

## From the director: As the year turns

Although it's not quite the new year as I write this, here at BACOA we're already reviewing the highlights of the past year and making our plans for the year ahead.

What's freshest in our minds right now - since we just wrapped it up - is **Medicare Part D**. Every autumn, from October through December, BACOA staff and volunteers help seniors evaluate their Medicare Part D prescription plans, to see if they're still appropriate for their coverage and for their budgets.

This year, staff members **Sue McNamara** and **Diane Vos Hansen** and volunteers **Larissa Eliashevsky**, **Cheryl Flaherty**, **Chuck McDonald** and **Ed Mosteig** helped 160 people navigate the sometimes-tricky task of examining their current plans and selecting new ones if necessary. The consultations can be time-consuming; they generally run about an hour and a half long and require skill, patience and good humor.

But it can also be rewarding. On the next-to-the-last day of appointments, a woman left our office in tears of joy; we had found a plan that saved her \$1,000 a year - which can make quite a difference for a senior on a fixed income.

We're also discussing some new projects including helping adult children discuss long-term planning needs with their parents. Often families are unclear about parents' wishes for health care, housing, estate planning or other issues around aging. How do you start the conversation? We hope to offer a workshop on the topic; if you have ideas or are interested in participating, please let us know.

An updated version of our **resource directory** will be available this month. The directory includes resources ranging from benefits to nutrition to educational programs. (And you can also find a searchable version on our Web site at [www.bacoa.org](http://www.bacoa.org).)

The end of the year is also a good time to offer thanks to all of those who have made our work easier this year: to volunteers in all of our programs who give generous amounts of their time; to local groups and organizations who have helped make the holidays bright for the seniors we serve; and to everyone who provides encouragement and support all year long.

Joyce

### In this issue

<b>BACOA News</b>	<b>2</b>
<b>Education and Support</b>	<b>3</b>
<b>Things to Do</b>	<b>4-5</b>
<b>Advocacy</b>	<b>6</b>
<b>Health and Safety</b>	<b>7</b>

*BACOA is a Barrington Area United Way-funded agency.*

## It's tax time - and BACOA can help

BACOA is once again offering the **AARP Income Tax Assistance Program** and will begin taking appointments in mid-January. A trained AARP volunteer will assist seniors with their income taxes at the BACOA office.

Assistance is by **appointment only** and will run from 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**

### **“Making Sense of Memory Loss” starts in February**

BACOA and Catholic Charities Northwest Senior Services will offer “**Making Sense of Memory Loss,**” a five-part educational program to help family members of persons in the early stages of memory loss. Topics include an overview of memory loss and related symptoms; communication strategies; dealing with changing roles and relationships; planning for the future and effective ways of coping. The class will meet from 1-3:30 p.m. on Tuesdays from February 14 through March 13.

Cost for the class and materials is \$30. Registration is required by February 1. To register, or for further information, call Michaela at (847) 253-5500; ext. 333 or Bonnie at (847) 852-3890.

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### **SHIP helps seniors navigate insurance information**

BACOA can provide seniors with information on health insurance questions through the **Senior Health Insurance Program (SHIP)**.

SHIP counselors can answer questions about Medicare, Medicare Supplement Insurance, Medicare Advantage plans, prescription drug coverage through Medicare and other sources, long-term care insurance, Medicare claims and appeals and beneficiary rights and guarantees.

SHIP is a free counseling service provided by the Illinois Department of Financial and Professional Regulation, Division of Insurance. It trains volunteer counselors throughout the state of Illinois to provide seniors with one-on-one help with insurance.

Seniors and family caregivers can make an appointment with a SHIP counselor by calling BACOA at (847) 381-5030.

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### **Women’s life transition group to meet**

BACOA’s **monthly discussion group for women over 55** meets on the third Wednesday of every month from 10-11:30 a.m.

The group discusses life transition issues including coping with changes in health and abilities, experiencing and managing loss, and clarifying priorities and articulating needs. To register, call Sue at BACOA at (847) 852-3896.

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### **“Powerful Tools for Caregivers” in March**

BACOA will offer the six-week “**Powerful Tools for Caregivers**” in March. The course is designed for the nonprofessional caregiver who is helping to care for a parent, spouse, or friend who lives at home, in a nursing home, or across the country. It helps family caregivers reduce stress and locate helpful resources. For more information, call BACOA at (847) 381-5030.

## Education and Support

### Caregiver Support

Rein Putthammer will discuss home modification at the January meeting of BACOA's **Caregiver Support Group**. The group will meet Wednesday, January 4, from 7-9 p.m.

The group's **February** meeting will be an open forum. The group will meet Wednesday, February 1, from 7-9 p.m.

The Caregiver Support Group provides ongoing education and support for caregivers. Call Bonnie at BACOA at (847) 852-3890, to register.

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### Parkinson's Disease

BACOA's **Parkinson's Disease Education Group** will not meet in January. **February's** meeting will feature a presentation on LSVT (Lee Silverman Voice Training) by Valerie Tamburino, a speech therapist with Advocate Good Shepherd Hospital. This method has been known to help people with Parkinson's who have problems with diminished voice volume. The group will meet Saturday, February 25, from 10-11:30 a.m., at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

For more information, call Bonnie at BACOA at (847) 852-3890.

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### Young-Onset Dementia

Mike McGinn CSA, owner of Comfort Keepers, will speak at the **January** meeting of the **Young-Onset Dementia Support and Education Group** on Tuesday, January 17 from 7-8:30 p.m.

The **February** meeting will be an open forum; the group will meet Tuesday, February 21, from 7-8:30 p.m.

The group is focused toward people who were diagnosed with dementia before the age of 65 and are in the early stages of memory loss/dementia. Those who are experiencing dementia, and their family members or partners, are invited to attend. For location information and registration, call Bonnie at (847) 852-3890.

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### Alzheimer's and Memory Loss

BACOA's **Alzheimer's Association Support Group** will meet for an open forum discussion on Tuesday, January 12 from 1:30 -3 p.m.

At the group's **February** meeting, Katie Casey, an attorney with Dutton & Casey, P.C., will speak to the care partner group on pertinent legal issues. A separate activity will be planned for the participant group. The meeting will be Thursday, February 9, from 1:30-3 p.m.

There is no charge, but registration is requested for first-time participants; call Bonnie at BACOA at (847) 852-3890.

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### Early-Stage Memory Loss

BACOA is accepting registrations for the next 10-week session of its **Early-Stage Memory Loss Support Group**.

The program covers pertinent topics, including an overview of early-stage memory loss, medical information, legal and financial planning, social and family relationships, driving and other considerations. It meets every Thursday from 10:30 a.m. - noon.

BACOA sponsors this program in partnership with the Alzheimer's Association and Barrington Youth and Family Services. Call Bonnie at BACOA at (847) 852-3890, for more information.

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### Low Vision Education and Support

BACOA's **Low Vision Support and Education Group** provides education and support to persons whose eyesight has grown weaker or has disappeared altogether. The meetings are open to all ages.

The group meets on the second Thursday of each month from 1-2:30 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. For more information on the group, call Diane Vos Hansen at BACOA at (847) 852-3898. For transportation, call Barrington Pace at (800) 273-5939. Please call the day before for reservations.

## Things to Do



Volunteers from the **Barrington Noon Rotary** and **Advocate Good Shepherd Hospital** were among those who helped serve at BACOA's annual Thanksgiving lunch at the Barrington Park District. Rotary volunteers (top photo) were (from left): Joe Kelsch, Norm May, Carol Thompson-Erker, Rich Zacaroli, Alexis Portugal and Rick Wokoun. Hospital employees (lower photo) included (from left): from left: Roseanne Niese, Jenny Elrod, Pat Burns, Steve Balaton, Kelly Stallbaum and Chris Wallace.

### Hop aboard the Culture Bus

BACOA is collaborating with CJE-SeniorLife to offer the **Northwest Culture Bus**. This program offers a series of day trips designed for people experiencing early memory loss. The Culture Bus, developed and managed by CJE SeniorLife, offers socialization and recreation under the supervision of a trained professional leader and a group of volunteers.

Morning departure is between 9 and 10 a.m., and return is between 3:00 and 3:30 p.m. Cost is \$75 per trip, which includes lunch, entrance and materials fees. A scholarship fund is available to assist with fees for participants who apply and qualify.

New participants must pre-register for this program; contact Bonnie at BACOA at (847) 852-3890, or (224) 858-4952.

### BACOA and The Garlands launch lectures

Expand your horizons at a new **lecture series** developed by the Harper College Continuing Education Lifelong Learning Institute and co-sponsored by BACOA and The Garlands of Barrington.

Six different lecture topics will be covered in the series, which will run from late January until July. The courses include:

- Victor Borge—Comedy with a Danish
- The Italian Renaissance
- 50 Things You Can Learn from the Movies
- Edgar Allen Poe
- Swan Songs
- Short Story Treasures
- What Would Jane Say?

Classes will meet at The Garlands of Barrington, 1000 Garlands Lane, Barrington. All classes meet for one day only, except for "Short Story Treasures," which meets for 10 sessions. Cost ranges from free to \$20.

For a complete schedule, including course descriptions, dates, faculty and costs, visit BACOA's Web site at [www.bacoa.org](http://www.bacoa.org) or call Linda Avellon at BACOA at (847) 852-3892.

## Things to Do

### Have lunch at Elgin culinary school

BACOA and the Barrington Park District will cosponsor a trip for lunch at the **Spartan Terrace Dining Room** at the Culinary Arts and Hospitality Institute of Elgin at Elgin Community College on Thursday, March 22.

Students from the institute's culinary classes will cook and serve the lunch. Attendees will order off a lunch menu; price range for lunch is \$14-18 plus tip.

Cost of the trip is \$9 plus meal costs. The group will depart from the park district at 10:30 a.m. and return around 2:30 p.m.

Transportation is by Park District vans. Limited seating is available; registration deadline is March 15.

For information, call the Barrington Park District at (847) 381-0687.

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### Enjoy an Italian evening

BACOA, The Garlands of Barrington and Ela Township 55 Plus will host an information seminar on an upcoming Collette Vacations trip to Italy.

The seminar will be Thursday, February 23, from 6:30-8 p.m. at the Surround Sound Theater in The Garlands, 1000 Garlands Lane, Barrington. The lecture and slide presentation will focus on the trip's itinerary, which will include Taormina, Alberobello and the Amalfi Coast. Coffee and Italian pastries will be served afterward.

Space is limited, so please RSVP by January 30, to (847) 852-3892 or (847) 962-5199.

### Senior Lunch and Activity Program

**Monday: Barrington Park District  
235 Lions Drive, Barrington**

**Doors open at 10:30 a.m.; bingo begins at 11; lunch is served at noon.** Game days will end at 2 p.m. Suggested donation for the Monday lunch program is \$6. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation.

Registration and prepayment are required; please call Linda Avellon at BACOA at (847) 852-3892. Menus can be found on BACOA's Web site at [www.bacoa.org](http://www.bacoa.org); click on "Activities for Seniors."

#### **Monday, January 9**

Bingo and lunch. Wii bowling and Wii Fit, bunco and board games after lunch.

#### **Monday, January 16**

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

#### **Monday, January 23**

Bingo and lunch. Wii bowling, Wii Fit, cards and board games after lunch.

#### **Monday, January 30**

Bingo and lunch. Ahlgrim & Sons Funeral and Cremation Services will present a program; "Prepare...because you can." Blood pressures will be taken by Harmony Home Health Care of Barrington. January birthdays will be celebrated.

#### **Monday, February 6**

Bingo and lunch. February is National Heart Month— wear red to celebrate. Wii Bowling, Wii Fit, cards and board games after lunch.

#### **Monday, February 13 - Valentine's Day Party**

Bingo and lunch. Barrington Park District preschoolers will come to make Valentines.

#### **Monday, February 20**

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

#### **Monday, February 27**

Bingo and lunch. February birthdays will be celebrated. Wii Bowling, cards, board games after lunch.

### Putting new life into the Older Americans Act

As Congress moves into the new year, one item on its agenda will be the reauthorization of the **Older Americans Act**. This reauthorization is vital to the delivery of senior services across the country, and it's important to know how it affects the lives of older adults and caregivers.

The OAA was originally passed in 1965, as part of President Lyndon Johnson's Great Society program, and as a response to the lack of community social services for older adults in the U.S.

The legislation provided authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. Many of these programs would be administered through state and area agencies on aging, which were also established by the act.

Since it was signed into law 46 years ago, the OAA has had an enormous impact on the lives of older adults and their caregivers. The services and programs that resulted from the act gave seniors more opportunities to live independently, gave families more resources to care for aging relatives, and helped save government money by providing in-home services for seniors, rather than more costly nursing home care. Many programs for seniors that we take for granted today were established by the OAA, including:

- Nutrition programs, including congregate and home-delivered meals
- Support services to promote independence, including transportation, home care, legal aid, case management, and adult day care
- The National Eldercare Locator Service, a toll-free hotline for identifying community resources
- The National Family Caregiver Support Program, which provides respite services, education, training, and counseling to caregivers
- Health promotion providing educational services, counseling and consultation
- Aging and Disability Resource Centers to facilitate the dissemination of information on available resources

- Public education services on elder abuse, neglect, and exploitation.

The OAA also established the Administration on Aging (AoA) to administer the grant programs, coordinate service delivery and serve as the federal-level advocate for seniors.

The OAA needs to be reauthorized periodically, and is due to be reauthorized this year. Throughout 2011, numerous groups and organizations throughout the country have discussed and offered recommendations to update the Act. Such updating is particularly important in light of the rapidly growing aging population, flat or reduced funding for OAA services, and the need for more integrated medical and human services.

The National Association of Area Agencies for Aging, for example, has developed a series of 12 recommendations covering areas such as community planning for the aging population, transportation, emergency preparedness, affordable housing and job training for older workers.

The Administration on Aging has also issued a set of 11 principles on the reauthorization, after holding more than 60 listening sessions around the country and collecting online input. These principles cover areas such as funding for congregate meals, changes to the National Family Caregiver Support Program, and legal assistance.

As of December, the Senate's Health, Education, Labor and Pensions (HELP) Subcommittee on Primary Health and Aging was working on the reauthorization. Although the House had not yet begun work on reauthorization, it was expected that would begin in the new year, with reauthorization set for sometime during 2012.

#### Find out more:

National Association of Area Agencies on Aging recommendations on reauthorization:  
[http://www.n4a.org/files/advocacy/campaigns/oa/n4a\\_2011\\_OAA\\_ReauthRecs\\_web.pdf](http://www.n4a.org/files/advocacy/campaigns/oa/n4a_2011_OAA_ReauthRecs_web.pdf)

## Health and Safety

### Arthritis Exercise Class

BACOA and the Lake Barrington Shores Neighbor Helping Neighbor program offer 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 class 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.

### 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, call (800) 323-8622.

March 5-6

9 a.m.-1 p.m.

**Advocate Good Shepherd Hospital - Prairie Room.**

\$12 for AARP members

\$14 for nonmembers.

### Senior Breakfast Club at Advocate Good Shepherd Hospital

*Wednesday, January 18; 9-10:30 a.m.* "Taking Control of Lung Disease." Being short of breath can be a symptom of lung disease or just being out of shape. Danielle Rumachik, RRT CTTS will talk about COPD and asthma and what you can do to control the symptoms.

*Wednesday, February 15; 9-10:30 a.m.* "Your Heart is an Electric Pump: What To Do When You Need an Electrician." Cardiologist Raymond Kawasaki MD, explains the science and practice of cardiac electrophysiology and services at Good Shepherd Hospital.

There is no charge, but pre-registration is required. Please call (800) 323-8622.

### At your service: Meals With Wheels

Winter is here - and during the snowy season, grocery shopping for be particularly difficult for some people.

BACOA's **Meals With Wheels** delivers a nutritious mid-day meal, Monday through Friday, to seniors who are unable to cook for themselves and do not live with a paid caregiver.

Suggested donation is \$5 per meal; however, if you have special circumstances, the cost of the meal may be reduced. A home visit and assessment are required prior to program participation. Call BACOA at (847) 381-5030.

- *Yes! I want to help BACOA continue to provide its programs and services to older adults, caregivers*
- *and the community.*

Enclosed is my/our gift of \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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**

## IMPORTANT PHONE NUMBERS

Advocate Good Shepherd Hospital	381-9600
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	304-3400
Cuba Township	381-1924
Ela Township	438-7823
Hospice of NE Illinois	381-5599
Meals with Wheels	381-5030
Medicare Fraud & Abuse	(800) 638-6833
Senior Health Insurance Program	(800) 548-9034

### Transportation

Advocate Good Shepherd Bus	(888) 574-5700
Escorted Transportation Service	253-3710; x3365
FISH	381-7474
PACE Dial-A-Ride (Barrington)	(800) 273-5939
PACE Information	364-7223

Information about the Senior Health Insurance Program is paid with financial assistance in part through a grant from the Centers for Medicare & Medicaid Services, the federal Medicare Agency.

## Take a trip with BACOA!

BACOA and Diamond Travel are offering:

- **Niagara Falls and Toronto.** *Departure date: June 17, 2012.* The seven-day tour includes four night in Niagara Falls, guided tours of the falls and Toronto, gaming at Fallsview Casino and a tour of Niagara-on-the-Lake. Transportation is via motorcoach. Cost is \$659 (double).

- **Pigeon Forge and Smoky Mountains Show Trip.** *Departure date: October 7, 2012.* The seven-day tour includes four nights in the Smokies, six shows, a guided tour of Great Smoky Mountains National Park, and tours of historic sites. Transportation is via motorcoach. Cost is \$615 (double).

All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

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