

Edgebrook/Wildwood Resident Makes a Difference

By Stan Banash



Carol Urbanski begins her meal deliveries for Norwood Seniors Network.

Shortly after 11 a.m. on an early fall Friday, Carol Urbanski and eight other volunteers mingle near the kitchen door of Norwood Crossing, a not-for-profit long-term care retirement community at 6016-20 N. Nina Ave. in Chicago. They are eager to receive the 60 or more hot fresh meals that are prepared daily for Norwood Seniors

Network, a not-for-profit community outreach program that is affiliated with Norwood Crossing. Their mission is to pick up a route assignment along with eight to 10 meals and deliver them to seniors who want to remain independent in their own homes, located on Chicago's far northwest side and nearby suburbs.

Urbanski, a 22-year Edgebrook/Wildwood resident, has been delivering meals every Friday for the past 18 months. She is one of more than 29 volunteers who come one to three times a week to deliver meals.

Retired from her professional work as a corporate credit analyst, Urbanski said she was looking for volunteer work that would keep her close to her cherished Irish setter, Bridgette, but still fulfill her desire to give back to the community. In addition to serving as a member of the liturgy team and singing in the choir

at St. Mary of the Woods Catholic Church, Urbanski wanted to do more. "I believe in karma, and I feel that I have a blessed life, so I wanted to give to others who may need blessings. The best way to find happiness is to give happiness. If you make someone smile, or do a good deed at least once a day, you are playing your part in the world," she said.

Asked why she chose Norwood Seniors Network, Urbanski explained, "This was a good fit for me," noting she sees mainly the same seniors on her route each week. "It's fun, and I am really learning the neighborhoods. I deliver to people in the condos on Milwaukee (Avenue) between Touhy and Devon, to a woman in Norwood Park and some homes in Jefferson Park. This program runs like clockwork. Lisa Tatgenhorst (program coordinator at Norwood Seniors Network) provides us with our route and directions, and it takes just an hour to an hour and a half, even in bad weather. In so little time, you are able to do so much good. It is amazing to me how many elderly people live all alone. They welcome my visits and, of course, the nice meals," she said.

Norwood

Seniors Network, 6009 N. Nina Ave. in Chicago, is seeking more volunteers to deliver meals one or more times per week. Meals are delivered Monday through Friday, 11 a.m. to 1 p.m. If you would like to deliver meals to area seniors, have your own car and driver's insurance, please call Director of Volunteer Services Kate Roche at (773) 577-5329, or email her at kroche@norvolution.org. If you want more information about Norwood Seniors Network's Home Delivered Meals program, please call (773) 631-5673.

Edgebrook

ACE

The helpful place.

5423 W DEVON AV. 773-775-7205

MON-FRI 8AM-8PM, SAT 8AM-5PM, SUN 10AM-4PM



We Now Refill Inkjet Cartridges

IS YOUR PRINTER READY FOR BACK-TO-SCHOOL PROJECTS?

Black only:
\$9.99

Color only:
\$14.99



See www.inkJetFills.com for 135+ supported cartridges.

Sponsored by:



Ace Hardware and INK-O-DEM, the worldwide leader in integrated inkjet cartridge refilling and testing technology for retail environments, are now providing inkjet cartridge refills at participating Ace Hardware stores. Anyone who has an empty inkjet cartridge and needs more ink can come to a participating Ace Hardware and get their inkjet cartridge refilled at a significant savings over buying new.