

Barrington Area Council on Aging, Inc.

September/October 2009

Serving seniors, family caregivers, and the community

“Aged to Perfection”: An evening to savor

BACOA's 14th annual wine tasting, “Aged to Perfection: A Celebration of Life & Wine,” will be held Friday, September 18, from 6-9:30 p.m., at the Chicago Marriott Northwest, 4800 Hoffman Blvd., Hoffman Estates.

The event will be sponsored by Advocate Good Shepherd Hospital, Alden Estates of Barrington, and The Garlands of Barrington.

Guests will be able to sample a selection of more than 50 kinds of wines provided by Barrington Cellars, while enjoying a buffet supper and bidding on an array of live and silent auction items.

Among the exciting items available in this year's live auction:

- An Arlington Park “Day at the Races,” which includes a family sky suite for up to 16 guests; a named race and trophy presentation; and a two-hour lunch buffet



- A wine dinner and kitchen tour for two at the Barrington Country Bistro
- A parking pass at the Ice House Mall for the 2009-10 school year at Barrington High School
- Cubs tickets for the 2010 season

Favorite wine selections will be available for purchase, and BACOA will receive 20 percent of the sales generated by wine purchases.

Tickets are \$95 per person. For advance tickets or more information, call BACOA at (847) 381-5030 or visit BACOA's Web site at www.bacoa.org for online reservations.

Shop for BACOA October 3

Support BACOA - and support Barrington merchants as well.

Saturday, October 3, is BACOA's designated day in Barrington's new Shop for a Cause program. Here's how it works: You can download and print Shop for the Cause shopping vouchers from BACOA's Web site (www.bacoa.org) or pick up some at BACOA's office. When you shop at any participating merchant on October 3, turn in your voucher. The merchant will record the transaction amount (before sales tax), and a percentage of the sale will go directly to BACOA.

As of press time, participating merchants included: 111 Grille, Acacia Organics, Amazing Gracies, Angelina, Barrington Flower Shop, Barrington Home Shoppe, Bravura, Cook Street Coffee, Cooper's Pizza, Egg Harbor, Fancy Art N.F.P, Fresh Flower Market, G.Whiz, Gene Ann's Yarns, Learning Express Toys, Luxury Linens, Mia Sorella, Mona Lisa Stone & Tile, Norton's USA, NV Clothing, Peter Daniel, Posh Essentials, Re-Defined, TT Patton, Tivoli Garden Antiques, Tropical Smoothie Café, Viking Ski Shop and Young Tootsies.

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From the Director: Going forward into fall

As you can see in the pages around you, fall is shaping up to be a busy season for BACOA. "Aged to Perfection," our annual winetasting, will be held Friday, September 18 at the Chicago Marriott Northwest in Hoffman Estates. As always, it promises to be a festive evening, with a wonderful selection of wines, a great batch of auction items and a fine opportunity to visit with friends old and new. The best part: All proceeds will benefit BACOA's programs and services. We can't do it without you - so we hope to see you there!

We'll also be repeating our popular "When I'm 64" series with the Barrington Area Library. A lineup of experts will be on hand to tell you what you need to know as you approach retirement. See details below.

We'd also like to thank the Barrington Breakfast Rotary for its sponsorship of the annual senior picnic on August 24 at the Barrington Park District.

Finally, don't forget to mark your calendars for Thursday, November 5. We'll be holding our second annual ladies luncheon at Makray Memorial Golf Club. Watch our Web site for more details!

Joyce

"When I'm 64": Helping you plan ahead

BACOA and the Barrington Area Library are sponsoring "When I'm 64," a four-part workshop that will help guide sixtysomethings as they look toward retirement. The workshops will be on Wednesdays from September 9 through September 30, from 7-9 p.m. at the library, 505 N. Northwest Highway, Barrington.

Workshop 1 will cover the basics, such as Social Security, Medicare, and the Senior Health Insurance Program (SHIP). Speakers will include Social Security Administrator Martha Ewert and Bonnie Sabin, Centegra Health System's coordinator for the Senior Health Insurance Program.

Workshop 2 will feature information on wartime pension benefits. Jim Cauthorn, regional director for the American Association for Wartime Veterans, will speak.

Workshop 3 will cover estate planning; attorney Colleen Clare will speak.

Workshop 4 will cover financial planning; Margret Schrant, CFP, associate vice-president at Wells Fargo Advisors, Elgin, will speak.

The workshops are free and may be attended separately, but registration is required. To register, or for more information, call the Barrington Area Library at (847) 382-1300.

Education and Support

Alzheimer's and Memory Loss

The **September** meeting of the **Alzheimer's Association Support Group** will feature a presentation by a geriatric care manager who will provide information about the services she provides. The group will meet Thursday, September 10, from 1:30-3 p.m.

The group's **October** meeting will feature a presentation by an occupational therapist who will discuss home safety issues that are pertinent to persons with memory loss. The meeting will be Thursday, October 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 for this group, but registration is requested for first-time participants; please call Bonnie at BACOA at (847) 852-3890.

Caregiver Support

The **September** meeting of BACOA's **Caregiver Support Group** will be a planning and review session on Wednesday, September 2, from 7-9 p.m.

Marge and Carlin Beil, from Care Management Partners, will speak at the **October** meeting. They will explain the benefits of using a care manager and discuss how to link with companies in other states. The meeting will be held Wednesday, October 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 Penny LeNeveu at BACOA at (847) 852-3896 with questions or to register.

Parkinson's Disease

The **September** meeting will be an open forum, focusing on depression. The group will meet Saturday, September 26, from 10-11:30 a.m.

The **October** meeting will be an open forum; members or family can discuss issues about

Parkinson's. The group will meet Saturday, October 24, from 10-11:30 a.m.

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 Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will get the fall rolling with session of Nintendo Wii bowling on Thursday, September 10, from 1-2:30 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

Plans are still developing for October's meeting; for more information, call Diane Vos Hansen at (847) 852-3898.

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.

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 from Thursday, September 17 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, September 7

Labor Day; the Senior Lunch and Activity Program will be closed.

Monday, September 14

Bingo and lunch. **Janet Ruchim, RN**, president of Preventacare, will present a program on flu shots; **Penny LeNeveu** and **Diane Vos Hansen**, from BACOA, will discuss the shingles vaccine.

Monday, September 21

Bingo and lunch. **Dr. Hong Luo**, from AcuCare in Barrington, will present a program on acupuncture and pain management.

Monday, September 28

Bingo and lunch. September birthdays will be celebrated.

Monday, October 5

Bingo and lunch. BACOA and the Barrington Park District will cosponsor flu shots, provided by **Janet Ruchim, RN**, from Preventacare. To register for a shot, call Linda Avellon at BACOA (847) 852-3892. Seniors can receive the shots at 12:30 p.m. and must bring their Medicare card. Community members, age 18 and above, can receive shots from 1:30-3 p.m.; cost is \$25.

Monday, October 12

Columbus Day; the Senior Lunch and Activity Program will be closed.

Monday, October 19

Bingo and lunch. Octoberfest menu and entertainment. Cost per person is \$7. Call Linda Avellon at BACOA at (847) 852-3892 by October 13 for reservations.

Monday, October 26

Bingo and lunch. October birthdays will be celebrated. Dressing up for Halloween is optional; prizes will be given for costumes.

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.

Play bingo in the trees...

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

BACOA and the Barrington Park District will sponsor an ice cream social at the Pepper Family Accessible Treehouse on Friday, September 18 from 1-3 p.m. The treehouse, the first universal all-accessible treehouse in Illinois, is in Citizens Park, 511 Lake Zurich Road, Barrington.

Cost is \$7 a person. For more information, or to make reservations, contact the Barrington Park District at (847) 381-0687.

...Or stroll in the garden

Join BACOA and the Barrington Park District for a trip to the **Chicago Botanic Garden** on Tuesday, September 29.

The trip will feature a Grand Tram Tour, as well as free time to explore the garden and its exhibits, and a one-hour lunch break. Attendees will travel by Park District van, which will leave from the Barrington Park District at 8:30 a.m. and return to Barrington around 5 p.m.

Cost of the trip will be \$20 which includes a boxed lunch, transportation, admission to the garden and the tram tour. Registration deadline is September 22. Seats are limited; for reservations, call Kent Hengels at Barrington Park District at (847) 304-5273.

Things to Do

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.

Take in a holiday classic

BACOA, along with the Barrington Park District, is sponsoring a trip to the **Fireside Theatre** in Fort Atkinson, Wisconsin, to see “Here’s Love,” a musical based on the Christmas classic, “Miracle on 34th Street.” The trip will be Sunday, December 6.

Cost for the trip is \$85, which includes transportation, brunch and admission to the show. A motorcoach bus will leave the Park District at 9 a.m., and return to Barrington around 6 p.m. Registration deadline is October 21. For reservations, call the Park District at (847) 381-0687.

Jump aboard the Culture Bus

Two trips remain for the summer session of the **North-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.

On September 9, the group will take a trip to the Volo Auto Museum, followed by lunch. On September 23, a tour of the Morton Arboretum will be featured. Additional trips are being planned for the fall season that begins October 7. Cost is \$75 per trip, which includes lunch, entrance or materials fees, and transportation.

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.

Riding the rails in Wisconsin

Spend the day riding trains and enjoying the scenic autumn splendor of southeast Wisconsin. BACOA and the Palatine Township Senior Citizens Center are co-sponsoring a day-long trip to **East Troy and Lake Geneva, Wisconsin** on Wednesday, September 30.

Attractions on the tour will include the East Troy Electric Railroad, which features vintage trolley rides through Kettle Moraine State Forest. Riders will stop at the Elegant Farmer, a full-service farmer’s market; in East Troy, they can visit gift shops. Attendees can bring their own lunch or purchase lunch at the Elegant Farmer. The tour will also stop in Lake Geneva on the return trip.

Cost is \$42, which includes transportation and admission to the East Troy Railroad. A motorcoach bus will leave the Barrington Park District at 9 a.m. and return to Barrington at 5 p.m. Registration deadline is September 14. For information and reservations, call Linda Avellon at BACOA at (847) 852-3892

Andrews Sisters to be saluted in song

BACOA and the Barrington Park District, are sponsoring a trip to see **“Legacy Girls,”** a tribute to the Andrews Sisters, at Metropolis Performing Arts Center on Wednesday, November 10.

Cost for the trip is \$39, which includes transportation and admission. A motorcoach bus will leave the Park District at 10:30 a.m., and attendees will have two hours before the show to eat lunch. The bus will return to Barrington around 4 p.m. Registration deadline is October 5. For information and reservations, call Linda Avellon at BACOA at (847) 852-3892.

Act now!

Legislation extends your chance to make tax-free gifts

With the recent financial turmoil taking place in the market, you may have missed some good news regarding charitable contributions from your IRA.

Recent IRA legislation extends your opportunity to make tax-free gifts to a charity from your IRA through 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)

We hope this is helpful as you plan your giving. 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, 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+

Caregiver classes to be offered

BACOA Executive Director Joyce Palmquist will offer “Caregiving 101,” through Beyond 220, CUSD 220’s community education program. The session will be held Tuesday, September 15 from 6:30-8 p.m.; cost is \$10.

BACOA will also offer its next “Powerful Tools for Caregivers” class beginning on Tuesday, September 22, from 6:30-9 p.m., through Beyond 220. This course consists of six weekly sessions and is designed to help family caregivers reduce stress and locate helpful resources. Cost is \$35 per person. Registration is available at www.barrington220.org.

For more information, call Debbie Villers at 847 842-3510 or BACOA at 847 381-5030.

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.*

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.*

Programs at **Good Shepherd Hospital Health & Fitness Center** include: *Living the Good Life*, a 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. For information, call (847) 620-4561; *Restorative Tai Chi, Healing Yoga* and *Warm Water Workout*. Restorative classes are held at Good Shepherd Hospital Health & Fitness Center, 1301 S. Barrington Rd., Barrington. To register, call (800) 323-8622.

Senior Breakfast Club

Good Shepherd Hospital

To register, call (800) 323-8622.

October 8 Facing Medicare

Are you or a family member retiring - or planning to continue to work beyond age 65 and become eligible for Medicare? Find out how and when to get started with this transition. Bring your questions for the staff of the Senior Advocate Department for an informative session on getting started with Medicare.

6:30-8 p.m. (Note evening time); Prairie/Lakeview Room

October 28 Now What Was I Saying?

This workshop is for older adults and boomers who are interested in brain health and want to keep their memory sharp. Join Susan Sklar, program manager of the Greater Illinois Chapter of the Alzheimer’s Association, for a fun, and interactive program that focuses on how memory works, and tricks and techniques to challenge the brain.

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

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.

Save the date!

“Fabulous You: Functional Fashion on the Run,” BACOA’s second annual ladies luncheon, will be held Thursday, November 5 from 11 a.m.-2 p.m. at Makray Memorial Golf Club in Barrington.

Bring your friends or make some new ones over a healthy and delicious lunch, and find out how to pack a bag - fast and fashionably! Watch BACOA’s Web site for more details!

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