



Paul G. Stewart Center

MARCH 2020

Celebrating 45 Years of Service! 1975-2020

PGSC NEWSLETTER

Six Things Lucky People Do That Others Don't

Building Information

Main Office

400 E. 41st Street
Chicago, IL 60653
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410 E. Bowen Office
773-451-2781

460 E. 41st Office
773-924-2700

Bronzeville Family
Walk-up Apartments
773.924.2100

Safety & Security
HUB
773-924-0505

After Hours
Emergency
Maintenance
773-451-2783

Alderman's Office
3rd Ward
Pat Dowell
5046 S State St,
Chicago, IL 60609
(773) 373-9273

None of us are lucky all of the time, but there's no doubt that some people tend to be luckier than others. You might say, it's not fair, or you might take a look at how they look at life and ask yourself whether it's the way they see the world that is helping them get luckier in it. The truth is that lucky people aren't lucky by sheer accident. They're lucky because of the mindset they bring to life. A mindset that accepts bad luck as inevitable but good luck as something we create by sheer hard work, bravery and optimism.

As Martin Seligman, the founder of positive psychology once wrote, "Optimists endure the same storms in life as pessimists. But they weather them better and emerge from them better off. "And so it is with luck. You may not be able to control the economy, the weather, the stock market or the universe, but research shows that you can create your own good fortune. It's a long game but with a strong pay off. Lucky people weather the storms of life by seeing hidden opportunities, trusting themselves and taking bold action. When troubles arise, they are buoyed by help from supportive friends. You can change your luck this spring with the same strategies. Here's how:

1. They Trust Their Intuition

Too often we lean too heavily on left brain logic alone. So if you've made a few unlucky decisions think about where you could be tuning in more to your intuition and asking yourself "Does this feel right?" Of course, it's not about throwing out the logic-baby with the bathwater, but it's about tuning into that 'sixth' sense rather than ignoring it. As research shows, when it comes to the really big decisions in life, over analyzing things can actually lower your odds of making the best deci-

sion. Studies have found that your brain discerns subtle, complex patterns that go beyond conscious understanding. Those indecipherable insights can help you make better decisions. It takes guts to trust your gut and the more often you do, the better it can guide you. Don't ignore a hunch or silence your internal alarms just because you can't explain them. Lucky people act on these instincts.

2. They Take Risks

The lucky breaks people have nearly always stem from brave action, from taking a risk. They aren't luck at all. They're the result of courageous action; rising above our innate aversion to risk that's wired into our DNA. That is, we're programmed to focus more on what we have to lose than on what we have to gain. Acting in concert with this is our inability to accurately predict the cost of inaction. It explains why so many people stick with situations that leave them miserable rather than leaving the security of the known for the unfamiliarity of a better unknown. Of course, there are many valid risks in life, and we need to be mindful of them. Dwelling on risks can keep us from seeing opportunity. As the author of *Find Your Courage* wrote, "Push yourself outside your comfort zone and lay your vulnerability on the line for something more important than your pride and short term safety." Nothing worthwhile is ever created without a risk. The key is to not wait to feel brave before you start acting as though you were!

3. They Expect Good Things To Happen

People who expect good things to happen to them attract more good things. Call it "woo woo" positive thinking fluff, but there is a lot of science behind the "law of attraction." The truth is that what you put out you get back, not instantly, not every time, but over time when you expect good things to happen, you'll find they generally do. Your beliefs about the future have a way of making it happen.

4. They See The Glass Half Full

A setback for one person can be a wonderful opportunity for another. It's not about what happens, but how you interpret it and the opportunity you find in it. As Napoleon Hill once wrote, "In every adversity is the seed of an equal or greater benefit." When you choose to look for opportunity in your adversities, you are guaranteed to find them. If you can't, look harder. You'll never find good fortune in things if you are only

looking at what's wrong and what you don't have. "By being optimistic, we can find opportunity in adversity and take actions that our pessimistic friends wouldn't bother to take. In turn, we create new opportunities for ourselves," according to Margie Warrell, author of *Stop Playing Safe*.

5. They Embrace Failure As Inevitable

No one, I repeat *no one*, is lucky all the time. We all have setbacks. We all have disappointments. We all have our plans rained on from time to time. Such is life. But the people we often think of as lucky don't let bad luck stop them from trying to create more good luck. "Lucky people's high expectations motivate them to persist," even when they don't succeed, says psychologist Richard Wiseman, Ph.D.

6. They Hang Out With Other Lucky People

Let's face it, the people we hang out with impact our outlook on life. So if you're hanging out with a lot of whining, complaining people who are down on their luck, then chances are you'll soon be down on yours. Emotions are contagious; optimism, pessimism, fear, confidence, ambition, and resignation can all be passed from person to person. Be intentional about spending more time with people who have a positive outlook on life and less time with people who don't. It may well be the singular most critical factors to your future luck. Hand in hand with hanging out with like-minded lucky thinking people, it's also vital to heed Gandhi's words and be the change you want to see in others. Look on the lighter brighter side of things. Be cheerful. Share an encouraging word. Offer a helping hand to make someone else feel lucky. Turn those lemons into lemonade. Stand tall, put a smile on your face and step into the rest of your day with a look on your face that tells people you expect to have a good one, regardless of what's happening around you!

Good luck! Not that you need it, just go make it!



Safety & Security / Medical ID Bracelets

Paul G Stewart Center

400 E. 41st Street, Grand Ballroom

TIME: 12:00PM

Monday, March 9, 2020



**For more information contact:
Officer Gathings or Officer Carcione**

312-747-5109

Things To Do Round Town

Chicago St. Patrick's Day Parade - Grant Park

Saturday, March 14th

For more info visit www.chicago.gov

Dyeing of the Chicago River - Michigan Ave.

Saturday, March 14th

For more info visit www.chicagostpatricksdaysparade.org

Chicago Flower & Garden Show - Navy Pier

Wednesday, March 18th, - Sunday, March 22nd

For more information visit www.chicagoflower.com

Shamrock Shuffle - Millennium Park

Sunday, March 22nd

For more information visit www.shamrockshuffle.com

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Address: 400 East 41st St. Suite 103

Chicago, IL, 60653

Telephone: 872-818-5559

Fax: 872-818-5256

Hours: Monday to Friday: 10 am to 5 pm

Saturday: 10 am to 2 pm

Sunday: Closed

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Better Balance & Movement Class 400 Bldg. 2:00 p.m. BINGO 401 Bldg. 5:00 p.m.	3 Diabetic Presentation 460 Bldg. 1:00 p.m. Tai Chi 400 Bldg. 4:00 p.m.	4 Yoga 400 Bldg. 2:00 p.m. Intro to Deep Breathing & Meditation 400 Bldg. 3:15 p.m. BINGO 400 Bldg. 5:30 p.m.	5 Zumba 400 Bldg. 12:00 p.m. Crochet Class 400 Bldg. 1:00 p.m.	6 Game Night 401 Bldg. 1:00 p.m. Tai Chi 400 Bldg. 1:00 p.m. BINGO 400 Bldg. 5:00 p.m. Smooth Grooves 401 Bldg. 6:00 p.m.	7 5th Annual Art & Vendor Fair 400 Bldg. 12:00 p.m.
8	9 CAPS Meeting 400 Bldg. 12:00 p.m. Better Balance & Movement Class 400 Bldg. 2:00 p.m. BINGO 401 Bldg. 5:00 p.m.	10 Pokeno 401 Bldg. 1:00 p.m. Tai Chi 400 Bldg. 4:00 p.m.	11 Midday Social 460 Bldg. 12:00 p.m. Yoga 400 Bldg. 2:00 p.m. Intro to Deep Breathing & Meditation 400 Bldg. 3:15 p.m. BINGO 400 Bldg. 5:30 p.m.	12 Foot Doctor 460 Bldg. 10:00 a.m. Zumba 400 Bldg. 12:00 p.m. Crochet Class 400 Bldg. 1:00 p.m.	13 Tai Chi 400 Bldg. 1:00 p.m. Senior Art Class 400 Bldg. 2:00 p.m. BINGO 400 Bldg. 5:00 p.m.	14
15	16 Better Balance & Movement Class 400 Bldg. 2:00 p.m. BINGO 401 Bldg. 5:00 p.m.	17 Tai Chi 400 Bldg. 4:00 p.m.	18 Movie Day 460 Bldg. 12:00 p.m. Yoga 400 Bldg. 2:00 p.m.	19 Movie Day 401 Bldg. 12:00 p.m. Zumba 400 Bldg. 12:00 p.m.	20 Game Night 401 Bldg. 1:00 p.m. Tai Chi 400 Bldg. 1:00 p.m.	21

CONTINUED

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18 Intro to Deep Breathing & Meditation 400 Bldg. 3:15 p.m. BINGO 400 Bldg. 5:30 p.m.	19 Crochet Class 400 Bldg. 1:00 p.m.	20 BINGO 400 Bldg. 5:00 p.m.	21
22	23 Better Balance & Movement Class 400 Bldg. 2:00 p.m. BINGO 401 Bldg. 5:00 p.m.	24 Tai Chi 400 Bldg. 4:00 p.m.	25 Yoga 400 Bldg. 2:00 p.m. Intro to Deep Breathing & Meditation 400 Bldg. 3:15 p.m. BINGO 400 Bldg. 5:30 p.m.	26 Back in the Day Café ft. The O'Jays 460 Bldg. 12:00 p.m. Zumba 400 Bldg. 12:00 p.m. Crochet Class 400 Bldg. 1:00 p.m.	27 Tai Chi 400 Bldg. 1:00 p.m. Senior Art Class 400 Bldg. 2:00 p.m. BINGO 400 Bldg. 5:00 p.m. Dusty Night 460 Bldg. 6:00 p.m.	28
29	30 Better Balance & Movement Class 400 Bldg. 2:00 p.m. BINGO 401 Bldg. 5:00 p.m.	31 Tai Chi 400 Bldg. 4:00 p.m.				

Dates to Remember

Top Box Orders Due - Monday, March 2nd

Top Box Delivery - Friday, March 6th

Commodities - Wednesday, March 25th

PGSC STAFF

FRED BONNER - CEO
SHAWN PERSON - COO

MANAGEMENT TEAM

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PAM SHARPE
KENYA CARMICHAEL
LILLIE COX-DAVIS

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