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# KEENAGER NEWS

'Young  
At Heart'

July and August  
2024

Volume No. 56  
Issue No. 04

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

## Following the Light

Every weeknight, Calvin G. commutes over 10 miles, often by bicycle, to Catholic Charities' 721 North LaSalle Street building. Why travel so far?

**"To be part of this community,"** he says simply. **"They inspire me. They make me want to keep going."**



Left: Calvin G., Tuesday Night Supper guest and After Supper Visions photographer, after he arrived at 721 North LaSalle Street on a chilly afternoon. Right: A photo of Calvin's bicycle that he took as part of the After Supper Visions photography program.

Calvin, who has no permanent home address and stays in Chicago's East End neighborhood, has been a mainstay of the Catholic Charities Sister Joyce Dura, O.S.F. Supper Program for more than 20 years. Weekdays at this downtown location, about 130 people in need enjoy a nutritious, hot meal thanks to gifts from generous donors. Dozens more people are offered to-go meals.

"Here, newly arrived migrants, long-time Chicagoans, staff members, volunteers, people without a place to call home, we all are humans with a story," Calvin says. "This is a community of love and acceptance."

As a valued part of that community, Calvin tries to extend love and acceptance to others who come through Catholic Charities' doors for the nightly suppers.

"The things I've been through...I've survived against all odds," Calvin says. "I'm grateful and humbled. Every day the Lord gives me, I'm winning."

**CONTINUED ON PAGE 6**

## Greetings from the Editors

We are delighted to be celebrating 55 years of Keenager News with you! The goal of this newspaper is the same today as when it started: We want to remind all of our readers that you are very important to us at Catholic Charities! We will continue to share Catholic Charities news and information with you, plus some humor and fun, and make sure you know we are here for you if you need assistance. Contact us at [keenager@catholiccharities.net](mailto:keenager@catholiccharities.net). Enjoy these happy days of summer!

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## CONTRIBUTORS

**p3 The Voice of Charity**  
Shivonna Dickson



**p4 Perspectives on Art and Life: After Supper Visions Exhibition Coming in September**

*Fr. Rubey is away and his "Words for the Spirit" column will return in the next issue.*

## SPECIAL FEATURES

- p2 National Senior Citizens Day**
- p5 National Eucharistic Pilgrimage Comes to Chicago**
- p7 An Invitation to Join Legacy of Hope**
- p8 Compassion in Action: The Kissing Family**

## SPECIAL DATES

**July 2024**

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

- 7/4** Independence Day
- 7/15** Catholic Charities Golf Classic
- 7/28** World Day for Grandparents and the Elderly

**August 2024**

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

- 8/6** Feast of the Transfiguration
- 8/12** International Youth Day
- 8/15** Feast of the Assumption

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

## National Senior Citizens Day is August 21



National Senior Citizens Day was established in 1988 to recognize the important contributions seniors make to society—especially those who have dedicated their lives to giving back for the greater good of their communities.

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute,” President Ronald Reagan proclaimed. “We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of people under age 18 for the first time in the nation’s history.

Today, seniors are more active than ever, establishing new careers, participating in valuable volunteer experiences, and setting an example for younger generations of how to be happy, productive citizens—and how to make the most of every day. Catholic Charities senior residences will celebrate this national holiday with a wide variety of activities. See below for just a few of the plans that have been made, as we go to press:

**Lawrence Manor:**

Ice Cream Social (make your own sundae!)

**St. Peter Claver:**

Senior Carnival Day

**St. Sabina:**

Senior Dance Social

**St. Ailbe:**

Senior Luncheon with Games and Music

Sources: [nationaltoday.com](http://nationaltoday.com); [wikipediacommons.com](http://wikipediacommons.com)

#THEVOICEOFCHARITY
The Voice of Charity



8:30 TUESDAY MORNINGS  
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issues that matter.  
**Make it part of your week!**

Learn More about Catholic Charities through our Monthly Eblast

Send an email to [communications@catholiccharities.net](mailto:communications@catholiccharities.net) to receive our monthly eblast that includes news and details about upcoming events.

## Nourishing Families Feeds the Body—and the Soul

### Voice of Catholic Charities

**SHIVONNIA DICKSON**

Vice President -  
Women, Infants, and Children  
WIC Access-Operations



When Jessica\* came to one of our WIC grocery centers, she had no coats for her children. One of our fellow Catholic Charities teams was onsite that day hosting a pop-up event. Jessica, and what must have been 60 or so other people, left not only with groceries, but also with coats, socks, underwear, and diapers—basic items every child needs to thrive.

It's estimated that one in two babies born in the U.S. today benefit from the federal Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). This program's purpose is to help pregnant women and moms with infants and children under age five who are economically challenged get the quality food they and their families need.

Supporting moms like Jessica is at the heart of what we do at the Catholic Charities WIC Grocery Centers every day. We serve moms and families from all walks of life, including those who have lived in Chicago for generations as well as those who may have recently arrived.

How well we take care of moms, infants, and children determines what's going to happen in the future. Our goal is to help families improve their lives and wellbeing. We achieve this by opening access to resources, services, and support that

will prevent future health problems, alleviate daily stress—and build strong foundations for future generations.

When Catholic Charities first started out in this ministry in 1993, we had just four WIC grocery centers. We now have 14 WIC grocery centers across Chicago. Over 59,000 caregivers and children received benefits at one of these centers in fiscal year 2023.

It's about creating a supportive environment that enables families to thrive and children to reach their full potential. Yes, these food centers provide nutritious groceries. But they also do so much more. They are a hub for mothers and families. **They are both in the community—and they help build community** in neighborhoods where people often face barriers that can make it difficult to access basic things they need, like quality food to help their babies grow.

At our WIC grocery centers, moms are welcomed with one-on-one attention. They learn which fruits, vegetables, cereals, and other healthy products are available to help them take care of themselves and their children. We understand the challenges they face, see their unmet needs, and connect them with resources to gain more stability in their lives. We wrap them with support they may not know how to find, which is critical—and is only possible thanks to our generous Catholic Charities partners.

For example, we offer nutrition education programs that engage clients in monthly topics with nutrition information they can take home, food demos, and tastings with recipe cards. We have mental health therapists onsite at some WIC grocery center locations. We also offer a range



*A mom and her child shop at a Catholic Charities WIC Grocery Center in Chicago.*

of services, including prenatal and postpartum doulas, parenting classes, childcare, and developmental resources. During the tax season, one of our partner agencies provides tax assistance. We are always looking to innovate in how we support our moms and families.

I take pride in being on the WIC team at Catholic Charities and serving alongside people who have been here since the program started in 1993. Our mission, and the mission of service to others, brings me to work every day. This is a faith-filled ministry, and there is joy in the daily encounters we have with moms and families.

Every day moms come through our doors looking to do what's best for their children. Nourishing their families is good for the body—and good for the soul. I invite you to join us in supporting the next generation by making a gift to Catholic Charities today. We can only do this work with moms and families through the partnership of generous people like you.

\*Name changed to protect her identity.

**Visit [catholiccharities.net/donate](https://catholiccharities.net/donate) to support Catholic Charities programs for mothers and families.**



## Summer Break!

### Words for the Spirit

**REVEREND CHARLES T. RUBEY**

Associate Administrator,  
 Founder and Director,  
 LOSS Program



Fr. Rubey is away and his "Words for the Spirit" column will return in the next issue.

Keep on Keepin' On,

*Charles T. Rubey*

## Perspectives on Art and Life: After Supper Visions Exhibition Coming in September



Photo credit: Mary M.



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Each year, guests of the Tuesday Night Supper Program are offered the opportunity to grow in their skills as photographers. New and returning artists attend several basic photography classes, led by volunteer, professional photographers.

They are encouraged to take photos of anything they find to be interesting or beautiful, then return on subsequent Tuesdays to learn about photo editing and composition. Each artist works with volunteers to choose photos to be featured in an annual photo exhibition. Hundreds of attendees come and view the gallery, visit with the artists, and hear their perspectives on photography and life. Attendees can purchase photos: Artists get 75% of the income from every sale; the rest supports the program.

**Visit [aftersupervisions.com](http://aftersupervisions.com) to learn more about this year's exhibition, scheduled for September 2024.**

## † 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.*

	CEL	DLR	LF	GL	
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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.

## National Eucharistic Pilgrimage Comes to Chicago



As Catholics from across the U.S. prepared for the 10th National Eucharistic Congress in Indianapolis, July 17-21, the Archdiocese of Chicago held liturgical and service opportunities from June 26-30. All six Vicariates participated in a morning of service on Saturday, June 29. Faithful were invited to participate in eucharistic adoration and join in the work of Catholic Charities through volunteer projects at various service sites.



*Noreen Russo, Senior Director of Operations, coordinated Catholic Charities service opportunities on June 29 in preparation for the National Eucharistic Congress. Fr. Robert Ryan was co-director of the National Eucharistic Pilgrimage in Chicago.*

Noreen Russo, Senior Director of Operations at 721 North LaSalle Street—Catholic Charities flagship location in Chicago—coordinated all Catholic Charities service opportunities. “We were thrilled to have been part of this national traveling pilgrimage while it was in Chicago,” Noreen said. “The service opportunities planned for June 29 included packing and serving food, sorting clothing donations, visiting the elderly, and tutoring children. In fact, these are volunteer opportunities that we offer throughout the year.”

The National Eucharistic Congress is the culmination of a three-year Eucharistic Revival started by the United States Conference of Catholic Bishops in June 2022 to promote a greater awareness among Catholics about the true presence of Christ in the eucharist.

Throughout this time, Archdiocesan leaders in every state have invited the faithful to increase their attendance at Mass, participate more frequently in eucharistic adoration and eucharistic processions, and learn more about church doctrine regarding Jesus’ gift of Himself to the world through the eucharist.

On May 18-19, four eucharistic pilgrimages started in different locations around the country, and more than 100,000 participants were expected to join in

these traveling pilgrimages—all arriving in Indianapolis on Wednesday, July 17 as the National Eucharistic Congress begins.

The Midwest pilgrimage started in Minnesota and traveled through Wisconsin and into Illinois, before moving on to Indiana. The Chicago-based events began June 26 with a youth-focused event at the University of Saint Mary of the Lake (USML)/Mundelein seminary. Fr. Robert Ryan, Associate Pastor of Saints Joseph and Francis Xavier Parish in Wilmette, was co-director of the National Eucharistic Pilgrimage while the pilgrimage was traveling through Chicago.

“In planning the events of June 26-30, our goal was to offer a wide range of activities so that every Catholic can participate,” said Fr. Ryan. “As disciples of Christ, we know that it’s not just about adoring the Lord. It’s not just about gathering for Mass. It’s about taking what has been given to us—God’s divine gift of Himself in the eucharist—and going out and making a difference in the world.” He adds, “Letting that knowledge, and God’s love grow in us, and transform us...that’s what these events are all about.”

Noreen said she was excited, humbled, and grateful to be part of the experience—and to share the joy of serving together and of being Catholic. For her, that joy stems from the belief that “the sick, and the vulnerable, and the young are the VIPs,” she said. “I think that’s really a great part of our faith, that Jesus teaches us ‘love your neighbor.’ With this pilgrimage and the service opportunities and the masses and the adoration, our faith is coming to light. We’re showing it off to the world.”

*Photos/Graphics: [www.eucharisticcongress.org/](http://www.eucharisticcongress.org/)*

← CONTINUED FROM PAGE 1

I can show other homeless people I haven't given up. I'm still here fighting, and they can do it too."

Calvin grew up in Chicago's Robert Taylor Homes, but his mother moved the family to Phoenix, Illinois, to escape gangs. Poverty, trauma, violence, and racism marked his childhood. His adulthood started in prison.

Standing up to injustice, encouraging others, and educating himself helped him survive incarceration. While incarcerated, Calvin earned his associate degree in automotive technology, graduating with a 4.0. Only one friend surpassed him as highest in their class—the friend Calvin taught to speak English. Calvin says he also was instrumental in advancing racial integration at the prison. When he was released in 1991, Calvin says he yearned to "be the very best version of myself."

Today, Calvin is known by the team at Catholic Charities for the positive way he sees the world and the people in it.

"He dresses with flair that shouts joy," says Noreen Russo, Senior Director, Program

Operations for Catholic Charities' 721 North LaSalle Street building. "He looks out for his neighbors like they are family and gives his heart to everyone."

Late Tuesday afternoons, in addition to hosting a meal, Catholic Charities offers guests the opportunity to participate in its After Supper Visions program. Launched in 2002, the initiative invites artists to grow in their skills as photographers. Some artists use the cameras on their phones. Others use the digital, disposable cameras they are offered. Participants present their photographic artwork at an annual exhibition and sale, which provides them with broader exposure, and income. This year's exhibition is planned for September.

Calvin has been involved in After Supper Visions since the beginning. "I don't just take pictures. God is working through me, putting images and ideas in front of me," he says. "It's a way for me to communicate, to work through some of the trauma I have witnessed and experienced."

Dedicated volunteers teach photography basics to interested guests. Jody O'Connor is a professional photographer who has been part of the After Supper Visions photo team since its inception.

"This program gives us the chance to relate in a different way," she says. "Society tends to focus on our participants' troubles: poverty, addiction, mental illness, homelessness, or loneliness. This program is about inspiration and joy, developing new friendships, sharing expertise. Calvin epitomizes these aspirations. He has gained self-confidence and has gone on to mentor and inspire others."

Describing his work, she explains, "He loves reflections and shadows. He follows the light."

Yes. In art as in life, Calvin G. follows the light.

Visit [catholiccharities.net/donate](https://catholiccharities.net/donate) to support the Sister Joyce Dura, O.S.F. Supper Program. To volunteer, contact Noreen Russo, [nrusso@catholiccharities.net](mailto:nrusso@catholiccharities.net). For updates about the 2024 After Supper Visions program and annual photo exhibition, which will be in September 2024, visit [aftersupervisions.com](https://aftersupervisions.com).

### A Tuesday Night Supper Blessing, led by Calvin G.:

Thank you, Father God for another day,  
 Thank you, Father God for another way.  
 Thank you, Father God for your grace and mercy and mercy  
 and grace, Father,  
 Thank you for the immigrants, for the refugees, Father,  
 Thank you for the orphan and widow, Father,  
 Thank you for the volunteers, for being the light in a dark  
 world, Father God,  
 Thank you, Father for the homeless.  
 Thank you for all the people who are here today, Father God.  
 Thank you for the food we are about to receive, Father.  
 I ask and pray and pray and ask that it be edifying mentally,  
 physically, emotionally, and intellectually.  
 In Jesus Christ's name I pray. Amen.

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## An Invitation to Join Legacy of Hope

Making a gift in your will can translate into a profound legacy. The Legacy of Hope Society honors those who include Catholic Charities of Chicago in a will, trust, or other planned gift.

The support of our generous donors enables us to serve thousands daily, touching the lives of more than 375,000 people annually across Cook and Lake

counties. Catholic Charities is essential to our region's social safety net, helping provide food and emergency financial assistance for housing and utilities, walking with mothers and their children, creating supportive communities, and finding needed services for seniors.

It is not easy to be fully present in daily suffering. But our frontline staff and volunteers serve with hope, courage, and compassion each day, witnessing a message of mercy and hope to a world in need. Your estate gift will allow us to continue this mission.

Please let us know if you have included us in your estate plans or are interested in including Catholic Charities in your estate plans. Thank you for walking alongside us in this work.

**For more information, please contact Andrea Wynne, Associate Vice President - Principal and Legacy Giving at (312) 948-6810 or [anwynne@catholiccharities.net](mailto:anwynne@catholiccharities.net)**

## August Is National Make-A-Will Month

August is National Make-A-Will month—a perfect time to start or update your will. You don't need to wait for a major life event to take this important step. Getting started is easier than you may think!

Creating a will has many benefits, and it can make an important impact on your loved ones. A will ensures that your wishes for what you own, including your property and assets, are followed in the event of your death. By making a will, you:

- Get to decide who administers your estate, instead of the court deciding
- Get to express your wishes for what you own, reducing the chances that disputes will arise over how your assets will be distributed
- May even be able to reduce estate taxes

Despite the benefits, fewer than half of people over age 55 have a will. It is never too late to start to plan. And planning now may help save time, money, and stress later for the people you care most about.

Sources: [plannedgiving.com](http://plannedgiving.com), [dhs.gov](http://dhs.gov), [freewill.com](http://freewill.com)



## Keenager News By Email?

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

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## Compassion in Action: The Kissinger Family

When investigative reporter Meg Kissinger set out to write her first article on America's mental health system, her goal was to explore the discrimination and barriers to care that exist for people with mental illness. She traveled across the country covering this complex topic for the *Milwaukee Journal Sentinel*. Her compelling stories led her to become a Pulitzer Prize finalist, and she won dozens of awards as she advocated nationwide for better living conditions, and higher standards of medical care for those suffering with mental health conditions.

Then, Meg decided to focus on a much more personal project. With the support of her siblings, she wrote a powerful memoir of the mental illness present in her own family as she grew up in the 1970s and lost two siblings to suicide. *While You Were Out: A Family Portrait of Mental Illness in an Era of Silence*, was published in September 2023; it has continued to receive national acclaim for its honest and stirring portrayal of the pain, love, and fortitude that Meg and her family experienced together.

"After 25 years or so (of investigating the mental health system in the United States), I just decided that the most impactful way that I can tell this story is to turn the notebook on myself, and my family, in hopes that we could be a candle in the window, a little beacon for others who are going through what we went through," Meg says.

Meg befriended many people with mental illness as she researched and wrote about their living conditions and treatment options. "I have found that when you really get to know people who are suffering from mental illness, on a

deeper level, you'll often find that they are the most loving, caring, tender, and sometimes even hilarious people that you'll meet," she says.

The Kissinger family endured a great deal of suffering during a time when mental illness was not discussed openly as a medical condition. "Growing up in the 60's and 70's, we didn't have the language to talk about it," she says. "We didn't know what was happening before us." She adds, "I'm heartened by the fact that, in recent years, and I think the pandemic has a lot to do with this...there appears to me to be so much more empathy and understanding. People are talking about their issues in ways they didn't before."

She also is enthused by initiatives expanding in the Catholic Church, like the Catholic Mental Health Ministry that is encouraging parishes across the nation to have active ministries to support parishioners who have mental illness in their families.

Meg admires Catholic Charities LOSS (Loving Outreach to Survivors of Suicide) Program and its founder Fr. Charles T. Rubey. "The LOSS program served my family so well. It should be modeled in every archdiocese throughout the world," she says.

Meg was the keynote speaker at the annual LOSS Blossoms of Hope brunch in April. At that same event, the Kissinger family received the 2024 Fr. Charles T. Rubey Award, which is given annually to those who have made an extraordinary impact on the lives of survivors of suicide. In accepting the award with her siblings, Meg read from a letter that her brother Danny sent her a week before he died. Danny talked about the ways his mental illness affected his life and he said, "Only love and understanding can conquer this disease."

The Kissinger family members are courageous witnesses, joining together to share their own sad experiences to help individuals and families who are suffering



Award-winning journalist Meg Kissinger, right, accepted the Fr. Charles T. Rubey Award at the 2024 LOSS Blossoms of Hope brunch with her siblings (left to right) Patty, Billy, Jake, Mary Kay, and Molly.

today continue to have hope. "The book was meant to bear witness," Meg says, "so people see that there's a generation of people who grew up not dealing with the mental illness of people in their family. Hooray for the fact that we are now looking at this in a more robust way."

### For more information:

**National Suicide and Crisis Lifeline:** Call 9-8-8 24 hours a day to reach a trained professional.

**Catholic Charities Behavioral Health Services:** (312) 655-7725 or visit: <https://www.catholiccharities.net/behavioral-health-programs/>

**Catholic Charities LOSS Program:** (312) 655-7283 or visit: <https://www.catholiccharities.net/behavioral-health-programs/loss-loving-outreach-to-survivors-of-suicide/>

**Visit [catholiccharities.net/donate](https://www.catholiccharities.net/donate) to make a gift to support the LOSS program.**

*While You Were Out: A Family Portrait of Mental Illness in an Era of Silence* can be found at [amazon.com](https://www.amazon.com) and at your local bookstore.

**[megkissinger.com](https://megkissinger.com)**



## World Day for Grandparents and the Elderly is July 28

### Keenager Readers/Childhood Friends Celebrate Their 95th Birthdays Together

Florence R. and Dolores S. have experienced many special moments in life together. They graduated from Five Holy Martyrs Grade School in 1943, and Lourdes High School in 1947. Florence turned 95 on March 17 and Dolores celebrated her 95th birthday on April 19. Today, Florence lives in Tinley Park and Dolores lives in Orland Park, and still keep in close touch. We celebrate with Florence and Dolores and wish them many more years of enjoying the treasured bond that they share!

### Grandmas, from a Keenager Reader, May 1973

Grandmas are people who always have gum,  
Or cookies or candy whenever you come.

They always have something to play with that's fun.  
And a box full of toys for the littlest one.

They're glad to read stories whenever you wish.  
They don't even scold when you break their best dish.

They make little dresses and sun suits and shirts.  
They're there when you need them to kiss where it hurts.

They buy you ice cream cones whenever you're good,  
They'd give you the moon and the stars if they could.

They let you dress up in their best dress and hat.  
In a pinch they'll take turns with a baseball and a bat.

Some grandmas have black hair and others have gray.  
But still the world over they're all the same way.

They love every child, and in case you don't know.  
Grandmas are people who never say, "No."

### A Keenager Anniversary Poem from 1979 by Jean Sieloff

Happy Anniversary

Keen-Ager News is ten years old, it's time to celebrate.  
It always makes good reading and is always up to date.  
It tries to give you answers, to questions you may ask;  
And gives you information, about your Income Tax.  
It's humorous and witty, and quite nostalgic too,  
It brings back a lot of memories, of things we used to do.  
Keep reading all the Keen-Ager News, and best of all you see,  
You get it in the mail each month, and it's absolutely free...

Congratulations and Good Luck, to those who make it so,  
Let's hope it will continue, to grow and grow and grow.



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**St. Vincent DePaul  
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### SHORT WAITLIST/INDEPENDENT SENIORS

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Chicago, IL 60619  
(773) 721-0903

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

### PERSONS WITH DISABILITIES

**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

- 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.

#### CURRENT INCOME LIMITS

**\$39,250 for one person**  
**\$44,850 for two persons**  
1 bedroom apartments –  
2 persons per unit

\* 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.



For more information regarding housing call (312) 655-7440

TTY for all properties listed (312) 948-6992

[www.catholiccharities.net/housing](http://www.catholiccharities.net/housing)



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

from *The Recipe Box*

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## Keenager Anniversary Cake

### INGREDIENTS

1 small package Jell-o, any flavor  
1 package cake mix, yellow or white

### PREPARATION

1 package (3.4 oz) instant vanilla pudding  
1 small Carton cool whip

Dissolve Jell-o in one-and-a-half cups of hot water. Let stand at room temperature while baking the cake.

Mix cake according to directions on package and bake in a 13-inch by 9-inch baking pan. When cake is baked, poke top well with a fork.

Let cool for 15 minutes then pour liquid Jello-O over the cake. Refrigerate overnight.

Prepare the instant pudding according to directions on package. Spread pudding over cake. Spread softened cool whip over the pudding. Enjoy!



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

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

August Celebrations:  
National Day Of...

- AVIATION
- BEACH
- BOOK LOVERS
- BOWLING
- CAMPFIRE
- CHERRY POPSICLE
- CHOCOLATE CHIP COOKIE
- COUPLES
- ELEPHANT
- GARAGE SALE
- LEFT HANDERS
- MIDDLE CHILDREN
- OYSTER
- PHOTOGRAPHY
- ROOT BEER FLOAT
- SENIORS
- SISTERS
- TRAIL MIX
- WAFFLES
- WATERMELON

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# Humor & Nostalgia

LOL

**"Make 'em laugh, make 'em laugh, don't you know everyone wants to laugh..."**

**That great song by Donald O'Connor reminds us of the importance of humor in our lives, EVERY DAY! Read on, from others who agree...Silence is golden. Unless you have kids. Then silence is suspicious.**

"It's your outlook on life that counts. If you don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver." Betty White

"Behind every great man is a woman rolling her eyes." Jim Carrey

"A smile is a curve that sets everything straight." Phyllis Diller

"A day without laughter is a day wasted." Charlie Chaplin

"I love people who make me laugh. It cures a multitude of ills. It's probably the most important thing in a person." Audrey Hepburn

"I don't trust anyone who doesn't laugh." Maya Angelou

"Laughter gives us distance. It allows us to step back from an event, deal with it and then move on." Bob Newhart

"The human race has only one really effective weapon and that is laughter." Mark Twain

"It is cheerful to God when you rejoice or laugh from the bottom of your heart." Martin Luther King Jr.

"Laughter is an instant vacation." Milton Berle

"There is little success where there is little laughter."  
Andrew Carnegie

"Laughter is the shortest distance between two people."  
Victor Borge

"There is nothing in the world so irresistibly contagious as laughter and good humor." Charles Dickens

"There is a thin line that separates laughter and pain, comedy and tragedy, humor and hurt." Erma Bombeck

"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful."  
Bob Hope

Sources:  
[goodreads.com](http://goodreads.com); [brainyquote.com](http://brainyquote.com); [wellbeing.gmu.edu](http://wellbeing.gmu.edu); [wikipediacommons.com](http://wikipediacommons.com)

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For more information, contact:

Andrea Wynne, Associate Vice President, Principal & Legacy Giving  
(312) 948-6810 or [anwynne@catholiccharities.net](mailto:anwynne@catholiccharities.net).

## KEENAGER NEWS

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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

Peter L. 100 on 7/7

#### EXTRAORDINARY EIGHTIES

Ginger M. 80 on 8/2

#### BELATED BIRTHDAYS

Geraldine R. 90 on 5/29

Josephine S. 90 on 6/2

### Anniversaries

Joseph & Rosemary M. 69 on 7/2

Robert & Judee P. 50 on 7/20

Carl & Cathy L. 66 on 7/26

Stanley & Irene W. 50 on 8/11