

Nutrition Services Provide Food, Education, And More

September is Hunger Action Month. All across America, organizations are joining together to raise greater awareness about the need to fight hunger, and work towards solutions that benefit as many people as possible. At Catholic Charities, hunger is the number one reason people seek our services. In Cook and Lake Counties, Catholic Charities offers food and nutrition programs for all ages.

Catholic Charities Food and Nutrition Services:

- 9 Food Pantries
- 7 Sit-Down Evening Supper Locations
- 26 Child & Adult Food Program Locations
- 69 Summer Food Service Program Locations
- 16 Women, Infants, and Children (WIC) Farmer's Market Summer Nutrition Program Locations
- 16 WIC Food & Nutrition Centers
- 21 Senior Congregate Meal Locations
- 5 Senior Food & Nutrition Program Community Sites
- 166 Senior Food & Nutrition Program Outreach Locations
- 9 Meals On Wheels Locations

In the summer, our 19 senior residences and our five senior drop-in centers provide vouchers for the Senior Farmer's Market Nutrition Program.

Continued on page 6



Children receive nutritious lunches in the Summer Food Service Program.

THIS ISSUE

**Monsignor Boland
Announcement** page 3

**Invitation to St.
Vincent's Sept 22
Reunion** page 7

SEPTEMBER

BIRTHSTONE Sapphire
FLOWER Aster

- 2** Labor Day
- 8** Grandparents Day
- 11** Patriot Day
- 23** Autumn Begins

Greetings from the Editor

Happy September, Keenager Readers!

We extend our warmest thanks to everyone who contributed to the July/August appeal!

This issue highlights the importance of good nutrition. We also have a number of other great stories to share with you. Please especially take note of Monsignor Michael Boland's column, as he shares the announcement of his stepping down as Administrator, President and CEO of Catholic Charities after almost twenty-five years.

Monsignor Boland set an inspiring example for all of us to follow since he first joined Catholic Charities. He has always

been focused on the needs of clients, and programs that help them return to the greatest level of independence possible. As a result, services have expanded greatly throughout Cook and Lake counties.

We are blessed to have Kathy Donahue, Senior Vice-President of Program Development and Evaluation now in the role of Acting Administrator, President and CEO. We look forward to continuing to fulfill the mission of Catholic Charities, as Monsignor Boland taught us to do. Thank you, Monsignor Boland! Your impact will be felt in many wonderful ways at Catholic Charities for decades to come.

Katie McDonnell Bredemann

Keenager News

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Katie McDonnell Bredemann

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Catholic Charities fulfills the
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 competent and professional services that
 strengthen and support individuals, families
 and communities based on
 the value and dignity of human life.



**YOUR COMMENTS
 ARE APPRECIATED**

E-mail us at
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A Century Of Culinary Evolution

Mary Ellen Kastenholz
 CONTRIBUTOR

Each month many Keenager
 readers look forward to trying
 out our featured recipes. We
 thought you might enjoy this
 look at events and trends
 that have seasoned American
 cuisine over the past century.

1900-1910: Known as *The
 American Century*, the United
 States is an emerging giant in
 1900. In its second industrial
 revolution, hope and optimism
 abound. Many meat-filled
 meals begin appearing. *Oysters
 Rockefeller* becomes a famous
 appetizer from Antoine's
 Restaurant in New Orleans.
 Chef Jules Alciatore names
 his creation after John D.
 Rockefeller, associating wealth
 and position to the rich dish!
 Sugar consumption is on the
 rise: chocolate brownies, apple
 pie, devil's food cake, *Baked
 Alaska* and the introduction of
 sweetened tea, coffee and decaf
 coffee all make their mark.

1910-1919: Immigration is at an
 all-time high and foods become
 hyphenated: Italian-American,
 Chinese-American, Jewish-
 American. Favorites include:
 spaghetti and meatballs, chop
 suey, chow mein, Swedish
 meatballs and goulash.
 Processed foods are introduced
 such as Hellmann's mayonnaise,
 Oreo cookies, Crisco, Quaker
 Puffed Wheat and Rice,
 marshmallow fluff, and hot dogs.
 Aunt Jemima, Kellogg and C.W.
 Post become household names.

Self-service markets come
 into existence with items



displayed in aisles; no more
 handing a list over the counter
 to a clerk! This is the era of over
 indulgence before WWI, with
 Americans acquiring tastes
 for such delicacies as Lobster
 Newburg and Vichyssoise.

1920-1929: The Roaring 20s
 welcome in loud music, wild
 behavior and a healthy stock
 market! Homes have new
 gadgets such as toasters,
 refrigerators and gas stoves.
 The 18th Amendment prohibits
 alcohol consumption. Ironically,
 most alcoholic drinks are
 concocted during this period
 where Speakeasies introduce
 finger foods: the forerunner
 to cocktail parties! The Martini
 gains popularity but the question
 remains: shake or stir?

Proprietor Caesar Cardini
 of Caesar's Palace in Tijuana,
 Mexico whips up the famous
 Caesar Salad with what was
 left in the kitchen on July 4,
 1924: romaine lettuce, Romano
 cheese, bread, olive oil and some
 eggs! The decadent decade ends
 October 29, 1929 with the stock
 market crash.

1930-1939: Black Tuesday
 persists through most of the
 decade. Cooks become creative,
 making due with less. Vegetables
 and beans become substitutes
 for meat. One pot meals, such as
 macaroni and cheese, chili, oxtail

soup, meat loaf, casseroles, hot
 dogs and hamburgers become
 necessary. Hormel develops
 Spam with a seven year shelf life!
 Ritz crackers are used to make
 Mock Apple Pie. Wacky Cake
 (with no eggs, butter or milk,
 which were all rationed) also
 becomes popular. In 1936 Irma
 Rombauer publishes *The Joy of
 Cooking*.

1940-1949: World War II
 necessitates rationing of meat,
 sugar, butter, milk, cheese, eggs
 and coffee. Stretching food
 and meals that are quick to the
 table become essential with
 men at war and women working
 in factories or volunteering.
 Victory gardens are planted to
 supplement vegetables, herbs
 and fruit. Prepackaged foods
 emerge. Chiffon Cake becomes a
 popular postwar dessert.

1950-1959: Renewed national
 vivacity and new culinary tastes
 come from exposure to European
 and Pacific flavors. Favorites
 include BBQ, pizza, Polynesian
 sauces, Beef Stroganoff and
 Three Bean salads. Upgraded
 cooking appliances and the
 building of national highways
 improve food processing. In
 1953 Swanson creates frozen
 TV dinners in disposable trays.
 Lipton soup becomes popular
 for dips when added to sour
 cream. McDonald's changes
 family eating!

1960-1969: Conformity and
 tradition clash with radical
 change. Jackie Kennedy
 reintroduces French cuisine
 and Coq au Vin, and Julia Child
 becomes famous as *The French*

Continued on Page 6

Monsignor Michael Boland Bids Fond Farewell

It is with a heavy heart that I tell you of my decision to step down as President, Administrator, and CEO of Catholic Charities effective August 16, 2019. It has been my great privilege to hold this position at Catholic Charities for almost 25 years and to be a part of the agency for 30 years.

When I became Administrator, a friend told me that I had been given stewardship of “the great jewel of the Archdiocese.” That term has always stuck with me because it is a beautiful reminder that the poor and vulnerable are the true treasures of the Church. Catholic Charities is so blessed to daily minister to the needs of those whom Jesus entrusted to our care, and during my tenure I have tried to be a faithful steward of this remarkable agency that brings help and hope to so many people in need.

One of the greatest joys of my time at Catholic Charities has to be our recent year-long centennial anniversary celebration. The 100th anniversary gave us the opportunity to honor the great tradition of charitable care in the Archdiocese of Chicago—a tradition that has always included Catholic Charities, parishes, religious orders, volunteers, board members, philanthropic organizations, the business community, and government entities all working together to respond to individual and community needs.

During the past 30 years,



The Voice of Catholic Charities

Rev. Monsignor Michael M. Boland

this tradition has not only continued, but flourished. I have been tremendously grateful for the support Catholic Charities receives from so many organizations, individuals, and especially our dedicated board members, that has allowed us to implement innovative programming for veterans, ensure that we are present in the most under-resourced neighborhoods in the city and suburban regions, extend the reach of our services for the hungry and homeless, develop housing and extensive services for older adults, and ensure that children receive the nutrition they need and have healthy, safe recreational options in their communities.

As Catholic Charities embarks on the next phase of leadership, it will continue the great tradition of bringing people together to respond to changing needs. With that in mind, I am pleased to announce that Cardinal Blase J. Cupich, the Archbishop of Chicago, has asked Kathy Donahue, our Senior Vice President of Program Development and Evaluation, to assume the role of Acting Administrator,

I am deeply grateful for the friendships I have made with so many of you over the past 30 years. All of you have helped make Catholic Charities what it is today.

President and CEO. Kathy’s nearly 40 years of service at Catholic Charities demonstrates her commitment to the mission and strong leadership in the agency. I am confident that Kathy will ensure that Catholic Charities continues to operate seamlessly.

I am deeply grateful for the friendships I have made with so many of you over the past 30 years. All of you have helped make Catholic Charities what it is today. While my heart will always be with Catholic Charities, it is time for me to step back, rest and transition to a new phase of my priestly ministry. I leave confident that you will continue your extraordinary support of Catholic Charities, ensuring

that our brothers and sisters in need—the precious treasures of the Archdiocese—will be protected and treated with the love and respect that is worthy of their God-given dignity.

Let us go forward, remembering Christ’s call to be the “light of the world” for one another (Matthew 5:13-16) as we continue to help build God’s kingdom on earth, wherever we are.

May God’s peace be with you always.

***Thank you,
Monsignor
Boland!***

*From everyone
at Keenager News*

The Voice of Charity

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

**WNDZ
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Good Nutrition, Exercise Lead To Healthier Lives

As we age it is very important that we take care of our health, because one aspect of the aging process is that our health becomes less predictable. I remember when I was younger, I never went to the doctor. A very good friend of mine was a doctor and I would occasionally have him check my blood pressure and a few other things but I did not have a regular doctor. Now that I am older, I have a regular doctor who I see a few times a year, and a few other doctors who monitor various aspects of my health. These doctors often remind me of the importance of developing a healthy attitude with the way we are living our lives.

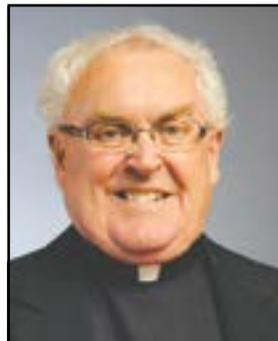
Two areas that I think are vital are our eating habits and getting exercise. When we grow older it takes more effort to prepare a meal. Sometimes people would just as soon have a bowl of cereal for dinner and that would be it. However, to maintain good health it is very important that a person has a balanced diet including fruit and vegetables. I generally go to Whole Foods to the deli section and select some things from there. Most food stores have a deli section and provide a selection of foods that are most tasty and healthy. Three or four times a week I try to prepare a meal that includes meat or fish and then some vegetables. It takes an effort to do this but it pays off in the long run.

Another way to live a healthy life is to get exercise. Walking is one of my favorite ways to achieve this. It means making the commitment to get out of our comfort zone and walk two or three miles at a time and to do this at least three times a week. There are also many health clubs that cater to seniors and have exercise classes that are geared for seniors. We don't move at the same pace as the younger

We are grateful to Monsignor Boland for his 30 years of service, and the vision he created for Catholic Charities will live on.

people. I used to go to a health club and do high impact aerobic exercise. I would do that about four or five times a week. Now that I am older it is not as easy to get over to the health club, but once I am there it is very rewarding to work up a sweat and get the exercise that is geared to my stage in life. I can't keep up with the younger people but I do it at my own pace. The important thing is to get the exercise, whether it is walking outside or going to a health club.

There are also many senior clubs available where there



Words for the Spirit

Father Charles T. Rubey

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

are activities for seniors such as playing cards, ping pong or other games. Also, there are organizations that provide trips for seniors in order to get the seniors out of their homes or apartments. As we age it is important to have diversity in our lives and to interact with people and socialize. It helps to get out of our homes and experience different sites and meet new and different people.

All of this can enhance our lives and lead to a healthy outlook on life. Most seniors have worked hard in their younger lives and it is now time to enjoy life at a different and slower pace. So, again, eat healthy and try different ways to enhance the later years in your life. Being a senior does not mean that one has to just exist. There are ways that

one can enjoy these precious years of being chronologically significant! That's another way of saying getting old...while still being young at heart.

In light of Monsignor Boland's recent announcement that he is stepping down as Administrator, President and CEO of Catholic Charities, I would like to add a note of appreciation to Monsignor Boland for all he has done to make Catholic Charities the beacon of hope that it is today for so many people. We are grateful to Monsignor Boland for his 30 years of service, and the vision he created for Catholic Charities will live on. He has had a very positive influence on all of us, and we wish him well as he ventures forth into the next chapter of his life.

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.*

**RCM BS NB LR PB PG AG CA LA SPK
SK FMT JCK ECJP SCD PSR LCK KK FK**

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

September Gospels Offer Much For Reflection

SPIRITUAL MATTERS

Anthony Spalla

SENIOR SERVICES STAFF

My dear sisters and brothers in Christ,

Our focus for this month's Keenager is on a very important aspect of all our lives: nutrition. I am hopeful this column by the grace of God will help nourish your soul. As summer is fading into fall I invite you to set some goals for these last few months of the year. I believe many of you have heard of the wonderful Saint Benedict! He was a brilliant, humble, hardworking, and devout man whose vocation "Ora et Labora" still rings around our beautiful and broken world today. It means to pray and work, and it is very important to understand that prayer should always come first, and not the other way around.

I realize that some of you are no longer engaged in manual labor and so I invite you to consider some kind of mental, verbal and relational work. You can be that ray of sunshine, of hope, of inspiration for

someone who needs support and encouragement, to be lifted out of wherever they may be psychologically. For those who still work, I encourage you to keep doing something creative, including a form of manual labor in which creation is renewed. The human is expressed as being the image of God, the creator of all, and balance is struck when this takes place.

I would like to offer some well-wishes and, indeed, a deep gratitude for all Monsignor Boland has done in being a guiding light for so many.

The liturgical season this month is dedicated to "Our Lady of Sorrows" and the Gospels for the month are as follows:

On Sept. 1st, Jesus tells the parable of the wedding banquet. Picture a big country wedding with so many beautiful and powerful layers to ponder

and pray on. Here are a few that come to mind: Jesus' first self-manifestation in the Holy Bible, turning the water into wine. We also have our Blessed Mother's last words in scripture, "Do whatever he tells you." Also, maybe just put yourself there at the wedding as a family member or guest.

On Sept. 8th, the Gospel says, "Then he called the crowd to him along with his disciples and said, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'" (Mark 8:34) I cannot help but think of the statement, "I am third" which I personally try to live by. It means to put God first, others second, and ourselves third. "Humble yourselves before the Lord and he will lift you up." (James 4:10)

On Sept. 15th, we hear the parable of the Prodigal Son. In reflecting on this passage, I have been all three characters in this story. How about you?

On Sept. 22nd, the Gospel contains the parable of the wicked servant. This is a reading to teach us all about mercy and forgiveness.

On Sept. 29th, the fifth and final Sunday of the month,

the Gospel tells the parable of Dives (the rich man) and Lazarus. Bishop Robert Barron pretty much summed it up for me with this quote: "We cannot remain indifferent to the poor, whom the Lord has determined to be a privileged route of access to his life and presence."

Before I conclude this month's column, I would like to offer some well-wishes and, indeed, a sense of deep gratitude for all Monsignor Boland has done in being a guiding light for so many. I wish him peace and abundant blessings in the next chapter of his life.

Your brother in Christ Jesus,
Anthony

"Angel of God my guardian dear to whom His love entrusts me here, ever this day/night be at my side to light and guard to rule and guide me. Amen."

The Guardian Angel Prayer

Catholic Charities Senior Centers

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

Grayslake 50 Library Ln. Grayslake, IL 60030 (847) 543-1041	Josephine P. Argento 1700 Memorial Dr. Calumet City, IL 60409 (708) 832-1208	Kelvyn Park 2715 N. Cicero Ave. Chicago, IL 60639 (773) 252-0333
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North Center 4040 N. Oakley Chicago, IL 60618 (312) 744-4029	Ada S. Niles 653 W. 63rd St. Chicago, IL 60621 (312) 745-3307
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Continued from page 1

In addition, Catholic Charities has 14 locations where clients can get immediate assistance of all kinds and benefits screening for other programs and services.

According to Tallett Vanek, Assistant Director of Special Supplemental Food, Community Development and Outreach Services, “Catholic Charities nutrition programs create a safety net for vulnerable populations and for anyone looking for a meal. Especially vulnerable people (the homeless, infants, expectant mothers, nursing mothers, children and seniors) need proper nutrition to maintain good health. For these groups, and for many other people, Catholic Charities is the bridge between hunger and nourishment.”

Program coordinators work diligently to educate clients on the importance of good nutrition. In addition, they make sure all meals are well-balanced and that the food is always fresh. It can be a challenge, for example, to coordinate the transfer of food between service locations, and it can also be difficult to ensure that sufficient staffing exists to coordinate, pack, and deliver meals. However, Catholic Charities employees often say how gratified they are to see what a difference these programs make in the lives of our clients.

Our nutrition programs are operated in conjunction with a variety of stakeholders from government to community partners. As a result, there are rules and regulations that must be followed to ensure the continuation of vital federal and state funding. Other nutrition partners include restaurants, parish groups, neighbors and friends who donate food and/or come on a regular basis to prepare, serve and clean up at the Evening Suppers and Congregate Meals.

As Catholic Charities Nutrition Services provide healthy meals to those in need, employees are also trained to identify clients possibly needing additional services. According to Marla Harris, Senior Services Department Director, “One of our main goals for seniors is to help people stay in



WIC Center employees assist a client with her groceries.

their homes as long as possible. So we work very closely with other Senior Services and connect people to the best programs for them in their respective counties.”

Through these nutrition programs, Catholic Charities strives to provide food to those who need it, and see where else assistance can be offered to our clients. To find a nutrition program closest to you, go to: www.catholiccharities.net or call (312) 655-7000

A Century Of Culinary Evolution

Continued from Page 2

Chef in 1963. Complicated recipes meet “hippie food” as the Vietnam War continues. New tastes such as hummus, tahini, zucchini bread, granola, bean sprouts, guacamole, vegetarian chili and gazpacho surface. Salad Bars and Swedish meatball appear. Tang becomes the new drink, thanks to astronaut John Glenn!

1970-1979: Disco, Watergate, and Star Wars appear. The “Me” decade builds on the 60s, incorporating further creativity and greater diversity in food. Microwave and Slow Cookers speed up meal preparation. The Immigration Act of 1965 brings greater Asian food variety: Szechuan, Hunan, Vietnamese, Korean and Thai. Pasta Primavera and Northern Italian foods arise. Brunch with quiche is the new meal of the day! The Watergate Salad (Pistachio

Pineapple Delight) gets a thumbs up from diners, along with a Walnut Encrusted Goat Cheese salad. California Cuisine brings in more natural ingredients and granola goes from counter culture to pop culture. Ben & Jerry’s, Twix, and sugary snacks offer sweet alternatives.

1980-1989: The Reagan years bring about Nouvelle Cuisine: small, healthier portions with expensive prices! Celebrity chefs emerge along with infused virgin olive oil and balsamic vinegar. Tex-Mex, Blackened fish and Sushi become popular, along with the use of Vodka Sauce, Ranch Dressing and Crème Brûlée! The 1987 Stock Market plummet reminds cooks and diners of simple comfort foods: mashed potatoes, pot pies, peas, meat loaf, chili and risotto.

1990-1999: The Fitness era starts with personal trainers and tread mills; more of both parents are working outside the home but home cooked meals with family are still important. Starbucks goes public and national! Chinese chicken salad, sun dried tomatoes, crab cakes, molten chocolate cake and the comeback of Beef Wellington!

2000’s-Now: The internet provides a wealth of new sources for recipes, cooking videos and kitchen supplies. A movement toward more simplified, reduced and low fat foods occurs. Mediterranean, Pacific Rim, Northern Italian and fusion cooking gain interest. Superfoods, essential vitamins and minerals become a trend yet smoothies and cupcakes are everywhere!

A closing note: In light of Monsignor Boland’s announcement, I wish him well in the next chapter of his life, and I extend many thanks to him for his compassionate leadership, ensuring Catholic Charities has continued to provide service to our brothers and sisters. It has been a privilege to serve with Monsignor Boland on the Catholic Charities Board of Directors, the Advisory Board, as a volunteer and as a friend. God’s blessings Monsignor Boland!

Mary Ellen Kastenholz

Editor’s Note: More of Mary Ellen’s Chicago Trivia will be coming soon in Keenager News!

St. Vincent's Annual Homecoming at 721 N. LaSalle Street Planned For September 22

On Sunday, September 22, 2019, Catholic Charities of the Archdiocese of Chicago Post Adoption Services is hosting a Homecoming Mass and Reception for adopted persons who were placed from St. Vincent's Orphanage, which operated at 721 N. LaSalle Street in Chicago from 1881 until 1972. Anyone who stayed at St. Vincent's as an infant or toddler is welcome, as well as adoptive parents, and former St. Vincent's staff members.

The event will begin at 10:30 a.m., with tours of the building, led by former Child Care Technicians (CCT's) who worked at St. Vincent's. At NOON, Mass will be held in the 3rd Floor Chapel, with a reception afterward in Vincent Hall. This event is free, but registration is required (see below).

The building that was St. Vincent's Orphanage is now Catholic Charities St. Vincent Center, the administrative headquarters for Catholic Charities of the Archdiocese of Chicago. The life-affirming work that is currently done in St. Vincent Center is a wonderful extension of the care and service that were provided non-stop for ninety years at St. Vincent's Orphanage. St. Vincent's played a vital role in the history of the city as a safe, loving place where expectant mothers and children found refuge in a loving environment. Through the years, many infants were born at St. Vincent's, or they were transferred there from the hospital when they were just days or weeks old. Some infants were brought to St. Vincent's by police, after having been found on carefully chosen doorsteps. Children of all ages were sometimes brought by a parent or a family member who could no longer care for them, due to poverty or illness. St. Vincent's was also the place where thousands of new families



A Daughter of Charity with an infant in an early photo from the archives of St. Vincent's Orphanage.

were created as couples who longed to start families became adoptive parents. Other couples became foster parents for older children. Everyone found love, support and a future once they came to St. Vincent's.

St. Vincent reunions have taken place annually since 2013, offering adopted persons a chance to see where their lives began and where they were baptized, while also having the opportunity to meet some of the people who cared for them. As one former Child Care Technician said, "I am so glad that you are keeping the memories of St. Vincent's alive. I think fondly of the babies I cared for during the seven years I worked there." An adoptee reflected on the reunion, saying, "This was so meaningful to me, to be able to come back to my first home, and to see where my birth mother lived when she was pregnant with me."

To register and get more information on this special event, contact Lisa Francis at (312) 655-7093 or lholmes@catholiccharities.net.

READERS' CORNER

From E. Peters

"It's great to be a reader of Keenager News. It feels like a family."

From Emilie D'Orazio

"I'm 98 and was introduced to your paper in 1979 by my sister-in-law when we left Chicago and moved to Arizona. We had lived in St. John Brebeuf parish in Niles. My husband Pete had a natural tenor voice, so he did a lot of solo work at church. My daughter Bernadette and I joined the choir and were involved in fundraising for the church. We formed an entertainment group. I sewed all the costumes and we had others who wrote skits, and others who played instruments. I was involved in taking the nuns' habits apart and modernizing them into a skirt and jacket. Once we moved to Arizona, my husband and I started volunteering at our new parish, St. Joseph. We worked with the Little Sisters of the Poor, making ceramics and my husband singing for the residents in our community. Later we volunteered at three different hospitals. We met a lady from Hilo, Hawaii who taught ladies the hula dance and songs in Hawaiian. We formed a group and entertained at nursing homes and Alzheimer's units for 13 years. All of these projects were uplifting and gave us great satisfaction for our souls. In 1999 we moved to Sun City, AZ. It is senior country where there are three types of seniors: the Go-Go's, the Slow-Go's and the No-Go's. We were the Go-Go's for a long time. We volunteered at Boswell Hospital until my husband's death in 2006. Today, my daughter lives with me and I'm the oldest member of my Stitcher's Club. We sew for less-fortunate children. I sew at home, so I'm still contributing to society at 98. Wishing you God's blessing to keep publishing Keenager News."



Sister Rosemary enjoys the Art Studio with a Misericordia resident.

Have you ever walked through the door of a building where you immediately felt the presence of God? Other than your local church, do you know of any place so full of love and compassion that it almost makes you feel as if you are in heaven? Misericordia Heart of Mercy is that place for a multitude of people.

In 1921, Misericordia first opened its doors as a maternity hospital for low-income women, both married and unwed. As more options emerged for expectant mothers, Misericordia recognized an even greater need and, in 1954, its mission changed to helping young children with intellectual, developmental and physical disabilities. In 1969, the Sisters of Mercy appointed a dynamic young nun to become Executive Director of Misericordia. Every person in the Misericordia family has benefitted ever since.



Sister Rosemary with a resident in her first years at Misericordia.

Sister Rosemary Connolly, RSM has been called warm, loving, a brilliant strategist, and a “living saint.” This year, in addition to celebrating 50 years as Executive Director of Misericordia, Sister Rosemary celebrates 70 years as a Sister of Mercy. As these remarkable milestones are being acknowledged, three new group homes are opening at Misericordia, a new apartment building is being built, and a five-year plan is underway to build ten new homes directly south of the campus on a 3.5 acre piece of property purchased recently. Also, a drive-thru version of the popular Hearts and Flour Bakery is in the works.

According to Sister Rosemary, it is all for current and future residents. In a recent guest appearance on Monsignor Michael Boland’s “Voice of Charity” radio show, Sister Rosemary said, “Through the goodness of the people of Chicago being touched by God, we have grown and expanded. But we still have hundreds of people on our waiting list and that’s what we are trying to address with our plans for expansion.”

She continued, “Our residents are so valuable to teaching us how to live on God’s terms. They help bring God’s presence more into the world. They each have a right to life, and to a life worth living.”

Regarding her dual anniversaries this year, Sister Rosemary said, “Being a Sister of Mercy and sharing in the life at Misericordia have been tremendous gifts in my life, and I thank God for all of the blessings and opportunities I have had to make a difference, and to know I have played a role with so many other wonderful people in

making Misericordia the beautiful home it is today.”

When Sister Rosemary first came to Misericordia, only children under 6 years old were accepted. In addition, though residents were lovingly cared for, they were not encouraged to establish goals for themselves. Sister Rosemary challenged the age restriction, and won. She then reached out to experts across the state, finding that there were no established programs for children with developmental disabilities. She was encouraged to create them and soon, with the help of advisors, Sister Rosemary

“Our residents are so valuable to teaching us how to live on God’s terms. They help bring God’s presence more into the world. They each have a right to life, and to a life worth living.”

Sister Rosemary Connolly

constructed classrooms for primary education and started physical therapy, speech therapy, life skills programs and recreational activities at Misericordia.

Today Misericordia’s campus spans 31 acres and is home to more than 600 children and adults with mild to profound intellectual and developmental disabilities, some of whom also have physical challenges and medical issues. More than 1,200 staff members and thousands of volunteers,



Sister Rosemary Connolly Celebrates 50 Years As Executive Director of Mercy, 50 Years As Executive Director

Expansion Planned For “Hundred Years of Mercy”

ERICORDIA
T of MERCY

brates 70 Years As Sister Director Of Misericordia reds On Waiting List”



Sister Rosemary Connolly, RSM

including residents' family members, support the residents daily across twenty buildings. In addition, Misericordia has an Outreach Group of 200 members, many of whom are on the waiting list. They participate in Misericordia's programs and hope for residential services to become available.

Sister Rosemary said, “I believe we are the only agency that offers a full continuum of residential care, from skilled nursing to houses out in the neighborhood to everything in between.” She continued, “When someone comes to Misericordia, we get to know their strengths and limitations. We place each resident where he or she will be most successful and we continue to help each resident set and achieve goals, each according to his or her abilities. We love them all.” This continuum of care includes the possibility of residents pursuing continued

Misericordia has inspired Chicago's most prominent corporate leaders, politicians, and benefactors. They, along with longtime staff and advisors, have been instrumental in helping Sister Rosemary establish avenues for private support to supplement what Misericordia receives in government subsidies. As Sister Rosemary says, “I know God has walked this journey with me. The right people have always been with me in the right place and the right time.”

One devoted Chicago celebrity is legendary Bears Super Bowl coach Mike Ditka.

In a recent interview, Ditka said, “I support them. If you don't know about Misericordia, go see the home, see what they do, see how they take care of the people who stay there, and then you understand what it's all about. I played in a golf tournament back in the 80s when I was coaching, and the guy said, ‘Well, what about coming to Misericordia?’ And I said, ‘Sure, I'll come by.’ So I went up there, and once I saw it, then I understood what they're really doing is unbelievable. They're helping people who can't help themselves. And the littlest thing makes their life enjoyable...That's why I try to help them in any way I can.”

Sister Rosemary sees “a vibrant future” for Misericordia in reaching out to more families in need, so more of society's most vulnerable individuals can be part of this amazing community where every person is treated with an abundance of encouragement, respect, hope and love. To learn more, go to: www.misericordia.org. or call 773-973-6300.



Supporters and staff members join Sister Rosemary for the opening of the Misericordia Sweet Shop in Glenview.

academic learning experiences, job training and work opportunities, social and recreational activities, the use of health and fitness centers and opportunities for spiritual growth.

From the beginning, Sister Rosemary's tireless commitment to the mission of

Milestones in the History of Misericordia

1921 Misericordia opens at 2916 W. 47th Street on Chicago's South Side, as a maternity hospital for low-income women.

1954 Misericordia changes its mission to helping young children with intellectual, developmental and physical disabilities.

1969 Sister Rosemary Connolly, RSM, is appointed Executive Director of Misericordia.

1976 Angel Guardian Orphanage closes, at 6300 N. Ridge Avenue on Chicago's North Side. Sister Rosemary sees an opportunity for some Misericordia residents to live in a more home-like setting and grow in their independence. The Archdiocese of Chicago purchases a portion of this property for Misericordia. With only enough funds to update two of these buildings, Sister Rosemary goes to work and soon, 39 children are able to move in, assisted by 35 staff members.

1983 Misericordia begins programs and services for adults.

2005 Remaining residents at South campus move into a new, state-of-the-art facility on North campus, as the two campuses merge into one.

2019 Sister Rosemary celebrates 70 years as a Sister of Mercy and 50 years as Misericordia's Executive Director; Five-year plan is underway to build ten new resident homes.

Sources: misericordia.org; Chicago Sun-Times.

St. Sabina Garden Project Cultivates More Than Fruits And Vegetables

To many people, a garden is a place for watching nature come to life. For Peter Hoy, Executive Director of the Stein Learning Garden at St. Sabina Parish, a garden is that, and much more. Hoy says, “We see our garden space as a dynamic community resource. It can produce ‘products’ that improve our education programs and help our neighbors grow their own food.”

The Stein Learning Garden started in April, 2018 when Barbara and Sheldon Stein generously donated funds to start a garden education program for the St. Sabina community in the Auburn-Gresham neighborhood. Hoy found a group of interested seniors from St. Sabina Elders Village, one of 19 Catholic Charities senior residences. With the help of a dedicated committee, Hoy designed a series of educational initiatives and soon children from St. Sabina Academy and the ARK of St. Sabina joined in the fun through in-school projects and after-school programs. According to Hoy, “The children love coming to the garden, and their parents think it is a great thing for their kids to be involved in.”

The programs started in an empty city lot across the street from St. Sabina church. Students helped create spaces for eight gardening beds and four wheelchair accessible spaces. The lot also features two gathering/teaching areas, a wood-working shop, a field office, and a greenhouse. The garden



St. Sabina Elders Garden residents and Catholic Charities staff members enjoy their new garden.

space is shared by the senior and youth programs and once food is ripe, it is either enjoyed by the groups as class snacks or harvest bags are sent home with all of the participants.

Word has spread about this project, and Hoy and his colleagues have begun working with several organizations who fully support the concept. These partners include the Chicago High School for Agricultural Sciences, The Urban Canopy, The University of Illinois at Chicago (UIC), Loyola University, and DePaul University. As Hoy explains, “In the case of UIC, we work with their Chicago Partnership for Health Promotion to bring healthy cooking classes to the seniors who attend our program. Last fall, Miriam Virto led the seniors in a six week ‘Cooking Matters’ program using some of our fresh produce in her recipes.”

Everything on site (the gardening beds, benches, a tool

wall, etc.) has been built in the wood-working shop by students and by teens employed each summer through One Summer Chicago, a City of Chicago youth jobs program. Hoy says, “Many of the teens enter the program without any experience using wood-working tools and they leave knowing the basics of how to build something on their own. In addition, the greenhouse allows the programming to continue through all twelve months of the year. We are able to grow crops well into December and sometimes, January and February.”

Peter’s colleague, Angela Brown, also has seen many positive outcomes of the garden project. “The senior residents really enjoy harvesting and they enjoy the food demonstrations. Some of the residents can be apprehensive about gardening, but we encourage everyone to do what they can.” Angela continues, “While gardening,

the residents enjoy discussing current events, and their faith. They just have a good time joking and laughing with one another. It is a very enjoyable communal experience.”

When asked what she enjoys about the program, participant Lettie Wallace said, “My mom had a garden. It brings back memories for me. It’s an experience which I really enjoy.”

Hoy and his colleagues continue to develop new ways to connect the seniors and the youth, and reach out to more people in the community.

More information about the Stein Learning Garden Project can be found at: www.sabinagardens.org.

Donations via check can be made payable to St. Sabina Church with “Stein Learning Gardens” in the Memo to: St. Sabina Church, ATTN: Peter Hoy, 1210 W. 78th Place, Chicago, IL 60620.

From The Recipe Box

From Keenager News, September 1991

Apple Streusel Crisp

6 to 8 baking apples (Granny Smith or Golden Delicious), peeled, cored and sliced ½-inch thick	½ cup all-purpose flour
¼ cup sugar mixed with ¼ tsp. each cinnamon and cloves	¾ cup brown sugar, sifted
1 tbsp. lemon juice	½ tsp. cinnamon
	Pinch of salt
	6 tbsp. chilled margarine, cut into small pieces
	1 cup rolled oats

PREPARATION

Toss apple slices in mixing bowl with lemon juice and sugar-cinnamon-clove mixture. Set aside. Preheat oven to 350 degrees; grease a 2 ½ quart baking dish. To make streusel: blend flour, brown sugar, cinnamon and salt in a mixing bowl. Cut in the margarine with a pastry blender or fork until mixture resembles coarse meal. Add oats, combining thoroughly (mixture will be stiff and lumpy). Spread half of streusel mixture in bottom of baking dish; top with apple mixture. Spread remaining streusel mixture evenly over the top of the apples. Cover baking dish and bake for about 20 minutes, until apples are beginning to bubble. Remove cover and continue baking another 40 minutes, or until streusel topping has browned and apples are soft. Serve warm or cold (extra good with vanilla ice cream!).

NEW this month: September 2019

Fresh Strawberry Gelati

(Summer Is Not Over Yet!)

½ cup sugar	2 tablespoons fresh lemon juice
½ cup warm water	Lemon zest
3 cups sliced strawberries	

PREPARATION

Combine sugar and water in a blender. Process until sugar dissolves. Add strawberries and lemon juice until smooth. Pour mixture into an 8-inch square baking dish. Cover and freeze 3 hours. Stir well. Cover and freeze 5 hours or overnight. Remove mixture from freezer. Let stand at room temperature for 10 minutes. Scrape entire mixture with a fork until fluffy. Spoon into serving dishes and top with lemon zest. Yield: 4 servings, 1 cup each, 136 calories per serving.

Share your recipe with Keenagers. Submit recipes to:
The Recipe Box, Keenager News
721 N. LaSalle St., Chicago, IL 60654

St. Francis of Assisi Senior Residence Celebrates 10 Years



St. Francis of Assisi Residence in Palos Park recently held a 10-year anniversary celebration. Assisting the resident volunteers who planned the event were (left to right): Elizabeth Arteaga, Sarahi Lopez de Nava, Laraine Bodnar, Vilija Aukstuolis and Sarah Al-Hassan.

Monologue Memories From One Of The Greats: Johnny Carson

"I was so naïve as a kid I used to sneak behind the barn and do nothing."

"New York is an exciting town where something is happening all of the time, mostly unsolved."

"I know you've been married to the same woman for 69 years. That is marvelous. It must be very inexpensive."

"An oxymoron?...What's that? A moron who studies at Oxford?"

"Before the show tonight, a sweet, elderly lady came up to me and says, 'You know, I'd like to capture you on canvas.' I say, 'You mean, you'd like to paint my portrait?' And she says, 'No, I've got an army cot in my Winnebago.'"

brainyquotes.com; notable-quotes.com.

Carol Garsee Completes Cross-Country Bike Trip At Age 77

Experts say staying active is key to living a long and happy life. But for Carol Zemola Garsee, it is the quantity of her activity that sets her apart from almost every one of her peers.

Fulfilling a challenge she made to herself, this year, Carol finished a 65-day bicycle trip, travelling almost 3,000 miles of the United States, with a positive attitude and level of endurance that defy her age. "I'm 77 years young," Carol says, with a warm smile.

Carol travelled in a group of seniors under the direction of Ken and Nancy Wright, a couple from Vermont who Carol read about in Adventure Cycle magazine. Carol took a cross-country bicycle trip with them in 2006, followed by another bicycle trip in Canada. This year, Carol weighed the decision carefully. She says, "When this trip came up, I asked myself, 'Can I still do it at age 77?' I wanted to prove to myself that I could and I did it!"

Seventeen participants started off February 12 in St. Augustine, FL, the "oldest city" in America. Following a tradition known to avid bikers, each member of the group dipped the tires of his/her bicycle into the Atlantic Ocean as they began the trip, and dipped them again in the Pacific Ocean in San Diego, when they finished on April 18.

Carol appreciated all she encountered along the way. She says, "I saw places that I never would see if it was not for the trip." She continues, "For the most part, people we met were very kind. In Louisiana, during a rainstorm, my friend Dot and I knocked on the door of a home we came across in the hills. The family dropped everything, gave us coffee in front of their fire and visited with us before we resumed our ride."

Carol had support back home too. Liza Martin is Director of Catholic Charities

North Center Satellite Senior Center, a drop-in center where Carol has attended Zumba and Yoga classes for over three years. During Carol's bike ride, Liza copied Carol's Facebook posts and pinned them to the center's bulletin board for all to see. Liza says, "Carol is our idol and our inspiration on keeping fit as you age."

Carol's friend Marie Mancini also followed her progress closely. Marie says, "During her ride, Carol sent emails to all of us, and I followed her progress through that. When she finished, I said, 'You did it!' Carol really is such an inspiration, in a lot of different ways."

The trip was not without peril, and the bikers were cautioned to be on alert for variations in road and weather conditions

"God was my companion and my teammate." Carol Garsee

and the effects of changing altitudes. As for medical concerns, Carol says, "I did not have feet issues but I did have sore muscles, and a sore butt from riding 40, 50 60 miles a day! My friend Mary found a cushioned seat online, mailed it to me and it was waiting for me at a stop in Louisiana. I also had Boiron products with me that helped soothe my sore muscles."

Sleeping and eating accommodations were prearranged and a Support Vehicle filled with supplies followed the bikers on the road each day.

When asked what she thought about while biking, Carol says, "I did a lot of praying, thanking God and asking God for guidance and help. God was my companion and my teammate." She adds, "I did some meditating, and some cursing, too...but it was never directed at God."



Carol Garsee, left, reviews the North Center bulletin board featuring her trip posts, with Liza Martin, center, and Brigid Murphy, Catholic Charities Director of Communications.

Carol also had family support to keep her going. She explains, "I wore angel earrings, and my niece gave me a bracelet that has an angel pin it and the words: HOPE, LOVE, TRUST and FAITH. These all gave me a lot of strength." In addition, Carol's brother and sister-in-law met her for dinner in Phoenix and her husband greeted her in San Diego as the trip concluded.

When asked about her nutritional habits, Carol says, "I don't really have a plan. I watch portion sizes and I eat a lot of fruits and vegetables. For exercise, I tell people, 'You have to keep moving, and whatever exercise you choose, start out slowly and keep it fun!'"

Upon her return to Chicago, Carol was featured on WGN-TV and in Inside-Booster, the North Center neighborhood newspaper. Then, after taking a short respite Carol went back into training for a two-week bike trip through Maryland and Virginia in October. After that, Carol says, "I can't wait to get back to the Zumba classes at North Center!"

See Carol Garsee featured on WGN-TV: <https://wgntv.com/2019/05/08/woman-bikes-across-the-u-s-to-show-what-77-years-young-can-do/>

Keenager News Survey Results

THANK YOU to everyone who took the Keenager News Survey! More than 500 surveys were submitted and here is a snapshot of some of the results:

- 75% of Keenager readers live in Chicago or in suburban Cook County; the remaining 25% of readers live in suburban Lake County, in another part of Illinois or outside of Illinois;
- 40% of the respondents have read Keenager News for 10+ years;
- 71% of the respondents keep Keenager News and refer back to it, for a week, a month or longer;
- 49% of the respondents share their copy of Keenager News with more readers; 20% of these share their copy with up to 4 other people; and
- Most respondents like Keenager News just the way it is, while other had some great suggestions that we will try to incorporate in future issues!

We always welcome your input! Submit your feedback, stories and poems to us by mail, or feel free to contact us at 312-655-7425, or keenager@catholiccharities.net.

Clarification

In the July/August issue of Keenager News, the LOSS program was honored. To clarify, Carol and Ernie Fluder, Elsie and Joe Settani and Marie & Bill Churchill each suffered the loss of a child and they helped start LOSS to find healing themselves, not just to help others. The first LOSS meetings were in the home of Carol and Ernie Fluder, and the gatherings moved to St. Hubert Parish in Hoffman Estates as the group grew larger. These compassionate couples were instrumental in helping Fr. Charles Rubey make LOSS the wonderful program it is today.

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- B – Placed by the Catholic Cemeteries **\$35.00**

NAME OF DECEASED _____

CEMETERY _____

GRAVE _____ LOT _____ BLOCK _____ SECTION _____

CRYPT _____ TIER _____ BUILDING _____ LOCATION _____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL ADDRESS _____

PHONE _____ TOTAL \$ _____

KA-WDE7



Rose's puzzle CORNER

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

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

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- APPLES
- BEER
- BREADS
- CARAMELS
- CIDER
- COBBLER
- CORN
- JAMS
- MUFFINS
- PEARS
- PECANS
- PIES
- POPCORN
- PRETZELS
- PUMPKIN
- ROASTS
- SOUP
- SPICES
- SQUASH
- STEWS

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Rose's puzzle CORNER

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

FOOTBALL'S BACK

- BLITZ
- DOWN
- DRIVE
- FOOTBALL
- FUMBLE
- GRIDIRON
- HANDOFF
- HUDDLE
- KICKOFF
- PIGSKIN
- PUNT
- QUARTERBACK
- RETURN
- SACK
- SAFETY
- SHOTGUN
- SNAP
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Humor & Nostalgia

by Joe Eberhardt

Reprinted from the Joe Eberhardt archives.



Harry's Heart-Healthy Humor

Harry hopes you will enjoy this clever love poem from a Keenager reader in August, 1976:

.....
Dearest Keenager,
Do you (carrot) all for me? My heart (beets) for you and my love is as soft as a (squash) and as strong as an (onion) for you. You are a (peach) with (radish) hair and a (turnip) nose. You are the (apple) of my eye, so if we (cantaloupe), (lettuce) marry anyway. I'm sure we will make a happy (pear).

Yours Truly,

A. Potato



Remember When...

"The Tonight Show, With Johnny Carson" ruled late-night TV?

.....
From October, 1962 until May, 1992, the Carson Tonight Show was, and still is, the standard all talk shows have tried to follow. Millions of Americans waited eagerly each night to hear the jokes in Johnny's monologue. The "A" list of Hollywood celebrities was always featured in Johnny's guest interviews and musical performances. Plus, Johnny's comedic talent and on-air charisma were truly second to none. In total, Johnny hosted 4,531 shows over 30 seasons,. See Page 11 for a sampling of why Johnny Carson's Tonight Show will forever be celebrated in the history of television.

September 2019 VOL. 51, NO. 8

"Mature Youth" Keenager News

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SEPTEMBER CELEBRATIONS

BIRTHDAYS

HAPPY HUNDREDS

Helen Godzicki	100	9/9
Stanley Dombrowski	100	9/9
Max Eysenbach	105	9/13
Lillian Banchak	100	9/16
Irene Wegner	102	9/18
Sister Rosalie Major	102	9/26
Josephine Jezier	100	9/28

NIFTY NINETIES

Evelyn Borowicz	90	9/16
Anita Guthrie	90	9/17
Lorraine Buenz	90	9/26
John Haney	90	9/29

ENLIGHTENED EIGHTIES

Bernadette Vecchiollo	80	9/1
Sandra Cramer	80	9/6
Carol Mester	80	9/13
Dolores Salek	80	9/30

BELATED

Karin Turnquist	90	6/24
William Rooney	90	7/7
Nora Luszcz	90	8/30

WEDDING ANNIVERSARIES

Tony & Gerry Marzullo	65	9/4
Frank & Barbara Smagacz	60	9/5
Bruno & Ida Quagliani	73	9/7
John & Irene Dominici	60	9/12
David & Irene Sikorski	50	9/13
Ed & Jackie Synecki	56	9/14
Bob & Babe Podlasek	63	9/15
James & Patricia O'Rourke	50	9/20
John & Joan Delisi	53	9/24
Stephen & Jeanne Karabin	59	9/24
Ken & Barbara Schmidtk	50	9/27

BELATED

Albert & Juanita Hern	53	7/30
Jack & Carolyn Jucewicz	50	8/16
Richard & Lorraine Piasecki	64	8/20
Charles & Marilyn Scallon	70	8/27
Wendell & Lorraine Monyak	55	8/29

SUBMISSIONS

Keenager will help celebrate your special birthday or anniversary (50 plus). Mail or phone us your submission eight to 10 weeks in advance. **We regret that limited space does not allow between-decade birthdays.**

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