

Bringing News
to Seniors
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KEENAGER NEWS

'Young
At Heart'

November
and December
2023

Volume No. 55
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A Publication of **Catholic Charities** of the Archdiocese of Chicago

Senior Services Help Older Adults Thrive, at Home with Dignity

Amidst our beautiful fall foliage, Catholic Charities Senior Services continues to respond to the needs of seniors in Cook and Lake counties, ready in all seasons of the year to help nearly 80,000 seniors annually to thrive, in their homes, safely, comfortably, and with dignity. Keenager News asked three Catholic Charities leaders, Meisha Lyons, Vice President - Seniors, Angela Bailey, Associate Vice President - Service Coordination & Interim Vice President - Housing, and Umekia McIntosh, Senior Director - Care Coordination to provide an update on how Senior Services has progressed this year.

What programs are currently offered in Catholic Charities Senior Services?

Senior Services currently offers Care Coordination, which is comprised of in-home services, adult day service, emergency home



Left to right: Umekia McIntosh, Meisha Lyons, and Angela Bailey help lead Catholic Charities Senior Services, with Senior Vice-President Gina Cleggs (not pictured).

response, automated medication dispensers and Choices for Care. We also provide Adult Protective Services, the ADRN (Aging Disability Resource Network), information

and assistance, options counseling, Senior Health Assistance Program (SHAP), Illinois Senior Medicare Patrol (SMP), Senior Health Insurance Program (SHIP) and a Benefits Access Program, including the free transit card and license plate discount. Finally, we offer low-income senior housing and resident service coordination, caregiver resources, grandparents raising grandchildren services, drop-in senior center activities, and access to home-delivered, and congregate meals.

Tell us more about Catholic Charities Drop-In Senior Centers!

Our ten drop-in centers offer a wide range of activities that promote healthy aging. Included are health education sessions, educational and exercise classes, card and board games, dance lessons, holiday celebrations, and more. Some classes are offered virtually for those who are homebound. Nutritious breakfasts and lunches are offered, and activities are open to all seniors

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Greetings from the Editor

KATIE MCDONNELL BREDEMANN



The Keenager News Team wishes you and your loved ones a joy-filled holiday season ahead. May your days be filled with heartwarming moments for you to remember throughout 2024! Happy Thanksgiving and Merry, Merry Christmas!

For the Keenager News Team, *Katie McDonnell Bredemann*

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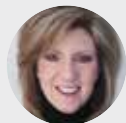
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SPECIAL DATES

November 2023

Birthstone: **Topaz**

Flower: **Chrysanthemum**

- 11/1** All Saints Day
- 11/2** All Souls Day
- 11/5** Daylight Savings Time Ends
- 11/5** GLOW OF HOPE BRUNCH
- 11/11** Veterans Day
- 11/19** World Day for the Poor
- 11/23** Thanksgiving Day

December 2023

Birthstone: **Turquoise**

Flower: **Holly**

- 12/1** SPIRIT OF ST. NICHOLAS BALL
- 12/3** First Sunday in Advent
- 12/8** Feast of Immaculate Conception
- 12/12** Feast of Our Lady of Guadalupe
- 12/21** First Day of Winter
- 12/25** Christmas Day
- 12/31** New Year's Eve

For more news and information about events, visit catholiccharities.net.

Fr. Wayne Watts received the 2023 Joseph Cardinal Bernardin *In Service to One Another* Catholic Humanitarian Award from Cardinal Cupich at the 32nd Annual Rector's Classic Golf Outing and Dinner at Mundelein Seminary. As Associate Administrator and Staff Chaplain, we are grateful for all Fr. Wayne does as our colleague, spiritual guide, and friend.

For more on this distinguished award, visit <https://www.catholiccharities.net/fr-wayne-f-watts-receives-2023-joseph-cardinal-bernardin-in-humanitarian-award-from-mundelein-seminary/>



Relevant Radio Development staff member, Matthew and his wife recently welcomed a baby boy named Peter. Colleagues wanted to throw them a Baby Shower but, instead the happy couple encouraged donations to the Lake County Diaper Depot. Fr. Francis J. Hoffman, "Fr. Rocky," Chairman and CEO joined in the celebration as Matthew (second from right) presented the donations to Catholic Charities leaders at Relevant Radio headquarters in Lincolnshire.

To learn more about donating and/or volunteering at the Lake or Cook County Diaper Depots, contact Brittany McGhee, bmcghee@catholiccharities.net.



In the spring of 2019, Deerfield 8th Grader Perry Harig started making and delivering bagged lunches to the North/Northwest Regional office so supper guests would have a take-home meal. Friends Nick Bobay and Leo Baumann joined the effort, along with their families and friends and now **The Sandwich Squad** has delivered more than 4,000 bagged lunches over the past four years!

Learn more about these dedicated young men on youtube.com/catholicchicago/voiceofcharity/thesandwichsquad.

To volunteer at a regional office near you, visit ccofchicagovolunteer.com, email volunteer@catholiccharities.net or call (312) 655-7053.

Learn More about Catholic Charities through our Monthly Eblast

Send an email to partners@catholiccharities.net to receive our monthly eblast that includes news and details about upcoming events.

Veterans Find Stability, and More on St. Leo's Campus

The Voice of Charity

DAVID DEMPSEY

LCSW, Program Director,
St. Leo's Residence for Veterans



No one, especially those who served our country, should be without a home and yet, according to the most recent point-in-time count by the U.S. Department of Housing and Urban Development (HUD), which assesses the number of homeless people on a given night, veterans comprised approximately seven percent of all homeless adults in the country. As the director of Catholic Charities St. Leo's Residence for Veterans since 2014, it has been my privilege to help homeless veterans find stability with our unique, multi-faceted approach.

The St. Leo's Residence is part of Catholic Charities St. Leo's Campus for Veterans, the first and only completed project of its kind in the nation. Located in Chicago's Auburn Gresham neighborhood, the campus includes the St. Leo's Residence, the Pope John Paul II Residence for persons with physical disabilities, the VA-operated Outpatient Clinic and Resource Center, and the St. Leo's Veterans Memorial Garden. In addition to subsidized rent, residents also receive comprehensive case management and supportive services, which are critical for helping them achieve and maintain stable housing and self-sufficiency.

Most people don't fully understand the challenges that the population we serve face. It is common to assume that PTSD (Post-Traumatic Stress Disorder) is the driving factor for their unhoused state, but the reality

is that veterans experiencing homelessness often faced numerous challenges *before* their military service, such as generational poverty, unemployment, limited education, family violence, mental illness, or substance use.

Many of the residents at St. Leo's served our country heroically and gained valuable skills during their military service. However, the combination of trauma from live combat together with unresolved past issues can make their transition to civilian life more difficult. This is why our approach to providing both housing and other supportive services is critical for their success.

The St. Leo's Residence consists of 141 fully furnished studio apartments, expansive common recreational space, a computer lab, fitness room, and multipurpose rooms for community meetings, including Alcoholics Anonymous and Narcotics Anonymous. In addition, each resident is assigned a master's-level case manager who helps them design an individualized plan to maintain stable housing, increase income through benefits and/or employment, and address other barriers to self-sufficiency such as substance use, mental health issues, trauma, level of education, and need for social or familial supports.

We advocate every day for our veteran residents, connecting them to other Catholic Charities programs or services from one of our community-based partners. Case managers work closely with the on-site VA clinic to help residents achieve the greatest possible level of health and self-sufficiency.

Sometimes it's hard for vets to accept help—they've been trained as soldiers, as protectors. Being vulnerable and accepting something for themselves doesn't come naturally. But when they take advantage of services such as those we offer at St. Leo's, they can truly soar. One of my most inspiring client relationships was a female resident, Debbie, who came to us from a domestic violence shelter and was suffering from a variety of issues including depression and anxiety. She was using a walker to get

around due to her injuries. In her own words, she had a "very dim view of life." In the beginning, she isolated herself in her room, but we didn't give up on her. Slowly she began participating in our programming. She kept on engaging and challenging herself. She went to her medical appointments and took advantage of the other services. She worked on paying her bills and cleaning up her credit issues. Through her own tenacity and a little help from us, she had a complete turnaround. By the time she left St. Leo's, she was able to buy her own home through a Chicago Housing Authority (CHA) program and was walking entirely on her own!



David Dempsey, LCSW, Program Director,
St. Leo's Residence

Witnessing the success of individuals like Debbie, and the dedication of my incredible staff who serve them, inspires me each day. It is tough work, but my team and I are continually amazed by the extraordinary resilience and fortitude of our residents. They keep moving forward, keep striving, even with everything they've confronted and continue to confront. It is truly a privilege to assist our brave veterans on their journey to find peace, stability, and a permanent home.

Celebrating Traditions, and People in our Lives

Words for the Spirit

REVEREND CHARLES T. RUBEY

Associate Administrator,
Founder and Director, LOSS Program



As we enter the Christmas season it is nice to think of Christmases of the past and how much they meant to us. One of my favorite memories is from a special Christmas as a child. My father, sister, and I went into our town, and it was snowing out. Christmas music was playing as we walked around town. My mother did not come with us. She said that she was not feeling well and was going to get some rest. It was such a nice time. My father held my sister's hand, and my hand, as we walked and listened to the music. When we returned home, to our surprise there were all sorts of presents under our Christmas tree. Santa had come while we were in town, and my

mother had slept through all of the excitement. She was feeling a bit better now and we opened our presents and began our Christmas celebration.

The next morning we boarded a train to go out to the southside of Chicago to be with my mother's family. There were more presents to open because Santa was there as well. There was a lot of excitement, and the day went well. The highlight of the day was the dinner that was prepared. The tradition was to have a turkey dinner with all of the trimmings. I especially liked the dressing. At the end of the dinner, it was time for dessert. This was something very special. All of the lights went off and my aunt brought in the plum pudding. There were candles on the pudding, and it was presented gourmet-style, in flames, from the small amount of alcohol in the pudding. We all sang a Christmas carol and enjoyed the plum pudding together.

Another part of my Christmas memories as a child was when we visited my father's family. They lived in a very stately home. We would all gather in the dining room which was right next to the living room. The door was closed, and there was a fire in the fireplace. We all waited anxiously, with much excitement for Santa to come. After what seemed like a very long time, there was a

ringing of a bell that Santa rang on his way out. We all ran into the room and saw that Santa had left all sorts of presents for all of us. We opened our presents amid all sorts of excitement. There was then a lovely meal. My paternal grandmother emigrated from Germany and brought all sorts of recipes of German food. We all joined in the feast and enjoyed her cooking.

We can relive these memories each time that we gather with loved ones and try to replicate some of the things that have given us holiday joy through the years, including wonderful, old-fashioned food that is a part of our traditions. In this way, we can remember, and tell others about the people who made a big impact on our lives, as we keep traditions going. I wish each and every one of our readers a blessed holiday season and I hope you enjoy spending it with people who are important to you, making happy, new memories this year.

Keep on Keepin' On,

† 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.*

NM	PB	BCB	CJ	JJ
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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.

Christmas, and the Saints' Reverence for St. Joseph

From now until the end of December, the Liturgical Calendar is filled with motivational readings and Feast Days that can bring a great deal of joy, peace and inspiration to all who want to grow in their relationship with Christ. Parishes throughout the world will be offering Advent opportunities for the faithful to approach this Christmas with renewed awe for the greatest gift God ever bestowed on the world. Jesus was born, of the Blessed Virgin Mary, in a lowly manger, on that Holy Night.

Contemplating that divine sight, a number of saints have reflected beautifully on the role St. Joseph played at Jesus' birth. Others have expressed their deep admiration for the humility and trust in God that St. Joseph showed throughout the early years of Jesus' life, and the example St. Joseph remains for us today. Below are a few quotes from some of our holy saints about St. Joseph. May they be a source of inspiration to you this year.

"Truly, I doubt not that the angels, wondering and adoring, came thronging in countless multitudes to that poor workshop to admire the humility of him who guarded that dear and divine child, and labored at his carpenter's trade to support the son and the mother who were committed to his care."

St. Francis de Sales

"In our time, Our Lady has helped us comprehend and love her dear and chaste husband, St. Joseph. She has told us of the mystery surrounding him and of his greatness. She has let us know something of her love for St. Joseph, that most lovable saint who for years held the Word made flesh in his arms."

Blessed Gabriele Allegra



The Nativity of Our Lord, Jesus Christ

"In human life, Joseph was Jesus' teacher in their daily contact, full of refined affection, glad to deny himself to take better care of Jesus. Isn't that reason enough for us to consider this just man, this holy patriarch...as a master of interior life? Interior life is nothing but continual and direct conversation with Christ, so as to become one with him. And Joseph can tell us many things about Jesus. Therefore, never neglect devotion to him."

St. Josemaria Escriva

"Whereas Adam and Eve were the source of evil which was unleashed on the world, Joseph and Mary are the summit from which holiness spreads all over the earth."

Pope St. John Paul II

"Joseph was deeply pious, he prayed much for the coming of the Messiah."

Blessed Anne Catherine Emmerich

"He is Holy Joseph, because no other Saint but he lived in such and so long an intimacy and familiarity with the source of all holiness, Jesus, God Incarnate, and Mary, the holiest of creatures."

St. John Henry Newman

"Make him (St. Joseph) the patron of your family and you will soon have tangible proof of his protecting hand."

St. Peter Julian Eymard

"If Joseph was so engaged, heart and soul, in protecting and providing for that little family at Nazareth, don't you think that now in heaven he is the same loving father and guardian of the whole Church, of all its members, as he was of its Head on earth?"

Venerable Pope Pius XII

"If anyone cannot find a master to teach him how to pray, let him take this glorious saint [Joseph] as his master, and he will not go astray."

St. Bernadette Soubirous

"We wonder why the Gospel makes so little mention of St. Joseph. But did it not say everything when it taught us that he was the husband of Mary?"

Blessed William Joseph Chaminade

Sources: stjosephourguide.org; ewtn.co.uk; yearofstjoseph.org, istock.com.

Veteran's Day, 2023: November 11

Veterans are very important to us at Catholic Charities. Each veteran has served in the United States Armed Forces, and it is our privilege to now serve them, if they need assistance. Catholic Charities offers two residential housing communities for veterans in Cook County: The Bishop Goedert Residence and the St. Leo's Residence, which is part of the St. Leo's Campus for Veterans (see Page 3). We also offer Supportive Services for Veterans and their Families, to ensure that veterans who are homeless, or on the verge of being homeless, receive emergency housing, case management and connections to benefits to which they are entitled. Our Veterans Employment Program offers job readiness training, resume writing assistance, mock interviews, and job placement counseling. We also network with employers who are especially interested in hiring veterans.

As Veterans Day, 2023 approaches, Keenager News asked participants in our Veterans Employment Program what they liked best about serving in the United States Armed Forces, and what they like best about being an American. Here is what they said:



"I loved the camaraderie and I still have friends from my time in the Army. I also liked the honor of serving my country. And freedom is why I love being an American. Not every other country in the world is this fortunate."
Enrique D.

"My time in the Army allowed me to see new places in the world that I probably would never have gotten to. Being an American gives me opportunities that I might not have in other countries."

Carlos R.

"I was a Medical Corpsman in the Army and I still use those skills that I learned in my current job. I got the opportunity to learn about medicine. Freedom is what I love about being an American."

Duane S.

"Camaraderie is what I liked about serving in the Marines. We were and are a band of brothers. The variety of choices I have to live my life the way I want to is the best thing about being an American."

James M.

"I was in the Active Army and am now in the Army Reserves. I can attend the college of my choice because I chose to serve. This is the land of opportunity and I want to take advantage of what this country has to offer. And I want to continue to contribute."

Mauricio P.

May God bless ALL United States veterans, and their families. Thank you for your service!



Top and Left: The Memorial Garden at Catholic Charities St. Leo's Campus honors the service of all branches of the U.S. Armed Forces.

Right: Twenty Lake County veterans received bicycles from AbbVie, Inc., pharmaceutical firm this Spring to help them get to their new places of employment. .

Holiday Traditions, Chicago Style

Chicago History

MARY ELLEN KASTENHOLZ

Volunteer Writer



On June 28, 1870 President Ulysses S. Grant signed the Holidays Act, making Thanksgiving and Christmas (along with New Year's and July 4th / Independence Day) federal holidays. The first White House Christmas tree was decorated that year and since then, traditions from many countries have blended to make the Thanksgiving and Christmas holidays an American custom.

For Chicagoans, one of the oldest traditions begins with Marshall Field's **Walnut Room**. Originally called the South Grill Room, it was later renamed for the Circassian wood paneling imported from Russia encompassing the restaurant and floor. For 116 years, the annual 45 ft. Great Tree has been decorated with a new theme each year. Outside, for the last 56 years, the windows have displayed animated holiday scenes. The trumpets along State Street have been heralding in the holidays for 45 years.

Christmas Around the World has been an annual event at The Museum of Science and Industry since 1942. It originally had one single tree and has expanded to 50 trees circling the Grand Tree that stands four stories. These trees are dedicated and decorated in the holiday traditions around the world.

Twinkling lights have made the shortened days enchanting throughout the Chicagoland area. For 42 years **Holiday Magic at Brookfield Zoo** has welcomed guests on weekends in December to experience the zoo's holiday lights and music. This year there will be over two million LED lights! **The Magnificent Mile Light Festival** will celebrate its 32nd year

lighting the Christmas tree at the Wrigley Building while Grand Marshals Mickey and Minnie Mouse lead the parade along Michigan Avenue, switching on well over a million lights. Held the weekend before Thanksgiving, additional lights will come on at the Millennium Park tree and overhead with fireworks above Navy Pier. **Lincoln Park Zoo Lights** is celebrating its 29th year of lights with strolling costumed characters and traditional Victorian carolers from November to early January. **Illumination Tree Lights at Morton Arboretum** celebrates its centennial year and 10th anniversary of light and music exhibits. This year six new light shows will join the 12 favorites of light, sound and color from mid-November through early January. **Lightscape at the Chicago Botanical Gardens** is in its fourth year of illuminating paths and creating sparkle with many dimensional light displays from mid-November through the first week of January.

Along with the visual lights, melodies of the holiday season resound through carols and theatrical performances. **The Goodman Theatre** has been bringing Charles Dickens' **A Christmas Carol** to audiences for 45 years. Performances run from mid-November to the end of the year. **Do It Yourself Messiah** has brought together professional and amateur musicians to lead thousands of audience voices to perform George Frideric Handel's masterpiece for 43 years in two 90-minute performances in December at the Seventeenth Church of Christ. **The Chicago Symphony Orchestra** has been performing sing along holiday songs during several December performances of **Merry, Merry Chicago** since 2015. For outdoor strollers at Millennium Park, **Caroling at the Bean (Cloud Gate Sculpture)** takes place on Friday evenings, November 24th – December 15th from 6-7 pm as local choral groups lead the holiday sing along.

For the last 28 years, the two 1893 bronze sculptured lions outside the **Art Institute** have donned their Christmas wreaths the day after Thanksgiving. This day starts the extended Friday hours during the holiday season.

Not to be missed is the 18th Century Neapolitan Creche, showcasing the artistry and workmanship from Naples.

And of course whenever possible, enjoy travels to holiday attractions in the city on the Holiday CTA Train and Bus lines!

Sources: msichicago.org; [flickr.com](https://www.flickr.com)



Top: The Walnut Room **Middle:** Zoo Lights
Bottom: Christmas Around the World

Catholic Charities Celebration of Giving

Catholic Charities Celebration of Giving supports children and families throughout Cook and Lake counties, giving to those who otherwise would not have gifts for Christmas. With your help, we can add joy to holiday celebrations for these families in need. For more than 75 years, Catholic Charities has been proud to work with our generous donors and community partners to bring happiness to children and families each Christmas season. See below for scenes from last year, when 15,000 people received gifts.

As we all continue to navigate the economic uncertainty in our state, Chicago's most economically vulnerable communities have been hit the hardest. Questions? Cook County: Phone: **(312) 655-7401** Email: **COG@catholiccharities.net** Lake County: Phone: **(847) 782-4116** Email: **jwogan@catholiccharities.net**. Thank you for your generosity, and Merry Christmas!





Diane Kennedy is a very generous Catholic Charities partner who has been making, and then raffling-off beautiful quilts for the past eight years, in memory of her father who often dressed up as Santa to bring joy throughout the Christmas season near their family home in Gurnee. She and her family use all of the proceeds of the raffle to buy gifts for the Celebration of Giving program.

Diane's raffle continues this year, and Keenager readers are invited to participate! Tickets are \$5 for one, and \$20 for five. The winning ticket will be drawn on Saturday, November 19, 2023. Anyone interested in purchasing raffle tickets for the 2023 quilt entitled, *Traveling Joe*, please contact Diane Kennedy at mrsksen@aol.com.



**Join us in spreading
Christmas cheer!**

**CatholicCharities.net/
celebration**

Cook County
Phone: (312) 655-7401
Email: cog@catholiccharities.net

Lake County
Phone: (847) 782-4116
Email: jwogan@catholiccharities.net

Shop online and have your gifts sent directly to our warehouse

We make it easy for you to make Christmas wishes come true! Shop online for gift cards, toys, and household items from our wish lists. Your gift will ship directly to our warehouse and be distributed to children and families in time for Christmas!

Visit catholiccharities.net/celebration for links to our wish lists or find us by searching for Catholic Charities Celebration of Giving at **Amazon, Target, Walmart**, or locally at **Building Blocks Toy Store**.

Send gift cards

The most requested gifts for youth aged 12-18 are gift cards (especially from Target and Walmart). If choosing this option, please send or deliver **plastic** gift cards (not electronic) to:

Catholic Charities
Celebration of Giving
721 North LaSalle Street
Chicago, IL 60654

Drop off your unwrapped gifts at one of our sites

Chicago:
**Catholic Charities Offices,
721 North LaSalle Street**
November 20-December 4
Monday-Friday, 7am to 7pm
December 3
Saturday, 10am to 2pm

Blue Island: 2731 South Wood Street
November 28-December 4
Monday-Friday, 8:30am to 4:30pm

Cicero: 1400 South Austin Boulevard
November 28-December 4
Monday-Friday, 8:30am to 4:30pm

Des Plaines: 1717 Rand Road
November 28-December 4
Monday-Friday, 8:30am to 4:30pm

← CONTINUED FROM PAGE 1

in the community. Catholic Charities staff ensure the wellbeing of all attendees and help seniors make connections to local resources.

How do seniors apply to become a resident in one of our 19 apartment buildings?

Seniors (or their spouse) must be at least 62 years old. They must be able to fulfill rent by themselves or with whatever assistance they can provide privately, and households must meet income requirements as determined by the U.S. Department of Housing and Urban Development. Applications are available in person at residence security desks or by calling each residence.

How do seniors today differ than those ten, twenty, or thirty years ago?

Seniors today are more self-sufficient, they are living longer, are more active, and are more technologically savvy. They are looking for more opportunities to stay socially engaged.

Can you tell us about a senior whose life was enriched by Catholic Charities Senior Services?

Catholic Charities received a call that a 75-year-old Caucasian male lived alone, with no family nearby, and needed a

well-being check. When a case manager arrived at his home, the senior appeared disheveled. He did not have food, a working telephone, or electricity. His medical conditions included high blood pressure, COPD, arthritis, incontinence, and poor ambulation. The gentleman explained that his disability check stopped coming two months ago, and he did not know who to call. Catholic Charities Care Coordination and ADRN (Aging Disability Resource Network) units worked together to provide immediate assistance. ADRN staff contacted the Social Security Administration, and helped this gentleman submit the documents needed to reinstate his benefits. The Care Coordinator accessed Emergency Senior Services (ESS) funds to pay his overdue electricity bill and got him connected with a free cell phone through Safelink. A SNAP application was also completed to assist him with food purchases. The Care Coordination Unit went on to assess and qualify him for Home-Delivered meals, and homemaker services. He is now thriving safely in his home.

How long have each of you been working at Catholic Charities? Did you work with seniors before that? What do you like best about working with seniors?

Angela Bailey: "I have had the pleasure of

being with Catholic Charities for 32 years, 33 years in December, and have worked with seniors the entire time. I started as an intern and have worked in various roles throughout the years. My favorite part of working with seniors is positioning them to remain independent through our programs and resources."

Umekia McIntosh: "I have been with Catholic Charities for 19 years. This was my first opportunity to work with seniors in this capacity outside of helping family members and those at my church. I enjoy knowing that the work that I've done has allowed them to thrive better on a day-to-day basis."

Meisha Lyons: "I have been with Catholic Charities for 12 years. My first job after graduating from college was working as a care coordinator for seniors on the south side of Chicago. The best part of working with seniors is the blessing they provide us in sharing their wisdom. It is an honor."

Catholic Charities works with community partners to bring services to wherever seniors are, and we assist anyone in need regardless of race, religion, gender, or ethnicity. For more information, visit catholiccharities.net, email gethelp@catholiccharities.net or call (312) 655-7700 in Cook County, and (847) 782-4000 in Lake County.

Keenager News By Email?

More readers are asking if they can receive *Keenager News* by email instead.

We are listening!

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#THEVOICEOFCHARITY



8:30 TUESDAY MORNINGS
RADIO 750 AM
[YOUTUBE.COM/CATHOLICCHICAGO](https://youtube.com/catholicchicago)

The Voice of Charity

JOIN US

Tuesday Mornings at 8:30
WNDZ 750-AM
youtube.com/catholicchicago

Great conversations on
issues that matter.

Make it part of your week!

Catholic Charities Senior Services: Much to See, In 2023!



Keep Your Eyes on Him

by Rosalind Towns and Barbara J. Baker



Photo taken by Robert R., an artist in Catholic Charities After Supper Visions program (aftersuppervisions.com).

*I will keep my eye on Him
 And not on them!
 I will stay close in Prayer
 For God is always there and Aware.
 I can keep my Spirits lifted
 And know that my request is not sifted.
 When I think of the wonders of the world,
 I am ready to swirl in Happiness!
 For where there is Happiness there is Fulfillment.
 So, we repeat: Keep your Eyes on Him!*

Having Trouble Accessing parts of your home due to stairs?


Our Stair Lifts can HELP!

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NEW, CERTIFIED USED, RENTAL, and RENT-TO-OWN






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Affordable Housing for Seniors, Veterans, and Persons with Disabilities

INDEPENDENT SENIORS

<p>St. Ailbe Faith Apartments 1244 E. 93rd Street Chicago, IL 60619 (773) 721-0903</p> <p>St. Ailbe Love Apartments 9240 S. Kimbark Avenue Chicago, IL 60619 (773) 721-0903</p> <p>Bernardin Manor 1700 Memorial Drive Calumet City, IL 60469 (708) 832-1700</p> <p>Matthew Manor 271 N. Albany Avenue Chicago, IL 60612 (773) 533-0001</p>	<p>Bishop Goedert Residence 53 Tripp Avenue, Building 53 (Hines VA Campus) Hines, IL 60141 (708) 273-6600</p> <p>St. Francis Of Assisi Residence 12218 S. Will-Cook Road Palos Park, IL 60464 (630) 343-1880</p> <p>Frances Manor 1270 E. Golf Road Des Plaines, IL 60016 (847) 390-1270</p> <p>Oznam Village 251 N. Albany Avenue Chicago, IL 60612 (773) 533-0001</p>	<p>Donald W. Kent Residence 100 S. Wolf Road Northlake, IL 60164 (708) 409-4710</p> <p>Lawrence Manor 21425 Southwick Drive Matteson, IL 60443 (708) 481-1200</p> <p>St. Vincent de Paul Residence 4040 N. Oakley Aveue Chicago, IL 60618 (773) 539-2660</p>
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SHORT WAITLIST/INDEPENDENT SENIORS

<p>All Saints Residence 11701 S. State Street Chicago, IL 60628 (773) 995-9000</p> <p>Porta Coeli Residence 2260 E. 99th Street Chicago, IL 60617 (773) 374-2470</p>	<p>St. Brendan Apartments 6718 S. Racine Avenue Chicago, IL 60636 (773) 846-8600</p> <p>Tolton Manor 6345 S. Stewart Avenue Chicago, IL 60621 (773) 783-7800</p>	<p>St. Sabina Elders Village 1222 W. 79th Street Chicago, IL 60620 (773) 994-7850</p> <p>St. Peter Claver Courts 14115 S. Claire Blvd. Robbins, IL 60472 (708) 389-1570</p>
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SUPPORTIVE LIVING

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 Chicago, IL 60639
 (773) 252-9941

PERSONS WITH DISABILITIES

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 Chicago, IL 60619
 (773) 721-0903

Hayes Manor*
 1211 W. Marquette Road
 Chicago, IL 60636
 (773) 873-7400

Roseland Manor*
 11717 S. State Street
 Chicago, IL 60628
 (773) 995-9000

Pope John Paul II Residence**
 7741 S. Emerald Avenue
 Chicago, IL 60620
 (773) 651-9950


Applications may be obtained by calling the properties directly.

ELIGIBILITY REQUIREMENTS	CURRENT INCOME LIMITS
<ul style="list-style-type: none"> • 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. 	<p>\$32,650 for one person</p> <p>\$37,300 for two persons</p> <p>1 bedroom apartments – 2 persons per unit</p>


* 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.



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EQUAL HOUSING OPPORTUNITY

Eligibility for residency will not be based on race, color, religion, national origin, marital status, age, familial status or disability.

from The Recipe Box

Company Eggs – Serves 12-15

INGREDIENTS

½ lb. grated Gruyere cheese	Dash freshly ground pepper
4 T. butter	1½ T. dry mustard
1 c. whipping cream	12 eggs, beaten

PREPARATION

Spread cheese in a buttered 13x9x2 inch baking dish. Dot with butter. Mix in cream with seasoning and mustard. Do not whip. Pour ½ of cream mixture over cheese. Add beaten eggs, then remaining cream mixture. Bake at 325 degrees for about 35 minutes or until eggs are set. Serve from baking dish.

Chocolate Éclair Wreath – Serves 4

INGREDIENTS

1 c. water	2 pkg. vanilla instant pudding
½ c. butter or margarine	2½ c. milk
1 c. flour	8 oz. Cool Whip
4 eggs	1 t. vanilla
	1 t. vanilla

Topping: 2 squares unsweetened chocolate, 2 T. butter
2 T. milk, 1 c. powdered sugar, 1 t. vanilla

For Holly Leaves: 4-6 oz. White chocolate, Green food coloring, Artificial holly leaves
Garnish: cherries

PREPARATION

Heat butter and water to a rolling boil. Stir in flour over low heat until mixture forms a ball. Remove from heat. Beat in eggs thoroughly, one at a time. Spoon onto ungreased cookie sheet forming a large donut shape. Bake 45-50 minutes until golden brown at 400 degrees. Watch carefully. Cool.

Beat together pudding and milk. Fold in Cool Whip and vanilla. Cut cooled pastry in half, horizontally, then fill center of pastry with pudding mixture. Place top of pastry on top of filling.

Melt chocolate, butter, and milk for topping in double boiler. Add powdered sugar and vanilla. Add additional milk if needed for consistency. Drizzle on top of éclair.

Melt white chocolate and add green food coloring for leaves. While hot, spread on "veined-side" of clean, artificial holly leaves. Let it harden then gently peel off chocolate. Place white chocolate leaves and cherries on éclair to form holly.

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

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

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- CHRISTMAS IN CONNECTICUT
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- HOME ALONE
- HOW THE GRINCH STOLE CHRISTMAS
- IT'S A WONDERFUL LIFE
- MEET ME IN ST. LOUIS
- MICKEY'S CHRISTMAS CAROL
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 F C J B M Y X B W H Y R Z S A O B X L C
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 V N Z H D W D V Y B Q M L D S S S E E J
 R S N C A H N L X H Y F B G D D L S Z I

Words Only Sung At Christmas

- BELLS
- CHESTNUTS
- COAL
- DOVES
- DRUMMERS
- ESKIMOS
- GEESE
- GRINCH
- HENS
- HOLLY
- MAIDS
- MARSHMALLOWS
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Humor & Nostalgia

Hula Hoop "Turns" 65!



If you're looking to give a toy this Christmas that has stood the test of time, look no farther than...the Hula Hoop!

The Hula Hoop is considered an ancient invention, with older versions being made from metal, bamboo, wood, grass, and vines. But the patent for the Wham-O corporation hoop is celebrating 65 YEARS this year! Wham-O's founders, Arthur Melin and Richard Knerr (left) started producing slingshots, then boomerangs, and other sporting goods before they launched their plastic tube version of the Hula Hoop in 1958.

When Wham-O's Hula Hoop arrived in stores across Southern California that year, it was simply called, "Hula," after the hip-swiveling Hawaiian dance of the same name. It instantly became a huge fad across the United States, with an estimated 25 million Hula Hoops sold at \$1.98 in its first six months of production. Noisemakers and glitter have been added over the years, and some Hula Hoops have even been made to be collapsible. But the original idea of the Hula Hoop remains a favorite for kids of all ages, and adults who want to feel like a kid! This simple toy continues to be a fun pastime and competitive sport around the world.

OTHER HULA HOOP FACTS:

- Hula Hoops became a worldwide craze in the 1960's.
- Fitness experts have consistently agreed that the Hula Hoop can provide a fun and effective, full-body workout.
- The Hula Hoop has been inducted into the American National Toy Hall of Fame.
- Japan once banned the Hula Hoop because the rotating hip action seems indecent.
- In 2017, a gathering in Taiwan set a new Guinness World Record for the most people simultaneously Hula Hooping: 4483 participants
- In 2018, an Australian performer named Marawa Ibrahim set a Guinness World Record by simultaneously spinning 200 Hula Hoops around her body.
- Also in 2018, a team in Russia created the largest Hula Hoop ever recorded, measuring 16.22 meters in diameter.

Sources: *Wham-o.com; thoughtco.com; facts.net*

Photo: *Arthur Melin and Richard Knerr test out their invention.*

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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

Marge S. **100** on **12/7**

NIFTY NINETIES

Victoria L. **90** on **12/3**

EXTRAORDINARY EIGHTIES

Marshall P. **80** on **11/2**

Patricia H. **80** on **11/13**

Marylyn S. **80** on **11/15**

Phyllis E. **80** on **12/13**

BELATED BIRTHDAYS

Myra B. **100** on **9/6**

Rosalind T. **100** on **9/9**

Anniversaries

ANNIVERSARIES

Jim and Marylyn S. **60** on **10/12**

Ray and Helen L. **72** on **11/10**

Jerry and
Mary Ann S. **60** on **11/27**

Bill and Jill L. **50** on **12/27**

BELATED ANNIVERSARIES

Gregory and
RoseAnn S. **73** on **9/17**