

Forward Chicago is a grassroots all-volunteer, 501(c)(3) non-profit that connects neighbors, businesses and local organizations to build a stronger community. Together, we're creating a neighborhood where people of all ages are active, engaged and influential.

## Forward Chicago is still kicking

It seems like years have passed since our last newsletter, when in fact it has been only four short – well truly looong –months. We have been amazed by the swift changes brought to our lives and neighborhoods by COVID-19 and in particular its impact on older adults and communities of color. These times have brought increased awareness of police brutality and issues of racial inequity as well as ongoing changes in our political environment.

Yet, life goes on. At Forward Chicago, life certainly has continued, and our organization has continued to remain reliant on our members to identify and meet needs both for individuals and our community-at-large.

In March, we started a weekly series on Thursday mornings via Zoom accessible both by computer and by phone so we were sure people of all tech abilities could join. We started with a program about Disaster Planning and Preparedness and went from there. We have had sessions on mental health, gardening, fitness, making THE move, meditation and more.

We now have more than 10 monthly and weekly events offered virtually and via phone through Zoom. Craft Circle and Board+Plus meet monthly. Our Science Speaker Series will also resume virtually this month. Our weekly online programming includes Tuesday Tea, Thursday Programming and Meditation Mondays through July. Walking Group is meeting in-person every week

at Graceland Cemetery, and we are having monthly socially distant picnics in the park—bring your own, well, everything...dinner, drink, and chair! Details inside.

This month, we are thrilled to offer 3 special programs:

- Friday, July 10, an update on COVID-19 with Dr. Michael Ison from Northwestern
- July 21, 4:00 will be a Special Tuesday Tea with Jim Allen, Communications Director for Chicago Board of Elections presenting details on new legislation that will make the voting process in the November election easier and safer.
- Start the week off right with Meditation Mondays during the month of July.

While this time has been concurrently energizing and exhausting, we encourage everyone to continue to hold the line. We will make it through with the support of those we care for and enduring relationships. Be safe and get involved as you can. Reach out to loved ones both new and old. By the time our next newsletter comes out there will be even more changes—who knows where 2020 will take us next?

What we do know is that being involved and connected has helped many of us during this time. Please join us and as always—keep looking Forward!

# ForwardChicago



## Craft Circle (Zoom)

Knitters, quilters, embroiderers, all are welcome. Some months we have guest speakers, and other months we work on projects together.

**Third Wednesdays:** 10:00am

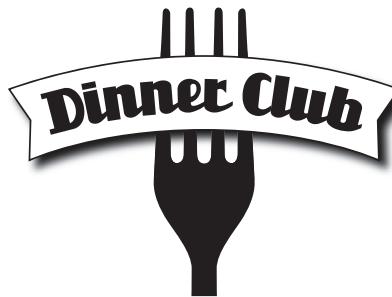
Dates: **July 15, Aug 19, Sept 16, Oct 21**

Find Zoom Link on ForwardChicago.org – search "Craft Circle"

Call into the Program: 312-626-6799 (Chicago)

Meeting ID: 861 6926 9509

Password: 927772



## Dinner Club is a Social Distancing Picnic!

It's like a Potluck, but everyone brings their own pot of food and drink! Don't forget a

chair or blanket. We will be able to break bread together and catch up.

**Second Thursdays (RSVP):** 5:00-7:00pm

Look for the balloon at the park to find the group.

**July 9 - Revere Park**, 2509 W Irving Park Rd - Park at the Boys & Girls Club or on Irving. We will be west of the fieldhouse.

**Aug 13 - Welles Park**, 2333 W Sunnyside - We will be west of the playground, on Sunnyside.

**Sept 10 - Winnemac Park**, 5100 N Leavitt - Near baseball field close to Argyle and Hoyne.



## Tuesday Tea (Zoom)

Bring a drink of your choice. No agenda! Except for Board Plus week.

**Tuesdays:** 4:00pm

Find Zoom Link on ForwardChicago.org – search "Tuesday Tea"

Call into the Program: 312-626-6799 (Chicago)

Meeting ID: 861 9417 8495 Password: None

**July 21** - Jim Allen, Comms Director for Chicago Board of Elections will explain how new legislation will change the voting process for the November election.

## Using Zoom

Using Zoom when you do not have a smartphone or computer is easy. All you have to do is dial 312-626-6799. When prompted punch in the Meeting ID and the pound sign(#). You may also be prompted to enter the Password, followed by the pound (#) sign.

## Board PLUS+

**EVERYONE WELCOME**

**4th Tuesdays:**

4:00-5:45pm

Dates: **July 28, Aug 25, Sept 22, Oct 27**

Find Zoom Link on ForwardChicago.org – search "Tuesday Tea"

Call into the Program: 312-626-6799 (Chicago)

Meeting ID: 861 9417 8495 Password: None

## COVID Update: News from the Field

**Friday, July 10 | 11:00am**

Dr. Michael Ison, Divisions of Infectious Diseases and Organ Transplantation, Northwestern University.

Find Zoom Link on ForwardChicago.org – search "Ison"

Call into the Program: 312-626-6799 (Chicago)

Meeting ID: 870 1137 52913 Password: 131884

Activate ★ Engage ★ Influence

Find us on **facebook**.com/forwardchicago

Call or RSVP 773-633-8312 ★ [info@forwardchicago.org](mailto:info@forwardchicago.org)

July 2020 - October 2020

# Programming



## PRESENTS

**Thursdays:** 11:00am-12:00pm

**July 16** - Randi Kant - Behind the Label - Understanding the Nutrition Facts Label

Learn how elements of the food label have been improved and how to use this important information to support healthier eating choices.

**July 23** - TBD

**July 30** - MacKenzie Hyde- Demystifying Power of Attorney and Executors

MacKenzie Hyde will discuss some legal issues that are important to all of us; Power of Attorney and Executors. Why do we keep hearing these terms and what do they really mean?

**August 6** - Eileen Dordek- Learn about how to cope with and help yourself to defend against loneliness and isolation.

Find Zoom Link on ForwardChicago.org – search "Forward Chicago Presents"

Call into the Program: 312-626-6799 (Chicago)  
Meeting ID: 341 600 860 Password: 023514



## Walking Club

### Walking Club

We walk, keep physically distant and get a bit of history. Parking inside and on the street.

**Fridays:** 11:00am

Location: Graceland Cemetery  
- Meet at the entrance.



## Science Speaker Series

Cool science talks by University of Chicago scientists are back on Zoom.

**Fourth Tuesdays:** 6:00-7:30pm

**July 28** Is "Empty" Space Really Empty? Revealing the Gas Reservoirs that Shape Galaxy Evolution -

**Speaker: Erin Boettcher**

**Aug 25** Clusters of Galaxies: the Largest Structures in the Universe - **Speaker: Yuanyuan Zhang**

**Sept 22** Listening to the universe with gravitational waves - **Speaker: Jose Maria Ezquiaga**

Find Zoom Link on ForwardChicago.org – search "Science Speaker"

Call into the Program: 312-626-6799 (Chicago)  
Meeting ID: 884 5891 8487 Password: 000442

## Meditation Monday



## Meditation Monday

Pradhan Balter will teach us to meditate and take us on a journey of knowledge.

**Mondays in July:** 10:00-11:30am

**July 6, 13, 20, 27**

Find Zoom Link on ForwardChicago.org – search "Meditation Monday"

Call into the Program: 312-626-6799 (Chicago)  
Meeting ID: 850 0672 2625 Password: 020502

Activate ★ Engage ★ Influence

Find us on **facebook**.com/forwardchicago

Call or RSVP 773-633-8312 ★ [info@forwardchicago.org](mailto:info@forwardchicago.org)

July 2020 - October 2020

# Forward Chicago

## Community Business Connections

Forward Chicago is thankful for our local Business Connections who share our commitment to community. Our website contains detailed information so that you can shop locally and support them. Let them know you heard about them from Forward Chicago. You will find Forward Chicago materials at these locations.



PRO-HOLISTIC CARE  
PHYSICAL MEDICINE

C A F E  
*Selmarie*

orange  
shoe  
personal. fitness.

knit1  
CHICAGO

**Matt Martin**  
47th Ward Alderman



Queen  
of Angels

TRADE  
JOE'S

St. Matthias  
Catholic Church



**ANDRE  
VASQUEZ**  
40TH WARD ALDERMAN  
\*\*\*\*



The Murphy & Sons  
IRISH BISTRO  
irishbistro.com

David Salk  
Appraisers



Old  
Town  
School  
of Folk Music



### The Forward Chicago Community Ambassador Team

**Board:** Helene W, Dara S, Diana K, Jeff G and Mary Ann I

**Facebook Guru:** Jerry P (like us on Facebook!)

**Website Mavens:** Elaine T

**Dinner & Lunch Hosts:** Pat G & Pat W

**Community Bloggers:** Jean A, Dara S

**Community Business Connections:** Lenore K

**Craft Circle:** Betty R, Maureen L

**Ideas Into Action:** Mary Ann I, Karen KF

**Games People Play:** Tana D, Joy M

**Newsletter:** Lenore K, Elaine T, Helene W, Karen KF

Activate ★ Engage ★ Influence

Find us on [facebook.com/forwardchicago](https://www.facebook.com/forwardchicago)

Call or RSVP 773-633-8312 ★ [info@forwardchicago.org](mailto:info@forwardchicago.org)

July 2020 - October 2020