

Bringing News  
to Seniors  
Since 1969

Visit us at  
[catholiccharities.net](http://catholiccharities.net)

# KEENAGER *'Young At Heart'* NEWS

May  
and June  
2023

Volume No. 55  
Issue No. 03

A Publication of **Catholic Charities** of the Archdiocese of Chicago

## Catholic Charities 2023 Mother's Day Appeal: Improving Lives, Nourishing Spirits

When Catholic Charities of the Archdiocese of Chicago was founded in 1917, our first slogan was "Women and Children First," recognizing the volume of destitute women and infants left alone after World War I. While we have conducted appeals since the beginning, it was in the late 1950s that Monsignor Vincent Cooke convinced Cardinal Samuel Stritch, Archbishop of Chicago to reschedule the collection to be on Mother's Day. He advised the Cardinal that (at that time) more Catholics attended Mass on Mother's Day than on Christmas Day or Easter. From that year onward, this special giving opportunity has been known as the Mother's Day Appeal.

As we continue to nurture mothers and children, we often are inspired by the words of saints like St. Louise de Marillac who was

herself a mother and said of Jesus, "**He always subjected Himself to others, saying that He did not come upon earth to carry out His will. He came to serve, not to be served.**" We accomplish only a fraction of the magnificent enterprise that is God's work. Yet we know that we are making a difference, improving lives, nourishing spirits, and continuing a great legacy of charity in Chicago that has been entrusted to us.

Catholic Charities dedicates its 2023 Mother's Day appeal to all mothers, grandmothers, godmothers, and other nurturing women in our lives. We invite you to learn more about some of the programs and services we offer (page 6) that aid mothers and children.

**CONTINUED ON PAGE 6** →

### Help Mothers in Need

*Your gift to the Catholic Charities Mother's Day Collection brings joy and hope to local mothers in crisis – and their children.*

Give securely at [catholiccharities.net/donate](http://catholiccharities.net/donate)



*A mother and her son enjoy a special day at the 2022 Annual Achievement Celebration of the Family Self-Sufficiency Program.*

### Greetings from the Editor

**KATIE MCDONNELL BREDEMANN**



**May and June give us much to celebrate!** We honor all mothers and fathers in this issue and thank them, especially on Mother's Day and Father's Day as we recall how they selflessly gave of themselves to help us get started in life. Don't miss the special Voice of Charity column on Page 3 from Sally Blount, our President and CEO, and enjoy the fabulous arrival of summer in Chicago!

Non-Profit Org.  
U.S. Postage  
PAID  
Chicago, IL  
Permit No. 1513

**Catholic Charities** Archdiocese of Chicago  
721 North LaSalle Street  
Chicago, Illinois 60654



### CONTRIBUTORS

**p3 The Voice of Charity**  
Sally Blount



**p4 Words for the Spirit**  
Rev. Charles T. Rubey



**p7 Chicago History**  
Mary Ellen Kastenholz



### SPECIAL FEATURES

- p5 Lessons from Our Lady**
- p9 Affordable Housing Update**
- p10 Senior Perspectives**
- p12 Memorial Day 2023**

### SPECIAL DATES

**May 2023**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**

- 5/5** Cinco de Mayo
- 5/13** Our Lady of Fatima
- 5/14** Mother's Day
- 5/18** Feast of the Ascension
- 5/28** Feast of Pentecost
- 5/29** Memorial Day

- June 2023**  
Birthstone: **Pearl**  
Flower: **Rose**
- 6/14** Flag Day
  - 6/15** World Elder Abuse Awareness Day
  - 6/18** Father's Day
  - 6/19** Juneteenth
  - 6/21** Summer Solstice

For more news and information about events, visit [catholiccharities.net](http://catholiccharities.net).

## Soup and Stations Gather Parishioners Across the Archdiocese

Soup and Stations events were increasingly popular this Lent, including those pictured here at St. Thomas the Apostle Parish in Chicago and St. Peter Claver Courts, a Catholic Charities senior housing residence in Robbins. The latter was coordinated in tandem with St. Mary Magdalene Parish in Blue Island.

Our staff was on hand to share information about our programs and services and ways to join in our mission. Thank you to all who are joining in our work across Cook and Lake counties! Send your parish partnership stories to Brittany McGhee at [bmcghee@catholiccharities.net](mailto:bmcghee@catholiccharities.net).



**Left:** St. Thomas the Apostle Parish volunteers serve soup, and friendship.



**Right:** Residents of St. Peter Claver Courts welcomed the weekly Soup and Stations events.



Sr. Bernadette Eaton with Fr. Wayne Watts (left), and Fr. Gerard Kelly, C.M.

## Sr. Bernadette Eaton Celebrates 75 Years of Religious Life

A Mass and reception were held to honor Sr. Bernadette Eaton, as she celebrates 75 years as a Sister of St. Joseph of Carondelet. Sr. Bernadette was born in Peoria and served as Project Coordinator to the Office of the President at Catholic Charities from 2005 until she retired in 2021. Fr. Wayne Watts, Associate Administrator and Fr. Gerard Kelly, C.M. concelebrated Sr. Bernadette's 75th Anniversary Mass. Sr. Bernadette continues to volunteer with Catholic Charities and she is loved and admired by many. Congratulations, Sr. Bernadette!

## Choose Joy!

### The Voice of Charity

**SALLY BLOUNT**  
President and CEO,  
Catholic Charities of  
the Archdiocese of Chicago



We've been talking a lot about joy at Catholic Charities in recent weeks. As you might imagine, much of our work is hard, especially in this time of high inflation and global uncertainty. Each day, we see the harsh realities confronting so many families, children, migrants, seniors. . . The scope of need – be it material or spiritual – is immense.

And even as we lean into our mission, our lists will never be fully completed. There is always more that we wish we had the resources and funding to do for the people we encounter. You see, the people called to work at Charities really believe that we can make the world a better place. We wrestle with the fact that we can't fix everything, that we can't meet every need.

And yet, God calls us to serve with joy – not a sense of duty, or underlying disappointment that we can't do more, or even spiritual grit. We are called to serve with joy. So where do we find joy, especially in these harsh, uncertain times?

Last winter, when I was struggling through a particularly challenging day, I had a late-afternoon appointment with the Cardinal. As he greeted me and we sat down to talk, I said that I needed to ask him a question. I inquired, "So how is it that you stay so joyful and positive, amid all the hardship that you see and must carry each day for the Church?" He immediately smiled and answered, "Several years ago, I realized that I had to truly decide: Who do I really believe is in charge? Is it me or is it the Holy Spirit?" And he looked at me and said, "It's your choice – you get to decide."

That moment has stayed with me, as I have worked to take that lesson to heart. If I really believe all of Jesus' teachings, as deeply as I believe that I do, there is only one answer. And it is a *wonderful* one.

### *It is not me – I am not in charge!*

As Jesus reminds us in Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest." And when I remember that and find that rest, my work is so much easier and so much more joy-filled.

It may be the joy I feel when we help pay a family's utility bill, the delight of a teammate's surprise cookie-bake, or the gift of an unexpectedly large donation toward our work.

And if I ever waver, I need look no further than the faces of those who supper with us each night in Vincent Hall – the joy is all over.

As I work to embrace this new level of faith, *truly knowing that God is in charge*, I find myself smiling and laughing more. I find inspiration in the words of the late poet Mary Oliver, "If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it ...whatever it is, don't be afraid of its plenty. Joy is not made to be a crumb."

May we all give into joy in this month – wherever we find it. It is truly a gift from God. Oliver is right, we shouldn't be afraid of its plenty. God did not make joy to be a crumb!



Tuesday Night Supper volunteers bring joy, and a hot, sit-down meal to more than 200 guests each week.



## Bring **joy** and **hope** to **mothers in need** this month and all year long.

As the region's largest human service provider, your gift to the Catholic Charities Mother's Day Collection brings joy and hope to mothers in crisis – and their children – right here in Cook and Lake counties.



Give securely at [catholiccharities.net/donate](http://catholiccharities.net/donate) or scan the QR code to the right.

Learn more at [catholiccharities.net](http://catholiccharities.net)





# Mothers, Fathers and Other Blessings in our Lives

## Words for the Spirit

REVEREND CHARLES T. RUBEY

Associate Administrator, Founder and Director, LOSS Program



As we enter the months of May and June 2023, I think it is important to focus on Mother's Day and Father's Day. These are very important events to remember our mothers and fathers. In doing so we recall our childhoods.

I want to reflect on my childhood and the memories that I have about that part of my life. We did not have a lot of money. We were not poor, and my father was a hard-working provider. He drove a truck for a living and worked part time at a gas station to get extra money. He had a very strong work ethic and was a good example of being honest and

trustworthy. Our lifestyle was very simple. In a word, my childhood was happy, and carefree. My mother was a stay-at-home mother. She was a good cook, and her cooking was always simple and nutritious. We ate supper together and engaged in good conversation.

My sister and I were very fortunate to have such loving parents. They enjoyed each other and I can never recall any arguments between them. Our home was very peaceful, and it was a home where we could always bring our friends over to play.

My Father died at the age of 50. He had a bad heart, and this was before any medical procedures were found about the care of one's heart. He was hospitalized for some heart issues. I visited him in January, and he said that if he reached 50 he thought that he would have this heart issue taken care of. He died four days after he reached 50. We were all greatly saddened by his death.

My mother, sister and I grieved his death and carried on with our lives. My sister was married with two small children. She eventually had three more children. I was in the seminary and was ordained in 1966.

My mother lived her life and worked in an office. My mother's sister moved in with her the very day my father died, and they lived together for many years. My aunt died in the early nineties and my mother lived alone for a number of years, and then my sister died after a sudden heart attack. My mother took her death quite hard. Parents should never have to bury one of their children. About a year after my sister died, my mother had a severe stroke and never regained any consciousness. She lived for about a week after the stroke. I asked the doctor what I should do for my mother. He said I should let her die. This was on a Friday before Mother's Day. I said to her that my Mother's Day gift for her that year was to go home to the Lord. She was taken off a few IVs and she died very peacefully. I never had any regrets about that decision. Her death was very peaceful and without any struggle.

That is my story about my family. I think it is important to recall our past and to be grateful for who we are and the blessings in our lives.

Keep on Keepin' On,

# Lessons from Our Lady

As May begins, the Church invites us to deepen our relationship with the Blessed Virgin Mary by attending May Crowning ceremonies, perhaps setting up a May Altar in our homes and/or praying a Daily Rosary. We can also find renewed inspiration from biblical passages containing direct quotes from Our Lady.

There are only four passages in scripture in which the Blessed Virgin Mary's spoken words are documented. Three are found in the Gospel of St. Luke, and they are all Joyful Mysteries in her Holy Rosary. The first is **The Annunciation**. The angel Gabriel appears to Our Lady and tells her she has "found favor with God." Learning that she will become the mother of Jesus, Our Lady says, "How will this be, since I have no relations with a man?" Once the angel explains that she will conceive a child through the power of the Holy Spirit, Our Lady immediately accepts the will of God, saying, "Behold, I am the handmaid of the Lord. Let it be done to me according to your word." (Lk 1: 26-38)

The second occasion in which the Blessed Mother is quoted is in **Mary's Visitation** with her cousin, Elizabeth. At the sound of Mary's arrival and greeting, Elizabeth's unborn child, St. John the Baptist leaps in her womb. Elizabeth becomes filled with the Holy Spirit, recognizes that Mary was blessed among women and says, "Who am I that the mother of Our Lord should come to me?" Our Lady's response, The Magnificat, continues to offer inspiration on many levels:

*"My soul proclaims the greatness of the Lord, and my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him.*



*He has shown might with his arm; dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever." (Lk 1:46-55)*

The third biblical passage in which Our Lady speaks, **The Finding of the Child Jesus in the Temple** reminds us how human the Blessed Mother was, as she searches for Jesus in the crowd, hoping He is safe. When Our Lady and St. Joseph find Jesus, she says to Him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." Jesus replies, "Did you not know that I must be in my Father's house?" And Mary is left to "keep all these things in her heart," and continue to trust in Her Son as the events of His life unfolded. (Lk 2:48)

The Gospel of St. John provides the fourth, and last place in scripture in which Our Lady is quoted.

During **The Wedding at Cana** (a decade in the Luminous Mysteries of the Rosary), Our Lady asks Jesus to perform His first miracle. She says to Him, "They have no wine." Trusting that Jesus will fulfill her request and prevent embarrassment for the newlyweds and their families, Mary tells the servants, "Do whatever he tells you." (Jn 2:3-5) This is the last direct quote from Our Blessed Mother in the Holy Bible.

Other beautiful Gospel passages describe Our Lady's central role in Jesus' life and his ministry on earth. She also played a vital role in Jesus' Resurrection and in the lives of the apostles after Jesus ascended to heaven. These four speaking passages, and all that Our Lady accomplished on earth give us much to reflect on during this, her month of May. The Blessed Virgin Mary's humble words and actions show us how to **trust and glorify God, accept that His mystery is part of life, and follow Jesus' commands**. Simple, awe-inspiring lessons to think about, and abide by.

Sources: bible.usccb.org; Aleteia.org; Udayton.edu; "The Life of the Blessed Virgin Mary, from the Visions of Blessed Anne Catherine Emmerich," Saint Benedict Press. Photo: unsplash.com

## † 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.*

GL	JTI	REA
----	-----	-----

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 your request, contact Keenager News at (312) 655 7425 and we will include your initials in the publication of this Novena. No payment required.



← CONTINUED FROM PAGE 1

## Programs and Services We Offer that Aid Mothers and Children:

### Pregnancy, Parenting and Adoption Services

Help all mothers and their babies feel support and love through our prenatal programs that provide a network of resources and advice to parents navigating the addition of a baby or child to their home.

### Child Care Services

Along with case management and counseling, we provide early childhood education and care for residents in and near Berwyn and Summit. With many families involved in the welfare system, these services accompany families through a crucial time in their children's development.

### Family Centers

Our centers in Waukegan and Berwyn empower families to overcome challenges of unemployment, health, household finances, language skills, and literacy through case management and counseling.

### Domestic Violence

Catholic Charities assists survivors of domestic violence offering opportunities to regain dignity and independence and move toward a secure future. Our programs, including secure transitional housing residences, provide women and their children a safe environment as they rebuild their lives.

### Post Adoption Services

Adoption is part of the rich history of Catholic Charities. Today, we work with adult adoptees and their families offering Search and Reunion services, Mutual Consent Registry, Non-identifying Background Information, Individual and Family Counseling and Supportive Services/Support Groups.

**The Catholic Charities 2023 Mother's Day Appeal is in full swing, raising critical funds for all of these programs that help women and children find greater steadiness, peace of mind, and direction in their lives. We believe in the potential of every person that we serve. Please consider a donation during this crucial fundraising time that ensures continuation of our services. The most secure way to give is at catholiccharities.net/donate, or see Page 3 for ways to give. We thank you very much for your interest and support in joining Catholic Charities' mission of mercy.**



**Top:** Wonderful childcare is provided at St. Mary of Celle in Berwyn.

**Middle:** Our Roseland Adolescent Parenting Program strengthens families.

**Bottom:** WIC Centers provide Basic Needs to young mothers and children.

## Vehicle Lifts

“Affordable Alternative to Full Conversion”

- Options for EVERY make and model
- Freedom to go where you want!
- Reliable and Easy to use!
- Visit us: [www.rampnow.com](http://www.rampnow.com)

**Call Today!**  
**630-892-7267**

Access and Independence with Dignity

#THEVOICEOFCHARITY

8:30 TUESDAY MORNINGS  
RADIO 750 AM  
YOUTUBE.COM/CATHOLICCHICAGO

The Voice of Charity

JOIN US

Tuesday Mornings at 8:30  
WNDZ 750-AM

[youtube.com/catholicchicago](https://youtube.com/catholicchicago)

Great conversations on  
issues that matter.

**Make it part of your week!**

## North Lawndale: Rich in History and Revitalization

### Chicago History

MARY ELLEN KASTENHOLZ

Volunteer Writer



Two years before the Great Chicago Fire in 1871, North Lawndale was annexed from Cicero Township. It was originally called Lawndale, resulting from a marketing strategy of Millard and Decker Real Estate. The realtors purchased the land in hopes of selling property to create an affluent neighborhood with the name evoking a suburban feel distant from the noisy city. As one of the 77 communities of the city of Chicago it still has the greatest concentration of Greystone buildings.

Things changed quickly as the industrialization of Chicago took over. After the fire, McCormick Reaper Company built a plant and Sears Roebuck set up its headquarters attracting a labor force of immigrants from the Czech Republic and Eastern Europe. They moved to the area, creating Czech cultural institutions and churches. They left for the suburbs and the second wave of residents, mostly of Jewish

descent moved in from Maxwell Street. The neighborhood was labeled “Chicago’s Jerusalem” becoming the center of Jewish culture with synagogues and social organizations. Israeli Prime Minister Golda Meir lived briefly in North Lawndale in 1912. It’s estimated that 30%–40% of the Jewish population lived in the neighborhood during the 1920’s and 30’s.

By the 1950’s North Lawndale became one of the few affordable areas of Chicago where blacks from the southside and southern states could live. White residents began moving away – part of the growing pattern of white flight across America. While blacks could rent, it was nearly impossible to buy homes because the community was in a red-lined district where the federal government would not issue mortgages so banks couldn’t lend to prospective buyers.

The 1960’s brought social and economic catastrophes with residents and businesses leaving, bringing loss of jobs, poverty and abandoned property. In 1966 Martin Luther King and his family moved into a run down apartment to draw attention to the deplorable conditions which eventually paved the way for the Fair Housing Act in 1968.

After MLK’s assassination on April 4, 1968 in Memphis, wide spread rioting and violence took place for several days in North Lawndale, leaving destruction of homes and businesses as well as loss of lives. This accelerated the departure of nearly 75% of businesses such as International Harvester, Sears, Zenith,

Sunbeam and Western Electric in the 1970’s and 80’s. The neighborhood population today is a fraction of what it was in 1960.

To combat the discriminatory real estate practice known as contract selling, a grass roots organization called the Contract Buyers League sprang up in North Lawndale in 1968. The group was assisted by a Jesuit seminarian, Jack MacNamara and twelve white college students through the Preservation Roman Catholic Church led by Msg. Jack Egan. Groups like this popped up across the country.

Since the 1980’s revitalization efforts have been ongoing in North Lawndale. The Homan Square redevelopment has repurposed the Sears complex which includes 55 acres that had been the home to the Sears catalog facility, office tower (now known as the John D. and Alexandra C. Nichols Tower) and power plant that were built between 1905 and 1907. Today it has a 70,000 square feet community center, 14 story arts education space, youth leadership, non-profit and job training areas and 400 affordable housing units. There is also a public charter elementary and high school. A new apartment building known as the Dr. King Legacy Apartments has been built on the actual site where Martin Luther King lived at 16th Street and Hamlin. Many nonprofits, religious organizations and businesses have joined in the redevelopment efforts.

Sources: [neighborhood.com](http://neighborhood.com); [iff.org](http://iff.org)

### K Town

In one area of North Lawndale (bounded by W. Kinzie St., W. Cermak Rd., S. Kostner and S. Pulaski Rd.) all the streets begin with the letter K. In the late 1800’s, Chicago had a plan to name all north-south streets with consecutive letters of the alphabet in one mile sections starting at the Indiana border. The first 10-mile residents either resisted or the streets were already named so the 11th letter K started in North Lawndale which marked 11 miles from the Indiana state border.

Street names are: Karlov, Keating, Kedvale, Keeler, Kenneth, Kenton, Keystone, Kilbourn, Kildare, Kilpatrick, Kirkland, Knox, Kolin, Kolmer, Komensky and Kostner.

K Town was named to the National Registry of Historic Places on September 10, 2010.



Dr. Martin Luther King, Jr. lived for a time in the North Lawndale neighborhood, at 16th Street and Hamlin Avenue.



# Adult Day Services Support Seniors and their Families

As we often say in *Keenager News*, seniors are very important to us at Catholic Charities. Last year, seniors in Cook and Lake counties were assisted 81,000 times with Catholic Charities services to connect them to care, arrange supportive services, and ensure their safety. That was a 30% increase from the previous year, and Catholic Charities made sure that we rose to that challenge. Our goal is to help seniors live independently, in their own communities as much as possible.

Included in our Senior Services are: 19 residential buildings for low-income seniors, food distribution through our food pantries, congregate meals and home-delivered meal programs, counseling, and Adult Protective Services, if needed. We also have ten Drop-In Centers, where seniors can find socialization and access to community resources...and we offer Adult Day Services featuring three centers for older, frail adults who cannot be left alone. These three centers served 250 seniors last year, providing kind, professional, ongoing support to seniors and their families.

Our Adult Day Services provide supervised socialization and activities in a safe and supportive environment to those with special physical and/or mental health needs. Trained staff members work to ensure that these vulnerable seniors continue to receive encouragement to make the most of every day, while family members/caregivers are given a break from 24/7 caregiving responsibilities.

Ongoing efforts are made to enrich each day for participants, through activities such as: art classes; computer classes; dance and theater classes; fitness and exercise; field trips; health screenings; holiday celebrations; table and card games; memory games; nursing services/ medication management; nutritious meals and snacks; and transportation when necessary.



**Left:** Holidays and birthdays are reasons to celebrate at the Ada S. Niles Adult Day Center.



**Top Right:** The Accolade Adult Day Center brings contentment to seniors and their families.



**Bottom Right:** The St. Ailbe Adult Day Center offers a wide range of activities for seniors to enjoy.

Maxine Horton is the Site Director for the Ada S. Niles Day Care Center. She recently spoke with *Keenager News* to share insights into what makes the Adult Day Services so special.

**As Activity Director for the Ada S. Niles Adult Day Care Center, can you describe how you plan ahead to help participants make the most of, and enjoy their day with you and your team?**

The activity aides plan activities several weeks ahead each month. The activity aides' schedule is posted daily and the activities scheduled may change due to the wishes of the participants etc.

**What are some of the ways that you keep participants engaged, and tailor activities to them?**

We keep our participants engaged through current event discussions, games, music, arts and crafts, physical exercises, parties planned/ unplanned, outings and field trips. An Interest & Activities Form is completed by the activity supervisor during the interview process to see what the participant likes or enjoys.

**How did you get involved in this work?**

I have been working in the Social Services field for over 40 years and I have always felt that the senior population is overlooked and unappreciated. I live each day of my life knowing that I help others and that is a good feeling.

**Your staff members work tremendously hard. Tell us about them.**

All the employees that I have met are caring individuals who appears to enjoy the work that they do. They treat the seniors in this program as if they are their own family members. In addition, they take the time to learn about what type of work and interests that each of the seniors has been involved with in their lives. That way they can suggest the best, most enjoyable activities for them. They do this all on their own accord. It's really amazing to see their dedication to all of the seniors in this program.

*Our Adult Day Services were also featured on a recent edition of The Voice of Charity. Visit catholiccharities.net/listen-and-read/voice-of-charity-podcast to hear more about all that our Adult Day Services offer to seniors. Also, for more information on Catholic Charities Adult Day Services, call: 312-655-7700 and ask for Senior Services. Or, call each center directly: St. Ailbe: (773) 721-0177; Ada S. Niles (773) 448-5400; and Accolade: 708-445-5400.*

# Affordable Housing Update

Catholic Charities is pleased to share information about immediate vacancies in our residential properties, as listed on the chart nearby. In conjunction with the U.S. Department on Housing and Urban Development, our 19 residences offer people with limited incomes, including seniors, persons with disabilities, and veterans, the opportunity to have safe, independent housing, plus rent and utility assistance, and all of the benefits that come from being part of a caring community, so they can maintain their well-being and independence. Features at most of the sites include 24-hour front desk security, resident councils, community rooms with kitchens, libraries, on-site laundry facilities, monthly newsletters, and a wide range of activities to choose from, all following CDC and local COVID-19 guidelines. All units are smoke-free, and social service coordination is offered at all properties.

Eligibility for residency is not based on race, gender, or religion. To learn more about Catholic Charities Affordable Housing, call 312-655-7440

## Affordable Housing for Seniors, Veterans, and Persons with Disabilities

### INDEPENDENT SENIORS

<b>St. Ailbe Faith Apartments</b> 1244 E. 93rd Street Chicago, IL 60619 (773) 721-0903 <b>St. Ailbe Love Apartments</b> 9240 S. Kimbark Avenue Chicago, IL 60619 (773) 721-0903 <b>Bernardin Manor</b> 1700 Memorial Drive Calumet City, IL 60409 (708) 832-1700	<b>Bishop Goedert Residence</b> 53 Tripp Avenue, Building 53 (Hines VA Campus) Hines, IL 60141 (708) 273-6600 <b>St. Francis Of Assisi Residence</b> 12218 S. Will-Cook Road Palos Park, IL 60464 (630) 343-1880 <b>Frances Manor</b> 1270 E. Golf Road Des Plaines, IL 60016 (847) 390-1270	<b>Donald W. Kent Residence</b> 100 S. Wolf Road Northlake, IL 60164 (708) 409-4710 <b>Lawrence Manor</b> 21425 Southwick Drive Matteson, IL 60443 (708) 481-1200 <b>Bishop Conway Residence</b> 1900 N. Karlov Avenue Chicago, IL 60639 (773) 252-9941
---	---	--

### SHORT WAIT LIST/INDEPENDENT SENIORS

<b>All Saints Residence</b> 11701 S. State Street Chicago, IL 60628 (773) 995-9000 <b>Porta Coeli Residence</b> 2260 E. 99th Street Chicago, IL 60617 (773) 374-2470	<b>St. Brendan Apartments</b> 6718 S. Racine Avenue Chicago, IL 60636 (773) 846-8600 <b>Tolton Manor</b> 6345 S. Stewart Avenue Chicago, IL 60621 (773) 783-7800	<b>St. Sabina Elders Village</b> 1222 W. 79th Street Chicago, IL 60620 (773) 994-7850
---	---	--

### HOMELESS VETERANS

<b>St. Leo Residence ***</b> 7750 S. Emerald Avenue Chicago, IL 60620 (773) 651-9950	<b>St. Ailbe Hope Apartments**</b> 9101-9103 S. Harper Avenue Chicago, IL 60619 (773) 721-0903 <b>Hayes Manor*</b> 1211 W. Marquette Road Chicago, IL 60636 (773) 873-7400	<b>Roseland Manor</b> 11717 S. State Street Chicago, IL 60628 (773) 995-9000 <b>Pope John Paul II Residence**</b> 7741 S. Emerald Avenue Chicago, IL 60620 (773) 651-9950
---	---	--

Applications may be obtained by calling the properties directly.

<b>ELIGIBILITY REQUIREMENTS</b> • Head of Household, Co-Head or Spouse must be at least 62 (for affordable senior housing only). Rent & utilities will be 30% of adjusted gross income. * These properties accepting senior (62 years or older) applicants AND applicants 18 years or older with a verifiable disability and a need for the features of an accessible unit. ** These properties ONLY accept applicants 18 years or older with a verifiable physical disability and a need for the features of an accessible unit. *** This property has single room occupancy units with a preference for homeless Veterans 18 years or older.	<b>CURRENT INCOME LIMITS</b> <b>\$32,650 for one person</b> <b>\$37,300 for two persons</b> 1 bedroom apartments – 2 persons per unit
--	--

For more information regarding housing call (312) 655-7440  
 TTY for all properties listed (312) 948-6992  
[www.catholiccharities.net/housing](http://www.catholiccharities.net/housing)  
 Eligibility for residency will not be based on race, color, religion, national origin, marital status, age, familial status or disability.

### Donate your Car to Catholic Charities

Help families, children, seniors, and veterans. Give them hope, courage, and guidance to become self-sufficient.

- **FREE UP SPACE** in your garage [catholiccharities.net/vehicles](http://catholiccharities.net/vehicles)
- We accept all types of **VEHICLES NATIONWIDE, RUNNING OR NOT** (cars, trucks, RV's, motorcycles and boats) **(877) 786-4483**
- **YOU CHOOSE A PICK-UP TIME** convenient for you – free of charge
- **AVOID THE HASSLE** of selling a car
- Receive a **CHARITABLE DONATION** receipt

### KEENAGER NEWS By Email?

More readers are asking if they can receive *Keenager News* by email instead. **We are listening!** If you prefer *Keenager* in a digital format, email us the information below to [keenager@catholiccharities.net](mailto:keenager@catholiccharities.net)

<b>New Subscribers</b> I am a <b>New Subscriber</b> , please add me to your email subscribers' list <ul style="list-style-type: none"> <li>• Name</li> <li>• Email address</li> </ul>	<b>Current Subscribers</b> I am a <b>Current Print Subscriber</b> and would like to receive <i>Keenager</i> by email <ul style="list-style-type: none"> <li>• Name</li> <li>• Email address</li> <li>• Address (STREET, CITY, STATE)</li> </ul>
--	--

**The print copy will continue for everyone else.**





# Advice from Seniors, a "Vital and Valuable Part of Our Community"

## Senior Perspectives

MARCELA GARZA

Student, Loyola University, Chicago

In a world that is constantly changing, we can often find ourselves overwhelmed or distracted by daily errands, commitments, or responsibilities. We forget to take a step back and feel a vast sense of perspective on life at a larger scale. These are the critical moments when we must turn to the insight of our seniors. Seniors are a vital and valuable part of our community. Catholic Charities strongly believes they play a significant role in shaping our communities, serving as mentors and role models, which is why we reached out to several regular participants at Catholic Charities North Center Drop-In Senior Center to hear their stories and experiences. Some of the advice they shared was their own, and other suggestions were given to them by their parents, and others they respected in their lives.

Ana Sanchez, a 78-year-old woman who has lived in the adjacent St. Vincent de Paul Residence for three and a half years, left us with a beautiful message we should all reflect upon daily. Ana said, "Life is beautiful in every way, and we must enjoy it. I have faith, I believe in God, and I am thankful for life, for everything, for the snow, for the flowers." She added, "Even for things that aren't that great, for example, when my leg hurts, I thank God that I have a leg and I can feel it. We have to enjoy what we have every day, every minute. We have to take on life minute by minute, step by step, because this is all we have. Today we are here, but tomorrow who knows if we'll see each other again."

Beverly Wallin, age 85, also lives at the St. Vincent de Paul Residence and she has been there for 14 years. She told us that she enjoys having something to do every day at the senior center, from line dancing to parties to even bingo and yoga. Her piece of advice expressed the importance of being truthful, and following through on what you say you are going to do. Beverly said, "A person is only as good as their word."

Bridget McGowan, a 66-year-old woman who has been coming to the senior center for a year, expressed the importance of honesty and charity. She said, "It is nice and rewarding when you work to be charitable, honest, and faithful. It makes you feel better and improve your life." She also gave us a wise piece of advice, adding, "Do things for the right reasons, and you need to have love in your life."



Top Left: Ana Sanchez  
Top Right: Beverly Wallin  
Bottom Left: Bridget McGowan  
Bottom Right: Jose Lopez

Finally, 79-year-old Jose Lopez, who has been visiting the Drop-In Senior Center for three months to practice Taiichi and have coffee with other residents, shared a beautiful and simple message with us. Jose said, "We should love ourselves, love life itself, and do good things."

As we concluded our visits with these seniors, and reviewed the different kinds of life advice they offered, we were left with a deep sense of gratitude and inspiration. We were fortunate to hear from people who have gained valuable wisdom through the highs and lows of life and through their own resilience to challenges and adversity. Whether you're a young person starting your own journey through life or a senior yourself, we can all benefit from the advice offered to create a life filled with joy, meaning, and fulfillment.

Marcela Garza is a student at Loyola University, Chicago. She is finishing her sophomore year, during which she has served as an intern in Catholic Charities Communications Department, contributing to numerous projects through digital, print and broadcast mediums, and growing in understanding of social work, and social justice. Marcela is from Monterrey, Mexico and is pursuing a double major in Finance and Economics at Loyola.

## World Elder Abuse Awareness Day is June 15

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. Its goal is to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. For more information, visit: <https://ncea.acl.gov>.

If you are aware of a possible abuse or neglect situation, please call the Illinois Department on Aging Senior Helpline toll-free at (800) 252-8966. All information will be kept confidential.



# Misinformation

by Dr. Bob Marciante

Falsehoods, prejudices, and opinions, disguised as facts, permeate social media and are amplified by susceptible individuals. It has become easy to accept what we see and hear on social media, for example, and take it as it is and not question it. Passing along what one gleans from TikTok, YouTube videos, and other social media can become an impulsive reaction.

This is not a new phenomenon. For example, during Hitler's reign, we did not have social media; however, propaganda abounded. Hitler captivated his followers who believed in and repeated the leader's horrific propaganda. It helps to explain how millions of Germans were convinced to support Jewish genocide. A significant part of contemporary media can be described as Hitler's propaganda strategy on steroids, and no less dangerous. It is now becoming clear that if we allow propaganda, conspiracy theories, or falsehoods, to find a home in our brains we are allowing our thinking to be co-opted.

"The Chaos Machine," by Max Fisher (September, 2022) attempts to explain what actually happens to us through media manipulation to cause the subversion of our ability to think judiciously.

How can we protect ourselves from the daily onslaught of misinformation, and even our own biases? Questioning the basis of our own beliefs can help us establish a sound basis for thinking critically about life's events, challenges, and the barrage of information entering our brains every minute of the day.

In addition, schools prepare students to become contributing members of society. Schools, therefore, are our best hope for helping youth to be discerning consumers of media. Although children are already very savvy users of media, in many cases they have become susceptible to its manipulation. Therefore, it is imperative that students learn critical thinking tools to identify questionable information and to think critically regarding what good or bad information is.

In other words, students need to learn to question sources of information and if the information can be supported by other reliable sources. The membership of the National Association of Media Literacy Education has doubled in the last five years, demonstrating that this issue is of primary concern to educators. Misinformation knows no quarter. A plethora of examples can be found in the fields of science, health, medicine, education, politics, religion, research, and more.

Behavior is governed by the individual belief system of the behavior. It is essential that we base our beliefs and understanding on good information and not disinformation. The tools provided in thinking critically can support and guide this endeavor.

### Name That Tune: Answer Key

Walking On Sunshine, You Are My Sunshine, You Are The Sunshine Of My Life  
Hot Fun In The Summertime, I Can See Clearly Now, Seasons In The Sun, Soak Up The Sun, Sunshine On My Shoulders, Ain't No Sunshine, California Girls, Don't Let The Sun Go Down On Me, Good Day Sunshine, Here Comes The Sun, On The Sunny Side Of The Street, Singing In The Rain, Stardust, Stardust, Stormy Weather, Summertime, Sunrise Serenade, Blue Skies, Dancing In The Dark, It's Only A Paper Moon, Moonlight Becomes You, Moonlight Serenade.

# Name That Tune

SPRING/SUMMER WEATHER EDITION

- \_\_\_\_\_ Skies
- Dancing In The \_\_\_\_\_
- It's Only A Paper \_\_\_\_\_
- Moon\_\_\_\_\_
- Moonlight \_\_\_\_\_ You
- \_\_\_\_\_ Serenade
- On The \_\_\_\_\_ Side Of The Street
- Singing In The \_\_\_\_\_
- \_\_\_\_\_dust
- \_\_\_\_\_ Weather
- \_\_\_\_\_time
- \_\_\_\_\_ Serenade
- Ain't No \_\_\_\_\_
- \_\_\_\_\_ Girls
- Don't Let The \_\_\_\_\_ Go Down On Me
- Good Day \_\_\_\_\_
- \_\_\_\_\_ Comes The Sun
- Hot Fun In The \_\_\_\_\_
- I Can See \_\_\_\_\_ Now
- Seasons In The \_\_\_\_\_
- \_\_\_\_\_ The Sun
- \_\_\_\_\_ On My Shoulders
- Walking On \_\_\_\_\_
- You Are My \_\_\_\_\_
- You Are The Sunshine \_\_\_\_\_





## Memorial Day 2023

The first national observance of Memorial Day was held on May 30, 1868, to honor Union soldiers who died in the Civil War. This year, we offer this brief summary of American armed conflicts, in tribute to those who have made the ultimate sacrifice in service to our nation:

**Revolutionary War:** The United States enlisted about 230,000 soldiers and sailors, 48,000 at a time. The colonial volunteer militia added another 145,000. Battle casualties were about 6,800 dead and an estimated 20,000 Americans died of non-combat causes such as dysentery, malaria or smallpox.

**War of 1812:** At the height of this war, the U.S. Army had 35,000 men fighting the British, with another 458,000 volunteer militiamen throughout the United States, not all called into service. Approximately 15,000 Americans died, 2,260 due to combat, and the rest from disease.

**Mexican American War:** In this 1846 war, which expanded the United States to include Texas, California, Arizona, New Mexico, Utah and parts of Colorado, 78,700 U.S. troops fought against 82,000 Mexicans. There were 1,733 U.S. soldiers killed in battle, and 11,550 killed by diseases and non-combat mishaps.

**Civil War:** Approximately 3,700,000 Union and Confederate soldiers fought against their own countrymen. In all, 650,000 American soldiers died, plus a staggering 1.5 million casualties, or "military person lost through death, wounds, injury, sickness, internment, capture, or determined as missing in action."

**Indian Wars:** As U.S. objectives included westward expansion and "Manifest Destiny," clashes with Native American tribes engaged 106,000 U.S. Army troops, and at least 1,000 died in the process.

**Spanish-American War:** American service members who fought in this war numbered 306,700, with only 385 dying in combat. More than 2,000 died from disease and other non-combat issues.

**World War I:** The United States fought with 4.73 million "Doughboys" in uniform, mobilizing internationally like never before. Of these, 53,402 were killed in action and 63,114 died of other causes.

**World War II:** More than 16,100,000 million U.S. servicemen fought across the globe while Americans at home supported them like never before, or since. The total killed in action was 405,399. Close to 671,300 troops were wounded, and of the 130,000 prisoners of war (POWs), 116,129 of them returned home.

**Korean War:** Close to 1.8 million Americans fought in this war over three years. A total of 36,574 died in combat and 54,246 died as a result of wounds and other causes.

**Vietnam:** During the United States' 14-year involvement in this war, 3.4 million American troops fought, and more than 58,220 were killed. Improvements in battlefield medicine and the use of helicopters saved many lives.

**Gulf War:** During 1990-1991, American troops numbered 694,550 were deployed in support of our objectives. Of those, 383 were killed.

**Iraq and Afghanistan:** An estimated 2.5 million American troops served in the campaigns entitled Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn. Of those, 5,364 died in action, and 1,476 perished from other causes.

Volumes of military literature detail the circumstances that led to the loss of these American lives over almost 250 years. However, the sentiments expressed among soldiers across generations are remarkably the same.

Read this excerpt from a letter written by twenty-three-year-old U.S. Army Private Paul Curtis, from Oak Ridge, Tennessee, who was fighting in Anzio, Italy during World War II. He was responding to a letter from his younger brother, Mitchell, who asked what combat was like:

May 28, 1944

*"Dear Mitchell...I have seen some action – a few hard, hard days in which I saw more than I imagined I ever would. I don't think any man can exactly explain combat. It's beyond words. Take a combination of fear, anger, hunger, thirst, exhaustion, disgust, loneliness, homesickness, and wrap that all up in one reaction and you might approach the feelings a fellow has. It makes you feel mighty small, helpless and alone. It's a comfort to know there's one who is present at all times and anywhere ready to help you through. My faith in God has been steadily growing stronger all along. Without faith, I don't see how anyone could stand this. It all seems so useless, but I realize Germany must be stopped...I thought I had been tired before in my life, but nothing like this; but you can, and do go on...The battle seems like something in a faraway land, and everything seems sad, lonely, and dark...The cries of the wounded are so pitiful... The dead seem forsaken, but they are out of it all...things rage on all around them, but they are still and quiet...I have told you all I can that will pass the censors. That's for now. Love, Paul"*

Private Paul Curtis was killed three days later, just fifteen miles from Rome where U.S. and British troops victoriously arrived a week later, on June 4, 1944, as it became the first European capital to be reclaimed from German control. Allied forces would storm the beaches of Normandy, France, 1000 miles away two days after that.

**Eternal rest grant unto all of them, O Lord, and let Your perpetual light shine upon them.**

**To learn more about Catholic Charities Support Services for Veterans and their families, call 312-948-6014.**

Sources: Military.com; "War Letters," edited by Andrew Carroll, Scribner Press, 2001; history.com; battlefields.org.

## from The Recipe Box

### Fiesta Torte – Happy Cinco de Mayo!

#### INGREDIENTS

1 lb. ground beef	7 oz. can diced green chilies
1 small onion, chopped	1 pkg. taco seasoning
8 oz. can tomato sauce	12 flour tortillas
16 oz. can stewed tomatoes	1 lb. Monterey or Cheddar cheese, grated
1 can black beans, drained	
1 small jar mild salsa	

#### PREPARATION

Preheat oven to 350 degrees. Brown ground beef with onion, then drain. Add tomato sauce stewed tomatoes, black beans, salsa, green chilies, and taco seasoning to meat and mix well.

Cut tortillas into 1-inch pieces and lay 1/3 of them on bottom of a 13x9x2 inch pan. Cover with 1/3 of meat sauce, then 1/3 of cheese. Repeat two more times with tortilla pieces, meat sauce, then cheese. Bake 30–40 minutes. Serves 6–8.

### Simple Summer Cobbler – Happy Summer!

#### INGREDIENTS

½ c. margarine	¾ c. milk
1 c. sugar	1 T. lemon juice
¾ c. flour	3 c. fruit (blueberries, peaches, apples, etc.)
1 and ½ t. baking powder	
1 t. salt	

#### PREPARATION

Melt margarine in 11x9 inch pan in preheating oven. In separate bowl, mix ½ c. sugar, flour, baking powder and salt. Stir in milk, blending well. Add remaining ½ c. sugar and lemon juice to fruit. Place fruit in pan over margarine, then pour batter over all. Do not stir. Bake at 350 degrees for 30 minutes. Top each serving with a scoop of ice cream, if desired. Serves 6–8.

ARCHDIOCESE OF CHICAGO  
CATHOLIC CEMETERIES



## Meet our Pre-Planning Advisors



**Our knowledgeable and compassionate advisors are available to work with you one-on-one to educate you on your burial and cremation options and the selection process at any of our 47 cemetery locations.**

To contact an advisor directly and request a free personal consultation, visit our website at: [www.CatholicCemeteriesChicago.org/advisors](http://www.CatholicCemeteriesChicago.org/advisors) or call:

708.236.5490  
708.449.2340 Español  
708.236.5446 Po Polsku



For more information or to make a selection with one of our pre-planning advisors, complete and mail this form to: Catholic Cemeteries 1400 S Wolf Rd, Hillside, IL 60162-2197.

Name \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Cemetery of Interest \_\_\_\_\_

Your information will be kept confidential and used only for responding to inquiries KA-PRE11

## Rose's WORD SEARCH

Answers are found forward, backward, up, down, and diagonal

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

### Kentucky Derby Winners

- AFFIRMED
- ALYSHEBA
- AUTHENTIC
- BARBARO
- CANNONADE
- CHARISMATIC
- DECIDEDLY
- FERDINAND
- GIACOMO
- GRINDSTONE
- JUSTIFY
- MANDALOUN
- MIDDLEGROUND
- MONARCHOS
- NEEDLES
- NYQUIST
- ORB
- SECRETARIAT
- SWALE
- UNBRIDLED

Source: kentuckyderby.com

## Rose's WORD SEARCH

Answers are found forward, backward, up, down, and diagonal

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

### Home Sweet Home

- ABODE
- ADDRESS
- APARTMENT
- BUNGALOW
- CONDOMINIUM
- COTTAGE
- DOMICILE
- DWELLING
- ESTABLISHMENT
- FAMILY
- FARMHOUSE
- FLAT
- HABITAT
- HOME
- HOUSE
- HOUSEHOLD
- LODGING
- QUARTERS
- RESIDENCE
- TOWNHOUSE

Having Trouble Accessing parts of your home due to stairs?

**Our Stair Lifts can HELP!**

We have affordable options:  
**NEW, CERTIFIED USED, RENTAL, and RENT-TO-OWN**



Call us today! We can Help! 630-892-7267

## LAW OFFICE OF JOHN STRZYNSKI

- Wills • Living Trusts • Powers of Attorney
- Guardianships • Probate Administration

161 North Clark Street, Suite 1700  
Chicago, Illinois 60601

(312) 223-0540  
john@js-law.net

Call for Office or Home Appointment

**Are you 55 or older?**

Have Keenager emailed to you or delivered to your door for **FREE!**



## KEENAGER NEWS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

For email delivery, visit [catholiccharities.net](http://catholiccharities.net)

### SUBSCRIBE TODAY!

This inspirational Catholic Charities publication is informational and fun. Keenager is published six times a year and can be emailed to you or delivered to your door for FREE.

Fill out and mail this coupon to start your subscription:

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

Find ccofchicago on:



# Humor & Nostalgia

## Favorite Dad Sayings

Happy Father's Day! Here's to all fathers, grandfathers, priests and father-figures who make our lives, and the world a better place when they share their warmth, intelligence, hard work, faith, honesty, integrity, humor and great advice with others! Enjoy these words of wisdom, and wit that we all heard as kids.

### Wisdom

Do what you love and you don't have to work a day in your life.  
Work smarter, not harder.  
Learn from your mistakes.  
Bad things can be good things.  
Never ask someone to do something that you would not do yourself.  
Be kind: You never know what someone else is going through.  
When you're down, help someone.  
Always tip well.  
Keep your expectations low about what you have to have in life.  
Live in the present.  
Always think about your impact on the world.  
Live a life of gratitude.

### Humor

Money doesn't grow on trees.  
You weren't raised in a barn. (Close the door!)  
A little hard work never hurt anybody.  
Is there blood? No? You're fine.  
School is your job.  
Act your age, not your shoe size.  
You're not going out dressed like that.  
Because I said so, that's why.  
You better pray that comes out of the carpet.  
You'll sit here until all that spinach is finished.  
It looks like a tornado hit your room.

Sources: *fatherly.com*; *boredpanda.com*

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

Just a simple sentence is needed:

"I give the sum of \$\_\_\_\_\_ (or all the rest, residue and remainder of my estate) (or \_\_\_\_\_% thereof) to Catholic Charities of the Archdiocese of Chicago to be expended by it in furtherance of its objects and purposes."

For more information, contact:  
Nancy Haws, Director of Major Gifts  
(312) 655-7348 or [nhaws@catholiccharities.net](mailto:nhaws@catholiccharities.net).

## KEENAGER NEWS

### Editor

Katie McDonnell Bredemann

### Editorial Board

Gina Cleggs, Phil Zepeda  
and Angela Bailey

### Graphic Design

Galambos + Associates

### Photos

Catholic Charities Communications  
staff unless noted.

Keenager News is a free publication mailed and emailed six times a year to persons 55 and older by Catholic Charities of the Archdiocese of Chicago, a non-profit organization.

### Editorial Office

721 North LaSalle Street, 2nd Floor / Chicago, IL 60654-3503 / (312) 655 7425

For subscriptions, changes of address, deletions, contributions, questions, or comments, please write or call our editorial office, or e-mail the changes to us. Contents may be printed in their entirety with proper credit given.

### Advertising Policy

Advertisements appearing in the Keenager News cannot be construed as being an endorsement by Keenager News or its members. Advertisers and their agencies assume liability for all of the content of advertisements printed and are responsible for any claims that may arise from their advertising. Keenager News reserves the right to reject any advertisements it deems objectionable.

### 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.



Catholic Charities is an equal opportunity employer.

©2023 by Catholic Charities of the Archdiocese of Chicago.

## Birthdays and Anniversaries

To protect the personal information of our readers, we list the first names and last initials of all who have submitted birthdays and anniversaries to us. Thank you for your understanding.

### Birthdays

#### HAPPY HUNDREDS

Evelyn W. **100** on **5/6**  
Virginia H. **100** on **5/22**

#### BELATED BIRTHDAYS

Joseph Q. **90** on **4/17**  
Mary K. **90** on **4/18**

### Anniversaries

#### ANNIVERSARIES

Gerald and Gloria L. **60** on **5/4**  
Ed and Joan M. **77** on **5/9**  
Jerry and Joan R. **70** on **5/23**  
Steve and Valerie N. **50** on **6/2**  
George and Lois M. **68** on **6/26**

#### BELATED ANNIVERSARIES

Edward and **55** on **4/24**  
Mary Katherine N.  
Francis & Margaret P. **63** on **4/30**