

National Council on Aging Visits Argento Senior Center



Robert Boyd, Director of the Josephine P. Argento Senior Center visits with Magnolia Chandler, a regular participant at this Drop-In Senior Center and one of the seniors interviewed by the National Council on Aging.

Representatives from the National Council on Aging (NCOA) recently visited the Josephine P. Argento Senior Center, one of 12 Catholic Charities Senior Drop-In Centers, to interview senior participants about the enjoyment and health benefits they receive from the programming and activities at the site. This is part of a NCOA study involving senior centers across the nation.

In particular, the study is creating greater awareness about the growing importance of senior centers nationwide. Because of the way they are responding to the needs and requests of seniors, and finding ways to engage with seniors on an ongoing basis, senior centers have become modern, indispensable parts of many communities. They are becoming vital places that improve seniors' quality of life, promote personal growth and help seniors maintain their independence.

This NCOA study is also focusing on how senior centers help seniors manage their

chronic diseases, as they spend more time doing things that are meaningful to them, thereby reducing stigmas related to having a chronic condition. In other words, the study aims to reverse the notion that "nothing can be done" about a chronic condition.

The team of producers working on behalf of the NCOA included Armando Trull, Dianne Stone and Jesse Strauss. According to Robert Boyd, Director of the Argento Senior Center, the NCOA visit was planned over several months. Rob says, "We were contacted earlier this year. The National Council on Aging was looking for a vibrant senior center to go into and film, interview staff, and talk to some of the clients who utilize the center."

Some of Catholic Charities Senior Drop-In Centers are stand-alone facilities. Others are adjacent to one of our twenty-two affordable housing apartment buildings. The Argento Center is on the campus of Bernardin Manor,

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Special Dates

July 2022

Birthstone: **Ruby**
Flower: **Larkspur**

4 Independence Day
24 Second Annual
World Day for
Grandparents and
the Elderly

August 2022

Birthstone: **Peridot**
Flower: **Gladiolus**

6 Feast of the
Transfiguration
15 Feast of the
Assumption



*Greetings from
the Editor*

Katie McDonnell Bredemann

Happy Summer, Keenager Readers!

We hope you are enjoying every minute of these long days of sunshine and warmth. There is tremendous excitement and momentum at Catholic Charities, as we expand the coordination of our programs and services on the local level, establishing Regional Mission Boards to align with the six Vicariates in the Archdiocese of Chicago. See page two for details.

We have a number of program updates in this issue, along with special summer features. Please keep us informed about any changes to your subscription information. As always, we welcome your stories, poems and comments, too! Send us a letter (at 721 N. LaSalle Street, Chicago, IL 60654), call (312) 655 7425, or email us at keenager@catholiccharities.net. Finally, Pope Francis has designated the "Second Annual World Day for Grandparents and the Elderly" to be held on July 24. Remember that you are important to us at Catholic Charities, on this day and all through the year.

For the Keenager News Team,
Katie McDonnell Bredemann, Editor

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Catholic Charities Mission

Catholic Charities partners with mission-driven people and organizations across Cook and Lake Counties to witness a message of mercy and hope to a world in need. We are called to serve and accompany anyone, regardless of their faith, gender, race, or ethnicity.

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Catholic Charities Embarks on Bold New Vision to Help People in Need



Michael Monticello, left, Catholic Charities Chairman of the Board of Directors answers questions at a recent Spring Partner Gathering with Emile Johnson, Vice-Chairman of the Board of Directors.

There is great excitement and momentum at Catholic Charities as a new vision for helping people in need is being introduced across our organization. In response to a growing trend over the past decade, Catholic Charities is expanding its service opportunities on the local parish level, establishing Regional Mission Boards that align with the six vicariates in the Archdiocese of Chicago. The Regional Mission Boards will:

- Connect service opportunities with people who want to serve;
- Establish parish-based engagement and Mission Teams where like-minded people join in service projects together;
- Create greater awareness of the wide range of programs and services Catholic Charities offers; and
- Allow those who want to advocate for policies that benefit people who are suffering to participate in this work.

As **Partners in Mission**, those who are involved in these parish-based service opportunities will be directly supporting people in need with their volunteer assistance. There are two other components to this new “partner structure” that will allow more people to put their faith in action. They include:

Partners in Giving, who understand and want to support Catholic Charities' primary need of ongoing sources of income to continue our programs and services. By attending Catholic Charities fundraising events and offering financial support through Regular

and Planned Giving, appeals, and special campaigns, Partners in Giving know the vital role they play in fulfilling the mission of Catholic Charities; and

Partners in Prayer who want to help continue Catholic Charities' tradition of entrusting our work to God. Many people are involved with Catholic Charities because they believe they are serving Christ when they help people in need. As Jesus said, “Whatsoever you do for the least of my people, that you do unto me.” (Matthew 25:40). Accordingly, Partners in Prayer will be offered opportunities for communal prayer in support of our work, our clients, all who are involved with Catholic Charities, and the needs of our world.

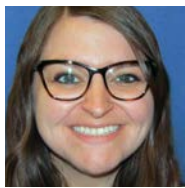
On any given day, those who believe in the work of Catholic Charities might participate as a Partner in Mission, Partner in Giving and/or a Partner in Prayer. We are inviting all who have been involved at Catholic Charities to share the good news about our mission with your family members of all generations, your parishioners, neighbors, work colleagues and friends. Invite them to learn about the history of our organization, and the impact that Catholic Charities has had in Cook and Lake counties for more than one hundred years.

In recent weeks, Spring Gatherings have been held with longtime supporters of Catholic Charities to introduce this renewed call to serve. The response has been overwhelmingly positive, as people dedicated to the mission of Catholic Charities see the potential that the Regional Mission Boards offer for serving client needs into the future. Many partners are sharing with us that they got involved, and stay involved because of the wonderful feeling they get from knowing they have helped alleviate the suffering of someone in need through their involvement with Catholic Charities. As one attendee said, “The earlier we can introduce young people to the work of Catholic Charities, the better, so they can see how rewarding it is to be involved in this great organization.”

Learn more and join us

View current service opportunities
ccofchicago@volunteer.com

Send questions or comments to
partners@catholiccharities.net



The Voice of Charity

Emily Tegenkamp
Program Coordinator, LOSS Program

Catholic Charities Loving Outreach to Survivors of Suicide (LOSS) Program was established 43 years ago by Fr. Charles Rubey and three families who had lost a child to suicide. At the time, there were not many resources available specifically for survivors of suicide loss, whose grief journey is much different. And while each story is unique, there are common elements that every suicide survivor experiences that have informed and refined LOSS's carefully and lovingly crafted services over the years.

The primary goal of the program has always been to accompany people during a time of great need and give them hope that they will one day regain a sense of stability and joy. LOSS gives survivors the practical and compassionate help they need to learn to live with their tragic loss, enable them to celebrate and honor the life of their loved one, provide strength to create a new life for themselves and their families, and ultimately,

LOSS Program Offers Families a Comforting Pathway Amidst Grief

to find a sense of peace and acceptance. The program accomplishes this through support groups that are co-facilitated by survivors of suicide loss and mental health professionals, individual counseling, special programming and counseling for children and teens, events and other opportunities to memorialize loved ones, a writer's group, grief speaker presentations, a bi-monthly publication, and ongoing pastoral support.

Beyond providing immeasurable hope to thousands of families, one of the major contributions of the LOSS Program has been to help de-stigmatize suicide and mental illness. At the time of LOSS's inception, there was a tremendous amount of stigma associated with suicide. Since then, we have learned that significant numbers of people who complete suicide suffer from depression or other mental illness. De-stigmatizing mental illness and bringing greater awareness to the many treatment options are critical to suicide prevention.

Similarly, when the program began, the Church's position on suicide was not widely understood. Fr. Rubey, in particular, has helped

so many families find peace in God's tender mercy, explaining that God recognizes the mental anguish of those completing suicide, and "By ways known to Him alone, God can provide the opportunity for salutary repentance." (Catechism #2283). Fr. Rubey and Fr. Larry Sullivan are also available to say home masses, perform blessings of homes and locations where loved ones have died, offer prayers at a gravesite, and provide counsel around questions of faith.

During the COVID-19 pandemic, LOSS was able to quickly shift to an online format, providing support groups over Zoom and telehealth counseling sessions. We were amazed at how well people adapted to this new format, which is often more convenient and enables them to participate from their own homes.

Even as we resume some in-person groups, LOSS will continue the on-line options, particularly the support groups, which now have participants from coast-to-coast. We have also conducted an online speaker series covering topics such as Spirituality and Grief, Teens and Grief, as well as many others that

are now accessible by anyone at any time on our YouTube channel.

It is an honor for me to be a part of this incredible program that has been replicated both nationally and internationally and given hope to so many people. Fr. Rubey often indicates how profoundly the LOSS Program has affected his own willingness to accept the mystery of God and the mystery of life. Survivors of suicide loss are asked to live with many unanswered questions and with a mystery that can seem unbearable. All those involved in the LOSS Program accompany each other on this difficult journey, working together to bring the peace and acceptance that is so desperately needed.

Connect with us

If you or someone you know could benefit from the services of the LOSS Program, which are provided free of charge to individuals and families of all religious and economic backgrounds, call (312) 655 7283.

National Suicide Hotline
(800) 273 8255



Loving Outreach to Survivors of Suicide



Sign up to receive news and updates about the LOSS Program

Obelisk, the LOSS program's publication, provides thoughtful resources, remembrances, prayers, and meeting information. To have it delivered to your inbox, email loss@catholiccharities.net.



Words for the Spirit

Reverend Charles T. Rubey

Founder and Director, LOSS Program (Loving Outreach to Survivors of Suicide)

Celebrating Saints Joachim and Anne, Jesus' Grandparents

It is a relief this summer to watch people having picnics again, going to concerts and ball games, and celebrating holidays together. You may remember that last summer Pope Francis established the First Annual "World Day for Grandparents and the Elderly." It was celebrated on the fourth Sunday in July, or the Sunday before the Feast of Saints Joachim and Anne (July 26), who were Jesus' grandparents.

This year, the "World Day for Grandparents and the Elderly" will be celebrated on Sunday, July 24. The theme is, "In Old Age, They Will Still Bear Fruit" (Psalm 92:15). Pope Francis wanted to establish this day in the life of our Church with the hope that we would use this occasion to remember the gift that our grandparents were/are in each of our lives. The Holy Father also wanted us to be reminded of what a blessing elderly people are. He has spoken often about the important role older adults play in society. Here are just a few of his quotes:

"Sometimes we cast the elderly aside, but they are a precious treasure."

"The quality of a society, I mean of a civilization, is also judged by how it treats elderly people and by the place it gives them in community life."

"Old age is a gift and grandparents are the link between generations, to transmit to young people an experience of life and faith."

We do not know much about Saints Joachim and Anne. Church tradition has said that St. Anne was born in Bethlehem and that once she met and married St. Joachim (pronounced wa-keem) they led a wealthy, devout life. Childless, they prayed to God to bless them with children and they each received the vision of an angel who announced that Anne would conceive and bear a wondrous child. Church scholars have debated through the years as to whether these or any other facts about Saints Joachim and Anne can be verified. What we do know is that Joachim and Anne serve as role models for parents and they deserve their place of honor as the parents of the Blessed Virgin Mary and the grandparents of Jesus.

Perhaps you can reach out to elderly family members or neighbors to wish them well in honor of this year's "World Day for Grandparents and the Elderly." If you are in that group of older adults, know that you are valued and appreciated. You have so much wisdom and experience to share with the world. If you find joy every day in life and are grateful for the gifts God has given to you, you can continue to be role models to every one who knows you.

I wish you a happy Second Annual "World Day for Grandparents and the Elderly" on July 24.

Keep on keepin' on,

Charles T. Rubey
Rev. Charles T. Rubey

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KMM JRP MM SM LMK CMK DEJ

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

An additional note from Fr. Rubey

"I am grateful to Deborah Major and Emily Tegenkamp for the outstanding job they do assisting me on the LOSS (Loving Outreach to Survivors of Suicide) Program. Emily's Voice of Charity column in this issue describes how the pandemic has helped us assist more survivors around the country through online programs and services. If you know any survivor we might assist, wherever they are in the grieving process, call us at (312) 655 7283 or send us an email at loss@catholiccharities.net."

Lourdes Pilgrimages with Father Wayne Watts Resume

With gratitude and trust in the guidance of the Holy Spirit, Fr. Wayne Watts, Associate Administrator of Catholic Charities and Pastor of Saints Joseph and Francis Xavier Parish in Wilmette, is leading a group of 33 pilgrims to Lourdes, France in late July after a two-year hiatus due to the COVID-19 pandemic. After months of preparation, the teenagers and adults traveling with Fr. Wayne eagerly await the opportunity to serve, pray in one of the holiest places on earth, and experience all that Lourdes has to offer.

In 1995, Fr. Wayne began leading youth and adult pilgrimages, often twice a year to Lourdes, France, where St. Bernadette saw 18 visions of the Blessed Virgin Mary in 1858. People of all races and religions from all over the world come to Lourdes to see where the visions took place and partake in the continuous, international religious services offered. Many sick and disabled people also come to Lourdes hoping for a miraculous cure by touching or drinking from the spring of water St. Bernadette discovered on her 11th apparition of Our Lady.

Pilgrims who travel to Lourdes with Fr. Wayne get accustomed to hearing him say, "It's the Holy Spirit" when someone recognizes "Perfect Timing" or "Can you believe how that worked out so well?" as their trip progresses. Fr. Wayne says, "When we allow the Spirit to lead, we will be amazed at the places we will go and the works God will be able to accomplish in our midst. Allowing the Holy Spirit to guide, protect and direct us will lead us to joy in this world and eternal happiness in the next."

Noreen Russo, who has served as Catholic Charities Associate

Director of Board Relations, Junior Board Manager, and Manager of the Homelessness Prevention Call Center, has helped Fr. Wayne coordinate the Lourdes pilgrimages for many years. Planning the logistics for 33 people to travel internationally is no simple feat, but Noreen masters it with ease. She also serves as one of the adult chaperones for the teenagers in the group. Regarding the 2022 trip, Noreen says, "I am looking forward to getting back to Lourdes and showing the youth of the Chicago area how the universal church comes together to pray, serve, and celebrate. It is a holy place that is all-encompassing of Catholicism!"

Throughout each trip, Fr. Wayne sends daily email blasts to parents, family members and friends in Chicago to keep them apprised of the group's activities. His 24/7 dedication to the safety and well-being of the pilgrims on each trip is incredibly inspiring.

Once they arrive in Lourdes and adjust to the time difference, the pilgrims in Fr. Wayne's group visit the places where St. Bernadette lived and went to school. She was a poor, sickly 14-year-old girl at the time of the apparitions, and she endured a terrible ordeal getting her local priest to believe her and build a church on the site, as Our Lady directed her to do. After "Walking in the Footsteps of St. Bernadette," Fr. Wayne's group gets to work. Travelers who are sick or disabled are called "malades," which means "to fall ill" in French. Volunteers push the malades in wheeled carts around the Sanctuary or the area around the Basilica of the Immaculate Conception and the



Fr. Wayne Watts, kneeling, center right, with the pilgrims who attended his group pilgrimage to Lourdes, France in 2019. The group stands in front of the Basilica of the Immaculate Conception in Lourdes.

pilgrims in Fr. Wayne's group join in these volunteer efforts assisting the malades, as a group, for part of each day they are in Lourdes.

Besides attending Daily Mass that Fr. Wayne offers, he also encourages pilgrims to do four other things: 1) Go to Confession; 2) Experience Eucharistic Adoration; 3) Sing in the choir that accompanies the beautiful nightly Rosary procession in the Sanctuary; and 4) Experience the "baths" in the structure adjacent to the basilica, where pilgrims are offered the opportunity to be privately "dipped" in the Holy Water that has produced hundreds of miracles over the past 164 years.

After spending a week in Lourdes, Fr. Wayne's pilgrimage usually stops for a second spiritual journey in Europe before returning to Chicago. This year, the group is traveling to Fatima, Portugal, where Our Lady appeared to three peasant children in 1917.

Because of Fr. Wayne's deep devotion to Our Lady and to helping thousands of pilgrims experience Lourdes with him, the Bishop of Tarbes, France bestowed a special honor upon him during the first ever

Chicago Archdiocesan pilgrimage (led by Francis Cardinal George) to Lourdes in 2008. Fr. Wayne is now known as an honorary chaplain at the Shrine of Our Lady of Lourdes.

All who know Fr. Wayne can attest to what a humble priest, friend of the poor, tireless servant of God, and skilled leader he is. Despite his very busy schedule of pastoral duties, he is available to assist anyone who reaches out to him. He is known to, "Say yes, then figure it out." The pilgrims joining Fr. Wayne and Noreen on the 2022 pilgrimage are especially blessed to bring the prayers and intentions of family and friends to Lourdes this year, when the world is in great need of peace and healing. As Fr. Wayne says, "Trust in the Holy Spirit, share your gifts, celebrate relationships—and God will figure out the rest!"

If you would like to learn more about Lourdes, and St. Bernadette, visit lourdes-france.org. There is an opportunity on this website to submit your Prayer Intentions and these are placed at Our Lady's Grotto where St. Bernadette's apparitions took place.

Wendela, the Original Chicago Architectural Boat Tour, in its 87th Season



Mary Ellen Kastenholz
Staff Writer

Ask tourists or Chicago residents what the most popular things to do in Chicago is, and a most likely response is enjoying a day on the Chicago River and Lake Michigan. It's also one of the best ways to appreciate the diversity and magnificence of the city's world-renowned architecture.

This fascination began in 1935 when Swedish immigrant Bo Albert Bergstrom drew upon his talent and ingenuity to create the Wendela, (meaning "wanders"), a wood hulled 65-foot vessel that held 96 passengers. A carpenter by trade, he was also known for his expertise in repairing

boats. He bought a yacht from one of his customers who was a former attorney for Al Capone! Needing funding to convert it to a tour boat, he turned to another boating enthusiast, Art Agra, a Portuguese immigrant and the two entered into a partnership.

Starting at the Northeast corner of Navy Pier, customers could buy tickets for the Wendela for 25 cents for a 30-minute ride on the Chicago River. Bergstrom thought it would be interesting for his customers to add an architectural narrative. While the tour gained in popularity, the partnership did not last and, soon after, Agra started his own line, eventually becoming known as Mercury Cruiseline. Today, both are successful fourth-generation businesses.

In 1938, Wendela moved to the base of the Wrigley Building. The Wendela was the first boat to use the new Chicago Harbor Lock separating the Chicago River from Lake Michigan. The lock was designed to reverse the flow of the Chicago River. Starting in 1943 and throughout WWII, Wendela provided "WWII Water Taxi" to the Navy, transporting sailors between the U.S. Great Lakes Training Station and Navy Pier. The Navy used the Wendela for training until military services were completed after WWII.

To make the name pronunciation easier, an additional "L" was added in 1956, changing the spelling to Wendella. The boat was chosen to be included in the welcoming flotilla for Queen Elizabeth and the HMS Britannica for the opening of the St. Lawrence Seaway in 1959, which was

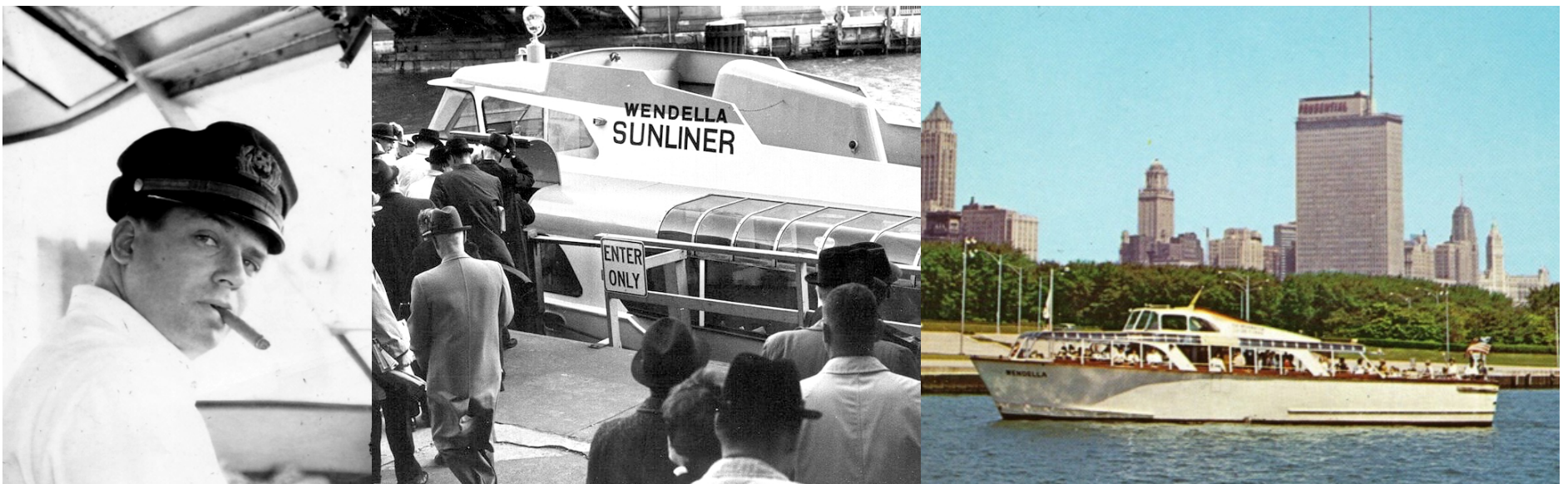
created as a navigational channel from Canada to the Atlantic Ocean to all the Great Lakes.

In 1962, commuters from Union and Ogilvie train stations had the new option of a direct shuttle service to Michigan Avenue when the Wendella Commuter Cruise began service between Ogilvie at Madison Street to the base of the Wrigley building during morning and evening rush hours. Today, it's known as the Chicago Water Taxi and boats are easily identified by their yellow and black colors.

In 2007, the third Wendella vessel was created as a two-deck boat measuring 89 feet long and thirty feet wide. The largest of their boats, it was designed to accommodate 390 passengers. In 2010, Wendella celebrated its 75th anniversary and introduced a sister ship named Linnea. Two years later, Lila was launched, named for the late Lila Bergstrom (1935–2011). In 2015, Lucia was introduced as the fifth tour boat.

In addition to architectural cruises, there are also numerous other ways to enjoy the Chicago River and Lake Michigan during these peak hot months in the city. Just in time to celebrate the birthday of our nation, Wendella offers an Independence Day Fireworks Cruise. There are also sunset cruises during the week and cruises on Wednesdays and Saturdays to see the fireworks show from Navy Pier. Beer & BBQ and with Wine & Cheese cruises can also be enjoyed.

Photos below and history detail courtesy of wendellaboats.com.



Left to right: Bo Albert Bergstrom at the helm of the Wendella; The Wendella Commuter Cruiser taxi service begins for downtown commuters in 1962; and, in 1985, Wendella celebrated 50 years of providing scenic cruises along the Chicago River and Lake Michigan.



A Catholic Charities staff member conducts a telehealth session with a client at The Encompassing Center. Telehealth services continue to be a convenient, private way for clients to receive assistance.

The Encompassing Center is a “Light” for West Side Residents

One of Catholic Charities’ newest service sites for alleviating mental health concerns is The Encompassing Center. Located on West Harrison Street in Chicago, The Encompassing Center offers accessible, quality mental health services to low-income and underinsured West Side residents. To be eligible for these behavioral health services, residents must live in East and West Garfield Park, or the Near West or North Lawndale communities. Residents in these communities often have barriers to quality, accessible health care, and The Encompassing Center was established to address that disparity.

According to Jennifer Smith, Director of the center, the name for this service site was derived from the meaning of the word “compass.” She explains, “Compasses lead the way and help people know where they are going. Similarly, The Encompassing Center is meant to be a place that helps clients get

to where they need to go next, whether that is getting assistance from the professionals who work here or helping them find resources in their own community that we extend a ‘warm handoff’ to. We try to be a light, or a guide to people who feel lost, or don’t know what they need, or where they need to go.”

“We try to be a light, or a guide to people who feel lost, or don’t know what they need, or where they need to go.” Jennifer Smith

Since The Encompassing Center opened in 2019, it has assisted almost 500 clients. As Jennifer describes, COVID-19 created or heightened a wide range of mental health concerns in the community, including job loss, homelessness, substance use, depression, anxiety, trauma recovery, grief and loss. Jennifer added, “We also had a number of people

stop by and just say, ‘I’m stressed out and need some coping skills.’”

Jennifer and her colleagues assist clients through case management, supportive counseling, therapy or clinical services, working with psychiatrists, and hospital resources as needed. They also collaborate with managers of other Catholic Charities programs and services, depending on the needs of each client, offering rental and housing assistance, food pantry referrals, and more.

Clients work with Case Managers to do a basic assessment, using evidence-based measurement tools such as the Daily Living Assessment. Once Case Managers make suggested treatment recommendations to a client, and he/she agrees, these same tools are used to gauge a client’s progress.

Once they receive professional services, Jennifer says that clients often amaze staff members with their resilience and desire to help others. As Jennifer explains, “There was a young girl who was in one of our support groups. I found out that she is a writer too. She got stronger and more confident, and ended up leading an Art Therapy Group and a Process Group once she got done. She had a good experience and then took that experience to help others.” Jennifer adds, “That’s what we need. We need to develop peer leaders at behavioral health centers, from those who struggled before themselves.”

Behavioral health professionals know that primary mental health concerns are sometimes challenging to determine. Jennifer says, “Sometimes things look differently than what they are. Someone might look like they need anger management, then we find out

that the anger issues are a result of that person’s depression.”

In addition, the professionals at The Encompassing Center know that mental health concerns can come and go throughout a person’s life. In particular, those who are recovering from traumatic experiences can be especially susceptible to recurring difficulties. Jennifer describes, “The past definitely impacts our experiences, whether it is our personal past or whether we are in it collectively through history, like we are with COVID 19. The beauty about counseling is that we can overcome experiences in the past in a variety of ways, including music, play with a small child, mindfulness (a stress-reduction technique) and making cognitive connections that help us become very aware that maybe we were functioning under trauma for a long time.”

Jennifer adds, “The key to moving beyond past traumatic experiences is being trusting, open, honest, and transparent to let the people you are working with really know what you are thinking and doing. It is definitely possible to move forward. You don’t have to take those burdens into the next phase of your life.”

The motto of The Encompassing Center is, “Living Your Best Life with Positive Outcomes,” and staff members remind clients that they are always welcome if/when they may need assistance again. As Jennifer says, “Whenever clients return, that makes us feel good, knowing we helped them before and they trust us to help them again.”

For more information on The Encompassing Center, visit encompassingcenter.org or call (773) 638 5703.

New and Refurbished Computers, Bicycles Help Veterans in Search of Jobs



Ed Leiser

Manager, Employee Communications

In our November/December, 2021 issue, Keenager News was delighted to feature an update on Catholic Charities Veterans Employment Program, which assists veterans in Cook and Lake counties with their career development initiatives, including skills assessments, resume writing, and mock interviews. Part of this program is the Veterans Computer Project, which distributes refurbished laptop computers to veterans in need, helping them re-enter the workforce and aid them in their job searches. Another component of the Veterans Employment Program is the Veterans Bicycle

Project, which provides new and gently-used bicycles for veterans to help them get to their places of employment.

Last Fall, we shared the news that Sipi Asset Recovery donated five refurbished laptops to help veterans in their job searches, and the good news does not stop there.

In late May of this year, the Veterans Employment Program and Veterans Computer Project received confirmation that two significant monetary donations would be coming their way. Our friends and community partners at AbbVie and the Allen J. Lynch Medal of Honor Foundation are generously donating gifts of \$2,500 and \$5,000, respectively, for additional new computers and for new bicycles for the Veterans Bicycle Project. These items will surely enhance the lives and well-being



Top: Mitch Siegel, left, Veteran Job Developer in Lake County with Tony Sansone, a volunteer IT technician who generously cleans and repurposes donated laptops and desktops so they can be used by veterans in their job searches. Below left: Aptinyx staff members Molly Dir and Tony Smolcich with laptops they very kindly donated to the Veterans Computer Project. Below right: Mitch Siegel gratefully accepts another donation of laptops from Lyle Baier, Campus Minister at Loyola Academy, Wilmette.

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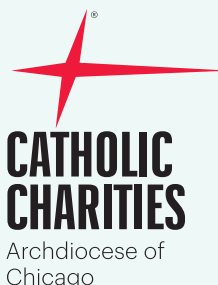
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For more information, contact **Nancy Hawes**, Director of Major Gifts at (312) 655 7348 or nhawes@catholiccharities.net.

of the many veterans that Catholic Charities helps.

In addition, Mitch Siegel, Job Developer for the Veterans Employment Program of Lake County, recently received four computers for the Veterans Computer Project from Loyola Academy in Wilmette. Mr. Lyle Baier, Campus Minister at the school, donated them on behalf of Loyola in the hopes that they will enhance the job search experience for veterans in need.

Recent clients who look for assistance through the Veterans Employment Program sometimes have to type out their resumes or apply to jobs on their cell phone devices, which takes too long and is not an efficient option for many. Having a personal laptop will allow these tasks to be done much faster.

"Without a computer it's extremely difficult to write a resume or do a job search... Receiving a computer has been a life-changing event for many of the recipients."

—Mitch Siegel

Mitch Siegel states, "Our Veterans Computer Project was started as a way to overcome barriers to employment. Without a computer it's extremely difficult to write a resume or do a job search. In the past two-years-plus of COVID-19 shutdowns, having a computer is even more important as most of the libraries and other facilities with public computers have been closed or have reduced hours. Receiving a computer has been a life-changing event for many of the recipients."

Thanks to Loyola Academy's students, staff, and Campus Ministry Office, more U.S. veterans will be


able to pursue jobs of interest to them quicker than ever.

Siegel adds, "Approximately 90% of the veterans receiving computers are currently or recently were in various homeless programs, vocational rehabilitation programs or transitional housing programs that are part of the Mental Health Department at the James A. Lovell Federal Healthcare Center."

Another example of kindness to our veteran clients came late last year from the Waukegan Public Library (WPL). The WPL donated 100 gift bags for veterans. They were put together as part of an Employee Work Day Gift project by the library employees. Mitch and his team distributed the gift bags to participants in the following programs at the James A. Lovell Federal Health Care Center in Waukegan: The Homeless Veterans Walk-in Center, the Homeless Veterans Residential Program, the Vocational Rehabilitation Unit, and the Transitional Residential Program. Our thanks go out to Gale Graves, WPL Acting Assistant Executive Director and Susan Royer, Executive Assistant, and their teams for their kindness and generosity.

Also in December, Aptinyx, an Evanston-based biopharmaceutical company that works to discover and develop therapies for brain and nervous system disorders, kindly donated 20 laptop computers, 20 docking stations, and a monetary donation of \$2,500. Catholic Charities and the Veterans Employment Program would like to thank our friends at Aptinyx for being another great community partner. Our clients and local veterans are incredibly grateful for this opportunity to receive upgraded technology that they sorely need.

The veterans who are being helped through the Veterans



Do you have a gently used computer that could help a veteran starting a new career?



Veteran's Computer Project

OF LAKE AND COOK COUNTY

Consider donating to this wonderful veterans program!
In today's job market, having access to a computer helps veterans search for and apply to jobs online, prepare and send resumes, follow up on employment prospects, and even participate in online skill-building programs. Financial donations are greatly appreciated, too, for the purchase of new computers and other equipment.

To learn more, contact:

Lake County: **Mitch Siegel**, (847) 782 4219
Cook County: **Bernie Gresham**, (773) 808 2954
Catholic Charities Veterans Employment Program

Employment Program have sacrificed a great deal for all of us through their service to our fine country. We enjoy many of our freedoms and rights because of the brave men and women of our armed forces. Through these great programs—and generous community partners—we can help them in this important way, to ensure they

can get back in the job market and re-establish their lives and careers.

To learn more about this program or to make a donation, contact Mitch Siegel at (847) 782 4219 if you are in Lake County, and Bernie Gresham at (773) 808 2954 if you are in Cook County.

one of these residences. On the day of the filming, the producers found the Argento Senior Center full of activity, as usual. Rob describes, "We serve 150-200 seniors a week. Our regular activities include Table Tennis, Wii bowling, Bingo, Billiards, card games, quilting and crocheting. The day that the producers came, we also had Line Dancing, and the producers stayed long enough to see how we run our congregate meal program too."

According to Rob, the COVID-19 pandemic caused a significant shift in seniors who come to the Argento Center on a regular basis. He explains, "Prior to COVID, 70% of our seniors came from the nearby communities and 30% came from the Bernardin Manor senior residence. Post-COVID, those numbers have changed dramatically. They have basically swapped over, and now 70% of participants live in the Bernardin Center and 30% are from the community. A lot of that is because of the apprehension that many seniors still have about congregating in spaces because they are one of the most vulnerable populations to COVID-19. It has been a tough two years for seniors, but things are getting better."

Magnolia Chandler is a regular participant at the Argento Senior Center and she was one of the seniors interviewed by the NCOA. When asked how she felt about being interviewed, Magnolia said, "It was very exciting! They asked me quite a few things about what we do here, how long I have been here, and I told them how much I love being here.... They also asked what I would say to another senior if I were to introduce them to the Argento Center as a place to come to and I said, 'Yes this is a beautiful place to live. It's quiet, it's peaceful, nobody bothers you, you can come down,



Top left: Seniors enjoying a pleasant morning at the Argento Senior Center. Top Right: Staff Member Danielle Rogers coordinates a Congregate Lunch for the seniors during a break in their activities. Bottom: Robert Boyd, Director of the Argento Senior Center is interviewed by Dianne Stone (far left) and Jesse Strauss on behalf of the National Council on Aging.

and go on the patio or go out front. It is a beautiful place to live."

Magnolia continued, "I have been coming to the Argento Senior Center for ten years. I look forward to coming down and seeing my friends and my neighbors. We laugh, talk, have lunch and we do a lot of things here. There is always something to do."

The Argento Senior Center has a Senior Council made up of 11 seniors, five of whom live in the building and six of whom live in the community. Rob believes this council is key to the center's success. He explains, "The Argento Senior Center is special because the seniors themselves are special. The Senior Council comes up with all of the ideas, activities, and special events, and it is my job as Director to facilitate those ideas."

In turn, senior participants and staff members feel fortunate to

have Rob as their Director. Magnolia shares, "Rob is a wonderful young man. He's a wonderful person. He is never too busy to listen to what you have to say. Sometimes I think he really overworks himself, but that's who Rob is. Anytime he needs me to volunteer for anything I do it for him, and I don't mind doing it. I appreciate everything Rob does for us."

Gene Showers, who also was interviewed by the NCOA says, "People get along well here. If it wasn't for Rob, none of the activities would be happening. His enjoyment is infectious." Kitchen Aide Danielle Rogers adds, "Rob is great with the seniors. I've never seen him in a bad mood. He sets the example for all of us. Everybody here is like family, even the staff."

The interviews conducted at the Argento Senior Center have been edited by the three producers, and they were part of a presentation at a

June conference sponsored by the National Council on Aging. Soon the interviews will be uploaded to the NCOA website (ncoa.org).

Rob meets with the directors of Catholic Charities' 11 other Drop-In Senior Centers every other month, when leadership team members from all Catholic Charities' Senior Services programs gather. They take these opportunities to share updates, new ideas, and best practices to improve all of the Drop In Senior Centers and the Adult Day Care Centers throughout the entire Catholic Charities network.

As millions of seniors, and especially those with chronic conditions, become more proactive about their health and take advantage of enjoyable activities in their communities, they find that the benefits, such as making new friends, adds to the satisfaction they find in advocating for themselves.

Magnolia is a fine example of this. She says, "I have been blessed to be here. I feel good and I thank God for every day that He lets me wake up. At this senior center, we have fellowship and we have fun." Rob adds, "Soon we are adding Zumba, Tai Chi, and other senior exercise classes too. Whatever the Senior Council asks for, I try to make happen."

Congratulations to Robert Boyd, and to the directors of all of our Drop-In Senior Centers for the outstanding work you do to develop enjoyable, engaging opportunities that enrich the lives of our clients.

Find a Senior Drop-in Center near you

To learn more about Catholic Charities' 12 Senior Drop-In Centers and all of our Senior Services visit catholiccharities.net or call (312) 655 7700.

Dog Aging Project to Aid in the Study of Human Aging



The National Institute on Health (NIA) established the **Dog Aging Project** this year to better understand how genes, lifestyle, and environment influence aging and can possibly help dogs and humans lead longer, healthier lives.

A great deal of research on aging has been conducted in laboratory studies, often using mammals such as mice and rats. By expanding this research, and doing more in-depth study on how dogs age, scientists hope to better understand how genes and environment affect aging in animals outside of a lab. The data will be generated using **companion dogs**, or dogs that provide companionship as a pet, rather than working dogs. The NIH has concluded that because companion dogs are animals that live closer to human life experiences, they can provide additional,

meaningful insights into all types of studies about biological aging.

A press release announcing the Dog Aging Project states that “the companion dog is an ideal animal to study biological aging” for the following reasons:

1. Dogs are one of the most variable animal species in terms of size, shape and behavior.
2. Like humans, dogs vary in life expectancy and the types of diseases they can be susceptible to.
3. Companion dogs can experience nearly every functional decline that humans do, and canine diseases are diagnosed and treated with a health care system that parallels human health care in many ways.

The Dog Aging Project is studying dogs of all breeds (purebred

and mixed breed), as well as all ages, sizes, and sexes of dogs. In addition, participation in this project will be open to all geographic regions in the United States, including urban, suburban, and rural areas. Furthermore, DAP scientists are collecting a wide range of information that will help determine how well participating dogs are aging.

The study includes analyses of the physical health of companion dogs, including samples of their blood, urine, hair and feces, as well as their health history and physical measurements, plus lifestyle and environmental factors that will help determine causal factors that contribute to the aging process. The scientists involved in this project are working with dog owners, veterinarians and researchers so that the results establish the foundation for a

community science approach to aging research in dogs.

Clinical trials also include a one-year prescription of a low dose of rapamycin, which has been shown to extend lifespan and improve health in mice. This is to test the hypothesis that rapamycin may increase a dog’s lifespan, improve heart and cognitive function, and reduce age-related diseases in middle-aged, large breed dogs.

All of the data gathered will be studied in relation to other research on the aging process of humans to see where scientific comparisons and conclusions can be made.

This project, in addition to the extensive work done on the emotional intelligence of dogs, remind us of the many ways that companion pets enrich our lives.

Source: <https://www.nia.nih.gov/news/dog-aging-project-goal-help-both-dogs-and-humans-live-longer-healthier-lives>

Get more information and nominate your best friend!



Dog Aging Project

Dog owners who would like to consider participating are encouraged to nominate their pets.

ALL dogs are welcome—young and old, mixed breed and pure-bred, healthy and those with chronic illness. If you and your best friend are interested in joining the study, start the process by visiting **dogagingproject.org**.

Photo courtesy of unsplash.com

Reader's Corner

Poems and musings submitted by our readers and from the Keenager archives



To America with Love

America, within your scope, there's life, liberty
and hope.
You radiate the warmth, the glow, that's why
your people love you so.
No other land can quite compare, God blessed
you with His gentle care.
You've opened up your generous arms, and
shared with all your many charms.
Your flag flies high, a banner bright,
resplendent Old Glory, a beautiful sight.
Its sun-drenched stars, on a field of blue,
proclaim the love we have for you.
America, you've lead them all, whenever you
heard a despairing call.
You've shared your men, your abundance and
love, with the helping of the One above.
Your goal is peace, you'll pass the test,
America so gentle, America the blessed!

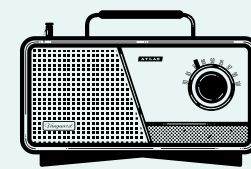
– Helen C. Harasim



August

The month of August is unique, it has no
holidays of which to speak,
Just summer days that hurry by, doing the
things that we all try.
We're rushing somewhere every day, spending
our time along the way;
No matter how our plans are made, there's not
time enough out in the shade.
Enjoying leisure, gee, what's that? We should
take lessons from the cat.
The daily grind is never done, to leave us free
for summer fun.
Just let things go, they will be there, when we
get back from anywhere.
Our picnic plans postponed again, when all
can come, no one knows when.
The kids will ask, "What can we do?" But not
the things we tell them to.
Kids have ideas all their own, they're shocked
how fast this month has flown.
They know when August days have passed, fun
time is through, and all too fast.
Then they'll be back again in school, cramming
to learn, and following rules.
Learning can be fun as well, let's hope that
comes, with the ring of the first bell.

– Hazel Adelman



Name that Tune Through the Decades

Unscramble the words in capital letters
to reveal the names to some classic hits.
Enjoy humming along the way!

1940's

As Time SEOG By
LUOLY Never Know
There Are HCSU Things
It Never TENREDE My Mind
GLOMTIONH Becomes You
Sunday, Monday or LAYWAS
In The ODOM
I'll Be NEISEG You

1950's

Lonely ERORPTAD
NRAETGEE In Love
RAHTE Angel
You DNES Me
CANHNIDEU Melody
Don't Be LERCU
OKOB of Love
Sixteen SNT0

1960's

REDADYMA Believer
You Can't RYHUR Love
NICDNGA in the Streets
A NSIG of the Times
LICFNIAROA Dreamin
I Saw Her DTGNNAIS There
The RASET of a Clown
Good IOBSNIATVR

1970's

ETHLO California
For All We WONK
I'll Be ETEHR
NURAVTE Highway
Just My INAGIATMNO
TISNYA Alive
REANICAM Pie

from The Recipe Box

Summer Spaghetti

from a Keenager Reader

Ingredients

1 lb. firm ripe plum tomatoes	2 T. shredded fresh basil or ¾ t. dried basil
1 medium onion	¼ t. dried oregano
6 pitted green olives	1 T. red wine vinegar
2 medium cloves garlic	½ c. olive oil
1/3 c. chopped fresh parsley	1 lb. uncooked pasta

Preparation

Chop tomatoes coarsely. Add oil and vinegar to tomatoes and stir well. Chop onion and olives; mince garlic. Combine tomatoes, onion, olives, garlic, parsley, basil, and oregano in a bowl. Toss well. Cover and refrigerate at least 6 hours or overnight.

When ready, cook pasta and drain well. Immediately toss hot pasta with cold marinated vegetables. Serve at once. Serves 4-6

Mustard-Glazed Spareribs

from a Keenager Reader

Ingredients

Ribs	Mustard Glaze
2 t. minced fresh rosemary	1/3 c. firmly packed dark brown sugar
2 medium garlic cloves, minced	¼ c. course-grained Dijon mustard
1 rack (about 3 lb.) pork spareribs	2 T. plus 1 and ½ t. cider vinegar
Salt and freshly ground pepper to taste	1 T. molasses
	1 and ½ t. dry mustard

Preparation

Preheat oven to 350 degrees. Rub rosemary and garlic onto both sides of ribs. Sprinkle with salt and pepper. Arrange meaty side down on baking sheet. Bake 1 hour, turning once. Meanwhile, prepare glaze by combining all ingredients in heavy, small saucepan. Bring to simmer, stirring, then cool mixture. Prepare barbecue grill on medium heat. Place ribs on grill rack, meaty side up. Spread top with 1/3 of glaze. Cook until bottom side is crisp, about 5 minutes. Turn, spread second side with glaze and cook about 5 minutes. Transfer to platter and cut into individual rib pieces. Serves 2 (Can be prepared 1 day ahead, if cooked, cooled completely, then covered and refrigerated.)

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



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



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Humor & Nostalgia



EVERYBODY has a funny story or two to share about their family summer vacations. When Chevy Chase and Beverly D'Angelo starred in the first "National Lampoon's Vacation" movie in 1983, and Clark and Ellen Griswold and their kids (Rusty and Audrey, remember?) were on a summer adventure of their own, everyone saw a little (or a lot) of their own family in the Griswold hi-jinks! Hope you get the chance to watch this hilarious comedy again sometime this summer. In the meantime, enjoy these jokes about station wagons, coast to coast fun, and the good ol' summertime.

Where do sharks go on summer vacation?

Finland!

A book never written: "Where to Stay on Vacation" by Moe Tell.

Why did the robot go on summer vacation?

He needed to recharge his batteries.

Why don't mummies go on summer vacation?

They're afraid to relax and unwind!

First woman: My son came to visit for summer vacation.

Second woman: How nice! Did you meet him at the airport?

First woman: Oh, no. I've known him for years!

Why can't basketball players go on summer vacation?

They'd get called for traveling!

Where did Tarzan go on summer vacation?

Hollywood and Vine.

Why did Humpty Dumpty have a great fall?

To make up for his miserable summer.

Where do ants go for vacation?

Frants

Why didn't the elephant buy a suitcase for his vacation?

Because he already had a trunk!

Source: scoutlife.org and Warner Bros. Pictures



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JULY/AUGUST 2022 VOL. 54, NO. 04

July/August Celebrations

Birthdays

Nifty Nineties

Steve Lazarz..... 90 on 7/16
Rosalie Pepper 90 on 7/19
Stanley Szott..... 90 on 7/23
Rose Ann Lazarz 90 on 8/28

Extraordinary Eighties

Sharon Malen..... 80 on 7/14
Mary Ann Simons..... 80 on 7/15
Lucille De Vaux..... 80 on 7/16
Carol Penkala..... 80 on 7/17

Daniel Gols 80 on 7/27
Sharon Dembinski 80 on 7/29

Belated Birthdays

Virginia Wiener..... 90 on 6/18
Frances Davis..... 80 on 6/10
Lorenzo Favia..... 90 on 5/29
Maria Prado..... 100 on 5/21
Maude L. Brooks..... 100 on 4/22
Joan Dwyer 90 on 3/25
Evelyn Stofer..... 80 on 9/11

Anniversaries

Tony & Pat Belmonte: 60 on 7/1
Joseph & Rosemary Mango: 67 on 7/2
Carl & Cathy Lambrecht: 64 on 7/26
Joseph & Donna Hehl: 62 on 7/30
David & Karen McNeal: 52 on 8/1
Bruce & Colleen Von Ohlen: 50 on 8/5
Alphonse & Pauline McCown: 56 on 8/6
Frank & Christine Docekal: 50 on 8/12
Gary & Deborah Weber: 50 on 8/12
Vincent & Shirley Gentile: 65 on 8/24
Robert & Rosemary Holbach: 74 on 8/28

Belated Anniversaries

David & Dorothy Sewnig: 71 on 6/30
Richard & Marie Swon: 70 on 6/28
George & Lois Melchiorre: 67 on 6/26
Steve & Rose Ann Lazarz: 66 on 6/16
Wayne & Mary Mitchell: 54 on 5/11

Submissions

Keenager is delighted to help celebrate your special birthday (80, 90, 100 years+) or anniversary (50+). Please mail or phone us your submission eight to 10 weeks in advance. We regret that limited space does not allow us to publish birthdays in between those decades. Happy Birthday and Happy Anniversary to all Keenagers celebrating their special days!