mass. Mystery is a major part of my faith. God is Holy Mystery. Jesus came back from the dead on that first Easter. That is a Mystery. That is what we hope to accomplish when we make the transition to the hereafter. We will be engulfed with the Ultimate Mystery, which is God.

Alleluia and Happy Easter.

St. Jude Novena



*May the Sacred Heart of Jesus be adored, glorified, loved, and preserved throughout the world now and forever. Sacred Heart of Jesus have mercy on us;
St. Jude, worker of miracles, pray for us;
St. Jude, helper of the hopeless, pray for us.*

EJK NB LCK JVT MJP ACP LMK PAL CN

The Novena is an eight day devotion. Say the prayer nine times a day. If you would like to acknowledge your gratitude for its influence in your request, please contact Keenager News at (312) 655-7425 and we will include your initials in the publication of this monthly novena. No payment required.

Spring – Season of Hope and New Beginnings

SPIRITUAL MATTERS

Anthony Spalla

SENIOR SERVICES STAFF

Dear Sisters and Brothers
in Christ,

The Spring Equinox occurred last month, and all Chicagoans know that the month of April is not only about warm rains and pretty flowers, but it is the beginning of seasons changing and better weather to come. The word April comes from the Latin meaning “to open,” as in the trees and flowers will bloom. Spring is a season of hope, of new beginnings.

This month is also a very holy time of year, as we are in the midst of Lent, the last days and death of Our Lord. *How is your Lent going? Have you entered in? Is there something keeping you from a “good” Lenten experience?* If this is the case for you, please remember Jesus not only shared our human nature, but like us, he was subject to temptations. Our faith is all about new beginnings. Start from where

you are at, and begin again. As the Franciscan Fiat says, written by St. Junipero Serra; *“Always forward, never back.”*

How is your Lent going? Have you entered in? Is there something keeping you from a “good” Lenten experience?

The Church dedicates the month of April to the Holy Eucharist. I strongly urge you to receive this most precious gift as often as possible. You can attend daily Mass or have someone from your Church bring you Holy Communion. There are unique and unrepeatable graces to receive at each Mass. They are for us at that particular moment. The Catechism of the Catholic Church (#1391-97) gives several examples of graces that come specifically from the reception of Jesus in the Holy

Communion. Some that you can expect are:

- An intimate union with Jesus;
- The renewal and increase of grace of our Baptism;
- The strengthening of our love for God and union with all the faithful;
- Becoming committed to serve Jesus in those who are poor and suffering; and
- Helping to break disordered attachment and prevention of future sin.

Assuming we are convinced that there are amazing graces available each and every time we go to Mass, how can we make sure we are awake to receive them? 1) Read the readings and scripture ahead of time; 2) Offer this time for someone in particular – living or deceased; and 3) Pray to be open to the light and grace God offers. You can pray something to this effect: *“Jesus, open my heart to the grace you have prepared for me in this Mass.”*

On April 21st, we celebrate Easter! The Resurrection of Our Lord and Savior Jesus

Christ is upon us. He has taken His cross, a symbol of defeat, shame, and death, and turned it into a symbol of triumph, glory, and life. Christ is Risen! We use the present tense because He is always with us.

Start from where you are at, and begin again...“Always forward, never back.”

“I have risen, and I am with you still, alleluia. / Too wonderful for me, this knowledge, alleluia, alleluia.” Psalm 139 (138) 18, 5-6.

May the peace and love of the risen Christ reign in our hearts, now and forever. Amen.

Your brother in Christ,
Anthony

“Peace is harmony among those who are divided. When, therefore, we end that civil war within our nature and cultivate peace within ourselves, we become peace.”

-Saint Gregory of Nyssa

Catholic Charities Senior Centers

Enjoy health, recreational, educational, social, and nutritional programs!

| | | |
|---|--|--|
| Grayslake 50 Library Ln. Grayslake, IL 60030 (847) 543-1041 | Josephine P. Argento 1700 Memorial Dr. Calumet City, IL 60409 (708) 832-1208 | Kelvyn Park 2715 N. Cicero Ave. Chicago, IL 60639 (773) 252-0333 |
|---|--|--|

| | |
|--|---|
| North Center 4040 N. Oakley Chicago, IL 60618 (312) 744-4029 | Ada S. Niles 653 W. 63rd St. Chicago, IL 60621 (312) 745-3307 |
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Ask the Healthcare Professional

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Resurrection University, located in Chicago's Wicker Park neighborhood, is an upper-division University focused on healthcare education. The University features programs in nursing, radiography and health information management (HIM). Students of ResU are educated to become healthcare leaders with the applied technical skills of their practice and the qualities that exude the Catholic traditions of faith, hope and healing.

For more information about ResU, visit resu.edu

Answers to healthcare questions were submitted by:

Julie Duff, DNP, APRN, WHNP-BC, CNE • Associate Professor • Resurrection University



I want to stay as active as possible throughout my life. What are some lifestyle tips I can follow to minimize the effects of arthritis?



Staying active throughout life is an important part of maintaining overall health and wellness. Arthritis affects millions of Americans. This chronic condition can have a large impact on the quality of life for many older adults. Here are a few lifestyle tips you can follow to minimize the effects of arthritis:

1) Eat a nutrient-rich diet. When planning meals and snacks, aim for a colorful diet that includes different fruits and vegetables, lean meats and fish, and whole grains. Avoid processed foods, fast food, and convenience foods, as they usually contain a lot of added salt, sugar, and fat. Healthy oils are vital, like those in olive oil, avocados, fish containing Omega-3 fatty

acids, nuts and seeds. Consult your health care provider regarding supplements (like vitamin C, vitamin D, or fish oil). Supplements may be helpful for your overall nutrition plan.

2) Maintain a healthy weight. Keeping your weight “in check” helps to prevent extra stress on joints – especially the joints affected by arthritis. Less stress on the joints means less pain. If you need to shed a few extra pounds, be sure and consult with your health care provider for advice on the safest way to lose weight.

3) Participate in regular exercise. Low impact activities like walking, yoga, Tai Chi, and swimming can help you

maintain flexibility while also keeping your heart healthy. Consider strength training with exercise bands, free weights – even soup cans! Weight training helps to strengthen muscles, which protect and support joints.

For more information, visit the Arthritis Foundation at <https://www.arthritis.org>

References:

<https://www.nih.gov/about-nih/what-we-do/nih-turning-discovery-into-health/aging-arthritis>
<https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/the-arthritis-diet.php>

If you have healthcare questions you want to be answered, call Keenager News at (312) 655-7425 or send to: Keenager News, 721 N. LaSalle St., Chicago, IL 60654.

Answers to healthcare questions were submitted by:

Maria F. Martinez, DNP RN • Assistant Professor • Resurrection University

Q

The skin on my feet and hands was cracking a lot over the winter. What are the best ways to improve this? Also, are there certain foods I can eat or vitamins I can take that would reduce the appearance of aging spots? When should I see a doctor for skin issues?

A

The best skin products recommended for dry, cracked hands and feet are the following: Aveeno products, Eucerin cream, and/or CeraVe lotion. Essential oils are also beneficial in moisturizing skin. Vitamins can also help. Consult your health care provider regarding taking a multi-vitamin, fish

oil capsules, and Vitamins D & E. The following web article provides a list of foods to promote healthy skin: www.healthline.com/nutrition/12-foods-for-healthy-skin#section4 Please also see your physician if you have issues with eczema, psoriasis, or areas of the skin that are infected or not healing.

Q

I have seasonal allergies and wonder what I should expect as I get older. Do allergies get worse as we age? Am I likely to get more allergies the older I get?

A

Allergies are usually noted during change of seasons from winter to spring and from summer to fall regardless of age. High mold and pollen counts, along with environmental risk factors (dust, fumes, change in temperature and humidity), can trigger allergy symptoms such as: runny nose, watery eyes, coughing, and sneezing. It is best to use caution and check the weather report, monitor the mold and pollen

count, avoid crowds, take a nasal decongestant as needed, and follow good pulmonary hygiene practices (wash hands, take medications as ordered, flu and pneumonia vaccines, etc.). Patients with respiratory issues such as asthma, acute bronchitis, and COPD require more care with seasonal allergies and should follow up with their doctors for additional recommendations.

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NURSING & HEALTH SCIENCES

TECH SAVVY SENIOR:      

Technology Made Simple *for Telling the Story of Your Life*

More and more seniors are embracing technology as they see, for example how easy it is to stay in close touch with family members through free programs such as Skype and apps such as Facetime. Whatever your level of involvement is, with personal devices and online programs, we challenge all Keenager readers this month to make 2019 the year in which you use technology to document the story of your life, if you have not done so already.

Sit down with your family members and ask one of them to record you, in videotape or with a voice recorder. Or, find a desktop computer to use, at your own home, the home of family member or a friend, or one at a senior center or a library, so you can put your life story in writing.

As Keenager News continues a year-long celebration of our 50th anniversary, we have a great outline from our Keenager archives to help get you started. In January and February, 2009, Joan McConnell, a former member of the Keenager Editorial Board wrote a wonderful two-part column entitled, “Life Questions.” Joan said, “It is important to share your wisdom and history with younger generations.” We hope Joan’s outline helps spark wonderful memories for you, as you think about what you would like to include in your journal!

Before you know it, your own special, unique story will be ready to share with your family and friends. Take the challenge and start writing, videotaping and/or voice-recording your story today. Your family will be grateful you did!

Joan McConnell’s “Life Questions”

If you are writing a journal, all you need to do is to ask someone to help you get onto a blank document in WORD, on a desktop computer, or a laptop or a portable device. Type your answers to Joan’s questions, then either SAVE the document so you can keep adding to it on different days as you go through all of the questions. Enjoy this fun project!

About your childhood:

- What is your first memory?
- Where did you live and what was your home like?
- Did you have any nicknames, your favorite games, toys, pets and friends?
- What did you want to be when you grew up and what did your parents want you to be?

Your teenage years:

- What was your high school like and how many years did you complete?
- What are your best and worst memories of high school?
- Did you date during high school?
- Were you involved in sports, music, or art?
- What were the family rules? Did you have any chores?
- Did you ever get in trouble with your parents?
- What advice or training did your parents give you that helped you in your life?

Your young adult years:

- What was your first job?
- Did you date many people?
- Who were the significant people in your life at this time and why?
- Did you remain close to your family?
- If you married, describe your courtship, wedding, and honeymoon.
- How did you adjust to married life?
- Tell a favorite story or two about your spouse.

Life as a parent:

- What are your children’s names and when were they born?
- What are some of your favorite memories of when the children were young?
- What was the most difficult and the most rewarding thing for you about being a parent?
- How were you similar to or different from your own parents?
- Do you have any grandchildren?

About your career:

- Describe the types of jobs that you have had.
- What was your most and least favorite and why?
- What were your special skills, education and training?

Your mature years:

- If you are retired, when and why did you do so?
- If so, how do you now spend your time?
- What are your biggest worries and concerns?
- What legacy would you like to leave for your family?

Life reflections:

- What role has religion played in your life?
- What is/are your most valued or treasured possessions?
- If you had another chance, what, if anything would you do differently?
- What were the happiest and funniest moments of your life?
- What has offered you the biggest challenge and/or success?
- Has your life gone as you had planned when you were younger?
- What personal values do you hope to pass on to your family?
- Offer advice to the younger generations of your family as to how to cope with change.

Catholic Charities Prizes!

Win one of three Merchandise Packs



Hello Keenager Readers!

Keenager News wants to hear your opinions, so we can continue to be the best newspaper possible!

This is a voluntary survey to help us better understand our readers and provide you information and stories that matter the most to you.

As a thank you, participants will be entered into the **Reader Survey Drawing**. Winners will receive one of three Catholic Charities Merchandise packages.

You can complete the survey in two ways:

ONLINE

Visit *Keenager* online and click the **Survey Button** at the top of the page. Fill out and submit the form and you will be entered into the drawing.

www.keenagernews.org

BY MAIL

Fill out the Survey to the right and coupon below. Clip and mail the survey and coupon to:

Keenager News Reader Survey
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YES, enter me into the Survey Drawing!

The following information is optional, but required if you would like to be entered into the drawing.

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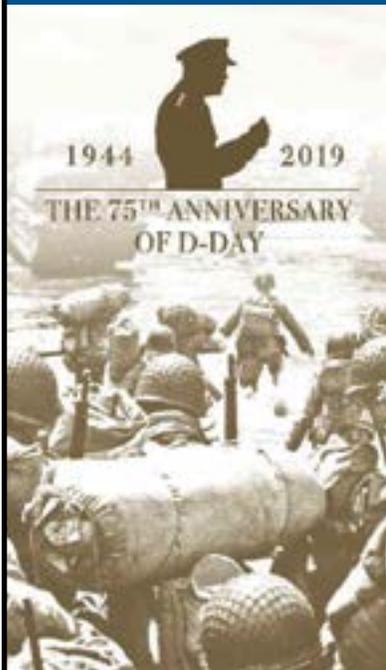
KEENAGER READER SURVEY

1. What is your age group?
 55-65 66-75 76-85
 86-95 96+
2. What is your gender?
 Female Male
3. Marital Status:
 Married Divorced
 Widowed Never Married
4. Which ethnicity do you identify yourself?
 White/Caucasian
 Black/ African American
 Asian/Pacific Islander
 Hispanic/Latino
 Native American
 More than one ethnicity
5. Are You:
 Working Full Time
 Working Part Time
 Retired
6. How many years have you read Keenager News?
 Less than 1 Year 1-5 Years
 5-10 Years 10+ Years
7. How did you hear about Keenager News?
 Friends/Family
 Catholic Charities Event
 Catholic Charities Publication
 Other (please specify) _____
8. Do you patronize the businesses that advertise in Keenager News?
 Yes No
9. How long do you typically keep and refer back to each issue of Keenager News?
 One Day One Week
 One Month
 Longer than a Month
10. Does anyone besides you read your copy of Keenager News?
 Yes No
11. If you answered YES to Question #10, please estimate how many people (beside yourself) read your copy of Keenager News.

12. Where do you live?
 City of Chicago
 Suburban Cook County
 Lake County
 Another part of Illinois
 Outside of Illinois
13. What is the range of your annual household income?
 Under \$15,000
 \$15,000 - \$29,999
 \$30,000 - \$49,999
 \$50,000 - \$100,000
 Over \$100,000
14. What are your favorite things to read in Keenager News?
 Please rank the columns and features from 1-8, with 1 being your favorite:
 _____ Monsignor Boland
 _____ Father Rubey
 _____ Spiritual Matters
 _____ History Stories
 _____ Recipes
 _____ Joe's Humor & Nostalgia
 _____ Readers' Corner
 _____ Word Search
15. Which (if any) of these puzzles would you like to see in Keenager News?
 Crossword Sudoku
 Word Unscrambles
 Other (please specify) _____
16. I have attended the Annual Senior Unity Mass.
 Yes No
17. How do you like to read Keenager News?
 Newspaper Website Both
18. Comments/Suggestions?

19. Could we have your permission to use your comments to help promote Keenager News?
 Yes No
20. If yes, could we use your name?
 Yes No

75th Anniversary of D-Day June 6, 2019



1944 • 2019

All across the world, events will be held to commemorate this solemn occasion. Keenager News welcomes YOUR stories from that momentous day. Where were you on June 6, 1944? If you were part of the Allied invasion, we want to hear what you did and saw that fateful day. If you were serving in other areas, what was happening there as you heard about The Battle of Normandy? If you were helping on the home front, please share with us what you did to help support the war effort. You are all heroes to Keenager readers!

Please send your story to

Keenager News • Catholic Charities
721 N. LaSalle Street • Chicago, IL 60654

All stories must be received by May 1, 2019 to be included in our tribute issue honoring the Greatest Generation in June. We would like to print stories in their entirety, but space is limited. Keenager looks forward to honoring your story.

A Life Well Lived

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

– Ralph Waldo Emerson

“Happiness is not a goal; it is a byproduct of a life well-lived.”

– Eleanor Roosevelt

“At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by, ‘I was hungry and you gave me something to eat, I was naked and you clothed me, I was homeless and you took me in.’”

– St. Teresa of Calcutta

“Beauty comes from a life well lived. If you’ve lived well your smile lines are in the right places.”

– Jennifer Garner

“Life can only be understood backwards, but it must be lived forwards.”

– Soren Kierkegaard

“Only a life lived for others is a life worthwhile.”

– Albert Einstein

brainyquotes.com

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National Volunteer Week April 7-13

'Home to Stay' Program Provides Services Individualized to Match the Clients Needs

Alissandra Calderon
ASSISTANT DIRECTOR OF COMMUNICATIONS

Through Catholic Charities comprehensive Home Care program, home care aides provide support to ensure seniors are able to remain independent in their own homes and communities for as long as possible. Research has shown 80% of older adults would prefer to age in their own home, with a caregiver. As the older adult population continues to grow, there is a need for home care and support services for family and friends who take on the role of caregiver for an older adult.

Building on the success of homemaker services for low-income seniors primarily on Chicago's southeast and southwest neighborhoods, Catholic Charities decided to look at opportunities to expand those same services to other areas of the city, especially for seniors who might not qualify for assistance through state funding. With the generous support of The Retirement Research Foundation and additional private funding, the 'Home to Stay' program was launched.

The 'Home to Stay' program is tailored to the individual needs of each participant with day services provided to the client for as much or as little as needed. This unique

model of care allows for the client to pay only for the services needed and can be adjusted as conditions change.

"More and more, we've received calls from individuals who live all through the city asking specifically for Catholic Charities home care aides. We launched this program for seniors who live really anywhere in the city of Chicago and who want specialized services," says Mary Ann Bibat, vice president of senior services at Catholic Charities. "We also try to be as flexible as possible for the caregiver. We want them to call us and know that we are there to help with whatever need the senior might have."

Seniors and their caregivers can request something as simple as a home care aide spending a few hours sitting with a participant while the caregiver runs errands, or checking in on seniors when they are alone. All of the home care aides are trained by a staff developer, and receive additional in-service training from professionals in the field. In order to enhance trainings, the program recently partnered with Resurrection University where nursing students lead in-classroom trainings. Catholic Charities requires 44 hours of training for all aides, almost double what state regulations require, to provide an exceptional level of expertise for clients.

Angela Taylor, associate vice president of senior services and coordinator of the training program, ensures home care aides learn through a combination of classroom settings and simulation exercises. Future aides learn how to properly transfer clients from a bed to wheelchair, are educated about diabetes and other chronic diseases, and how to recognize signs of medical emergencies such as a stroke. "The partnership with the university has been phenomenal with the help of the nursing students," says Angela.

Part of the training also includes having aide candidates spend a day at a Catholic Charities adult day center to assess their ability to engage with clients.

Because all clients' needs are different, the Home Care Program makes it a priority to connect an aide best suited for the level of services. Sometimes the connection is more than just a service, it can often be a source of gratitude and compassion.

"We have a home care aide and client he works for who both really enjoy playing checkers. The aide makes sure all his tasks are done in time to squeeze in a game at the end of his shift," says Angela. "The client calls us every day to thank us for sending the aide to take care of him."

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READERS' SPOTLIGHT

Oak Lawn Resident Retires After Inspiring Volunteer Career Entertaining Seniors

Larry Bergnach began entertaining people while developing his skills as a salesman. "I was a pharmaceutical representative for 35 years," Larry explains. "I called on doctors, pharmacists, and dentists. It was often tough to get in to see the busy doctors. So, when I was in their waiting rooms, and the doctors would walk by, I would say, 'Have you laughed today? Do you have time for a quick joke?' Some would stop and listen to my jokes, and others would smile and say, 'Make an appointment and we'll talk next time.'" Larry was also infamous for bringing Italian dinners to the offices of his clients. He says, "I learned to cook from my mother. I enjoyed it, and the head nurses and secretaries would appreciate what I did and then help me with future appointments to see the doctors."

Once Larry retired from this position in 1996, his next career was as a human relations executive and public speaking instructor for Dale Carnegie. Soon Larry became a popular emcee at South Side events. He then wrote a program called, "1940's Singers" and performed it with his wife, Clare, an award-winning teacher for the Archdiocese of Chicago, at the Arizona retirement community where they were vacationing. According to Larry, "It was just clean fun, with comedy, nostalgia, singalongs and a



Larry Bergnach. Photo gr-pr.com

"The people in the audiences were the stars, and I was the facilitator."

'Chair Dance.' Some in the crowd had memory deficiencies and the activity director called after to say everyone was smiling and cooperating ten days later, and she attributed it all to our program."

Award-winning Chicago journalist Rick Kogan heard about Larry's knack for entertaining seniors. Rick interviewed Larry on WGN-TV and soon Larry received calls from senior groups all over the Midwest. Larry says, "I loved doing those shows. It took about three months to write each program because I did my homework. The people in the audiences were the stars, and I was the facilitator." Some of the programs featured "Ed Sullivan," "The Golden Age of TV and Radio," "Cowboy

Legends," and "Chicago Trivia." For over 14 years Larry worked with freespeakers.org doing 30-40 programs a year, over 250 shows in all before retiring late last year. Commenting on Larry's impressive pro bono career, Andy Richardson, Director of Free Speakers said, "Larry is an amazing speaker and has made a huge impact on the Chicagoland community through his presentations."

When asked about especially memorable performances, Larry recalls, "In one program, there was a point where we all sang 'Auld Lang Syne' then, to conclude I put on a recording of Kate Smith singing, 'God Bless America.' Every time, when the crowd heard Kate's voice, they all wanted to stand up to sing. Even from wheelchairs, they wanted to stand up and sing that song."

Larry and Clare, married 54 years now spend four months a year in Arizona and are glad to have more time to share with their two sons and their families. Larry continues to do his programs, on occasion, including an upcoming comedy show for seniors on an Arizona tour boat. In Chicago the other eight months, Larry is a member of the 55+ Club for Seniors at St. Catherine of Alexandria Parish where he and Clare plan to continue to be active for many years to come. "Throughout my life," Larry says, "I have always enjoyed helping people."

READERS' CORNER

From Michael B.

"It's very rewarding to read stories like Akeam's in the February issue of Keenager News, where we hear first-hand accounts of people impacted by Catholic Charities programs!"

From Aida B.

"I'm going on 97 and recall many of your stories of the past. They make me think of the good old days and times we had when we were young. We had no fear and felt safe... May God give us a world where we can live and love again as we did way back then."

Poem From Wanda Romanas

A Loving Heart

*Growing younger in your mind
As the years go on and on
And the world is not in time
With God's foundation of rhyme.*

*He is not spent
And the energy He lent
Must be put to good use
Straight and narrow but not loose.*

*Love is from the heart
Not demanded from the start
We're born to be free
To love eternally.*

We welcome your feedback, too!

**Call us at (312) 655-7425
or write to us, by email at
keenager@catholiccharities.net
or by regular mail at:**

**Keenager News
721 N. LaSalle Street
Chicago, IL 60654**

From The Recipe Box

Layered Fillet Surprise

| | |
|--|---|
| 4 fish fillets (approx. 1 lb.) SOLE OR COD | 6 tbsp. shredded sharp CHEDDAR CHEESE |
| 1/4 tsp. TARRAGON | 1, 8 oz. can TOMATO SAUCE |
| 4 tsp. instant MINCED ONION | 1/3 c. fresh BREAD CUBES SALT and PEPPER to taste |

PREPARATION

Place 2 fillets in bottom of 9x5x3 inch pan. Sprinkle next 4 ingredients over fish. Top with remaining fillets, tomato sauce and bread cubes. Bake at 275 degrees F. for 25 minutes. Makes 3 servings.

Courtesy of a Keenager Reader, April 2002

Sweet and Sour Chicken

| | |
|--|--|
| 2 tbsp. VEGETABLE OIL | 1 c. canned PINEAPPLE CHUNKS , drained with |
| 2 boneless CHICKEN BREASTS , sliced into strips | 1/2 c. reserved juice |
| SALT and PEPPER , to taste | 3 tbsp. rice WINE VINEGAR |
| 1/2 c. chopped RED PEPPER | 1/4 c. CHICKEN STOCK |
| 4 tsp. CORNSTARCH , mixed with 4 tsp. water | 1/2 c. chopped GREEN PEPPER |
| 3 tbsp. light BROWN SUGAR | COOKED RICE , for serving |

PREPARATION

In a large non-stick skillet, heat oil over medium high heat. Season chicken strips and add to pan. Brown chicken and remove to plate. Add red and green peppers and cook for 1 minute. Stir in pineapple chunks, juice, sugar, vinegar and chicken stock and bring to a simmer. Simmer until sauce begins to reduce. Stir in cornstarch mixture and bring liquid to a simmer. Stir in chicken strips and cook for 5 minutes. Serve over rice. Makes 2-4 servings.

Courtesy of foodnetwork.com.

Share your recipe with Keenagers. Submit recipes to:
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Rose's puzzle CORNER

Answers are found FORWARD
BACKWARD, UP, DOWN and
DIAGONAL.

F Q G O G Y K T F C T F P M S S C P U W
 U L A N Y N H M O X B A I W L U P Z O V
 N E P M K O I N P T L H C N I M S M L K
 Q O Y A S G F T S M F M P O O E X E D Y
 P N I A J E R U S A L E M I Y E U L J N
 U A N X S H F W L A K N D T L B Z R Z I
 B N S S I T Y Q X X F X A C O I E W E S
 A D I S Z F F O P G A X X E H Y O S G X
 C O S M I H I O U B B E T R A G J C Y K
 N U C U B O V C R Q B J C R T F R N F U
 A F J S K X N J U T R T P U N M Z C S I
 B M W J V O T O T R Y D I S E L V T Z J
 S D L S M L R S X P C D V E P A Z T W D
 T H G N I V I G S M L A A R E W W I N J
 I F O M P R D Y M Q E F U Y R M T Q Z N
 N H C Q A T U W F T H S E H S A D P U H
 E S R H Z V U Y B H E C N A N E P C P H
 N V C E Q X M P E W V E W N G Z X R R M
 C U K X C A L V A R Y W T Z Y F X M L Y
 E D T J O F L R W M F Q Q T F M I L Z D

LENTEN SYMBOLS

- JESUS
- ASHES
- FORTY DAYS
- PRAYER
- ALMSGIVING
- CONFESSION
- ABSTINENCE
- FASTING
- PENANCE
- REPENT
- JERUSALEM
- PALMS
- HOSANNA
- TRIDUUM
- PASSION
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Rose's puzzle CORNER

Answers are found FORWARD
BACKWARD, UP, DOWN and
DIAGONAL.

I K J T M A R S H M A L L O W P E E P S
 S H C W Z R D S C Y D C H E F E V H T V
 G E I H Q E E A C A C A N Q Q W L E K U
 C X I D I G M M R D H M F P E B N S O G
 D H X L A C G A Z N O U Y F Z N S J S G
 Y X R S I U K K H U C X X R O E W U L S
 S M R T J L C S Y S O Z C B T D E N J W
 W O Y L E U R N A R L E R I O G I E D V
 C P W X U N F E V E A E K U G C L L G F
 S R E W O L F Q T T T M P H G L I C S Z
 G W Q E D O O G F S E J U V Y Q O H E X
 K T Q R I U L G A A A N K B N U L U I P
 D R A S A J E E R E T E E S L I O R N S
 S G G E D E R O L O C A Y H T F M C N N
 J X E Z K H J P X B N C K D T E O H U L
 V E L C C H H R B S F V X Z E U K U B V
 B R U N C H L A M B C A K E L H B S L N
 V C H L H X X S D Y U Y A Q W F Y E A O
 M B Y C Z G F K M V I D L W D O B H I B
 Q X Y F B E D W B W J O Y P E X F N P D

EASTER CELEBRATIONS

- CHURCH
- EASTER SUNDAY
- BUNNIES
- COLORED EGGS
- BASKETS
- CHICKS
- FLOWERS
- CHOCOLATE
- JELLYBEANS
- KITES
- EGG HUNT
- EASTER BONNETS
- HAM
- LAMB CAKE
- MARSHMALLOW PEEPS
- BRUNCH
- MASS
- EASTERLILIES
- DAFFODILS
- CORSAGES



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Humor & Nostalgia

by Joe Eberhardt

Reprinted from the Joe Eberhardt archives.



Harry's Spring Tales

Ah, it's Spring! It is the time of year when Harry puts away the snow shovel and labels it, "Rust in peace."

.....
Harry tried this joke on his wife: "Remember the man who fell into an upholstery machine? He is now fully recovered." His wife smiled and said, "Actually, that's a good one."

.....
Harry thought he was on a roll so he decided to try another one. Harry said, "A thief admitted to having repeatedly broken into the same dress shop. 'What did you steal?' asked the judge. 'A dress for my wife,' the thief explained, 'but she made me exchange it three times.'" Harry's wife was not amused this time.

Remember When...

EVERY lady wore a bonnet to Easter Sunday Mass and every Mom wore a corsage?

.....
Every Saturday morning in the Spring and the Summer was the same. You would wake up, eat a quick breakfast then jump on your bike and ride around the neighborhood to see who else was outside. You would play pick-up basketball, or baseball, or Kick the Can in the alley or whatever other game the group decided to play. No one went home until everyone's Mom rang a bell from the back porch, around 5:30, signaling it was time to come home for dinner. It was great!

Please consider a gift to Catholic Charities of the Archdiocese of Chicago in your will or trust.

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For more information contact

Margaret Hughes, Director of Individual & Planned Giving
(312) 655-7012 or mhughes@catholiccharities.net

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"Mature Youth" Keenager News

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APRIL CELEBRATIONS

BIRTHDAYS

NIFTY NINETIES

| | | |
|-------------------|----|------|
| Donna Nelson | 90 | 4/5 |
| Romona Giambalvo | 90 | 4/8 |
| Ray Lipinski | 90 | 4/11 |
| Pam Vicks | 90 | 4/12 |
| Catherine Malec | 90 | 4/13 |
| Dolores Schneider | 90 | 4/19 |

ENLIGHTENED EIGHTIES

| | | |
|------------------|----|------|
| John DeLaLeurs | 80 | 4/11 |
| Gerald Lindaur | 80 | 4/13 |
| Dolores Bochenek | 80 | 4/16 |

BELATED

| | | |
|---------------------|-----|------|
| Victoria Ross | 90 | 2/9 |
| Geraldine Willis | 80 | 2/10 |
| Mrs. Frances Cahill | 103 | 3/9 |
| Anthony R. LoCoco | 80 | 3/10 |
| Agnes E. Henwood | 102 | 3/14 |
| Vivian Davis | 90 | 3/17 |
| Florence Rydzewski | 90 | 3/18 |
| Hilda Lotito | 101 | 3/20 |
| Imelda Tatar | 90 | 3/29 |

WEDDING ANNIVERSARIES

| | | |
|----------------------------|----|------|
| Jim & Connie Hughes | 54 | 4/3 |
| Ted & Jean Fornek | 72 | 4/12 |
| Carmen & Charlotte Debella | 74 | 4/15 |
| Al & Carol Gluekert | 60 | 4/18 |
| Delores & Ardel McKenna | 58 | 4/22 |
| James & Mary Ann Curry | 59 | 4/23 |
| Mario & Margaret Kowalski | 53 | 4/23 |
| Edward & Dorothy Panzczyk | 60 | 4/25 |
| Nookie & Netta LaMantia | 50 | 4/26 |

BELATED

| | | |
|---------------------------|----|------|
| Bob & Betty Boruski | 60 | 2/7 |
| Richard & Carole Dujmovic | 50 | 12/7 |
| Ernest & Vanice Billups | 54 | 8/29 |

Keenager News also extends warm greetings to Keenagers celebrating 55-79th birthdays and those celebrating in-between decade birthdays. We wish you all a Happy Birthday...and many more!

SUBMISSIONS

Keenager will help celebrate your special birthday (80, 90, 100, 100+) or milestone anniversary (50 plus). Mail or phone us your submission eight to 10 weeks in advance and Keenager will acknowledge your special day on this page.

We regret that limited space does not allow between-decade birthdays.

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