

Gold Card Club Newsletter

CommunityEducation
TOWNSHIP HIGH SCHOOL DISTRICT 214

Spring 2017

Senior Celebration Day moves to Forest View June 9

Forest View Educational Center is this year's new venue for the 29th annual Senior Celebration Day scheduled on Friday, June 9, from 10:00 a.m.-2:00 p.m.

The four-hour event, honoring seniors and their contributions to the community, will welcome informative exhibitors and health screeners to the Field House of Forest View.

"We are very excited with the change of venue. Bringing it to Forest View will allow us to accommodate more exhibitors and health screenings to benefit more seniors," Kim Cashmore, event co-chair said.

Northwest Community Healthcare, AMITA Health Alexian Brothers Health System and Mount Prospect Lions Club will provide free health screenings that will include blood pressure, fit testing and posture screening, anxiety, depression and addiction awareness, cancer, cholesterol and diabetic foot screenings, sleep disorder, geriatric, depression and anxiety disorder, and much more.

Illinois Secretary of State will be present to provide photo I.D. and driver's license renewal.



New venue, same great event!

Northwest Community Healthcare and AMITA Health will be back to offer free health screenings at Forest View. New this year is the Mount Prospect Lions Club diabetes retinopathy screening. See ad on Page 7 for more information.

"We are excited to be back this year and provide free health screenings to our seniors," Kate Vasquez of AMITA Health said.

The event will also feature live entertainment courtesy of The Four C Notes during the last hour. This Chicago-based quartet is popular for recreating the music of Frankie Valli and the Four Seasons.

Lunch is \$6 and will be provided by Tailgate Catering. Choices include burger, hot dog and grilled chicken.

Admission to the event is free but tickets are required to get in. Tickets will be available after April 17 at area park districts, senior centers, Elk Grove and Wheeling Township offices and District 214 Community Education.

To sign up as an exhibitor, please visit www.ce214.org and click on the Arts & Events page. For more information or questions, please call the Community Education office at 847-718-7700.

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Your School Connection

The following events are scheduled at our schools in April, May and June 2017. Your Gold Card is your ticket for free admission (with some exceptions). Be sure to bring your Gold Card with you to the performances so you can show it at the ticket office. Please call our office at 847-718-7700 to reserve your seats for all events, **at least one week in advance**. Events that show an asterisk (*) have limited seating. Dates and times are subject to change and we will inform you as soon as we find out about the changes.



Buffalo Grove High School 1100 W. Dundee Road, Buffalo Grove, IL

Tuesday, May 9	Expressions Big Show	4:00 PM
Thursday, May 18	Spring Orchestra Concert	7:00 PM
Tuesday, May 23	Spring Jazz Band Concert	7:00 PM
Wednesday, May 24	Spring Choral Concert	7:00 PM
Thursday, May 25	Senior Honors Band Concert	7:00 PM



Elk Grove High School 500 W. Elk Grove Blvd., Elk Grove Village, IL

Friday, April 28	Band Concert	7:00 PM
Friday, May 5	Dance Classes Mini Concert	7:00 PM
Wednesday, May 10	Percussion Madness	7:00 PM
Friday, May 12	Jazz Showcase	7:00 PM
Wednesday, May 17	Choir Concert	7:00 PM
Friday, May 19	Orchestra Concert	7:00 PM
Monday, May 22	Fine Arts Awards	7:00 PM
Thursday, May 25	Choir Jazz & Pops Concert	7:00 PM



John Hersey High School 1900 E. Thomas St., Arlington Heights, IL ***Limited Seating**

Wednesday, April 26	Musical (Senior Citizen Performance)	4:30 PM
*Sunday, April 30	Spring Band Concert	1:00 PM
*Wednesday, May 10	Spring Choir Concert	7:00 PM
*Thursday, May 11	Spring Orchestra Concert	7:00 PM
*Friday, May 26	Night of Percussion	7:00 PM



Prospect High School 801 W. Kensington Road, Mt. Prospect, IL

Tuesday, April 25	Spring Musical	4:00 PM
Tuesday, May 16	Jazz Concert	7:00 PM
Wednesday, May 24	Orchestra Concert	7:00 PM
Friday, May 26	A Capellooza	7:00 PM



Rolling Meadows High School 2901 W. Central Road, Rolling Meadows, IL

Monday, April 24	Musical "Evita" Preview	4:30 PM
Wednesday, May 10	Spring Band Concert	7:30 PM
Saturday, May 13	Hypno Show	7:30 PM
Sunday, May 14	Spring Guitar Recital	3:00 PM
Thursday, May 18	Spring Jazz Band Concert	7:30 PM
Tuesday, May 23	Spring Acting Showcase	5:00-6:30 PM
Wednesday, May 24	Spring Choir Concert	7:30 PM
Thursday, May 25	Spring Orchestra Concert	7:30 PM



Wheeling High School 900 S. Elmhurst Road, Wheeling, IL

Thursday, April 27	Spring Play	7:00 PM
Thursday, May 11	Spring Band Concert	7:30 PM
Friday, May 12	Choir Concert/Senior Celebration	7:30 PM
Tuesday, May 16	Orchestra Concert	7:30 PM
Thursday, May 18	Display of Cultures/V-Show	7:00 PM
Friday, May 19	Display of Cultures/V-Show	7:00 PM
Wednesday, May 24	Night of Jazz	7:30 PM

DISTRICT EVENT

Saturday, May 13	Spring Art Exhibition at Forest View Educational Center	2:00 PM
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To Your Health

From dashed hopes to strong finish

David Wcislo took up marathon running in his early 50s as a way to share time with his twin brother, Paul, and his family.

The hobby took off for the Wcislo brothers, as they spent countless weekends during the past 20 years traveling the country and running in marathons. Before they knew it, Wcislo and his brother were close to joining the elite 50 States Marathon Club.

But, as fate would have it, Wcislo ran into a crippling roadblock with just one state marathon – Hawaii – left on his list. While his brother cracked the 50-state club, Wcislo had to watch from the sidelines with an impinged peripheral nerve in his foot.

“I went gimp with a pinched nerve in October 2014,” Wcislo recalls. “I could hardly walk, let alone run a marathon.”

When months of countless MRIs, meetings with podiatrists and orthopedic doctors, and online research yielded little success, Wcislo turned to NCH and neurosurgeon Shaun O’Leary, M.D., Ph.D.

“I knew he was the right doctor,” Wcislo says. “He came into my appointment and said ‘So, you want to run in Hawaii?’ It was time for me to return to running.”

In examining Wcislo, Dr. O’Leary determined the nerve that lifted Wcislo’s foot was entrapped around his knee, which caused interference with the signal between his brain and his foot. The result: Wcislo could not lift his foot off the ground.

Two weeks after his the initial appointment, O’Leary performed outpatient peripheral nerve surgery on Wcislo, who went home the same day to recover.

“He is very driven and was short just one state on his goal of running in all 50,” Dr. O’Leary says. “We were able to help him accomplish that goal.”

After his surgery in late 2015, Wcislo began training with his running club in hopes of returning to the marathon circuit. After a few months, he built enough endurance to run a half-marathon in Fargo, N.D. After another half-marathon in the summer, Wcislo knew he was ready to push himself for a full 26.2-mile run.

The last state on his list – Hawaii – featured the Maui Oceanfront Marathon in January. The Wcislo brothers and their sister, Alice, traveled to the South Pacific for the run that would put Dave in the 50 States Club.



David Wcislo proudly runs his 50th state, making him a member of the elite 50 States Marathon Club.

“It was just 16 months after the surgery, and I wound up finishing first in my age bracket,” Wcislo says. “The camaraderie was the best part. We talked the entire race and we joked that I should be the poster boy for the marathon.”

Wcislo’s accomplishment doesn’t surprise Dr. O’Leary. “I equate him to being a Ferrari that needed a little repair work,” he says. “After surgery, he returned to his previous form and exceeded expectations.”

For Wcislo, the surgery was his ticket to the 50 States Club, but it also preserved his quality of life.

“I could have lived the rest of my life limping around, but I am glad I don’t have to,” he says. “For that, I am grateful.”



This article was submitted by Northwest Community Healthcare. (This article is not intended to provide medical advice, but rather to serve as a summary of actual issues and should not be utilized as a substitute for consultation with your personal physician.)

Community Education Travel

Discover your next travel adventure

Community Education Travel tours are hassle-free. Parking is provided in our lot during the tour and we will take you to/from the airport. We have a meeting before the tour to discuss money, temperature, packing, etc. We help you through airport check-in and explain security procedures. We obtain seat assignments and pay checked bag fees. We will also obtain the visa for you if the place you visit requires it.

"This was a great group. I enjoyed my first week! First time with CET...will use again." - JoAnn J.

2017 Day Trips (Includes Lunch)

Call soon--these trips sell out fast!

May 5	Enchanting Ten Chimneys
May 18	Watson's Wild West Show
Jun 6	Janesville's Rotary Gardens/Wagon Company
Jun 13	Horicon Marsh (second date)
Jun 27	Wandering Tree Estate/Pyramid House
Jun 28	Lake Michigan Fireworks (second date)
July-December Day Trips to be announced at May 3 Travel Talks!--Call for brochure if you cannot come to the Talks!	

2017-18 Theatre/Ballet Day Trips (Includes Lunch)

May 9	My Fair Lady at Lyric Opera (second date)
Aug 9	An American in Paris Oriental Theatre
Sep 12 Ballet	Orphee & Eurydice with Joffrey at Lyric Opera House
Sep 26	Rigoletto at Lyric Opera
Nov 19	The Pearl Fishers at Lyric Opera
Nov 30	The Christmas Schooner Mercury Theatre
Jan 17, 2018	Wicked Oriental Theatre
Jan 21	Turandot at Lyric Opera
Mar 21	Faust at Lyric Opera
May 2	Jesus Christ Superstar at Lyric Opera

2016-17 Motorcoach Tours

Jul 5-7	Hollywood in the Iowa Heartland
Aug 7-10	Mini Mystery Trip
Aug 23-25	Cubs vs Cincinnati
Aug 28-Sep 1	Lake Erie Bass Islands
Sep 20-26	Michigan's Upper Peninsula
Oct 24-26	French Lick & West Baden Springs Hotel
Oct 31-Nov 2	Fireside, Taliesin & New Glarus
Nov 6-11	Smoky Mountain Christmas

2017-18 Extended Air Tours/Cruises

Jun 17-25	Southwest National Parks
Jul 24-Aug 3	Nova Scotia
Sep 1-12	Danube River Cruise
Sep 11-16	Cape Cod
Sep 12-24	Balkan River Cruise with Transylvania
Sep 12-20	Grand Hotels of New England
Sep 18-30	Ireland
Sep 23-Oct 6	European Charm--Five countries!
Oct 2-7	South Dakota
Oct 28-Nov 8	Italy
Nov 16-24	Cuba
Nov 27-Dec 2	Norman Rockwell & Boston Pops
Dec 4-9	Disneyland for Adults

Call for dates Jan/Mar Caribbean Cruises

Jan 7-20	Vietnam & Cambodia
Jan 22-Feb 11	Australia & New Zealand
Feb 6-26	Brazil, Argentina, Chile, Easter Island
Feb 17-25	Cuba
Feb 18-26	San Diego, Palm Springs & LA
Mar 3-8	Cubs Spring Training, AZ
Mar 4-11	Wonders of Jordan
Mar 8-16	Panama
Mar 13-22	Mexico's Copper Canyon
Mar 20-27	Savannah & Charleston

The next Travel Talks! is Wednesday, May 3. Call CET at 847-718-7709 for further details.

Call to make sure you are on the CET mailing list to receive up-to-date news via our CET newsletter 'Travelin'
CET Phone: 847-718-7709
Email: cetravel@d214.org Website: www.ce214.org
Forest View Educational Center, Room A105,
2121 S. Goebbert Road, Arlington Heights, IL 60005
Hours: 8 a.m. - 4 p.m.

CE News

Community Educ. staff receives District 214 award



CE pride

Agnes Gaszak is shown with Superintendent Dave Schuler after receiving her award last month.

Agnes Gaszak, a Community Education staff member for 11 years, is this year's recipient of the Outstanding Contribution to Community Education award. Gaszak received the award from Superintendent Dave Schuler at a ceremony last month held at Forest View.

Gaszak is currently the data, information services and testing coordinator for the Adult Education & Family Literacy program. She was promoted to this position in January of 2013.

Rhonda Serafin, adult education & family literacy manager, nominated Gaszak for the award. "I applaud Agnes for her work ethic. She knows only one way of working—200%, with perseverance, integrity, and a dedication to excellence," she said.

Serafin said that since Gaszak took over her current position, the program's student outcomes have soared to an all-time high. "This is due to Agnes' meticulous attention to pre- and post-testing criteria and standards," Serafin added.

Gaszak holds two master's degrees from Jagiellonian University in Krakow, considered the "Harvard of Poland." Her past positions in Community Education include Immigrant Family Resources Program case manager and data entry specialist, citizenship registrar and tester, English as a Second Language registrar and tester and data entry specialist for the New Americans Initiative.

"I love working in my current position because it allows me to help so many people in their pursuit of education and happiness," Gaszak said.

Citizenship program helps one of its own become a U.S. citizen

Nic Mazza, D214 tech services supervisor, is all smiles these days. That's because just over a month ago, Mazza was sworn in as a new U.S. citizen.

"I'm proud to have reached this milestone in my life to finally be able to call myself an American. It was a long journey to get to this point, but I'm very grateful for the opportunities here and to now be able to participate in its democracy," Mazza said.

He reached out to Community Education's Ewa Crowe, citizenship coordinator, back in 2016. "Nic was a quick learner and coaching him through the process was not hard at all," Crowe said. Mazza is originally from Argentina.

Since it started in 1994, the Citizenship program at District 214 Community Education has helped more than 11,000 people become American citizens.

"The process of becoming a U.S. citizen is often long and arduous, and expensive. I help people every day



He did it!

Nic Mazza, foreground (right), celebrates becoming a "new" U.S. citizen with his colleagues at the District 214 IT office.

who share our values and are studying to become fully participating citizens of the United States of America," Crowe said.

To inquire about the citizenship services, which include free courses in

US Citizenship Preparation and ESL for Naturalization, and to make an appointment for N-400/N-600 application assistance (for a nominal fee), please contact Ewa Crowe at 847-718-7730 or ewa.crowe@d214.



Community Education
TOWNSHIP HIGH SCHOOL DISTRICT 214

The Gold Card Club newsletter is published three times a year by District 214 Community Education. Our office is located at 2121 S. Goebbert Road, Arlington Heights, IL 60005. Phone: 847-718-7799 Website: www.ce214.org

Patrick Mogge, Director of Community Engagement and Outreach Nelia Bernabe, Editor

Like us on Facebook at District 214 Community Education and follow us on Twitter at twitter.com/CommEdD214

Spotlight

Senior living never loses its flavor

Few things are more important to maintaining a healthy and active senior lifestyle than good nutrition. According to the National Institutes of Health, studies have shown that a good diet can help seniors reduce their risk of osteoporosis, high blood pressure, heart disease and even certain cancers.

So it's not surprising that a growing number of seniors are making good nutrition an important part of their everyday lives.



“Numerous surveys of older adults have found that food quality is among the top three influencers in choosing a retirement community,” says Mary Ann Anichini, Vice President of Continuous Quality Improvement at Presbyterian

Homes. “Our focus is on providing healthy choices in food with the best taste and quality. But we also know that future residents will bring increasingly sophisticated palates and high expectations for dining.”

Do you find constant meal planning exhausting? Try seeking out an independent living community where healthy choices and variety are already ample. This can take away the anxiety from the approach of the next upcoming meal. There are many independent living communities that pride themselves on offering impressive, innovative, culinary experiences. Through local initiatives like ‘Farm To Fork’ dining programs, residents of these such communities can find locally grown and ultra-fresh ingredients on a sustainable basis.

“This is about quality, freshness and bringing the best possible dining experience to our residents,” says Christopher Moore, Regional System Chef for Presbyterian Homes. “We’ve established relationships with small, 10 to 15 acre farms in the local area. The farm harvests the produce on the day we are scheduled to receive it. So it’s at peak freshness when it arrives in our kitchens and the difference in taste is dramatic.”

Or, find ways to enjoy delicious and nutritional meals prepared by professionally trained chefs. These experts are trained to develop selections around the needs and flavor preferences of older adults. Engage in making healthy food choices, socialize with friends, interact with the establishment’s friendly, cheerful staff. Blending the 5 senses, inner core spirit, and a full balanced meal is a true recipe for success!

**Submitted by Presbyterian Homes, The Moorings of Arlington Heights*



ALL IN THE... ..TIMING



Community Education
TOWNSHIP HIGH SCHOOLS DISTRICT 214

VARIATIONS
ON THE



DEATH OF TROTSKY

by DAVID
IVES



SURE THING

WORDS, WORDS, WORDS



THE UNIVERSAL LANGUAGE

1 2 3 4
(wen) (yu) (fre) (fal)

5 6 7 8
(fynd) (iff) (heven) (waitts)

THE PHILADELPHIA




PHILIP GLASS BUYS A LOAF OF BREAD

6 One Act Plays,
3 Hilarious Performances!

Friday May 5th at 7:30 pm
& Saturday at 2 and 7:30 pm

Forest View Educational Center, 2121 S. Goebbert Rd. Arlington Heights
\$12 for Students & Seniors, \$17 for Adults. Call Box Office at 847-718-7702

Upcoming Event



**New date and venue
but same GREAT event!**

**Friday
June 9, 2017
10 a.m. to 2 p.m.**

**Field House of Township
High School District 214
2121 S. Goebbert Road (Enter at Door #1)
Arlington Heights, IL**

**Free health screenings
Informative exhibitors
Free prize drawings
Live entertainment**

**FREE
event**

**\$6 lunch
by Tailgate
Catering**

29th Annual Event Sponsored by:

- AMITA Health Alexian Brothers Health System
- Arlington Heights Senior Center
- Buffalo Grove Park District
- City Of Des Plaines Health/Human Services
- City of Mount Prospect Human Services
- District 214 Community Education
- Elk Grove Park District
- Elk Grove Township
- Glenview Senior Center
- HandsOn Suburban Chicago/RSVP
- Mount Prospect Park District
- Northwest Community Healthcare
- Palatine Township Senior Citizens Council
- Prospect Heights Park District
- River Trails Park District
- Rolling Meadows Park District
- Senior News 50 & Better
- Wheeling Township



The Four C Notes

Admission ticket is required. Tickets will be available April 17 at your local senior centers, Elk Grove and Wheeling Township offices, park districts within District 214 boundaries, District 214 Community Education or on the day of the event at the door. Tickets are free.

Call 847-718-7700 for more information.



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Building Learning Communities