

## BACOA offers advice on Medicare Part D

BACOA is now scheduling Medicare Part D consultation appointments from Monday, November 17 through Friday, December 11.

The annual open enrollment period for Medicare begins November 15 and runs through December 31. Enrollees can switch their Medicare Part D plan or enroll in a plan for the first time.

All Medicare Part D plans are required to send an “Annual Notice of Change” to all of their members by October 31. This package has information about the upcoming changes each plan has in store for 2010. Among the things that enrollees should look for:

- How much will the premium be in 2010?
- How much will the deductible be in 2010?
- Are the enrollee’s drugs still covered by the plan? The plan may have certain restrictions in 2010 that it may not have had in 2009.
- Has overall cost changed?

If enrollees are satisfied with the changes to their current plan and feel that the plan fits their needs, they do not have to do anything; the plan will automatically renew January 1.

For those who want to change their plan or need further information about their current plan, call BACOA at (847) 381-5030 to schedule a consultation appointment.

## Barrington police warn seniors of scams

The Barrington Police Department has reported a new phone scam targeting senior citizens.

In September, a Barrington couple nearly lost \$5,300 when two callers claimed to be a law enforcement officer and their grandson. The two individuals explained that bail money needed to be wired into Canada in order for the grandson to be released. The police department noted that several other phone scams, including the “bail money” scam, were attempted in the area over the next several weeks without success.

If you receive such a phone call, try to confirm the caller’s identity. Ask questions that only a grandchild would know the answers to, and try independently to verify the grandchild’s whereabouts.

Other scams to be aware of:

*Foreign lottery:* In this scam, you receive a call, e-mail or letter — usually from a foreign country—informing you that you have won a lottery in a foreign country and telling you to call a toll-free number to find out more. The caller will request that you send a money order to pay a customs duty or foreign tax on the winnings.

*Lotteries:* A person offers to sell a winning lottery ticket or a “law firm” says someone has left you a winning lottery ticket, but you must send money so a computer can verify your identity.

*Sweepstakes:* The pitch: You’ve just won \$25,000, or a boat, or a car, or something else

*Continued on page 2*

### In this issue

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

## BACOA News

### **BACOA STAFF**

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

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## **From the Director:**

As we approach Thanksgiving, the end of 2009, and the beginning of our 25th anniversary year, we have plenty to be thankful for here at BACOA. While it's been an unsettling year for the economy, we have kept BACOA on budget and on course, thanks to careful planning by our board and staff.

While we're grateful that we haven't had to cut any programs, we also need to ensure that we can continue to deliver—and improve upon—the services we provide to older adults and family caregivers. Within the next few weeks, you'll receive a letter as part of BACOA's annual appeal. We urge you to make a gift that will make a difference in the lives of those we serve. Thanks to your generosity, they will have plenty to be thankful for, too.

You may notice a few changes on our staff list this month. Social Services Coordinator Penny LeNeveu has moved to Colorado to join her family, and we thank her for six years of dedicated service to the Council on Aging. She will be missed.

Picking up some of Penny's duties will be Sue McNamara, BACOA's longtime administrative assistant, who received her master's in counseling earlier this year. She'll split her time between administration and social services, and helping her part-time with administrative duties will be Irene Brown, who comes to us with a strong background of nonprofit experience.

As always, I welcome your thoughts. Happy holidays.

*Joyce*

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## **Fitness and fun at family fair**

BACOA will be among the local organizations and businesses represented at Lake Barrington's Family Fun and Fitness Fair, Sunday, November 8 from noon-4 p.m. at the Lake Barrington Field House, 28156 W. NorthPointe Parkway, Lake Barrington. (Off Pepper Road, between Route 14 and Kelsey Road.)

The fair will feature information on health, safety, nutrition, and fitness. There will be health screenings, raffles, a blood drive and a food drive, as well as performances by local groups.

For more information, contact the Lake Barrington Village Hall at (847) 381-6010.

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## **Scams**

*Continued from page 1*

valuable. But if you're asked to pay before you get your prize, it's a scam. Legitimate companies rarely require any payment or purchase up front.

For more detailed information about any of these scams—or if you've received a suspicious call—contact the Barrington Police Department at 847-304-3309.

## Education and Support

### Alzheimer's and Memory Loss

Mary Ann Greene, a bereavement counselor with Hospice of Northeastern Illinois will speak at the **November** meeting of the **Alzheimer's Association Support Group**. She will discuss strategies for coping with holiday stress. The group will meet Thursday, November 12, from 1:30-3 p.m.

Karen DeSombre, a clinical research coordinator with the Miami Institute for Human Genomics, will discuss the genetic link to Alzheimer's at the group's **December** meeting. The meeting will be Thursday, December 10 from 1:30-3 p.m.

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

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### Caregiver Support

Ann Babiarz, a life coach with E.I. Associates, LLC, will address the **November** meeting of the **Caregiver Support Group**. Babiarz will talk about planning for the holidays and the importance of caregivers taking care of themselves during a sometimes-stressful season. The group will meet Wednesday, November 4, from 7-9 p.m.

The group will not meet in December; regular meetings will resume on January 6.

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 with questions or to register.

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### Parkinson's Disease

The **November** meeting of the Parkinson's Disease Education Group will feature Amy Bash, LCSW, who will discuss depression. The group will meet Saturday, November 14, from 10-11:30 a.m. This meeting will be two weeks earlier than the normal meeting date, due to the Thanksgiving holiday.

The group will not meet in December; regular meetings will resume in January.

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

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### Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will travel to the Ela Area Library for a presentation on macular degeneration, on Friday, November 6, at 10 a.m. Please note special day and time.

The group's holiday party will be Thursday, December 10 at 1 p.m. at Lake Barrington Woods.

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 (847) 852-3898.

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### Early-Stage Memory Loss

BACOA, in partnership with The Alzheimer's Association and Barrington Youth and Family Services, is conducting a support group for people experiencing early memory loss and for their family members or partners.

The program meets for 10 weekly sessions and covers pertinent topics, including medical information, legal and financial planning, social and family relationships, driving and other considerations. The program will run through Thursday, November 19 from 10:30 a.m.-noon. Interested and qualified participants are welcome to join the group.

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

## Things to Do

### Senior Lunch and Activity Program

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

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

**Monday, November 2**

Bingo and lunch.

**Monday, November 9**

Bingo and lunch. Program to be announced.

**Monday, November 16**

Bingo and lunch.

**Monday, November 23 - Annual Thanksgiving Luncheon**

Thanksgiving luncheon for BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington. Father & Son will perform "Music from the Heart." Call Linda Avellon at BACOA at (847) 852-3892 by November 17 for reservations.

**Monday, November 30**

Bingo and lunch.

**Monday, December 7**

Bingo and lunch. The Wauconda High School Chorus will perform.

**Monday, December 14**

Bingo and lunch. Program to be announced.

**Monday, December 21- Annual Christmas Luncheon**

Christmas luncheon for BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington. Bingo and lunch; entertainment will be "Second Wind." (Joyce Palmquist and Doug Saylor). Call Linda Avellon at BACOA at (847) 852-3892 for reservations by December 16.

**Monday, December 28 - Closed for the holidays**

BACOA's lunch program will return on January 4. Have a safe and happy New Year!

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

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

### With all the trimmings

St. Michael's Episcopal Church will host a free **community Thanksgiving dinner** on Thursday, November 26 at noon at the church, 647 Dundee Avenue, Barrington.

The dinner will feature the traditional roast turkey, with mashed potatoes, vegetables, cranberries and homemade pie.

Local transportation and delivery of meals to those who are homebound are available on request. The church will also offer a worship service of thanksgiving at 10 a.m.

Reservation deadline is Sunday, November 22; for more information, call (847) 381-2323.

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### Arthritis Exercise Class

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

The program emphasizes relaxation and joint-protection techniques that participants can practice at home.

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

## Things to Do

### Take a seat on the Culture Bus

There's still time to jump aboard the **Northwest Culture Bus**, sponsored by BACOA and CJE-Senior Life.

The program provides a series of cultural outings designed specifically for people experiencing early memory loss, and is an extension of an existing program sponsored by CJE-Senior Life and Northwestern University Feinberg School of Medicine's Cognitive Neurology and Alzheimer Disease Clinic in Chicago.

There are four remaining trips for the fall season: November 4 and 18, and December 2 and 16. These include excursions to visit the Frank Lloyd Wright Home and Studio and the Mitchell Indian Museum. Cost is \$75 per trip, which includes lunch, entrance or materials fees, and transportation.

The trips leave from The Lutheran Church of Atonement at 9:45 a.m. and return at 3 p.m. Cost for the program is \$75 per trip, which includes lunch, entrance or materials fees, and transportation.

Additional trips are being planned for the winter season that begins in January. Participants are welcome to sign up for one trip before deciding to commit to an entire season. For more information or to schedule a prescreening interview, call Bonnie at (847) 852-3890 or (847) 382-7959 or Judy at (847) 492-1400.

### BACOA trips for 2010: Grapes, glaciers and the Great Smokies

Pack your passport—BACOA is offering exciting travel opportunities in the year ahead.

**BACOA and Travelex International** will offer:

**Napa Valley Wine Tour.** Departure date: April 28, 2010. Barrington wine connoisseur Jim Bryant will lead this five-day tour through California's Napa Valley. The trip will include vineyard and winery tours; tastings; and four dinners at the region's top restaurants. Travelex will donate a portion of the proceeds from the tour to BACOA. Cost is \$2,999 (double; airfare not included).

**2010 Oberammergau Passion Play.** Departure date: August 14, 2010. The 10-day tour will begin in Vienna and include stops in Salzburg and Munich, as well as a performance of the once-in-a-decade Passion Play in Oberammergau, Germany. Cost is \$3,499 (double; airfare not included).

**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. It's an eight-day Atlantic Coast musical adventure. Travel by motorcoach through Kentucky and the Carolinas; see the beach and three musical shows in Myrtle Beach. Stops include Wilmington, North Carolina, the Blue Ridge Parkway and the Great Smoky Mountains. Cost is \$1,029 (double).

**Pella Tulip Time.** Departure date: May 6, 2010. Welcome spring tulips in Pella, Iowa. Enjoy Dutch traditions, including a parade and a miniature Dutch village; the three-day trip will also include a stop in the Amana Colonies. Cost is \$599 (double) and includes round-trip motorcoach transportation, six meals, and \$15 in "Mayflower Money."

**Alaska: The Great Land.** Departure date: July 14, 2010. Gaze on glaciers, towering pines and mighty mountains in America's 49<sup>th</sup> state. The nine-day tour includes visits to Anchorage and Fairbanks; a stop in Denali National Park, travel on the Alaska Railroad, and a variety of optional side trips. Cost is \$2,499 (double), and includes 10 meals, and \$45 in "Mayflower Money."

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

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

## Act now!

### Only two months left to make tax-free gifts from your IRA

You still have an opportunity to make tax-free gifts to a charity from your IRA, but only through the end of 2009.

You may contribute this way if:


1. You are 70 ½ or older.
2. Your gifts total \$100,000 or less each year in 2008 and 2009.
3. You transfer funds directly from an IRA or rollover IRA
4. You make the gift to a public charity (this includes BACOA but excludes gifts made to charitable trusts, donor advised funds, charitable gift annuities and supporting organizations)

Don't miss this second chance to make tax-free gifts from your IRA. Contact your IRA administrator for the necessary forms or for more information.

## You're making a list...

The holiday season is fast approaching. Make your gift-giving easy - and memorable. Consider an honor gift to BACOA. It's an ideal way to mark not only the holidays, but also a special birthday or an important anniversary. When you give a gift in honor of someone special, you have the satisfaction of supporting BACOA's many programs and services that benefit seniors and family caregivers.

So don't fight the crowds - call BACOA, or go online to [www.bacoa.org/donate.htm](http://www.bacoa.org/donate.htm), and give a one-of-a-kind gift.

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

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

Please charge my gift of \$

VISA       MASTERCARD

Acct. # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Your gift is tax deductible as provided by law.

Thank you for your support!

Please return to :

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

#### Partners In Caring

Friend	Below \$100
Partner	\$100-\$249
Bronze Partner	\$250-\$499
Silver Partner	\$500-\$999
Gold Partner	\$1,000-\$2,499
Platinum Partner	\$2,500-\$4,999
Patron	\$5,000-\$9,999
Benefactor	\$10,000-24,999
Partners Circle of Care	\$25,000+

## Health and Safety

### Safe disposal available for unused prescriptions

Unused prescription medicine that's thrown away improperly can be an environmental and safety hazard. The Solid Waste Agency of Northern Cook County's Prescription Drug/Sharps Disposal Program ensures environmentally-safe disposal and guards against potential theft associated with disposing of old medications.

Through the program, Barrington residents can now dispose of unwanted prescriptions on the first Saturday of every month, from 1-3 p.m. at the Village Public Safety Building, 400 N. Northwest Highway, Barrington.

The program is for unused prescriptions, expired over-the-counter drugs, and needles known as "sharps." IDs will be checked. Please keep medications in their original containers; personal information may be blacked out for safety.

In addition to disposing of medications and sharps, SWANCC will also provide a one-quart sharps container to SWANCC residents who administer home injections. Containers can be obtained at designated drop-off locations. When the container is full, the resident should bring the it back to the drop-off location in their community for proper disposal.

Those who live outside the Village can visit SWANCC's Web site at [www.swancc.org](http://www.swancc.org) to see a list of other disposal locations.

### Restorative and diabetes management classes available at Good Shepherd

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

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

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

*Diabetes Bootcamp: The Importance of Foot Screening for the Diabetic Patient*. Robert Kipferl, DPM, of Tri-County Podiatry, will discuss the importance of diabetics continually screening their feet for possible problems related to diabetes. *November 12, 9-10:30 a.m., Prairie/Lakeview Room.*

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### Senior Breakfast Club

#### Good Shepherd Hospital

To register, call (800) 323-8622.

#### November 25

##### Giving Your Loved Ones the Gift of Peace

Advance directives (durable power of attorney for health care and/or living will) are documents every one of us should complete, both to ensure our wishes are followed and to provide peace of mind. Join Rabbi Jodie Futornick, Good Shepherd Hospital staff chaplain, as she examines the difference between different advance directive documents and the value they provide.

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

#### December 18

##### Fitness Over Fifty

Continuing your fitness routine or beginning one is very important to maintaining your health as you age. Please join a Good Shepherd Hospital Fitness Center personal trainer as they discuss information and guidelines in order to start or improve your exercise program.

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

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### 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.

*December 14-15; 9 a.m.-1 p.m.; Advocate Good Shepherd Hospital Private Dining Room (14th) and Meadow Room (15th) \$12 for AARP members; \$14 for non-members.*

**IMPORTANT PHONE NUMBERS**

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

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

**Did you know...**

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

- LIHEAP applications (Low income home energy assistance program)
- Temporary Handicapped parking placards
- Food pantry
- RTA discount cards
- Half-fare taxicab subsidies (N/A Ela Township)
- Free Notary service
- Lending closets (N/A Barrington Township)

*Township office phone numbers:*

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

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Barrington, IL 60010