



Barrington Area Council On Aging, Inc.

# CREATING CARING PARTNERSHIPS FOR NOW AND THE FUTURE

## ANNUAL REPORT - FISCAL 2009



BACOA

Barrington Area Council on Aging, Inc.  
*Serving seniors, family caregivers, and the community*

6000 Garlands Lane, Suite 100, Barrington, Illinois 60010

Phone: (847) 381-5030 • Fax: (847) 381-5031 • <http://www.bacoa.org>

# LETTER FROM THE PRESIDENT

When a senior or caregiver comes to BACOA looking for assistance, one of our most common approaches to helping them is to build a team of support. BACOA staff members work with the senior, his or her family and a variety of agencies and service providers to develop a plan—whether their needs involve housing, health or finances—to ensure they maintain their independence and a good quality of life. Everybody's a partner.

As our mission statement states, we serve seniors, family caregivers and the community. So we also continually work to build partnerships that strengthen our ties to the community and fulfill that mission—whether it's offering a class along with the library, working with local churches to provide a meeting place for a caregiver support group or a location to pick up Meals with Wheels, or pairing seniors and students for a holiday concert at a local grade school. Our Age-Friendly Leadership Council has brought together members from local government, civic groups, businesses and education to continue to make the Barrington area a place for all ages to live and work.

In an uncertain economic climate, we believe our partnerships will take on even greater importance in the

coming year. We are also being proactive, in developing our budget for the coming year using best- and worst-case scenarios; and the board and staff have begun to explore ways to cut expenses and generate additional revenue. In addition, we will also look to our partners to draw upon their resources, skills and ideas.

In a financial climate where the unexpected has become the expected, we're working hard to keep one thing unwavering: providing our best service and maintaining a strong commitment to seniors, family caregivers and the community.

We're certainly not alone in facing leaner economic times, but we also hope we won't be alone as we work through the challenges they present. More than ever, we will depend on the valuable contributions of all of our partners: the generosity of our donors, the hard work of our volunteers and staff, and the continued support of our age-friendly community.

Dr. James Wilson  
President, BACOA Board of Directors  
April 2009

## BACOA'S LEADERSHIP

### BOARD OF DIRECTORS

Dr. James Wilson, *President*  
Meg Peirce, *Vice President*  
Sue Grossinger, *Secretary*  
Bob Koch, *Treasurer*  
Rosemarie Mitchell, *Past President*  
Amy Bash  
Tom Broadfoot  
Robert Bruns  
Dominique Buttitta  
Thomas Cowlin  
Tony Dutter  
Jill Hawkins  
Harry Logue  
Julie Parsons  
Connie Schofield  
Cathy Schulze  
Freddie Smith Pederson  
Barbara Tomasello

### ADVISORY BOARD

Carol Beese  
Dee Beaubien  
Sylvia Boeder  
Anna Bush  
Elizabeth Bodie-Gross  
Kim Duchossois  
Ronald Hamelberg  
Peer Lykke  
Pam McCord  
Bob Misyka  
Dave Sheppard  
Diane Stephens

### YOUTH BOARD

Cassie Altenberger  
Kimberly Arlington  
Judy Chung  
Meg Crowley  
Hannah Gross  
Aleksandra Petrovic  
Alexandra "Ola" Pitcher  
Michelle West  
Lyndsay Wilcox

### STAFF

Joyce Palmquist  
*Executive Director*  
Linda Avellon  
*Program Coordinator*  
Sarah Hoban  
*Communications*  
Penny LeNeveu  
*Social Services Coordinator*  
Sue McNamara  
*Administrative Assistant*  
Bonnie Scherkenbach  
*Social Services Coordinator*  
Diane Vos Hansen  
*Social Services Coordinator*

**On the cover:** Local seniors and students at Grove Avenue School sang together at a December holiday concert, and made some new friends during rehearsals.

# CREATING CARING PARTNERSHIPS FOR NOW AND THE FUTURE



*BACOA's Senior Lunch and Activity Programs served 2,810 meals last year—including the popular holiday luncheon at the Barrington Park District.*

One of the most important components of healthy aging is staying connected. Seniors who have strong support systems—whether family or friends—tend to lead healthier and happier lives. Day-to-day activities, as well as long-term concerns, are more manageable when you know you've got someone you can count on.

BACOA is like that, as well. Our strong connections both within and outside of the Barrington community, help us to continue our commitment to serve older adults and family caregivers. Our partnerships take many forms and touch many lives.



*Participants in BACOA's Parkinson's Disease Education Group learn restorative tai chi from Lee Ann Seitz, a trainer at Good Shepherd Hospital Health and Fitness Center.*

**SUPPORT AND EDUCATION GROUPS.** We describe our monthly groups as “education and support.” The education is valuable—outside speakers and group leaders discuss resources and information with group participants. But the support is invaluable. The groups are monthly check-ins, where caregivers and persons with an ongoing health concern find friendly faces, helpful advice and handy shoulders to lean on.

This year, in addition to our groups for caregivers, persons with low vision, Alzheimer's caregivers and persons with Parkinson's, we launched a pilot of an Early Stage Memory Loss Group. Working in

partnership with the Alzheimer's Association, Alexian Brothers Neurosciences Institute and Barrington Youth and Family Services, we hoped to gauge the interest and need for such a program in the area. The 10-week class, for people experiencing early memory loss and for their family members or partners, helps participants with everything from medical information and legal and financial planning, to social and family relationships, driving and other considerations. Those who have completed the class have gone on to participate in an ongoing “graduate group” that continues to offer them the support and resources that they need.





*Close to 60 Barrington-area residents learned about the finer points of turning 65—including Social Security, Medicare, long-term planning and government benefit programs—at BACOA’s “When I’m 64” program, cosponsored with the Barrington Area Library.*

**COMMUNITY EDUCATION.** This year, BACOA sponsored a variety of programs to help educate the Barrington community on issues related to aging. Two of the highlights:

“*When I’m 64.*” Turning 65 has become a significant milestone—accompanied by a significant amount of paperwork, as celebrants face decisions on social security, Medicare and a host of other financial and long-term considerations. Last fall, BACOA and the Barrington Area Library aimed to make the birthday a little less daunting with “When I’m 64,” a four-part series of discussions and presentations. Representatives of government, financial experts and BACOA’s own social services staff walked through the procedures and planning—and paper—that you can expect when you turn 65.

“*Take Charge of Your Health.*” BACOA, in partnership with AgeOptions and Advocate Good Shepherd Hospital, offered “Take Charge of Your Health!” a six-week health education class that focused on chronic health issues. Topics covered in the classes included coping with pain and isolation; evaluating new treatment options; and exercise, medication and nutrition.

**ADVOCACY:** As the primary agency that focuses on the needs of older adults and caregivers in the Barrington area, BACOA draws on a large reserve of resources and knowledge to serve the community. To make full use of this expertise, the BACOA board created an advocacy committee this year, and the group is studying ways to communicate with legislators and the general public on issues involving older adults, both in the Barrington community and beyond.



*The annual BACOA Senior Citizens Hall of Fame honors older adults who have contributed to the Barrington area through volunteerism and community leadership.*

**TRANSPORTATION:** Accessible public transportation for seniors is an ongoing concern in the Barrington area. When it was announced that the Village of Barrington would not be able to continue to support the Pace Dial-a-Ride program, BACOA, in partnership with the Village and Barrington and Cuba township, surveyed the community to determine its transportation needs and then worked with the townships to ensure continuation of the program after July 1, 2009. We will continue to work with the townships to explore options for 2010 and beyond.

**AN AGE-FRIENDLY COMMUNITY:** BACOA's Age-Friendly Initiative continued to develop during 2008. We formed a Leadership Council, which is a coalition of representatives from local government, organizations, business and education studying how the community can best serve all ages. With its initial focus on the development of paid employment and



volunteer opportunities, for, and in service to older adults in the Barrington area, the group sponsored "Starting in the Middle," a half-day workshop at Harper College in November. Participants could choose sessions on starting a business or moving into the nonprofit sector; they also had the chance to assess their career strengths and interests. Thirty-nine participants attended and gave the workshop high marks for information and usefulness.

**INFORMATION, PLEASE:** For more than 10 years, BACOA has produced its *Resource Directory for Older Adults*, a popular guide for senior services, activities and programs in the area. On May 1, we will launch an online version of the directory—the Online Resource Center—on our Web site. The

*Members of BACOA's Age-Friendly Initiative Leadership Council came from local organizations, education, business and government.*

navigable guide provides easy and in-depth access to both local and national resources on a vast array of aging-related topics, from housing and home care options to legal concerns to lifelong learning classes. Find out more at [www.bacoa.org/resourcecenter/](http://www.bacoa.org/resourcecenter/).

# FINANCIAL SUMMARY

The Barrington Area Council on Aging is a not-for-profit 501c(3) and receives limited federal and state support. In fact, more than 90 percent of our funding is from contributions made by the generous Barrington community: businesses, foundations, service organizations, individuals and local government.

## Revenue FY 2008

United Way	71,339
Government - Local (a)	38,605
Government - State (b)	17,200
Contributions & Grants	214,832
Program Revenue	47,685
Special Events	81,591
Investment Income (loss)	-3,688
Interest	2,572
<b>Total</b>	<b>470,137</b>
Less: Costs of direct benefits to donors	20,227
<b>Total Revenue</b>	<b>449,910</b>

## Expenses FY 2008

<i>Administration</i>	
Salaries & Benefits	74,593
Occupancy	1
General Expenses	30,579
Fundraising	89,040
Depreciation	8,704
Sub-Total Administration	202,917
<i>Programs &amp; Services</i>	
Salaries & Benefits	131,873
General Expenses	39,090
Programs & Services	44,296
Depreciation	16,165
Sub-Total Programs	231,424
<b>Total Expenses</b>	<b>434,341</b>
Operating revenue over expenses	15,569

## Revenue FY 2009

United Way	70,603
Government - Local (a)	46,050
Government - State (b)	60,200
Contributions & Grants	135,761
Program Revenue	54,698
Special Events	78,560
Investment Income (loss)	-8,959
Interest	2,899
<b>Total</b>	<b>439,812</b>
Less: Costs of direct benefits to donors	22,749
<b>Total Revenue</b>	<b>417,063</b>

## Expenses FY 2009

<i>Administration</i>	
Salaries & Benefits	81,569
Occupancy	1
General Expenses	29,135
Fundraising	81,974
Depreciation	8,050
Sub-Total Administration	200,729
<i>Programs &amp; Services</i>	
Salaries & Benefits	151,484
General Expenses	41,928
Programs & Services	42,753
Depreciation	14,950
Sub-Total Programs & Services	251,115
<b>Total Expenses</b>	<b>451,844</b>
Operating revenue over expenses	-34,781

(a) This line item reflects funds received from local municipalities and townships.

(b) In 2009, BACOA received two one-time grants from the Illinois Department on Aging – one to upgrade technology; the other to support BACOA's Age-Friendly Initiative.