



# The Message

A Publication of the Muslim Community Center, Chicago, IL



## President's Report

Dear Brothers and Sisters, السلام عليكم,

As-salaam mu'alaikum,

I pray this message reaches you in the best of health and imaan. Alhamdulillah, the MCC committees have been very active this month. The Senior's Committee launched its program with an Eid event on June 12th. We have started weekly programs at MCC under the Religious Affairs and Youth committees. We also had a leadership round table event, where MCC leadership was invited to share their committee's work and suggestions on how we can improve in the future, In Sha'Allah. The Rehab Committee had a picnic event for Afghan families, including soccer games.

In Sha'Allah, MCC will be starting summer school for the Afghan children. MCC & MEC Sunday PTS also had their graduations, and we welcome our new Principals Br. Syed Mahmood, for MEC and Br. Omer Khan at MCC for the next two years, In Sha'Allah.

We are also planning to have one of the three Eid salah outside MEC grounds In Sha'Allah. I wish those traveling to Hajj a safe and spiritual journey and request them to keep us all in their duas. Ameen. Eid Mubarak

Jazak Allah Khairan,

Regards,

**Masood Bijapuri**

president@mccchicago.org

847-309-9835

## Nomination Committee: Update

### Nomination of Candidates for 2022 MCC Elections

The deadline for submitting Nomination forms for this year's elections is **2 pm on Sunday, August 14th**. The relevant forms and additional information have already been mailed to MCC members and can also be obtained from MCC's offices and downloaded from MCC's website.

### Eligibility and Qualification for Nominees

Full-time or part-time employees regularly receiving monetary compensation shall not be eligible for any elected office. The qualification criteria specified in the MCC Bylaws consist of two parts (1) those which can be readily verified from records (i.e., voting membership of MCC, committee chairpersonship, etc.) and (2) those which require a judgment of personal qualities (i.e., beliefs, practices, piety, trustworthiness, etc.). For this procedure, (1) is defined as Basic Qualification, which the nomination committee shall verify, and (2) shall be left to the judgment of Members and Nominators.

For your quick reference, the following are **not** eligible to be nominated for Directors because they are already on the Board or have reached their term limit(s):

Amir Budhwani, Saba Khan, Kashif Puthawala, Hajar Berrada, Anisa Laliwala, Syed Navaid Ali, Ebrahim Ismail, Masood Bijapuri, Masihuddin Omar, Fikreta Ademi, Arjumand Khan, Amina Williams, Ahmed Irfan and Kamran Hussain.

M. Usman Baki, Chair  
Nomination Committee  
[nominations@mccchicago.org](mailto:nominations@mccchicago.org)

*Do not lose hope, nor be sad.  
— Qur'an 3:139*

## Senior Committee Eid Party



The Senior Committee Eid Party started with tilawat of Qur'an by Qari Khaja Khaleel Ahmed, followed by a program outlined by Br. Yusuf Tai. The event's topic was *Exercise for Seniors*, and Elijah, a local certified trainer, gave the talk. He emphasized regular movements, strength training, flexibility, balance, posture

support, walking, and 4400 steps work out.

Br. Yusuf paid homage to the late senior committee member, Habeeb Abbasi and spoke about future topics and educational programs. Index cards were left on each table for everyone to complete their suggestions. After, Dept. Head Akhter

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## MEC Women's Committee Events

Alhamdulillah MEC Women's committee has been actively doing their monthly and recurring events. Kids had an interactive story-time with Ms. Donelle Bergeron. She read the book on Hoopla and had a Q&A session.

Another story-time we had was with Sabrina Chishti, an author, and illustrator. She read her book *Hide and Sneak* and also did activities and bubbles. Alhamdulillah, everyone had a great time.

Also, MEC Women's Committee proudly announces ladies' Open gym time on Saturdays and Tuesdays for volleyball, badminton, and basketball at MEC. In addition, we are excited about the ladies' Zumba Class led by Certified Zumba instructor Amina Williams on Thursday at the Skokie campus.

Please follow MECwomenscommittee Facebook and Instagram page for events and updates. Also, please email us at [mecwomenscommittee@gmail.com](mailto:mecwomenscommittee@gmail.com) to be added to the Open gym and Zumba WhatsApp groups.

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Sadiq gave a thoughtful background of reviving the Senior Committee after Covid19's virtual close down.

The women's presentation was excellent and done by Co-Chair Sr. Kulsum Sadiq, who emphasized the importance of exercise, and Sr. Zohra, who spoke of her exercise class. They also did a great job with all the decorations and food service. Hats off to both for their hard work to make the program alive. Sr. Zohra recommended that we keep a donation box at the front desk, which worked very well, and we collected \$300.

Br. Rasheed Khan gave an idea to have every participant sign in with their name, email, and phone numbers, which will be helpful for future events. Sr. Aliya Rana handled all the flyers and designs for invitation cards. Everyone worked together to create a great event.

Lastly, we would like to thank President Masood Bijapuri for his excellent speech and assurance of full support for future events.

Thanks,  
Yusuf Tai - Senior Committee Chair



## MCC Green Team: Award Recipient

Alhamdulillah! MCC was selected as the winner of the **2022 Greener Morton Grove Award** in the category of Public Education and Awareness. The winners were presented with a plaque at the May Morton Grove Board Meeting. The Green Team lead the effort, working with the MCC Board, various committees, part-time schools, MCC Academy, and individual community members.

The Morton Grove Trustees declared: "MCC has taken many steps towards going green but what makes your organization stand out is the efforts put into educating and spreading awareness of the importance of living a more sustainable life... MCC has actively taken

steps to encourage everyone to go green!"

Now you can help too. Bring your reusable water bottle or coffee mug with you whenever you come to the masjid or anywhere you plan to eat or drink. Be a role model! Join the MCC Green Team. Contact Dr. Sam at [holisticgreenteam@gmail.com](mailto:holisticgreenteam@gmail.com) or call (847)323-6894.



## MCC Religious Affairs: Raising Children

On June 17th MCC Religious Affairs hosted an event with DarusSalam Foundation. Counselor, Br. Farhan Ahmed and Mufti Azeemuddin Ahmed addressed **Raising Children in Turbulent Times**. The topics covered were relevant to what our children are facing today: LGBTQ, bullying, depression, familial issues, illicit relationships and suicide to name a few. This discussion had a tremendous response from the audience. This is a part of a series of talks planned to address various topics. **You can view this talk on MCC's YouTube channel.**





## Health Committee: JUNE IS ALZHEIMER'S MONTH

Dementia is a general term that describes a wide range of symptoms associated with a decline in memory or other thinking skills, including judgment, reasoning, and complex motor skills. Though there are different types of dementia-related illnesses, Alzheimer's disease is the most common in persons aged 65 and older and accounts for 60 to 80 percent of cases.

The following are some common warning signs and symptoms of dementia. Remember that each individual is unique and may not exhibit all of these symptoms listed below.

Difficulty finding words; Trouble completing complex mental tasks; for example, tasks with multiple steps, balancing a checkbook, paying bills; Confusion about time, place, or people; Mislacing familiar objects; Personality changes, such as irritability or depression; Loss of interest in important responsibilities; Expressing false beliefs; Changes in judgment/trouble making decisions

If you have noticed memory or personality changes in yourself or someone you know, you must speak with a healthcare professional.

A comprehensive medical evaluation can help identify the cause of memory changes and point you in the right direction.

Your healthcare provider may also refer you to a neurologist for more in-depth testing.

### Take Action, Educate Yourself

The more you know about dementia and its warning signs, the better you will be to recognize them in yourself or a loved one and intervene early on. Early intervention and management may delay the onset of dementia and its progress, thereby improving the quality of life.

Early detection of memory problems can afford a person an opportunity to participate in vital care planning discussions, including legal, health, and financial decisions.

### 10 HEALTHY STEPS OF AGING:

- EAT WELL
- STAY ACTIVE
- LEARN NEW THINGS
- REGULAR EXERCISE AS TOLERATED
- MANAGING YOUR MEDICATIONS
- STOP SMOKING
- STAY CONNECTED
- KNOW YOUR MEDICAL ISSUES
- SEE YOUR DOCTOR
- GET A MEMORY SCREENING



Contact [AFA's Helpline](#) at 866-232-8484/ AFA's (Alzheimer's Foundation of America) Teen Alzheimer's Awareness Scholarship provides educational funding to college-bound high school seniors whose families or communities have been impacted by Alzheimer's disease.

## Rehab & Welfare Committee Monthly Report

Alhamdulillah, MCC Rehab and Welfare Committee has had a busy summer after a successful May distribution of \$17,350 in zakat and a community gathering that brought together MCC Elston and MG Families as newly arrived refugees from Afghanistan and Syria. Kids enjoyed a beautiful day with bouncy houses, balloon making, face painting, and an active soccer game with youth and adults.

### SUMMER SCHEDULE:

- Saturday, June 18th: 1 pm-3 pm: Niles Township Event: Welcome Refugees
- Saturday, June 25th: 3 pm-6 pm Eid Toy Drive with MEC Women's Committee
- Sunday School: June 19th - August 28th, 2022: Newly arrived refugee children participate in Quran and Ibadah/Ikhlahaq studies.
- Saturday, June 25th: KXP BONANZA: 2 -8 pm Location: 800 St. Charles Rd, Glen Ellyn, IL 60137



- Sunday, June 26th: Distribution: Location: MCC Elston: 3 pm-5:30 pm food, toys, and goods distribution.
- Eid Al Adha Weekend/Week: Donate Udhiya/Qurbani Meat to the MCC Elston/Morton Grove Locations. Donations to those in need will occur all week at MCC Elston
- Sunday, July 3rd With Chicare: Share your Sunday with Chicare and assist in food and goods delivery to Chicago lands underserved areas. Donate to Chicare @ [donate@chi-care.org](mailto:donate@chi-care.org)
- Friday, July 15th With Ojala: Come together on a nightly run with Ojala to distribute food and other needs to underserved areas
- AUGUST 2022: This will be the start of Back-to-School initiatives for MCC

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## Blessings of Dhul-Hijjah

*"No good deeds done on other days are superior to those done on these days [the ten days of Dhul-Hijjah]."*

(Prophet Muhammad as reported by al-Bukhaari, 2/457)

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## MCC Publication Committee:

- Syed Mahmood—Chair
- Shabnam Mahmood—Co-Chair/Editor-in-chief
- Religious Affairs—Prayer Timetable
- Anam Yakoub — Staff

*The Message* is a monthly publication of the Muslim Community Center that informs members of administration, organization and committee activities of MCC/MEC. Submit your questions and comments [editormccpublications@gmail.com](mailto:editormccpublications@gmail.com). The opinions expressed in *The Message* do not necessarily represent those of the Publication Committee. The editor reserves the right to edit all material.



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**Membership Questions**

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## Headlines: Nomination, Senior's Eid Party, Green Team Award, Summer Series..

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Locations. Please email [zakat@mccchicago.org](mailto:zakat@mccchicago.org) if you are interested in volunteering. If you would like to donate in zakat and sadaqah as we plan for further distribution, you can donate directly via Quickpay/  
Zelle: [treasury@mccchicago.org](mailto:treasury@mccchicago.org),  
memo sadaqah, or zakat. On MCC  
Website: [https://  
mccchicago.org/ donate/](https://mccchicago.org/donate/).

Jazakallahu Khair.  
Rehab and Welfare Committee

