



CHA/Chicago Trivia Answers

Answer - 1	Answer - 2	Answer - 3
Arthur Rubloff	Lady of the Lake	B. Grant Park

**The
Organization
That
Represents
You!!!**

**Central Advisory Council
243 E. 32nd Street
Chicago IL, 60616
312-913-7828**



The CAC Newsletter highlights resident events and activities in addition to keeping residents informed on upcoming meeting, and CHA policies and procedures. It also highlights resident, PM, and other staff member success stories. The CAC Newsletter links our residents to services such as CHA's Family-Works team which provides resources for residents as it relates to employment, education, financial goals, health resources, child care, and other various needs. You can share your story with through the CAC as well by contacting us

Contact Us:
243 E. 32nd Street
Chicago, IL. 60616
O: 312-913-7828
Fax: 312-935-2605
Web: mycac.org

**CAC
C.A.R.E.S.**

**Community Assistance, Resources, and Efficient Services
Volume 31 December 2022**



Ronnie Jackson - CHA /CAC Employee



Every ideal employee has enviable work ethics. An employee with a strong work ethic will be hard-working, dedicated, and determined to deliver their best work on time.

Ronnie stated, "I always wanted to work in social services so I can apply my skills as a communicator. I love learning about others and helping others find ways to overcome challenges in their lives, so a career in social services is something I feel a calling for. I wholeheartedly believe in the good of everyone, and I feel that my current profession allows me to connect with, mentor and help others achieve their goals.

Ronnie's Jacksons passion was always working with people, and I think he have found his dream job working at the Chicago Housing Authority. Ronnie Began his career with the Chicago Housing Authority (CHA) in 1989 as a janitor at Lincoln Perry and Lincoln Perry Annex. Four years later he transitioned to the Central Advisory Council office (CAC) working under the leadership of Artesia Randolph the first Chairperson of the CAC. He has worked several developments over the years as an Administrative Assistant including Robert Taylor Homes, Scattered Sites Northeast, and Dearborn Homes before settling for the last 12 years at West Lawndale Scattered Sites.

Ronnie loves his job; he comes to work with enthusiasm every day and loves doing great work. He arrives at work early, grabs his breakfast and heads to his desk to check out his emails and plan his day, he is engaged and ready to face the day.

One of his favorite quotes is 'life is a seed', meaning it takes time to grow and be successful in every aspect of your life. This quote has definitely proven relevant during his 30 years with the Chicago Housing Authority, where he has gradually expanded his skill-set and never stopped learning along the way

Ronnie Jackson Continued

Ronnie is a man of many talents. He not only works as an administrative aid but is also a camera man, a driver, and a mentor. Anyone who knows Ronnie Jackson knows he loves two things the residents and food. He has a great repour with everyone he meets. He knows almost every staff member at CHA as well as the property management and family works staff. There is not a single development you can visit where someone does not know him.

Ronnie say's "I didn't choose social services initially, it chose me. I went into my first job over 25 years ago not really knowing what I was doing or about to experience. After about a week I realized that this was what I was meant to do all along. I have progressed in my career, gone into but I still recognize that working with and for the people I work with and helping them realize their true potential is what keeps me engaged with my work".

Ronnie has been a part of the transforming of tall high-rise buildings into town homes, condos, and single-family homes. He has seen segregated communities become less divided. He says he remembers a time when White folks would be terrified to come into certain CHA communities and are now living in them. The best measure of our impact is in the stories of real people, of lives changed, of communities transformed.

"What I like about working at the Chicago Housing Authority? I am surrounded by many colleagues, who bring their innovation spirit, their creativity, experience, and their willingness to act and to drive solutions every day. I joined CHA almost seven years ago. I was immediately amazed by the solution-oriented team spirit at CHA and by the passion and creativity, with which many of my colleagues work together to serve residents. At CHA, we often say that there is never a dull moment. There is always something new, something to learn in this world. For every task and challenge, we work together as a team – across departments, and always with an open sharing of spirit and creativity to provide sustainable solutions for our residents today and tomorrow. That is motivating, I can tell you! "

CHA/Chicago Trivia

1. Who is credited with coining the term "Magnificent Mile" to describe the strip of shops, hotels and restaurants along North Michigan Ave-

2. Chicago has had many nicknames throughout its history. What is another name for Chicago?

3. What city park was originally a city dump?

- A. Jackson Park
- B. Grant Park
- C. Lincoln Park

Holiday Blues

The main thing to remember during your first holiday after losing a loved one is to be kind to yourself. Don't try and force yourself to feel or act a certain way. Simply prioritize looking after yourself and find your own way to get through the holidays. Here are some tips for getting through your first holiday without a loved one.

1. Let yourself feel sad

Don't feel pressure to try and be cheerful just because this is a celebratory time of year. The holidays are a difficult time for people, and it's perfectly natural to struggle emotionally. Trying to hold in your feelings can make you feel worse, so give yourself permission to cry and feel sad if you need to.

2. Don't feel guilty for experiencing joy

If you do find yourself enjoying the holidays or sharing joyful moments with friends and family, don't feel guilty. It doesn't mean that you don't care or you're forgetting about the person you've lost. As humans, we can feel a whole spectrum of emotions on any given day, and you still deserve to feel moments of joy and happiness when you're experiencing grief.

3. Take time if you need it

During the holidays, we're often around a lot of people, and all the chatter and obligations can be overwhelming. If you're feeling emotional or anxious, find a quiet room or go outside and get some fresh air. This can help you feel more grounded and give you some respite from social interaction. If you're out, it's also perfectly acceptable to head home for a while if you need some downtime.

4. Talk to people about how you're feeling

Lean on the other people in your life to help you get through the holidays. Don't feel afraid to bring up your grief just because it's meant to be a happy time. The people in your life will want to be there to support you, and talking about your emotions is an important way to process them. It can also help bring you closer to others who've been affected by the loss. While it can be difficult to know what to say about the first holiday without a loved one, you'll probably find that talking about it with other family members will make you feel more connected and supported.

5. Ask for help if you need it

Make sure to reach out for help if you need it. Arranging gifts, food, and travel around the holidays can be stressful and is particularly overwhelming if you're grieving. Ask a friend or neighbor if they can help you out with things like groceries, gifts, and planning.

6. Explore grief counseling

Friends and family can be a great support, but if you're struggling, then consider talking to a mental health professional too. Grief counseling gives you a safe, neutral space to process your feelings and gives you strategies to help cope with your emotions.

Chicago Events



Ride The CTA Holiday Train

One of Chicago's most cherished Christmas events is back for the season. Santa's holiday train trip around Chicago is always one of the most eagerly anticipated activities providing affordable fun for all Chicago families.

Now in its 31st year of operation, the Allstate CTA Holiday Train and the Allstate CTA Holiday Bus began lighting up Chicago at the end of November and will be whizzing around all 8 lines through Monday, December 19th.



ALPINE in The City at Maggie Daley Park

Though ice rinks in Rosemont, Millennium Park, and elsewhere offer wonderful skating experiences there are none quite like the Maggie Daley Park ice rink.

One of Chicago's best winter-time activities, the Maggie Daley ice rinks offers an "alpine in the city" experience skating down a quarter-mile rink in the heart of Chicago. The winding ribbon of ice curves up and down around a 40-foot climbing wall with the city's stunning skyline in the backdrop. It's a must-do and now it's also free Monday-Thursday if you bring your own skates!



Lincoln Park Zoo Nights

At \$5 per person Tuesday to Sunday and free nights on Mondays, Lincoln Park Zoo's Zoo Lights is also far cheaper than other Chicago light shows and all ticket sales support the zoo's world-class animal care, global conservation efforts, and innovative learning programs.

Entrepreneurs Academy



In Person Class

FAST LAUNCH ENTREPRENEURIAL TRAINING PROGRAM

Class starts:

February 15, 2023
6pm - 9 pm

Every Wednesday
for 12 weeks

Location

1140 N. Lamon Ave.
Chicago, IL 60651

Taught by:

Founder and CEO
Philip Fairweather, MBA

Free for those who qualify



You Will Study:

- Business Planning
- Key Partnerships
- Social Media and Targeting
- Budgets and Pricing
- Financing Your Business
- Legal Issues
- Networking

**APPLY
ONLINE
NOW!!**

773-295-5365 dianna@entrepreneursacademy.net www.entrepreneursacademy.net/fleet

Funding provided in whole or in part by the Illinois Criminal Justice Information Authority

Entrepreneurs Academy 2



ENTREPRENEURS ACADEMY
EST. 2004
Building Wealth and Wellness

Who is Entrepreneurs Academy?

Entrepreneurs Academy is a nonprofit organization that integrates entrepreneurship and skill-based training with mental health support for under-resourced communities in Chicago. We are designed to reduce concentrated poverty through entrepreneurship, invention, and workforce modernization.

What Does Entrepreneurs Academy Do?

We are a program-based business development center focused on environment, maker space, and invention and technology. Our facility provides access to resources, tools, and training to aspiring entrepreneurs from under-invested communities of color. Our mission is to provide pathways to entrepreneurship, workforce modernization, and innovation for communities of color to create a safer, healthier, and more economically-inclusive world. Our vision is to create a thriving entrepreneurial economy for these communities.

www.entrepreneursacademy.net | 773-295-9563

New Years Resolutions

DO ONE NEW THING A MONTH

New Year resolutions often crash and burn because they try to tackle too much too fast. But you can take things as slowly as you want. The key to setting good New Year's resolutions is simply moving forward at your own pace. Set a goal once a month to do something you've never done before. That could mean eating at a new restaurant, gardening, learning salsa, or even painting your bedroom a different color. However small or big, it's still something to look back on at the end of the year.

SAVE A SMALL PERCENTAGE OF YOUR PAYCHECK

When you're living paycheck to paycheck, you might feel tempted to splurge the moment your bank account is replenished. But impulsive purchases can add up, no matter how affordable they seem in the moment, and that's why a New Year resolution of opening up a savings account can offer you peace of mind. At least 20% of your annual income should go to savings, but if you save less in one month than you're supposed to, don't beat yourself up about it. If you haven't saved before, you can start by saving as little as \$100 and working your way up month by month.

BE KIND TO YOURSELF AND OTHERS

Before you start your day, think about how you can add a sprinkle of positivity to your day and others'. The best part is you don't have to go out of your way to fulfill this New Year resolution. A small act of kindness will suffice. Text a friend you haven't heard from in a while. Call your parents. Cook a meal for your partner. Treat yourself to a cupcake from your favorite bakery. Allow yourself to take a whole day off and do what you want to do. Being kind to others may come easier than being kind to yourself, but remember that you don't need an excuse to justify why you're treating yourself to something that makes you feel good.

GET MORE SLEEP

If you suspect your mattress is the culprit behind your sleepless nights or you've had the same mattress for more than 8 years, it's time to invest in a new one. For the best sleep, opt for a luxury mattress that provides optimal support and comfort.

Hybrid mattresses and memory foam mattresses are among two of the most popular choices because they're designed to alleviate aches and pains and the reduce transfer of movement, which means you won't feel a thing even if your partner tosses and turns during the night.

After you've chosen a luxury mattress that's ideal for you, evaluate your bedtime routine, and form simple habits to fall asleep fast.

Try going to bed at the same time every night, avoid consuming alcohol or caffeine before bed, turn off your electronic devices at least 30 minutes before sleeping, and ensure your bedroom environment is conducive to getting a good night's sleep.