

From the director: A season of support

November is a busy month here at BACOA. As you can see from the article below, we're in the middle of **Medicare Part D** season. Our social service staff - as well as several hardworking volunteers - are helping folks wind their way through the thickets of Medicare D enrollment. It's clear that the first round of baby boomers is turning 65; we've noticed a definite uptick in the number of appointments. If you or a family member could use some help deciding on a plan for this year, be sure to give us a call.

November is also important because it's **National Family Caregivers Month**. This observance, sponsored by the National Family Caregivers Association, recognizes the hard work and contributions of family caregivers around the country.

BACOA recognizes that hard work, too, and many of our services are geared toward helping and supporting family caregivers. This month's Advocacy column details some of those programs; see page 6 to find out more. More than anything, caregivers need a strong community of support, and BACOA strives to be a part of that.

BACOA has a support community of its own, and nowhere was this more evident than at "**Aged to Perfection**," our September 16 winetasting fundraiser. This year, more than 200 friends of BACOA attended the event; they sampled some great wines, listened to some great music from master of ceremonies Ron Hawking, and raised more than \$60,000 for our programs and services. We're very grateful to those who attended and especially to those whose hard work made it happen. The winetasting committee works all year long to create a fun evening, and their hard work really shows.

November is also the month for our **annual appeal**. Since the majority of our budget comes from contributions from private donors, we depend on your generosity during this appeal. This year, you can also make a gift through an IRA distribution, an approach that could provide tax benefits for you. Please see page 8 for more information - and watch your mailbox for our appeal letter.

Best wishes as we move into the holiday season.

Joyce

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BACOA is a Barrington Area United Way-funded agency.

Get help with Medicare Part D

BACOA is now offering **Medicare Part D consultation** through Wednesday, December 7.

The annual open enrollment period for Medicare begins October 15 and runs through December 7. Enrollees can switch their Medicare Part D plan or enroll in a plan for the first time. For those who want to enroll, review or change their plan, call BACOA at (847) 381-5030 to schedule a consultation appointment.

BACOA STAFF

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Linda Avellon, *Program Coordinator*
Irene Brown, *Administration and
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Sarah Hoban, *Communications and
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BACOA News

Women's life transition group under way

BACOA has launched a monthly discussion group on **life transitions** for women over 55. 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
- Redefining your role in relationships with family and friends
- Clarifying priorities and articulating needs

The group meets on the third Wednesday of every month from 10-11:30 a.m. To register, call Sue at (847) 852-3896.

"Aged to Perfection" - 2011



More than 200 people attended this year's "Aged to Perfection," BACOA's annual winetasting fundraiser. The event, held September 16 at the Chicago Marriott Northwest, raised more than \$60,000 for BACOA's programs and services.

Attendees sampled more than 50 wines, provided by Barrington's Wine Discount Center. Ron Hawking (left) entertained and served as master of ceremonies.

Education and Support

Caregiver Support

Gregorio Gresenendiz, with Family Services of Lake County, and Michaela Hoffman with Catholic Charities of Cook County, will present and discuss respite opportunities for caregivers at the **November** meeting of BACOA's **Caregiver Support Group**. The group meets Wednesday, November 2, from 7-9 p.m.

The group's **December** meeting will be an open forum, focusing on holiday issues. The group will meet Wednesday, December 7, 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

BACOA's **Parkinson's Disease Education Group** will meet Saturday, November 12, from 10-11:30 a.m., at The Garlands of Barrington, 1000 Garlands Lane, Barrington. This meeting will be an open forum, with no scheduled speaker. The meeting will be two weeks earlier than the normal meeting date, due to the Thanksgiving holiday.

The group will not meet in **December** and **January**; regular meetings will resume February 25, 2012.

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

Young-Onset Dementia

Vicky McKenna, occupational therapist with Alexian Brothers, will discuss home safety issues at the November meeting of the **Young-Onset Dementia Support and Education Group** on Tuesday, November 15 from 7-8:30 p.m.

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

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 not meet in November; BACOA's annual luncheon is scheduled during the regular meeting time. Support Group members are encouraged to attend the luncheon in lieu of the meeting. Group members who wish to register for the luncheon should contact Bonnie at: 847-852-3890.

December's meeting will be an open forum on Thursday, December 8, 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.

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.

Low Vision Education and Support

The November meeting of the **Low Vision Education and Support Group** will be Thursday, November 10, from 1-2:30 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

The group will hold its holiday gathering for its **December** meeting, Thursday, December 8 from 1-2:30 p.m.

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

Things to Do

Chorus Line

It's one singular sensation.

BACOA and the Barrington Park District will sponsor a trip to see "**A Chorus Line**" at the Paramount Theatre in Aurora on Wednesday, January 25. The Tony-Award-winning musical features 17 dancers telling their stories as they audition for a spot on a Broadway chorus line.

Cost is \$62 for main floor seating and transportation via motor coach. The motor coach will leave the Barrington Park District at 11:30 a.m. and return around 5:30 p.m. Attendees will have time for lunch on their own before the show. Registration deadline is December 20, but space is limited. The trip requires minimum walking.

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

Good Shepherd to sponsor program on baby boomers and Alzheimer's

Every 69 seconds, someone develops Alzheimer's disease. Could it be you? Alzheimer's doesn't just happen to other people. Statistics show that over 10 million Baby Boomers are expected to develop it.

Advocate Good Shepherd Hospital's Older Adult Services will sponsor "**The Boomer Generation: What You Need to Know About Alzheimer's Disease**," Thursday, November 10, from 6:30-8 p.m. at the hospital.

Susan Sklar, of the Alzheimer's Association Greater Illinois chapter, will lead this informative workshop that will focus on normal age-related memory changes, warning signs of more serious memory loss, and what you can do to help in the fight against Alzheimer's.

A light dinner will be served as well. To register, call 800-3ADVOCATE (800-323-8622).

Take a trip with BACOA

Pack your bags - BACOA is offering exciting travel opportunities.

BACOA and Collette are offering:

- **California New Year's Getaway.** *Departure date: December 30.*

Ring in the new year at the Tournament of Roses parade. Cost for the five-day tour is \$1,999 (double; airfare included.) Optional four-day Las Vegas tour extension is also available for \$499 per person.

BACOA and Protravel International are offering:

- **Between Two Seas - Los Angeles to Miami Panama Canal Cruise.** *Departure date: January 4, 2012.* The 13-day cruise aboard the *Crystal Symphony* will feature special interest speakers, including Barbara Rinella, Professor Louis Rene Beres, and Dr. Robert Freedman.

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

Hop aboard the Culture Bus

BACOA is collaborating with CJE-SeniorLife to offer the **Northwest Culture Bus**. This program offers a series of day trips designed for people experiencing early memory loss.

The Culture Bus, developed and managed by CJE SeniorLife, offers socialization and recreation under the supervision of a trained professional leader and a group of volunteers.

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

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

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

Things to Do

Monday lunch: The choice is yours

Soup's on!

BACOA's **Monday Lunch and Activity Program** is introducing a new menu. Diners can now enjoy a choice of sandwiches or salads along with soup and fruit.

Selections offered will include favorites like pulled pork sandwiches, pasta salad or sloppy joes, along with a steaming bowl of minestrone, corn chowder or other tasty soups.

Make your choice when you call to register at (847) 852-3892. Menu changes weekly and can be found on BACOA's Web site at www.bacoa.org; click on "Activities for Seniors."

Holiday tea at the B&B

You're invited to high tea at the Old Farmhouse Bed & Breakfast.

BACOA and the Barrington Park District will sponsor **holiday high tea** at the bed and breakfast in Wauconda on Tuesday, December 6. Guests can select a hat to wear, tour the holiday decorated 1860 farmhouse and enjoy sandwiches, scones, sweet treats and a variety of teas.

A Park District van will leave Langendorf Park at 12:15 a.m. and return around 3:00 p.m. Cost is \$32 for in-district residents; \$40 for nonresidents. Registration deadline is November 30. For more information or to register, call the Barrington Park District at (847) 381-0687.

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, November 7

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

Monday, November 14

Bingo and lunch. Andy Balafas will be presenting a program about Vitas for Veterans.

Monday, November 21 - Thanksgiving Luncheon

Advocate Good Shepherd Hospital and the Barrington Noon Rotary will co-sponsor the annual Thanksgiving luncheon for BACOA's lunch programs at the Barrington Park District. Robbie Malkowisk will present a music program. "Celebrations of Veterans," featuring canteen songs of World War II, Call Linda Avellon by November 16 for reservations.

Monday, November 28

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

Monday, December 5

Bingo and lunch. "Second Wind" (Joyce Palmquist and Doug Saylor) will entertain.

Monday, December 12

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

Monday, December 19 - Holiday Luncheon

Whitehall of Deerfield will sponsor the holiday luncheon for BACOA's lunch programs at the Barrington Park District. Bingo and lunch; entertainment will be vocalist/guitarist, Luke Lucky. Reservation deadline is December 14; call Linda Avellon at BACOA at (847) 852-3892.

Monday, December 26 - Closed for the holiday

BACOA's lunch program will return on January 9. Have a safe and happy New Year!

Building a community for caregivers

November is **National Family Caregivers Month**. It's a way to recognize the many contributions and sacrifices that family caregivers make every day.

The contributions are sizable. In *Valuing the Invaluable*, a report released this year, AARP estimated that the economic value of family caregivers' work was approximately \$450 billion in 2009 –up from \$375 billion just two years earlier. The figure is based on 42.1 million caregivers providing an average of 18.4 hours a week of care, with an average value of \$11.16 an hour.

That's only dollars and cents. (And at \$11.16 an hour, not many dollars and cents.) Caregivers – and those whom they care for – know that their contributions are extensive and often immeasurable.

But those contributions can also take a toll. Caregiving can be extremely stressful for caregivers, who can find themselves exhausted, anxious, depressed, or angry. These stresses can touch everyone within a caregiver's circle of family, friends, and work colleagues.

Which points to another purpose of National Family Caregivers Month: The need to support family caregivers and provide them with resources, information and strength to help them better manage their role. The caregiver's circle can play an important role in this, whether it's helping to run errands, providing a hot meal or a few hours of respite care or even just offering a sympathetic ear. Caregivers should know that they're not isolated—that they have a

community of care to back them up.

BACOA is part of that community. We serve older adults, but we also put a lot of emphasis on care for caregivers. Among the ways we can help:

◆ **“Powerful Tools for Caregivers,”** our six-week course that teaches caregivers how to take care of themselves through better communication, stress-relief techniques and knowledge of available resources. We often use the analogy of an airplane oxygen mask: You need to ensure your own safety first before you can help those around you.

◆ **Support groups:** You are not alone, and meeting others who share your situation can provide perspective as well as practical advice. BACOA offers monthly support groups for caregivers, Alzheimer's and Parkinson's disease and young-onset and early-stage dementia. Sometimes guest speakers discuss a topic of interest; sometimes participants simply share and find strength with each other.

◆ **Information and resources:** The more you know, the better decisions you can make. Our social services staff can connect caregivers to

Resources for caregivers

Barrington Area Council on Aging: <http://www.bacoa.org>

BACOA's Online Resource Directory: <http://www.bacoa.org/resourcecenter/>

National Family Caregivers Association: <http://www.nfcacares.org>

Family Caregiver Alliance: <http://www.caregiver.org/>

The New Old Age: <http://newoldage.blogs.nytimes.com/>

The Alzheimer's Association: <http://www.alz.org>

Caregiver.com: <http://www.caregiver.com/>

“Caregiver Stress: The Impact of Chronic Disease on the Family”: <http://www.bidmc.org/YourHealth/ConditionsAZ.aspx?ChunkID=74397>

services or programs that can help with issues ranging from housing options to in-home care to Meal with Wheels to benefits questions. And they're great listeners, too.

◆ **Our online resource directory:** Maybe you just have a quick question or want to find out more about a particular topic. Our easy-to-use searchable guide on our Web site provides an extensive array of information—both local and national—about agencies, institutions and organizations that provide services to older adults, families and caregivers.

As the aging population continues to grow, it will become more and more important to develop strong support communities for caregivers. If you know a caregiver, consider becoming part of that community: Offer to do a little yard work. Make a double batch of spaghetti sauce. Offer to visit for coffee—and bring the coffee.

And if you are a caregiver, take care of yourself. Try to keep yourself healthy. Take advantage of community support services. Find out more if there are things you can do to help manage your loved one's chronic disease. And most important, don't be afraid to ask for help. You can start with BACOA; if you have questions, call us at (847) 381-5030.

BACOA offers memory screenings

BACOA can provide free **memory screenings**, designed to promote early detection and intervention for those concerned about memory loss.

While the screenings are not a diagnosis, they are an important first step in the evaluation process, and serve a vital role toward detection and treatment. Those with below-normal scores will be encouraged to follow up with a full medical evaluation.

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 to 15 minutes.

Screenings will be held on an as-needed basis at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. 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.

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.

Need to file for Circuit Breaker?

BACOA can file applications for the Illinois Department on Aging's **Circuit Breaker** program, which provides relief from property and mobile home taxes, rent or nursing home charges. It also assists in paying for designated prescription medications; and offers a vehicle license discount. For eligibility requirements, see the Circuit Breaker Web site at www.cbrx.il.gov/. To make an appointment, call BACOA at (847) 381-5030.

BACOA News

IRA distribution gifts can benefit you and BACOA

As the year draws to a close, you may be starting to think about tax matters. As you do so, you may wish to consider the tax benefits a gift to BACOA through an IRA distribution.

If you are age 71 ½ or older in 2011, a gift from an individual retirement account (including Roth IRAs) can provide for the following benefits:

- Transfers to BACOA of up to \$100,000 may be made with no income tax incurred. There is no income tax deduction but none is needed since there is no income tax at all on charitable transfers from IRAs.

- IRA charitable transfers will satisfy annual minimum distribution requirements.

- All IRA gifts received by BACOA will be allocated to the BACOA Endowment Fund unless otherwise stipulated by the donor. Such giving will have a lasting impact for years to come.

The BACOA Endowment Fund was established in 2011 to commemorate the organization's 25th

anniversary. It was created to ensure the long-term continuation of services to seniors and family caregivers in the Barrington area, particularly in the areas of promoting seniors' independence and caregiver education and support.

Charitable transfers from IRAs need to be made directly to BACOA by the account custodians at the direction of the account owners.

Please consider this special opportunity. The law governing the transfer to charitable organizations, such as BACOA, is currently valid only through **December 31, 2011** unless renewed by Congress. (Renewal by Congress is not guaranteed since there is a history of no renewal in 2010.) The charitable transfer of IRAs in 2011 may be an opportunity lost by 2012.

For more information on IRA distributions or on the BACOA Endowment, contact Joyce Palmquist, BACOA's executive director, at (847) 852-3895.

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

Partners Circle of Care	\$25,000+
Benefactor	\$24,999-10,000
Patron	\$9,999-\$5,000
Platinum Partner	\$4,999-\$2,500
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 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.

*December 13; December 16
1:30-5:30 p.m.*

Advocate Good Shepherd Hospital - Meadow 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, November 23; 9-10:30 a.m. “What you should know about prediabetes.” According to the ADA website, 79 million people in the United States have prediabetes. Join Virginia Menzimer, RN, from Advocate Good Shepherd Hospital’s diabetes care center, to learn what qualifies someone as prediabetic and what steps can be taken to prevent the condition from turning into diabetes.

Wednesday, December 28; 9-10:30 a.m. “We need to talk...family conversations with older adults.” Statistics actually show older drivers are safe drivers. However, medical conditions, medication usage and reduced physical function can increase the risk of driving accidents and injury. When and how do we start this conversation? Harold Sterling, AARP DSP regional coordinator, will explain how and when to approach this delicate topic.

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

At your service: Meals With Wheels

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

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

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

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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