

From the Director: Many hands make good year

As I look back and reflect on the past year, I am pleased and grateful for our accomplishments, despite the challenging economic environment.

I'm also looking forward to the year ahead, as BACOA is poised to celebrate its 25th anniversary of service to the Barrington community. We will have a number of events to mark the occasion, beginning with our annual meeting at Biltmore Country Club on April 28.

I would like to thank the many individuals and organizations who continue to support BACOA's mission of service to seniors, family caregivers and the community. Your gifts of time, expertise and financial support are essential to our success.

This year we continued to address the emerging needs and interests of the baby boomers - as they move into their 60s and beyond - through our **Age-Friendly Leadership Council**. Program offerings included: "When I'm 64" a four-part workshop covering social security, Medicare, legal and financial planning, benefit programs, and employment and civic engagement for older adults; and our November "Fabulous You" luncheon, which focused on healthy aging and BACOA's services for family caregivers.

A year-long statewide campaign will encourage older adults to engage in community activities. 2010: *The Year of the Engaged Older Adult* will focus on intergenerational activities, and the Age-Friendly Leadership Council is planning programs

and events to involve Barrington-area residents of all ages.

This year, we also continued to build a closer working relationship with Lake Barrington Shores. In addition to the **Neighbor Helping Neighbor** program, which we started last year to raise awareness of BACOA services at LBS, we also began offering the **Arthritis Foundation Exercise Program** at LBS this summer.

One of our core services is **Meals with Wheels**. I want to thank St. Paul's United Church of Christ for letting us use the church as the distribution point for meals. In addition, we want to thank the Palatine Senior Center for working with us to provide the hot meals for the program. Finally, the program could not function without the support of all the local churches, Barrington Junior Women's Club, local Realtors and all of our dedicated volunteers who deliver meals on a daily basis.

Thanks, too, to our **SHIP** (Senior Health Insurance Program) counselors and social services

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BACOA to offer AARP Income Tax Assistance Program

Start collecting your paperwork. BACOA is once again offering the AARP Income Tax Assistance Program. A trained AARP volunteer will assist seniors with their taxes at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100.

Assistance is by appointment only and will run from early February through April. Appointments fill quickly, so call as early as possible to schedule an appointment.

For more information or to schedule an appointment, call BACOA at (847) 381-5030.

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BACOA News

From the Director

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staff for the many hours of time they have spent helping seniors understand Medicare, especially the Medicare Part D prescription drug program. We're grateful to our **AARP Income Tax Assistance Program** volunteers, who will begin once again in February to help seniors with their income tax filings; and to Dominique Buttitta and Don Spagnolo, from **Spagnolo & Hoeksema, LLC**, who have provided pro bono legal counsel this year.

We're also grateful for our long-time working relationship with the **Barrington Park District**. In December, our Monday Senior Lunch and Activity Program moved to the park district's new building, and we're looking forward to serving seniors in this beautiful new facility.

Thanks to the **Barrington Area Community Foundation** for providing the financial support to provide the Early-Stage Memory Loss program this year. The group has been a partnership with Barrington Youth and Family Service.

As you can see, we have accomplished much and look forward to new opportunities in 2010. In the words of our past Board President Pam McCord, I wish you a year filled with, "love, light and laughter."

Joyce

BACOA STAFF

Joyce Palmquist, *Executive Director*
Linda Avellon, *Program Coordinator*
Irene Brown, *Administrative Assistant*
Sarah Hoban, *Communications and Development*
Sue McNamara, *Social Services Coordinator*
Bonnie Scherkenbach, *Social Services Coordinator*
Diane Vos Hansen, *Social Services Coordinator*

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More reasons to give thanks: Volunteers from the Barrington Noon Rotary and Advocate Good Shepherd Hospital helped serve BACOA's Thanksgiving lunch at the Jewel Tea Pavillion in Citizens Park. Rotary volunteers (top photo) included: (from left) Ron Dockery, Rick Wokoun, Susan Kern, Alexis Portugal, Jeff Arnett, Jim Arie and Joe Connelly; Good Shepherd employees (bottom photo) included: (from left) Jack Boepple, Julie Mayer, Sue Cahill-Johnson, Mary Jo DeBates, Linda Ryan, Bill Hogan, and Keith Sas.

Education and Support

Caregiver Support

Larry McGill, attorney with the Center for Elder Law Solutions, will address the **January** meeting of BACOA's **Caregiver Support Group**. He will discuss legal issues pertinent to older adults and their caregivers, including advanced directives and powers of attorney. The group will meet Wednesday, January 6, from 7-9 p.m.

Amy Bash, a licensed clinical social worker, will address the group's **February** meeting; she will discuss compassion fatigue. The group will meet Wednesday, February 3, from 7-9 p.m.

The Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month from 7-9 p.m. at the BACOA office in the Prairieview Building in The Garlands of Barrington, 6000 Garlands Lane, Suite 100. New members are always welcome. Call Bonnie Scherkenbach at BACOA at (847) 852-3890 to register.

Parkinson's Disease

The **Parkinson's Disease Education Group** will not meet in January. At its **February** meeting, Amy Bash, LCSW, will discuss depression. The group will meet Saturday, February 27, from 10-11:30 a.m.

The group is open to Parkinson's disease patients and family members who wish to learn more about the disease. It meets the fourth Saturday of the month in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington. For more information, or to register, call Bonnie Scherkenbach at BACOA at (847) 852-3890.

Alzheimer's and Memory Loss

John Schmid, owner of Best Alzheimer's Products, will speak at the **January** meeting of the **Alzheimer's Association Support Group**. He will demonstrate products to enhance the lives of dementia patients and their care partners. These products will include functional items, such as special phones, along with books that provide activities to challenge and sustain mental acuity.

The group will meet Thursday, January 14, from 1:30-3 p.m.

Angela C. Riley Pharm.D., CGP with the Chicago State University College of Pharmacy, will discuss strategies for coping with medication management at the group's **February** meeting, Thursday, February 11 from 1:30-3 p.m.

The group provides education, speakers and support for families and caregivers of Alzheimer's patients. There is no charge for this group, but registration is requested for first-time participants; please call Bonnie at BACOA at (847) 852-3890.

Early-Stage Memory Loss

BACOA, in partnership with The Alzheimer's Association and Barrington Youth and Family Services, will start a new 10-week session of its **Early-Stage Memory Loss Group**, a support group for people experiencing early memory loss and for their family members or partners.

The program meets weekly and covers pertinent topics, including medical information, legal and financial planning, social and family relationships, driving and other considerations. The program will run from Thursday, January 21 through Thursday, March 25, from 10:30 a.m.-noon. Interested and qualified participants are welcome to join the group.

There is no charge, but registration is required. For information, call Bonnie at (847) 852-3890.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will have a 2010 planning meeting on Thursday, January 14, from 1-2:30 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. For information on the **February** meeting, call Diane Vos Hansen at BACOA at (847) 852-3898.

The group is open to persons of all ages and offers monthly informational meetings as well as resources and local educational trips to persons with low vision.

Things to Do

Senior Lunch and Activity Program

Monday: Barrington Park District
235 Lions Drive, Barrington

Doors open at 10:30 a.m.; bingo begins at 11; and lunch is served at noon. Suggested donation is \$5 per person; admission for bingo without lunch is \$1, unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

Monday, January 4

Bingo and lunch. Frank Wagner, of Family Service of the Barrington Area, will give a presentation.

Monday, January 11

Bingo and lunch. Jocelyn Gumila will present a program on the “Doctor at Home Program” for the Barrington area.

Monday, January 18

The lunch program will be closed due to Martin Luther King Jr. Day.

Monday, January 25

Bingo and lunch. January birthdays will be celebrated. January is Glaucoma Awareness Month; Northwest Eye Center will present a program on glaucoma and the eye.

Monday, February 1

Bingo and lunch. February is National Heart Month— wear red to celebrate. Program will be reminiscences of romance, love and marriage. Seniors can bring in special Valentine cards or wedding picture to share.

Monday, February 8 -Valentine’s Day Party

Bingo and lunch. Robbie S. Malkowski of “Heartfelt Tunes” will entertain. Cost for the lunch and entertainment will be \$8 per person. Reservation deadline is February 2; call Linda Avellon at BACOA at (847) 852-3892.

Monday, February 15 —Presidents Day

The Monday lunch program will be closed due to the Presidents Day holiday.

Monday, February 22

Bingo and lunch. February birthdays will be celebrated. Grove Avenue third-graders will come for lunch and an activity with the seniors.

Thursday: Greencastle of Barrington **445 E. Main Street, Barrington**

Lunch is served at **Greencastle of Barrington**, 445 E. Main, Barrington, on Thursdays. Doors open at 11:30 a.m.; lunch is served at noon, for a suggested donation of \$5. Advance registration is required; call Linda Avellon at BACOA at (847) 852-3892.

Townships to run Pace service

As of January 1, Barrington Township and Cuba Township will take over the running of the **Pace bus service** for seniors and people with special needs. The two townships and BACOA have worked together to create an agreement to keep the service operating during 2010.

Barrington-area Pace service and schedule will not be changed under the new arrangement.

Arthritis Exercise Class

BACOA and Lake Barrington Community Affairs are offering the **Arthritis Foundation Exercise Program**, specifically designed for people with arthritis. The class is offered Tuesdays and Fridays at 10:45 a.m.; classes are held on the upper-level ballroom at the Lake Barrington Shores Recreation Center.

The program emphasizes relaxation and joint-protection techniques. Cost is \$4 per session if participants sign up in four-week blocks; \$5 per session for drop-ins. For more information, call Linda Avellon at (847) 852-3892 or Patricia Olsson-Prescott at (224) 622-1518.

Things to Do

New Culture Bus session begins

The winter session of the **North/Northwest Culture Bus**, sponsored by BACOA and CJE-Senior Life, will run from January 13 to March 24.

The program provides cultural outings designed for people experiencing early memory loss.

The winter session includes six outings on alternating Wednesdays from 10 a.m. - 3 p.m. The program fee is \$450 for the full season; this includes bus transportation, admission fees and restaurant lunches.

Hands-on activities and trip destinations offer participants a variety of culturally enriching activities and experiences while providing their caregivers with needed respite.

Participants are welcome to sign up for individual trips as well; the fee for each trip is \$75.

Volunteers are needed to accompany these trips. For more information, call Bonnie at (847) 852-3890 or (847) 382-7959 or Judy at (847) 492-1400.

Bunko at Greencastle

BACOA's Youth Board will lead **bunko games** at Greencastle of Barrington on Sunday, January 10 and Sunday, February 14, from 1:30-3 p.m. The public is invited; to register, call BACOA at (847) 381-5030.

A look at lavish lifestyles on BACOA-Park District Chicago tour

Spend the day exploring the lifestyles of rich and famous Chicagoans—past and present. BACOA and the Barrington Park District are co-sponsoring a **day-long trip to Chicago** on Wednesday, March 3.

Attractions on the trip will include a tour of the Chicago Board of Trade and the Chicago Mercantile Exchange; a visit to a 19th-century church attended by Chicago's upper crust; lunch and a cooking demonstration at Kendall College's School of Culinary Arts; and an afternoon visit to the exhibit "The Nature of Diamonds" at the Field Museum.

Cost for the trip is \$97. A motorcoach bus will leave the Barrington Park District at 8 a.m. and return to Barrington at 6 p.m. Registration deadline is February 12. For information and reservations, call the Barrington Park District at (847) 381-0687.

Fine dining on the menu for Culinary Institute trip

BACOA and the Barrington Park District will cosponsor a **trip for lunch** in the Spartan Terrace Dining Room at Culinary Arts and Hospitality Institute of Elgin at Elgin Community College on Tuesday, February 23. Students from the institute's culinary classes will cook and serve the lunch. Attendees will order off a lunch menu; price range for the lunch is \$14-18 plus tip.

Cost of the trip is \$7 plus meal costs. The group will depart from the Barrington Park District at 10:45 a.m. and return around 2:30 p.m. Transportation is by Park District vans. Limited seating is available; registration deadline is February 17. For information and reservations, call the Barrington Park District at (847) 381-0687.

New trips for the new year

BACOA and Collette are offering three new trips for the new year. They include:

London and Paris. Departure date: Thursday, April 29, 2010. Enjoy the history and culture on an eight-day tour of two of the world's most exciting cities. Cost is \$3,299 (double; airfare included).

New York City. Departure date: August 16, 2010. Spend four days seeing the sights in the Big Apple. Cost is \$2,199 (double; airfare included).

Tuscany. Departure date: October 14, 2010. This ten-day tour includes stops in Rome, Assisi, and Florence, among others. Cost is \$2,799 (double; airfare included).

For complete itineraries, visit www.bacoa.org/activities/trips or call Linda Avellon at (847) 852-3892.

BACOA offers memory screenings

BACOA is offering **free memory screenings** on a routine basis.

While the screenings are not a diagnosis, they are an important first step in the evaluation process, and serve a vital role toward detection and treatment. Those with below-normal scores will be encouraged to follow up with a full medical evaluation.

The screening is designed to promote early detection and intervention for those concerned about memory loss. The screenings consist of a series of questions and tasks designed to test memory, language skills, and other intellectual functions. Each screening takes about 10-15 minutes.

Screenings will be held on an as-needed basis at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. Home visits can also be arranged for Barrington-area residents who are unable to

come to the office. There is no charge for this service. To schedule an appointment, call BACOA at (847) 852-3890.

Find answers at BACOA's Online Resource Center

Are you searching for information on healthy aging? Housing options for seniors? Support for caregivers?

Check BACOA's **Online Resource Center**. The easy-to-use searchable guide lists local resources such as agencies, institutions and organizations that provide services to older adults, their families and caregivers in the Barrington area. You can also find national resources including links to Web sites, forms and online brochures gathered from universities, government agencies, foundations and other organizations. Find your answers today - visit www.bacoa.org/resourcecenter.

Yes! I want to help the Barrington Area Council on Aging continue to provide its programs and services to older adults, family caregivers and the community.



Enclosed is my/our gift of \$50____ \$75____ \$100 ____ Other \$ _____

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ E-mail _____

- I have remembered BACOA in my/our will
 I would like information on including BACOA in my will/estate plan

Please charge my gift of \$

VISA MASTERCARD

Acct. # _____ Exp. Date _____

Your gift is tax-deductible as provided by law.

Thank you for your support!

Please return to :

**Barrington Area Council on Aging
 6000 Garlands Ln., Suite 100
 Barrington, IL 60010**

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| | |
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Register emergency contacts online

The Illinois Secretary of State's office has established an **Emergency Contact Database**, which allows Illinois driver's license and ID cardholders to enter emergency contact information into a voluntary, secure database. The information can be accessed only by law enforcement.

In the event of a motor vehicle crash or another emergency situation, where a person is unable to communicate directly, law enforcement can access the database to help them reach the person's designated contacts. Registration is available at www.cyberdriveillinois.com. If you don't have home access to the Internet, you can visit the BACOA office and we will help you register. For more information, call BACOA at (847) 381-5030.

AARP Driver's Safety Course

This two-session course helps drivers 50 and older refine their driving skills and brush up on the rules of the road and license renewal requirements. You must attend both sessions to be eligible for a reduction in car insurance rates. For more information or registration, call (800) 323-8622.

March 11-12; 9 a.m.-1 p.m.; Advocate Good Shepherd Hospital, Meadow Room \$12 for AARP members; \$14 for non-members.

Senior Breakfast Club

Good Shepherd Hospital

To register, call (800) 323-8622.

January 27

Sleep Hygiene and Sleeping Patterns with Aging

Have your sleeping habits been changing over the years? If so, join sleep technician Cindy Cavillo, RRT, to learn tips on getting a better night's sleep and the medical conditions that can interfere with that. Also to be discussed: Home medical products that can assist you in your quest for sweet dreams.

9-10:30 a.m.; Prairie/Meadow Room

February 24

Managing Your Medications

Learn more about medication safety. Mary Pubentz, Pharm.D from Advocate Lutheran General Hospital, will discuss what you should know about your medicines, where to store them, how to dispose of them and much more.

9-10:30 a.m.; Prairie/Lakeview Room

March 24

Advances in Prevention and Treatment of Macular Degeneration and Other Diseases of the Eye.

Vision is very important to us throughout our lifetime but especially as we age. Join Joseph Kiernan MD, of Premier Eye Care, as he discusses prevention, diagnosis and new treatments of macular degeneration and other diseases of the eye.

9-10:30 a.m.; Prairie/Meadow Room

Restorative and diabetes management classes available at Good Shepherd

Advocate Good Shepherd Hospital offers a variety of services, including:

Diabetes Self-Management Program, which includes individual education counseling and a Comprehensive Diabetes Overview: For information or to register, call (847) 842-4130;

Living Well With Diabetes Support Group: For information, call Ed or Donna Church at (847) 854-9040.

Diabetes Bootcamp: Sessions and guest speakers focus on diabetes self-care. Family and friends are welcome as well. January 14 and March 11 session held at Advocate Good Shepherd Hospital, from 9-10:30 a.m.; February 17 session to be held at Good Shepherd Immediate Care Center, 525 Congress Parkway, Crystal Lake, from 6-7:30 p.m. There is no charge, but pre-registration is required. Please call (800) 323-8622.

IMPORTANT PHONE NUMBERS

| | |
|--|-----------------------|
| Advocate Good Shepherd Hospital | 381-9600 |
| Advocate GSH Bus | (888) 574-5700 |
| Advocate GSH Senior Advocate | 382-7277 |
| BACOA | 381-5030 |
| Barrington Area Library | 382-1300 |
| Barrington Park District | 381-0687 |
| Barrington Township | 381-5632 |
| Barrington Village Hall | 381-2141 |
| Cuba Township | 381-1924 |
| Ela Township | 438-7823 |
| Escorted Transportation Service | 253-3710 x3365 |
| FISH | 381-7474 |
| Hospice of NE Illinois | 381-5599 |
| Meals with Wheels | 381-5030 |
| Medicare Fraud & Abuse | (800) 638-6833 |
| PACE Dial-A-Ride (Barrington) | (800) 273-5939 |
| PACE Information | 364-7223 |
| SHIP (Sr Health Ins Prog) | (800) 548-9034 |
| South Barrington Park District | 381-7515 |

If you do not wish to receive this mailing, or if you would like to receive the newsletter by e-mail, please call BACOA at (847) 381-5030 or e-mail info@bacoa.org.

Did you know...

...that your township office offers a variety of services:

- LIHEAP applications (Low Income Home Energy Assistance Program)
- Temporary Handicapped parking placards
- Food pantry
- RTA discount cards
- Half-fare taxicab subsidies (N/A Ela Township)
- Free Notary service
- Lending closets (N/A Barrington Township)

Township office phone numbers:

Barrington Township: (847) 381-5632
 Cuba Township: (847) 381-1924
 Ela Township: (847) 438-7823

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