

From the Director: Marking a milestone

When BACOA was incorporated as a 501(c) (3) in February 1985, the Barrington area was a very different place for seniors. There were no local organized services to help seniors and families navigate the aging process; the only senior-related service was Meals with Wheels, which was organized by Church Women United. There were few recreational opportunities for older adults. If you were a homebound senior or if you didn't drive, you faced the possibility of becoming isolated in your own community.

Fast-forward 25 years. In 2010, seniors and caregivers now have a place to find helpful resources and get information about benefit programs, housing questions and health care issues. Seniors have weekly lunch get-togethers, as well as trips and activities. Homebound seniors receive a daily hot lunch, thanks to Meals with Wheels; those without cars can call Pace Dial-a-Ride to get to where they need to go. It's all because BACOA was here—and BACOA is here because you've supported it.

We'll be celebrating our 25th anniversary all year long, and we'd like to invite you to be a part of it. We'll kick off the festivities at our annual meeting on April 28 (see story), but we'll have other events and programs throughout the year to mark the 25 years of support we've received from the Barrington community. We hope you'll be able to join us for some of them.

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For the last three years, BACOA has been developing its Age-Friendly Initiative, a community-wide effort to make the Barrington area a good place for all ages to live. We've been particularly focused on civic engagement and workforce issues for older adults. We've now added a page to BACOA's Web site that not only describes the initiative, but also lists resources and articles—both local and national—for boomers and beyond. If you're looking for information on volunteer opportunities and career alternatives, the page might be a good place to start. You'll find it at www.bacoa.org/age_friendly.htm.

As you well know, we're in the thick of tax season—a busy time here at BACOA. Our hardworking AARP volunteers are in the office three times a week, assisting seniors with their returns. The service runs through April 13, and there are still appointment slots open. For more information, call us at (847) 381-5030.

As always, I welcome your comments.

Joyce

BACOA's Annual Meeting: It's a silver celebration

Join BACOA as it celebrates 25 years of service!

BACOA will hold its 2010 annual meeting, "Silver to Gold: Poised for the Future," on Wednesday, April 28 at 6:30 p.m., at Biltmore Country Club, 160 Biltmore Drive, North Barrington. We'll officially launch our 25th anniversary celebration, with special guests and speakers.

For information on reservations, watch BACOA's Web site at www.bacoa.org or call us at (847) 381-5030.

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Irene Brown, *Administrative Assistant*
Sarah Hoban, *Communications and Development*
Sue McNamara, *Social Services Coordinator*
Bonnie Scherkenbach, *Social Services Coordinator*
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AARP Income Tax Assistance Program continues through April

Appointments for the AARP Income Tax Assistance Program are available through April 13. Trained AARP volunteers assist seniors with their taxes at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100.

Appointments are offered on Tuesdays, Thursdays and Fridays and every other Saturday. Assistance is by appointment only and is limited to seniors over 55 with income below \$60,000 and to disabled persons of any age. For more information or to schedule an appointment, call BACOA at (847) 381-5030.

Seniors invited to “Lunch on the Prairie”

Students from Barrington Middle School Prairie Campus will entertain area seniors at “Lunch on the Prairie,” Tuesday, April 27, from 10:30 a.m.-noon, at Prairie’s campus, 40 E. Dundee Rd., Barrington.

Prairie’s student council, as well as its music and home economics departments have sponsored the event since 1998. Students provide entertainment and brunch for seniors who attend.

Seating is limited. For reservations, call Linda Avellon at BACOA (847) 852-3892 no later than Thursday April 22.

At your service: Meals With Wheels

BACOA’s **Meals With Wheels** program delivers a nutritious mid-day meal, Monday through Friday, to senior citizens 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. Call BACOA at (847) 381-5030 for more information.

BACOA offers memory screenings

BACOA is offering free memory screenings on a routine basis. 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, thinking ability, and other intellectual functions. Each screening takes about 10-15 minutes. There is no charge for the service; to schedule an appointment, call BACOA at (847) 381-5030.

Correction: In the January/February *Senior Advisor*, the Rotary volunteers who served at BACOA’s Thanksgiving lunch were misidentified. They are from the Barrington Noon Rotary.

Education and Support

Caregiver Support

Both the **March** and **April** meetings of BACOA's **Caregiver Support Group** will be open forums; participants can discuss issues pertinent to caregiving. The March meeting will be held Wednesday, March 3, from 7-9 p.m.; the April meeting will be Wednesday, April 7, 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.

Alzheimer's and Memory Loss

Licensed clinical social worker Amy Bash will speak at the **March** meeting of the **Alzheimer's Association Support Group**. She will discuss techniques for coping with stress. The group will meet Thursday, March 11, from 1:30-3 p.m.

The **April** meeting will feature a presentation on brain aerobics; Bonnie Scherkenbach and Doug Saylor will demonstrate various techniques and options for exercising the brain. The group will meet Thursday, April 8 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, but registration is requested for first-time participants; call Bonnie Scherkenbach at BACOA at (847) 852-3890.

Parkinson's Disease

Jeff Wolf, a professional trainer and fitness instructor, will speak at the **March** meeting of BACOA's **Parkinson's Disease Education Group**. Wolf will demonstrate chi gong, a Chinese exercise program that might be beneficial to those with Parkinson's disease. The meeting will be held Saturday, March 27, from 10-11:30 a.m. in the Performing Arts Center at The Garlands of

Barrington, 1000 Garlands Lane, Barrington.

For its **April** meeting, the group will attend the American Parkinson Disease Association –Midwest Chapter's Symposium 2010. The symposium will be held Saturday, April 10, from 8 a.m.- 2:30 p.m., at the Meadows Club, 2950 W. Golf Rd., Rolling Meadows. Cost for the symposium is \$20, for advance registration, \$30 at the door. The fee includes a light breakfast, lunch and valet parking. The symposium will take the place of the April meeting; the group will resume its normal meeting time in May.

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. There is no charge for this program, but registration is encouraged.

For more information, or to register, call Bonnie Scherkenbach at BACOA at (847) 852-3890.

Low Vision Education and Support

Polly Abbott, from Guild for the Blind, will conduct a "Dining with Confidence" workshop, at the **March** meeting of BACOA's **Low Vision Education and Support Group**. The workshop is designed to help low-vision participants more easily navigate a restaurant meal in unfamiliar surroundings. Lunch will follow. The group will meet Thursday, March 11 at 11 p.m. (note different starting time.)

For its **April** meeting, the groups will take a field trip to Blind Service Association of Chicago to hear John DeBerry, Blind Service counselor, speak on "Aging is Not For Sissies." The trip will be Thursday, April 8; the group will leave Barrington at 9:30 a.m. and return around 2:30 p.m. Lunch is \$5.

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. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898.

Support and Education

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, April 8 through Thursday, June 10, from 10:30 a.m.-noon. Interested and qualified participants are welcome to join the group.

The charge for this program is \$50 per couple, \$35 for an individual; however scholarships are available for those who are unable to pay. Please call Bonnie at (847) 852-3890, for location information and registration.

Take Charge of Your Health!

BACOA, in partnership with AgeOptions and Advocate Good Shepherd Hospital, will offer **"Take Charge of Your Health!"** a health education class for adults 60 and over.

The six-week class will be held Fridays, April 2 - May 7 from 10 a.m.-12:30 p.m. and Friday, April 16 from 10:30-12:30 a.m. All classes will be held in the Community Room at Advocate Good Shepherd Hospital, 450 W. Highway 22, Barrington.

The program is based on Stanford University's Chronic Disease Self-Management Program, which has proved effective in improving the health outcomes of participants.

Topics covered in the six-part course will include:

- Coping with fatigue, frustration, pain and isolation that may be related to ongoing health conditions
- Exercising to maintain and improve strength, flexibility and endurance
- Using medications
- Communicating with family, friends and health professionals

- Practicing good nutrition
- Evaluating new treatment options

This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

The program is free; for more information or to register, call Sue or Diane in Social Services at BACOA at (847) 381-5030.

Powerful Tools for Caregivers

BACOA will offer both day and evening sessions this spring for its six-week **"Powerful Tools for Caregivers"** class.

The daytime class will be held from 1-3:30 p.m., beginning Wednesday, March 10 through Wednesday, April 14.

The evening program is offered through CUSD 220's Beyond 220 program and will be held from 7-8:30 p.m., from Tuesday, April 6 through Tuesday, May 11. Classes will be held at Barrington High School.

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.

Beyond 220 is also offering a one-session "Caregiving 101," led by BACOA Executive Director Joyce Palmquist. Sessions will be offered on Tuesday, March 9 and Tuesday March 30, from 7-8:30 p.m., at Barrington High School.

For more information on both programs, call BACOA at (847) 381-5030; to register for the Beyond 220 program, call Debbie Villers at (847) 842-3510 or visit the CUSD 220 Web site at www.barrington220.org.

Things to Do

Thursday lunch at Greencastle of 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. Registration is required; call Linda Avellon at BACOA at (847) 852-3892.

Hop on the Culture Bus

There are two remaining sessions in the winter session of the **North/Northwest Culture Bus**, sponsored by BACOA and CJE-Senior Life; the spring session will begin April 14 and run through June 23.

The program provides cultural outings designed for people experiencing early memory loss. Hands-on activities and destinations offer participants a variety of culturally enriching activities while providing their caregivers with needed respite.

The session includes six outings on alternating Wednesdays from 9:45 a.m. - 3 p.m. The program fee is \$450 for the full season; this includes bus transportation, admission fees and lunches.

Participants are welcome to sign up for one trip before committing to an entire season; the fee for individual trips 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.

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, March 1

Bingo and lunch. Mary Lou Falk, health service representative for Life Line Screening, will present a program on stroke education.

Monday, March 8

Bingo and lunch. Accelerated Wealth, a national financial consulting company specializing in wealth preservation and distribution planning, will present a free senior survival seminar.

Monday, March 16-St. Patrick's Day Party

Bingo and lunch. BACOA and the Barrington Park District will celebrate St. Patrick's Day with a traditional Irish feast. Special entertainment by the Nippersink Rogues. Cost is \$7 per person; reserve by March 10.

Monday, March 22

Bingo and lunch. Program to be announced.

Monday, March 29- Easter Party

Bingo and lunch. Barrington Park District preschoolers will color Easter eggs with seniors. March birthdays will be celebrated. BrightStar will provide blood pressure checks.

Monday, April 5

Bingo and lunch. April is National Volunteer Month. Paula Luger, foster grandparent coordinator for UCAN, will present a program on the organization, which offers seniors a volunteer program to help area children.

Monday, April 12

Bingo and lunch. A program on nutrition will be presented by Barrington chiropractor Dr. Jason Van Ness.

Monday, April 19

Bingo and lunch. Fourth-graders from Grove Avenue School come for lunch and an activity.

Monday, April 26

Bingo and lunch; April birthdays will be celebrated. BrightStar will take blood pressures.

BACOA trips: Good news for globetrotters

Are your bags packed? BACOA is offering exciting travel opportunities in the year ahead.

BACOA and Collette are offering:

London and Paris. Departure date: Thursday, April 29, 2010. Eight days; cost is \$3,299 (double; airfare included).

New York City. Departure date: August 16, 2010. Four days; cost is \$2,199 (double; airfare included).

Tuscany. Departure date: October 14, 2010. Ten days; cost is \$2,799 (double; airfare included).

BACOA and Travelex International offer:

Theatre Weekend in New York City.

Departure date: June 9. Three days. Cost is \$2,399 (double; airfare is included).

2010 Oberammergau Passion Play.

Departure date: August 14, 2010. Ten days; cost is \$3,499 (double).

BACOA and the Barrington Park District have partnered with Mayflower Tours to offer a selection of U.S. tours. They include:

Myrtle Beach Melodies. Departure date: April 11, 2010. Eight days; cost is \$1,029 (double).

Pella Tulip Time. Departure date: May 6, 2010. Three days; cost is \$599 (double).

Alaska: The Great Land. Departure date: July 14, 2010. Nine days; cost is \$2,499 (double).

Mayflower offers a "Guaranteed Share Program," which can provide a roommate for tours.

Complete itineraries for these trips are available on BACOA's Web site at www.bacoa.org/activities/trips.

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

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 _____

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- 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

Partners In Caring

Partners Circle of Care	\$25,000+
Benefactor	\$24,999-10,000
Patron	\$9,999-\$5,000
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Gold Partner	\$2,499-\$1,000
Silver Partner	\$999-\$500
Bronze Partner	\$499-\$250
Partner	\$249-\$100
Friend	Below \$100

Health and Safety

Arthritis Exercise Class

BACOA and Lake Barrington Community Affairs 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 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.

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.

*June 1-2; 9 a.m.-1 p.m.;
Advocate Good Shepherd
Hospital
Private Dining Room
\$12 for AARP members;
\$14 for non-members.*

Senior Breakfast Club

Good Shepherd Hospital

To register, call (800) 323-8622.

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

April 28

Normal Aging Changes to the Skin and Common Skin Cancers

Common growths on the skin in the later years are normal and expected. Bridgett Hallstrom, CNP, of Van Dam Dermatology and Laser Center, will focus on these and also common skin cancers, risk factors and prevention.

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

May 26

Rheumatic Autoimmune Diseases

Monika Starosta, MD, rheumatologist from Northwest Rheumatology, will discuss diagnosis and treatment of rheumatic autoimmune diseases including rheumatoid arthritis and systemic lupus erythematosus and vasculitis, to name a few.

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

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. The March 11 session will be held from 9-10:30 a.m. at Good Shepherd Hospital; the April 21 session will be held from 6-7:30 p.m., at the Good Shepherd Immediate Care Center, 525 Congress Parkway, Crystal Lake. 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

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A greener read

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