

## Get in step with BACOA's March for Meals

March for Meals—and help support BACOA.

BACOA is taking part in March for Meals, a month-long campaign sponsored by the Meals on Wheels Association of America. The campaign is aimed at raising awareness of senior hunger and nutrition programs for older adults.

Local events will help support BACOA's Meals with Wheels program and its Senior Lunch and Activity Program. BACOA events will include:

*Dine and shares at local restaurants:* Each week, a local restaurant will make a donation to BACOA's meals programs when diners present a BACOA coupon. Participating restaurants are:

**March 1:** Tropical Smoothie Cafe, 500 N. Hough, Barrington

**March 8:** Wool Street Grill and Sports Bar, 128 Wool Street, Barrington

**March 15:** Cooper's, 117 S. Hough St., Barrington

**March 29:** McGonigal's Pub, 105 S. Cook St., Barrington.

Coupons are available on BACOA's Web site, [www.bacoa.org](http://www.bacoa.org) or at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

*Mayors for Meals:* During March, local officials will deliver meals or serve at BACOA's lunch program. Officials will include representatives from the Village of Barrington, Barrington Township, Cuba Township, and Lake Barrington, as well as the Barrington Area United

Way, a longtime funder of BACOA's nutrition programs.

BACOA has administered the **Meals with Wheels** program since 1998. In 2010, volunteers from local churches and organizations delivered more than 3,400 meals and provided a well-being check, to seniors who were unable to grocery shop or prepare meals.

BACOA's **Senior Lunch and Activity Program** provides a chance for seniors to visit over a meal, as well as play bingo, listen to music or hear an educational presentation. Changes in the program over the last year include a new caterer—Hoffman House of Rockford—and the addition of Wii bowling and board games twice a month.

## From the Director: Our backers are the best

We're coming to the end of our 25th anniversary year; we'll close out the celebration at our annual meeting on April 27 (see page 8 for details).

The year-long observance has given us a chance to reflect on what we've been able to accomplish in 25 years, but it's also made us appreciate the support and strength that the Barrington community has given us in the last quarter century.

We wouldn't have made it this far, in fact, without the generous gifts of time, talent and treasure from the community. Hardworking volunteers have put in thousands of hours. They've served older adults directly through work such as delivering and serving hot meals; visiting seniors and helping them with taxes and financial questions.

They've also helped BACOA simply do its job better, by doing everything from planning fundraisers to answering office phones to strategic planning. We're thankful for their hours of effort as

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## BACOA News

### BACOA STAFF

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Irene Brown, *Administrative Assistant*  
Sarah Hoban, *Communications and Development*  
Sue McNamara, *Social Services*  
Bonnie Scherkenbach, *Social Services*  
Diane Vos Hansen, *Social Services*

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*Barrington resident Pat Roburg recently received a new customized wheelchair, thanks to employees of Barrington Bank & Trust. The bank had learned about Roburg through its Holiday Giving Tree partnership with BACOA, and employees donated \$1,200 to purchase the specially-built chair. On hand to present the new chair to Roburg were (front row, from left): Diane Vos Hansen from BACOA; Roburg; and Rachel Gilligan, from Quality Healthcare, who built the chair; and (back row, from left): Brad Stetson and Susan Krcik, from Barrington Bank & Trust.*

## AARP tax appointments offered through April 8

BACOA will continue to take appointments for the **AARP Income Tax Assistance Program** through April 8. A trained AARP volunteer will assist seniors with their income taxes at the BACOA office at the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

Assistance is by appointment only and is offered on Tuesday, Thursday and Friday, from 9 a.m.-1 p.m.

Appointments fill quickly, so call as early as possible to schedule. For more information or to schedule an appointment, please call BACOA at (847) 381-5030.

## Education and Support

### Caregiver Support

Kathryn Casey, with the law office of Dutton and Casey, will speak at the **March** meeting of BACOA's **Caregiver Support Group**. The group will meet Wednesday, March 2, from 7-9 p.m.

The group's **April** meeting will be an open forum. The group will meet Wednesday, April 6, 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.

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### Alzheimer's and Memory Loss

To mark Brain Awareness Week (March 14-20), BACOA's **Alzheimer's Association Support Group** will show the film, "Staying Sharp" at its **March** meeting. Discussion will follow. The meeting will be Thursday, March 10, from 1:30-3 p.m.

The film "The Family Guide to Alzheimer's Disease: Transition Issues" will be shown at **April's** meeting, Thursday, April 14, from 1:30-3 p.m.

The support group provides education, speakers and support for people with early-stage memory loss and for family members of persons with Alzheimer's. If necessary, there will be separate activities for group members who are experiencing memory loss.

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

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### Parkinson's Disease

Stephanie Pacifico-Lamung, physical therapist with Accelerated Rehabilitation, will speak at the **March** meeting of BACOA's **Parkinson's Disease Education Group**. Pacifico-Lamung will discuss various types of rehabilitation for vestibular and balance issues. The group will meet Saturday, March 26, from 10-11:30 a.m., 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 2011. The symposium will be held Saturday, April 9, 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 BACOA group's usual April meeting on the fourth Saturday of the month. Regular meetings will resume on May 28.

The group is open to Parkinson's disease patients and their family members who wish to learn more about the disease. There is no charge to attend this meeting. For more information, call Bonnie at BACOA at (847) 852-3890.

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### Young-onset dementia

BACOA's **Young Onset Dementia Support and Education Group** will meet Tuesday, March 15 from 7-9 p.m. A speaker will discuss Social Security issues pertinent to those diagnosed with a debilitating illness prior to being eligible to receive Social Security benefits.

At the group's **April** meeting, Michelle San Filippo, a physician assistant with Alexian Brothers Neurosciences Institute, will discuss medical updates in research in the field of Alzheimer's and dementia. The group will meet Tuesday, April 19 from 7-9 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.

The group meets once a month and discusses pertinent topics, including an overview of early-stage memory loss, medical information, legal and financial planning, loss of employment, social and family relationships, driving and other subjects.

There is no charge for this program. For location information and registration, call Bonnie at (847) 852-3890.

## Education and Support

### Early-Stage Memory Loss

A new session of BACOA's **Early-Stage Memory Loss Support Group** began in February and will continue through April 21. The program is open to people experiencing early memory loss and for their family members or partners. Qualified participants are welcome to join for the remaining March and April sessions.

The program meets for 10 weeks and 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 Education and Support Group** will offer "Maintaining Your Lifestyle," the third session of "New Visions," at its **March** meeting. The program is presented by Guild for the Blind.

The 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.

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### Caregiving courses offered through Beyond 220

CUSD's Beyond 220 program will offer BACOA's "**Powerful Tools for Caregivers**" course on Tuesdays from April 5-May 10, from 7-8:30 p.m. This course, which BACOA offers several times a year, consists of six weekly sessions and helps family caregivers reduce stress, communicate better, balance their life, and enhance their ability to make to locate helpful resources. 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.

BACOA Executive Director Joyce Palmquist will also teach two "Caregiving 101" classes through Beyond 220. The classes will be offered March 8 and March 29 from 7-8:30 p.m.

For more information or to register, visit CUSD's Web site at [www.barrington220.org](http://www.barrington220.org) or call Debbie Villers at (847) 842-3510.

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### BACOA offers memory screenings

BACOA offers free memory screenings. While the screenings are not a diagnosis, they serve a vital role toward detection and treatment. 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.

Screenings are held on an as-needed basis at the BACOA office; 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.

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### Insurance questions?

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.

## Things to do

### Stroll and shop in Cantigny and Geneva

BACOA and the Barrington Park District will sponsor a trip to Geneva and Cantigny Park on Wednesday, May 25.

The trip will include a visit to the home and gardens of Col. Robert R. McCormick's grand turn-of-the-century estate, Cantigny Park. After lunch, the group will go on to Geneva for an afternoon of shopping.

A motorcoach bus will leave the Barrington Park District at 9 a.m. and will return to Barrington around 5 p.m. Cost is \$42, which includes transportation, lunch and admission to Cantigny. Registration deadline is April 15, and space is limited. For more information, call the Barrington Park District at (847) 381-0687.

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### 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.

### 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 BACOA at (847) 381-5030.

#### **Monday, March 7**

Bingo and lunch. Wii bowling, bunco and board games after lunch until 2:15 p.m. Participants can bring a game to share.

#### **Monday, March 14**

Bingo and lunch; BACOA and the Barrington Park District will celebrate St. Patrick's Day with a traditional Irish feast. Entertainment will be by the Nippersink Rogues, sponsored by Eastgate Manor of Algonquin. Cost is \$8 per person. Reservation deadline is March 9; call Linda Avellon at BACOA at (847) 852-3892.

#### **Monday, March 21**

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

#### **Monday, March 28**

Stephanie Lamug, of Accelerated Rehabilitation Center of Barrington, will present a program on vertigo. March birthdays will be celebrated. Harmony Home Care of Barrington will check blood pressures.

#### **Monday, April 4**

Bingo and lunch. Rhonda Pazdzioch, an independent chocolatier for Dove Chocolate Discoveries, will present the program, "What could be better than chocolate?"

#### **Monday, April 11**

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

#### **Monday, April 18**

Bingo and lunch. Easter party. Preschoolers from the Barrington Park District will come to color eggs. Wear your Easter bonnet!

#### **Monday, April 25**

Bingo and lunch. April birthdays will be celebrated. Wii Bowling, board games and bunco after lunch. Harmony Home Care will provide blood pressure checks.

# BACOA News



**Right up their alley:** Wii Bowling has been added to the lineup at BACOA's Monday Lunch and Activity Program at the Barrington Park District. Barb Rosen (left, with volunteer Cheryl Flaherty) and Bill Dewald are among lunch program attendees to give the game a spin. Other options have included bunco and board games.

## A little lunch on the Prairie

Students from Barrington Middle School Prairie Campus will entertain area seniors at "Lunch on the Prairie," Friday, April 15, from 10:30 a.m.- 12:30 p.m., at the school, 40 E. Dundee Rd. Barrington.

Prairie's student council and the school's music and home economics departments have sponsored the event since 1997. Students provide entertainment and brunch for seniors who attend.

Seating is limited. For reservations, call Linda Avellon at BACOA at (847) 852-3892, by Thursday April 7.

## Elgin lunch trip planned

BACOA and the Barrington Park District will cosponsor a trip for lunch in the **Spartan Terrace Dining Room** at the Culinary Arts and Hospitality Institute of Elgin at Elgin Community College on Tuesday, April 5.

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 \$8 plus meal costs. The group will depart from the Barrington 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 31.

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

Yes! I want to help BACOA continue to provide its programs and services to older adults, family 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**

## 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 3-4; 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.

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### Senior Breakfast Club at Advocate Good Shepherd Hospital

*March 23; 9-10:30 a.m.* "Healthy Eating for One or Two." Registered dietitian Kate Olson will discuss tips for healthy meals, snacks, shopping and food safety. Bring your nutrition questions for a Q & A session following the lecture.

*April 29; 9-10:30 a.m.* Neurologist Andrew Gordon MD, will discuss neuropathy - nerve damage - and the importance of early diagnosis to the successful management of this disease.

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

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### From the Director

*Continued from page 1*

well as for their unwavering enthusiasm for the work we do.

We're also blessed to have generous donors, whose financial support is imperative to our work. Individuals, foundations, local governments and businesses have all made sure that we had the means necessary to fulfill the heart of our mission: To serve seniors, family caregivers and the community.

Two recent gifts are a fine illustration of this generosity in action. When one of BACOA's clients needed a new, customized wheelchair, employees at Barrington Bank & Trust pitched in to donate the cost. The client, Pat Roburg, loves her new chair; you can see for yourself in the photo on page 2.

And when we recently - and unexpectedly - needed to purchase a new warming table for our Monday Lunch and Activity Program, Kim Duchossois, a longtime friend of BACOA, stepped in and covered the cost of a replacement - ensuring many more hot lunches for the seniors in our program..

So whether it's for warm food or warm hearts, we thank the Barrington community for 25 wonderful years. We're looking forward to the next 25!

## Events offer aid to caregivers

If you're a caregiver, two upcoming events can help you with resources and information.

**“Empowering Caregivers: Strategies for Ministry,”** presented by the Office for Mission and Spiritual Care at Advocate Good Shepherd Hospital; Tuesday, March 29; 8 a.m.-noon at Good Shepherd Hospital. Speakers, including BACOA Executive Director Joyce Palmquist, will discuss key elements to create balance between caring for others and caring for yourself. Event is free; breakfast and lunch will be provided. Seating is limited; call (800) 323-8622 to register; seminar code is 3N72.

**Caregivers Resource Fair;** Saturday, April 30; 8 a.m.-noon. St. Matthew Lutheran Church, 720 Dundee Ave., Barrington. Meet representatives from senior living communities, home health care agencies, counseling services and others; as well as lunch with “roaming experts,” who can answer caregiving questions. RSVP needed for lunch only; for more information, call (847) 382-7002.

*Help us wrap up  
our 25th  
anniversary  
celebration!*



BACOA will hold its 2011 annual meeting, Wednesday, April 27 at 6:30 p.m., at Biltmore Country Club, 160 Biltmore Drive, North Barrington. The meeting will mark the end of BACOA's 25th anniversary year and will include special guests and speakers.

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

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