

Barrington Area Council on Aging, Inc.

Serving seniors, family caregivers, and the community

July/August 2011

From the director: New events, new honors

Summer is a big season for planning here at BACOA and we're in the midst of organizing two important fundraisers for the organization.

The eighth annual **Barrington Brew Fest** will be held in the downtown Barrington tent on Saturday, July 9. All proceeds will benefit our services and programs, so come out for an afternoon of fun and tasty brews.

"**Aged to Perfection**," our annual winetasting, will be held Friday, September 16 at the Chicago Marriott Northwest in Hoffman Estates. As you can see from the story on this page, local singer Ron Hawking will headline this year. The addition of entertainment will add a new element to what's become a popular annual event. See the story for details - and we hope you'll decide to join us for a great evening.

We're also starting up a new **discussion group** this fall. The group will target life transitions for women over 55. The group will meet monthly; please see page 3 for more details - and please join us if you're interested in taking part.

A new session of our "**Powerful Tools for Caregivers**" course will begin July 20. The six-week class gives caregivers advice and resources

on how to better care for a loved one. See page 10 for information on registration and location.

One of the most rewarding events at BACOA every year is our **Senior Hall of Fame** ceremony in May. This year - our sixteenth - we inducted ten older adults into the Hall of Fame.

At the beginning of each year, BACOA solicits

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Ron Hawking to host BACOA's winetasting September 16

Singer Ron Hawking will headline an evening of wine, food and entertainment at "Aged to Perfection: An Evening of Note to Support BACOA," BACOA's **16th annual wine tasting**.

The event will be held Friday, September 16, from 6:30-10 p.m., at the Chicago Marriott Northwest, 4800 Hoffman Blvd., Hoffman Estates.

Guests will be able to sample more than 50 wines—provided by Barrington's Wine Discount Center—while enjoying a buffet supper and bidding on live and silent auction items.

Guests will also have a chance to win the evening's main raffle item: the Wagon of Wine, two cases of wine specially selected by Wine Discount Center.

Favorite wine selections will be available for purchase and BACOA will receive a percentage of the sales from wine purchases.

This year's event offers early-bird pricing; tickets are \$90 per person before September 1; \$100 after. Proceeds from the event benefit

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BACOA is a Barrington Area United Way-funded agency.

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BACOA News

Join the fun at Barrington Brew Fest

Regional craft breweries will pour at the eighth annual **Barrington Brew Fest**, Saturday, July 9, from 3-7 p.m. Enjoy live music, tasty food and a bean bag tournament while sampling the best of the brews. All proceeds will benefit BACOA.

The event will be held in the Fourth of July tent by the Metra station in downtown Barrington. More than 30 craft brewers from the Midwest as well as from other parts of the country are expected. Food vendors include McGonigal's Pub, Cooper's of Barrington, Frantonio's Italian Deli and Ruth's Chris Steak House. Music will be provided by Second Time Around. The fest will also feature a bean bag tournament and a 50/50 raffle.

Tickets are \$35 in advance and \$40 on the day of the event. The ticket price includes a commemorative glass and brew tastings. The first 750 ticket purchases will also receive a free commemorative T-shirt. It is anticipated that some T-shirts will be available at the gate on the day of the event but advance purchases at McGonigal's in Barrington will guarantee attendees a T in their size and collar and a \$5 ticket price discount.

Primary sponsor for the event is McGonigal's Pub; secondary sponsors include Barrington Bank & Trust, Barrington Print & Copy, and Insignia Kitchen and Bath.

For more information, visit the fest's Web site at www.barringtonbrewfest.com or call (847) 852-3897. Tickets can be ordered online at the site. Tickets and T-shirts are also available at McGonigal's Pub; tickets only are available at Wool Street Grill and Sports Bar and the Onion Pub.

Police Department warns of "ruse burglaries"

The Barrington Police Department has issued an alert warning that area suburbs have experienced a rash of **ruse burglaries**. These burglaries occur when a con artist poses as a utility worker or other type of worker in order to distract residents while another member of the crew robs different parts of the house. The burglars target cash and jewelry. The burglar may also ask to use the phone, bathroom or get a drink of water. While you accompany them, the accomplice sneaks into the home. Suspects are described as white or Hispanic males possibly driving white vans or white pickup trucks.

All public utility and city employees should display identification indicating their employment. Police advise residents never to let anyone into their homes before confirming this. Also do not leave your front door or garage door open if you leave your home or walk to the back yard. To report suspicious activity, contact the Barrington Police Department at 911.

Education and Support

Caregiver Support

A representative from Home Instead, a home care agency, will discuss stress management at the **July** meeting of BACOA's **Caregiver Support Group**. The group meets Wednesday, July 6, from 7-9 p.m.

The group's **August** meeting will be an open forum. The group will meet Wednesday, August 3, 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.

Parkinson's Disease

Kathy Kujawa, from the Alexian Brothers Neurosciences Institute, will speak at the **July** meeting of the **Parkinson's Disease Education Group**. Kujawa will discuss the latest medications available to help improve the lives of people with Parkinson's disease. The group will meet Saturday, July 23, from 10-11:30 a.m., at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Barb Spaulding, LCSW will discuss how the Parkinson's affects care partners at the **August** meeting, on Saturday, August 27, from 10-11:30 a.m. at The Garlands.

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

Young Onset Dementia

Nicole Batsch, director of Early Stage Services for the Greater Illinois Chapter of the Alzheimer's Association will speak at BACOA's **Young Onset Dementia Support and Education Group** on Tuesday, July 19 from 7-8:30 p.m. She will discuss dealing with difficult behaviors in people with Alzheimer's disease.

The group will hear a performance from "Second Wind" at its **August** meeting, Tuesday, August 16 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.

Alzheimer's and Memory Loss

BACOA's **Alzheimer's Association Support Group** will meet Thursday, July 14, from 1:30-3 p.m.; the meeting will be an open forum.

At its **August** meeting, the group will view the film "Complaints of a Dutiful Daughter"; a discussion will follow. The meeting will be Thursday, August 11, 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.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** regularly meets on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898.

Life transitions for women

BACOA is launching a monthly discussion group on **life transitions** for women over 55. The group will hold its first meeting on Wednesday, September 21 from 10 a.m.-noon.

Among the topics that will be addressed in upcoming meetings will be:

- Coping with changes in health and abilities
- Experiencing and managing loss
- Communicating with adult children
- Determining when and how to ask for and accept help from others
- Maintaining control while delegating or sharing responsibilities with others
- Redefining your role in relationships with family and friends
- Setting limits and creating new boundaries
- Clarifying priorities and articulating needs

The group will meet on the third Wednesday of every month. For location information, or to register, call Sue at (847) 852-3896.

Things to Do

Amish Indiana tour set

BACOA and the Palatine Township Senior Citizens Council will cosponsor a trip to seven Amish communities in **Elkhart County, Indiana** on Wednesday, August 31. The trip will feature stops at 18 gardens and building murals throughout the communities. The tour will also include special exhibits, hands-on projects, and learning demonstrations, as well as a hearty lunch and stops at Amish shops and markets. Tour participants will also receive small gifts at various stops.

Cost of the trip is \$80. The group will depart from the Barrington Park District at 6:30 a.m. and return around 8:30 p.m. Transportation is by motorcoach bus. Limited seating is available; registration deadline is August 17. For information and reservations, call Linda Avellon at BACOA.

Plan to play at a patio party

Area seniors can join BACOA and Lake Barrington Woods for **“Summer Fun in the Sun,”** on Wednesday, July 20 from 1-3 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. Attendees can sip a summertime drink, nibble seasonal appetizers and relax under umbrellas on Lake Barrington Woods’ patio while listening to guitarist Julian Paul Jones. Reservation deadline is Wednesday, July 13. Call Linda Avellon at BACOA at (847) 852-3892 for more information or for reservations.

Just your cup of tea

BACOA and the Barrington Park District will sponsor **high tea at the Old Farmhouse Bed and Breakfast** in Wauconda on Tuesday, August 16. Guests can select a hat to wear, tour the 1860 farmhouse and enjoy sandwiches, scones with Devonshire cream, sweet treats and a variety of delicious teas.

A Park District van will leave Langendorf Park at 11:30 a.m. and return around 3:45 p.m. Cost is \$32/\$40. Registration deadline is August 15. For more information or to register, call the Barrington Park District at (847) 381-0687.

For art’s sake

Immerse yourself in a day of art at the Art Institute of Chicago’s 17th annual **Senior Celebrations** on Wednesday, September 7. BACOA and the Barrington Park District will sponsor a daylong trip to the event.

Programs throughout the day will include small informal talks in the galleries, live music and demonstrations. Cost is \$18 for Park District residents; \$23 of out-of-district residents. (Fee does not include lunch). Park District vans will leave the Barrington Park District at 9 a.m. and return around 4 p.m.

Registration deadline is Monday, August 29. Please call the Barrington Park District for reservations at (847) 381-0687.

Hop aboard the Culture Bus

BACOA is collaborating with of 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.

Thursday lunch at Greencastle

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. Suggested donation is \$6. Registration is required; call Linda Avellon at BACOA at (847) 852-3892.

Things to Do

A sweet trip to Antioch

BACOA and the Barrington Park District will sponsor a **day away in Antioch** on Tuesday, September 20. The trip will include a chocolate tasting at the Something Sweet Chocolate Shop, lunch (your own restaurant selection), and a visit to the Pichard China Company showroom. A Park District van will leave Langendorf Park at 9 a.m. and return around 4:30 p.m. Cost is \$10 for in-district residents; \$12 for out-of-district residents. Registration deadline is September 12. For more information or to register, call the park district at (847) 381-0687.

A day on the lake

Enjoy fine food and fall scenery while **cruising on Lake Geneva**. BACOA and the Barrington Park District will sponsor the day-long trip Tuesday, October 11. The two-and-a-half-hour cruise includes lunch and a narrated tour of the lake. Attendees will leave from the Barrington Park District at 9 a.m. and return to Barrington around 5 p.m. Cost is \$57. Registration deadline is September 20; to make reservations, call the Park District at (847) 381-0687.

BACOA summer hours

BACOA will continue its Friday summer hours through July and August. The office will be open from 8 a.m.-3 p.m. on Fridays through Labor Day. Regular hours will resume Friday, September 9.

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.

Monday, July 4

The Senior Lunch and Activity Program will not meet because of the Independence Day holiday.

Monday, July 11

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

Monday, July 18

Bingo and lunch. A program presented by Aldyth Kougias from EMB Medical Supply, Inc. will include a new line of shoes for diabetics.

Monday, July 25

Bingo and lunch. William Knight from Generation Renovation, will present a program on aging in place. Harmony Home Care of Barrington will check blood pressures. July birthdays will be celebrated. Wii bowling, bunco and board games will start at 1 p.m.

Monday, August 1

Bingo and lunch.

Monday, August 8

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

Monday, August 15 - Annual Senior Picnic

Bingo; the Barrington Breakfast Rotary will provide lunch. The Kitchen Klangers from the Libertyville Senior Center will entertain with "In the Good Old Summertime." For reservations, call Linda Avellon at BACOA at (847) 852-3892 by August 10.

Monday, August 22

Bingo and lunch.

Monday, August 29

Bingo and lunch. Harmony Home Care of Barrington will check blood pressures. June birthdays will be celebrated. Wii bowling, bunco and board games will start at 1 p.m.

Ten enter Senior Hall of Fame

Ten Barrington-area residents were inducted into the sixteenth annual **Barrington Area Senior Citizens Hall of Fame** on May 18 at a recognition tea at Lake Barrington Woods.

The Hall of Fame, sponsored by BACOA, honors outstanding older adults from the Barrington area for their service to enhance the quality of life in the community. Seniors are nominated by local service organizations, churches, health care providers, nonprofits, the arts and local governments.

This year's honorees are: **Gerald F. Barry**, Barrington Area Library; **Sylvia Boeder**, Advocate Good Shepherd Hospital; **Harry Logue**, Barrington Area Council on Aging; **Carol McGregor**, District 220 Educational Foundation; **Bonnie Murray**, Barrington Northwest Community Associates of the Art Institute of Chicago; **Carol Nelson**, Hospice and Palliative Care of Northeastern Illinois; **Art Rice**, Cuba Township; **Connie Schofield**, Illinois State Senator Pamela Althoff and the Village of Lake Barrington; **Donald Semla**, Barrington Township; and **Ginger Underwood**, Citizens for Conservation.

The Hall of Fame has honored 218 individuals from 68 different organizations since its inception in 1996, including 14 couples.



New members of the Barrington Area Senior Citizens Hall of Fame are: (front row, left to right): Carol Nelson, Sylvia Boeder, Connie Schofield, Carol McGregor, and Bonnie Murray; (back row, left to right): Gerald Barry, Ginger Underwood, Art Rice, and Harry Logue. Not pictured: Donald Semla.

Ice cream in the trees

Barrington-area seniors are invited for an afternoon of ice cream and bingo in the trees.

BACOA and the Barrington Park District will sponsor an **ice cream social** at the Pepper Family Accessible Treehouse on Friday, September 9 from 1-3 p.m. The treehouse, the first universal all-accessible treehouse in Illinois is in Citizens Park, 511 Lake Zurich Road, Barrington. Cost is \$9 a person.

For more information, or to make reservations, contact the Barrington Park District at (847) 381-0687.

Boogie woogie down on the farm

Take a trip back to the '30s and '40s with an Andrew Sisters musical revue.

BACOA and the Barrington Park District are sponsoring a day trip to **White Fence Farm** in Romeoville on Friday, October 28. The trip will include lunch as well as a performance by the Legacy Girls, who perform a revue of World War II-era songs.

A motorcoach bus will leave Langendorf Park at 9:30 a.m. and return around 4:30 p.m. Cost is \$60, which includes transportation lunch, and show. Registration deadline is September 29. For more information or to register, call the Barrington Park District at (847) 381-0687.

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.



Let the games begin: The Barrington Breakfast Rotary recently gave BACOA a grant to purchase a Nintendo Wii, as well as an HDTV and stand. Rotary's Elizabeth McGrath (r) hands over the controls to BACOA's Linda Avellon at the Senior Lunch and Activity Program.

BACOA's Online Resource Center: Get answers now

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. Find your answers today - visit www.bacoa.org/resourcecenter.

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

Inpatient or outpatient? Know what questions to ask

Part of BACOA's mission has always been information and advocacy on issues that affect older adults, and Senior Advisor will begin to examine some of these important issues in more depth. This month, we focus on the difference between inpatient and outpatient hospital stays. Misunderstandings about the differences can often be costly to seniors and their families. (This information is adapted from the Centers for Medicare & Medicaid Services publication "Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!")

Did you know that even if you stay in the hospital for several days, you might still be considered an "outpatient"?

Your hospital status (whether the hospital considers you an "inpatient" or "outpatient") affects how much you pay for hospital services like X-rays, drugs, and lab tests--and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF).

You're an inpatient starting the day you're formally admitted to the hospital with a doctor's order. The day before you're discharged is your last inpatient day.

You're an outpatient if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, and the doctor hasn't written an order to admit you as an inpatient.

In these cases, you're an outpatient even if you spend the night - or several days - at the hospital. (Observation services are outpatient services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may be given in the emergency department or in another area of the hospital.) It's important to note that if you stay overnight or even several days in a regular hospital bed, you might still be an

outpatient. Ask the doctor or hospital.

How would my hospital status affect the way that Medicare covers care I get in a skilled nursing facility?

Medicare will only cover care you get in a skilled nursing facility if you first have a "qualifying hospital stay." A qualifying hospital stay means you've been a hospital inpatient for at least three days in a row (counting the day you were admitted as an inpatient, but not counting the day of your discharge). If you don't have a three-day inpatient hospital stay, ask if you can get your discharge in other settings (like home health care) or if any other programs like Medicaid or Veteran's benefits can cover your SNF care. Always ask your doctor or hospital staff if Medicare will cover your SNF stay.

How would a hospital's observation services affect my SNF coverage?

Your doctor may order "observation services" to help decide whether you need to be admitted to the hospital as an inpatient or can be discharged. During the time you're getting observation services in the hospital, you're considered an outpatient. This means you can't count this time towards the three-day inpatient hospital stay needed for Medicare to cover your SNF stay.

If you're in the hospital more than a few hours, *always* ask your doctor or the hospital staff if you're an inpatient or an outpatient.

There are also differences in Original Medicare coverage for hospital inpatients and outpatients, and how these rules apply to some common situations. If you have a Medicare Advantage Plan (like an HMO or PPO), costs and coverage may be different. Check with your plan.

What do I pay as an inpatient?

Medicare Part A (Hospital Insurance) covers inpatient hospital services. Generally, this means you pay a one-time deductible for all of your hospital

services for the first 60 days you're in the hospital.

Medicare Part B (Medical Insurance) covers most of your doctor services when you're an inpatient. You pay 20 percent of the Medicare-approved amount for doctor services after paying the Part B deductible.

What do I pay as an outpatient?

Medicare Part B covers outpatient hospital services. Generally, this means you pay a copayment for each individual outpatient hospital service. This amount may vary by service. The copayment for a single outpatient hospital service can't be more than the inpatient hospital deductible. However, your total copayment for all outpatient services may be more than the inpatient hospital deductible.

Part B also covers most of your doctor services when you're a hospital outpatient. You pay 20 percent of the Medicare-approved amount after you pay the Part B deductible.

Generally, the prescription and over-the-counter drugs you get in an outpatient setting (like an emergency department), sometimes called "self-administered drugs," aren't covered by Part B. Also, for safety reasons, many hospitals have policies that don't allow patients to bring prescription or other drugs from home. If you have Medicare prescription drug coverage (Part D), these drugs may be covered under certain circumstances. You likely will need to pay out-of-pocket for these drugs and submit a claim to your drug plan for a refund. Call your plan for more information.

For more detailed information on how Medicare covers hospital services, including premiums, deductibles, and copayments, visit www.medicare.gov/publications to view the "Medicare & You" handbook. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

Social Security payments go paperless

The U.S. Department of the Treasury is retiring the paper Social Security check for millions of baby boomers and others applying for federal benefits.

Beginning May 1, anyone newly applying for Social Security, Veterans Affairs or other federal benefits needs to choose an electronic payment method – paper checks are no longer be an option. People currently receiving their federal benefits by paper check must switch to direct deposit by March 1, 2013.

The Treasury Department reports that the move will save taxpayers \$1 billion over the next 10 years and will make payments safer and more convenient than paper checks.

People newly applying for federal benefits now must choose an electronic payment option at the time they sign up for their benefits. If they wish to direct their money into a bank or credit union account, they will need to have the following information when they apply for their benefits:

- Financial institution's routing transit number (often found on a personal check)
- Account type – checking or saving
- Account number (often found on a personal check)

People can also receive payments on a prepaid debit card; for more information, visit www.GoDirect.org.

Current paper check recipients must switch to electronic payments before March 1, 2013. It's possible to switch from checks to direct deposit by calling the U.S. Treasury Electronic Payment Solution Center's toll-free helpline at (800) 333-1795; going online to www.GoDirect.org; or speaking with a bank or credit union representative. Anyone already receiving federal benefit payments electronically will continue to receive their money as usual on their payment day. No action is required.

Winetasting

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BACOA's services and programs for seniors and caregivers. The event will be sponsored by Advocate Good Shepherd Hospital; Alden Estates of Barrington; PricewaterhouseCoopers; and The Garlands of Barrington; Harris Bank is the entertainment sponsor.

For advance tickets or more information, call BACOA at (847) 381-5030. Online reservations will be available August 1 at BACOA's Web site at www.bacoa.org.



Members of BACOA's winetasting committee join Ron Hawking in a toast to BACOA's "Aged to Perfection," to be held Friday, September 16 at the Chicago Marriott Northwest in Hoffman Estates. Committee members include (front row, left to right) Annette Baird and Sandy Stevens; (back row, left to right) Judi Musschoot, Jody Paine, Meg Peirce, Ron Hawking, Joyce Palmquist, Mary Pahlke and Pam Koenig.

From the Director

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nominations from more than 70 Barrington-area groups, including service organizations, faith-based groups, local government, nonprofits, the arts, and health care providers.

The groups are asked to nominate an older adult who has contributed time or expertise to the particular organization. Nominating organizations are asked to consider the nominees' professional and personal achievements, as well as their impact on the organization, any special accomplishments after turning 60 (the eligibility age) and any other factors that would highlight their achievements as an older adult.

Since the Hall of Fame's inception in 1996, 68 different organizations have made nominations. Many of those nominated have contributed countless hours toward creating and maintaining services, institutions and organizations that have become an integral part of life in the Barrington area. This year's honorees are no exception; you can read more about them on page 6.

Joyce

New session of "Powerful Tools" scheduled for July

BACOA will offer a new session of its six-week "Powerful Tools for Caregivers" class beginning July 20.

The program will be held weekly on Wednesdays from 10-12:30 a.m., through August 24, in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

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.

This program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The course consists of six weekly sessions and is conducted on an ongoing basis throughout the year. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay.

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

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.

*September 6; September 9;
9 a.m.-1 p.m.*

Advocate Good Shepherd Hospital.

Lakeview Room

\$12 for AARP members

\$14 for nonmembers.

Diabetes management classes

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

Diabetes Self-Management Program: 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 Boot Camp: Sessions and speakers focus on self-care. Family and friends are welcome as well. There is no charge, but pre-registration is required. Please call (800) 323-8622.

Senior Breakfast Club at Advocate Good Shepherd Hospital

Wednesday, July 27; 9-10:30 a.m. "When Should I See a Cardiologist." How does someone know if it is the right time to see a cardiologist? Is it necessary to be experiencing health problems? Do you need a referral? Joel Robbins, MD, cardiologist will discuss these and many other questions about this medical specialty.

Wednesday, August 24; 9-10:30 a.m. "Falls: It Won't Happen to Me!" Because of the aging of our population, fall prevention is becoming more and more important. However, having an accident, a slip, or fall can happen to anyone, any time. Don't let it happen to you - learn the risk factors, and how to condition for prevention.

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

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 Medicare 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.

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.

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
- Voter registration
- 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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