

# Gold Card Club



## Newsletter

Spring 2018

### Robust spring programming for children and adults

## Spring to action; sign up for classes to meet your goals

Three hundred classes are offered this spring in District 214's Community Education program to suit wide-ranging interests, career goals and lifestyles. Classes started Monday, April 2.

Individual online classes and certifications from entry level to advanced training are also offered. These classes include SAT and ACT Prep, GRE Prep, Certificate in Customer Service, Digital Marketing Certificate, A to Z Grant Writing, and more.

Additionally, more than 50 classes under the youth, family and parent program are offered, including culinary, fitness and athletics, hobbies and leisure, language and music.

Two of those classes are Ultimate Frisbee for adults and youth. Both classes are scheduled on Tuesday, April 17.

"I am very excited to bring Ultimate Frisbee to the community," says Coach Anthony Miocic. "Students will learn basic throws and concepts but more importantly, they will



The spring program guide offers classes in 12 categories, including online certification classes.

have a good time learning this fast-paced, high-intensity sport." Miocic is a 10-year veteran of the sport and president of the Illinois Youth Ultimate as well as a District 214 employee.

District 214 Community Education is also partnering with Chicago Ideas, the world's largest and most inclusive ideas platform. A discount code that can be used toward the class fee will be provided to those who register through District 214 Community Education.

Chicago Ideas provide provocative and thoughtful programming all year, including the spring Curiosity Series and a weeklong festival in October.

Previous headliners have included George Lucas, Martha Stewart, Deepak Chopra, Malcolm Gladwell and more.

The spring semester rolls out the program's full lineup of summer camps – full day and half day – starting in mid June to late July. You can pay an early bird rate of \$385 for full-day classes or a 10 percent discount can be applied toward two or more half-day classes if you register on or before April 27.

To register online, visit [ce.d214.org](http://ce.d214.org) or 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 2018. 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

Thursday, April 26	Free Flow Performances	LUNCH PERIODS
Tuesday, May 1	Spring Band Concert	8:00 PM
Wednesday, May 9	Choral Pop Spectacular	7:00 PM
Saturday, May 12	Spring Jazz Concert	6:30 PM
Thursday, May 17	Spring Orchestra Concert	7:00 PM
Tuesday, May 22	Spring Choral Concert	7:00 PM



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

Wednesday-Saturday, April 11-14	Spring Musical, Aida	7:00 PM
Thursday, April 19	EGHS/RMHS Honors String Recital	7:00 PM
Friday, April 20	Student Film Festival	7:00 PM
Thursday, April 26	EGHS Art Show Exhibit	6:30 PM
Saturday, April 28	Band Concert	7:00 PM
Monday, April 30	Jazz & Pops Concert	7:00 PM
Wednesday, May 9	Percussion Madness	7:00 PM
Saturday, May 12	Jazz Showcase	7:00 PM
Wednesday, May 16	Choral Concert	7:00 PM
Friday, May 18	Orchestra Concert	7:00 PM



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

Saturday, April 21	Spring Play, Comedy Sportz	2:30 PM
*Sunday, April 29	Spring Music Dept. Concert	1:00 PM
*Thursday, May 3	Dance Showcase	7:00 PM
*Tuesday, May 15	Choir Showcase	7:00 PM
*Friday, May 18	Night of Percussion	7:00 PM



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

Tuesday, April 24	Spring Musical, 9 to 5	4:15 PM
Tuesday, May 15	Spring Jazz	7:00 PM
Friday, May 18	(k)Night of Percussion	7:00 PM
Monday, May 21	Spring Choral	7:00 PM
Tuesday, May 22	Spring Orchestra	7:00 PM



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

Tuesday, May 1	Spring Play, 1984	6:00 PM
Saturday, May 12	Spring Band Concert	7:30 PM
Wednesday, May 16	Jazz Band Concert	7:30 PM
Thursday, May 17	Orchestra Concert	7:30 PM
Sunday, May 20	Spring Guitar Recital	3:00 PM
Tuesday, May 22	Choir Concert	7:30 PM



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

Thursday, April 19	Display/Variety Show	7:00 PM
Thursday, May 10	Spring Band Concert	7:00 PM

### DISTRICT EVENT

Thursday, April 19	EGHS/RMHS Honors String Recital	7:00 PM
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# To Your Health

## Wind back in her sails – COPD patient breathes easier



Lou Cornforth gets interviewed by WGN News anchor Erin Ivory while at an NCH patient Christmas party where the Pulmonairs made their singing debut.

Six years ago, Lou Cornforth suffered a fall that landed her in the hospital with an extended stay in a rehab facility. During that time, she began experiencing depression and episodes of breathlessness. Lou was diagnosed with chronic obstructive pulmonary disease (COPD), which makes it difficult to breathe. She then made the decision to quit smoking.

Prior to her fall, the senior citizen from Inverness had an active life and had been walking around her neighborhood to improve her health.

A year and half ago, Lou developed blood clots in both lungs. Shortly after she was released from the hospital and rehab, she suffered a bout of pneumonia and flu and spent weeks in the ICU.

There were moments when her daughter Tara Alvarez thought Lou would not make it through the night. Thankfully, a team of physicians including Pulmonologists Mukesh Ahluwalia, M.D., and Steven Geller, M.D., at Northwest Community Hospital (NCH) were able to clear her lungs and put her on the path to wellness.

“My mother raved about the care,” Tara says. “Everyone was helpful and I got updates from the nurses daily. We spent every day by her side.”

Today, Lou’s coordinated care includes regular appointments with her longtime Internal Medicine Physician Michael Glickman, M.D., and periodic check-ups with Dr. Geller.

“I have adjusted her inhaler medications and we’re keeping her on her oxygen and working together on pulmonary rehab,” Dr. Geller says. “She certainly seems comfortable and confident in how she’s doing.”

### Inhale, exhale, repeat

Recently, Dr. Geller referred Lou to the Cardiopulmonary Rehab Program at the NCH Wellness Center in Arlington Heights.

Nurses there gave her the tools she needed - lectures on nutrition, breathing techniques and a personalized exercise program - to improve her lung function.

“We warm up first, then I work the treadmill and I do the rowing machine,” says Lou. “We’re free to choose which machine we work on, and then we have a cool down. The nurses are wonderful people.”

Lou even sings with fellow COPD patients weekly. The “Pulmonairs” were formed after Dr. Geller reviewed a clinical study highlighting the benefits of singing on lung function.

“I can hear the difference in her voice,” Tara says. “She’s not speaking with shallow breathing, but speaking more from the diaphragm.”

From physician visits and nightly sponge baths at the hospital to the encouragement she receives from nurses in the Cardiopulmonary Rehab Program, Lou says she has nothing but great things to say about her NCH experience.

“This hospital has to be the greatest hospital in the world,” Lou says. “The nurses were like angels. I was never uncomfortable, and never in pain.”

At 83, Lou is still more active than most seniors, spending three days a week exercising and attending regular rehearsals with the Pulmonairs. She is slowly getting back to enjoying social activities with friends, attending church and doing all the things she loves. She even drives herself to Walmart and is used to toting her oxygen cart with her.

“We didn’t know if she was going to need a nursing home or home care,” Tara says, reflecting on how sick her mother was. “I cannot believe what a difference a year makes.”

More than half of Dr. Geller’s patients have COPD, but not all are as severe as Lou’s case was. According to the American Lung Association, more than 11 million people in the U.S. suffer from COPD. Early detection is the key to successful treatment.

### Think you have it?

Risk factors for COPD:

- Smoking
- Exposure to certain gases and fumes in the workplace
- Exposure to heavy amounts of secondhand smoke and pollution
- Frequent use of a cooking fire without proper ventilation

### Warning signs:

- Chronic cough
- Shortness of breath
- Frequent respiratory infections
- Blueness of the lips
- Fatigue
- Phlegm
- Wheezing

**Short of breath?** Talk to your physician about a pulmonary function test, especially if you have shortness of breath. Get a referral from your physician to see an NCH pulmonologist. Find a doctor who is right for you by calling 1-844-NCH-HEALTH or visiting the NCH physician directory at [www.nch.org/doctors-specialists](http://www.nch.org/doctors-specialists).



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

**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.



## 2018 Day Trips with Lunch

CET Day Trips for July-December 2018 were announced at the March 28 Travel Talks! Please call 847-718-7709 or email [cetravel@d214.org](mailto:cetravel@d214.org) for the new list.

### 2018 Theatre/Opera Day Trips (With Lunch)

- May 2** Jesus Christ Superstar at Lyric Opera
- May 23** Macbeth at the Shakespeare Theatre
- May 24** Memphis at Ruth Page Center
- July 11** The Cher Show at the Cadillac Palace
- March 21** Waitress at the Cadillac Palace
- Dec. 2** The Nutcracker Ballet at Auditorium Theatre

### 2018 Motorcoach Tours

- June 27-29** Mississippi River Magic
- July 31-Aug. 3** Cubs vs. Pittsburgh
- Aug. 6-9** Mini Mystery Trip
- Oct. 2-6** Autumn on the Mississippi
- Oct. 3-5** Door County
- Nov. 15-19** Nashville Country Christmas
- Dec. 6-8** Amish Country Christmas

## 2018-19 Extended Tours

- July 25-Aug. 2** Yosemite & Lake Tahoe
- Aug. 27-Sep. 3** Yellowstone, Glacier and Grand Teton Parks
- Sept. 14-19** Oklahoma
- Sept. 16-29** Rhine and Moselle River Cruise
- Sept. 29-Oct. 10** Croatia and Slovenia
- Oct. 4-11** Autumn in the Adirondacks
- Oct. 14-22** Columbia River Cruise
- Oct. 18-23** San Francisco & Napa Valley
- Oct. 23-Nov 5.** Sicily & Malta
- Dec. 28-Jan. 2, 2019**  
Tournament of Roses Parade & LA
- Feb. 22-March 4** Alaska Iditarod with Northern Lights
- March 3-12** Israel
- March 23-April 1** Peru with Machu Picchu
- April 4-11** Northern Lights of Finland
- April 25-May 3** Holland Tulip River Cruise
- July 11-27** Greenland and Iceland Cruise
- June 16-24, 2020** Oberammergau Passion Play

Next Travel Talks! is scheduled on Tuesday, June 5. Watch for details in the next Travelin' newsletter due out at the end of May.

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](mailto:cetravel@d214.org)      Website: [www.ce214.org](http://www.ce214.org)  
Forest View Educational Center, Room A105, 2121 S. Goebbert Road, Arlington Heights, IL 60005  
Hours: 8 a.m. - 4 p.m.

# Community Education News

## Forest View to host Senior Celebration Day on April 23

The tradition of honoring seniors and their contributions to the community will highlight Senior Celebration Day's 30th anniversary on Monday, April 23, at the Forest View Educational Center, 2121 S. Goebbert Road in Arlington Heights.

The four-hour event will provide free health screenings, presentations on important topics such as crime prevention and memory loss, interactive demonstrations, free bingo, an entertainment program, prize drawings and more. Informative exhibitors will be on hand to answer questions and provide valuable resources.

Doors open at 10 a.m. with free commemorative tote bags for the first 500 guests. To attend the free event, an admission ticket is required. Tickets are available from sponsoring organizations.

Northwest Community Healthcare, AMITA Health and Mount Prospect Lions Club will provide free health screenings, including blood pressure, fall risk, spine/posture, bone density, cholesterol, stroke risk and more. Illinois Secretary of State will be present for photo I.D. and driver's license renewal.

"Representatives from organizations in the area have come together to plan this event for our seniors and we have lined up preventive care experts and screenings," said Kim Cashmore, superintendent of recreation at Buffalo Grove Park District and event co-chair. "We promise it will be worth everyone's time. We encourage our guests to take advantage of the free health screenings and have fun."

Special 30-minute interactive demos will start at 10:30 a.m. and will include Ageless Grace from AMITA Health, and flower arrangement and gardening from District 214 Community Education. Guests could also play free bingo in two 30-minute sessions. Northwest Community Healthcare will bring their therapy dogs again this year.

Peter Oprisko, America's Pop Standards Sensation and his Ensemble, will perform Rat Pack hits and Broadway favorites at 1 p.m.

## Senior Celebration Day 2018

**Monday, April 23**  
**10 a.m. to 2 p.m.**

This FREE EVENT will be held at the Forest View Educational Center  
2121 S. Goebbert Road, Arlington Heights, IL.  
Enter at Door #1

- Ask the panel of health experts
- Bingo - Play FREE
- Giveaways
- Health screenings - FREE
- Informative exhibitors and presentations (including the Secretary of State)
- Interactive demonstrations and activities
- Prize drawings - (3) \$100 cash and other exciting prizes!

Admission ticket is required for entry. Free tickets are available 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. Call 847-718-7700 for more information.

#### 30th Annual Event Sponsored by:

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



**30th Anniversary Celebration**

Featuring

**Peter Oprisko**

America's pop standards sensation and his ensemble



FREE event

CASH ONLY  
**\$6 lunch**  
by Tailgate Catering

Singing the Rat Pack hits, Broadway favorites and more!

Free tickets are available from the following sponsors of Senior Celebration Day: AMITA Health, Arlington Heights Senior Center, Buffalo Grove Park District, City of Des Plaines Health/Human Services Division, District 214 Community Education, Elk Grove Township, HandsOn Suburban Chicago, Northwest Community Healthcare, Palatine Township Senior Citizens Council, Prospect Heights Park District, River Trails Park District, Rolling Meadows Park District, Senior News 50 & Better and Wheeling Township.

For information or questions on how to sign up as an exhibitor, please call District 214 Community Education at 847-718-7799.

The Gold Card Club newsletter is published three times each school year by District 214 Community Education

Our office is located at 2121 S. Goebbert Road, Arlington Heights, IL 60005

Phone: 847-718-7799

Website: [ce.d214.org](http://ce.d214.org)

Patrick Mogge, Director of Community Engagement and Outreach

Nelia Bernabe, Editor/Operations & Marketing Supervisor

# Upcoming Family Event

DISTRICT 214 COMMUNITY EDUCATION  
PRESENTS

Super



Stolie

A Super Stolie show is a musical exhibition of creativity that will inspire children to embrace their own uniqueness through singing, dancing, art-making, talent-showcasing and doing the **Rockstar Jump!** This captivating show will engage kids of all ages and get the whole family singing along.

Featuring  
*Rebecca "Stolie"  
Stoelinga  
and the  
Rockstars*

**SUNDAY, MAY 6  
3:00 P.M.**

NORTH GYM  
FOREST VIEW EDUCATIONAL CENTER  
2121 S. GOEBBERT ROAD,  
ARLINGTON HEIGHTS

**Ticket: \$10**

For tickets, call  
District 214 Community  
Education Box Office at  
847-718-7702 or  
visit [https://ce.d214.org/  
arts-events/  
upcoming-  
events/](https://ce.d214.org/arts-events/upcoming-events/)



 **Community  
Education**  
High School District 214

# Upcoming Family Event

DISTRICT 214 COMMUNITY EDUCATION

*presents*

# MAGICIAN BILL COOK



Magician Bill Cook's high-energy show combines comedy, drama, and interactive audience participation. His ability to entertain audiences, both young and old alike, makes him one of the most versatile performers working today. He has performed around the world and in exclusive clubs in the United States including the world-famous Magic Castle in Hollywood.

**SUNDAY**  
**JUNE 10, 2018**

**3 PM**

**Forest View Educational Center**  
**2121 S. Goebbert Road**  
**Arlington Heights, IL**

**Tickets are**  
**\$10**  
**Kids 2 and**  
**under are free**



**Call 847-718-7700/7702 for tickets**

**Visit <https://ce.d214.org/arts-events/upcoming-events>**  
**for more information**



2121 S. Goebbert Road  
Arlington Heights, IL 60005  
Phone: 847-718-7700  
[www.ce214.org](http://www.ce214.org)



***Building Learning Communities***