

From the Director

It is on a sad note that I write my letter for this issue of the newsletter. For those of you who know me well, you are aware that my mother has had a number of health problems over the years – with the last year being especially difficult for her. In June, my family and I decided to enroll her in hospice and on August 14, she passed away at Mather Pavilion in Evanston.

On behalf of my family and myself, I would like to thank everyone who has offered support to me in recent months, as well as everyone who has sent a card, e-mail or gift in memory of my Mom. She was a great role model for me, displaying great courage and optimism despite her many challenges in her later years.

What's coming up: This fall is shaping up to be a busy time. "Aged to Perfection," BACOA's annual wine tasting will be September 17 and promises to be another festive evening. We are especially excited to have Barrington's Wine Discount Center as our wine vendor. The winetasting committee has been hard at work to ensure an evening filled with great wine and exciting auctions. If you'd like to get a preview of some of the evening's auction items, visit our Web site at www.bacoa.org.

"When I'm 64": We will once again offer our four-part "When I'm 64" series with the Barrington Area Library, beginning Thursday, September 9. A lineup of experts will be on hand

to tell you what you need to know as you approach retirement. See page 6 for more details.

We'd like to welcome our new Senior Lunch Program caterer, Hoffman House, a Rockford-based company that's also the meal provider for McHenry, Kane, DuPage and Grundy Counties. Hoffman House began serving at Langendorf Park August 16.

I would like to extend a big thank-you to Whitehall of Deerfield for sponsoring our volunteer recognition reception on August 20 and to the Barrington Breakfast Rotary for sponsoring the Senior Picnic at the Park on August 23.

"Aged to Perfection" set for September 17

"Aged to Perfection: A Celebration of Life & Wine," BACOA's 15th annual wine tasting, will be held **Friday, September 17**, 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 Wine Discount Center, 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 auctions: a day of track driving at Blackhawk Farms Raceway; a catered ladies-only mystery dinner; restaurant packages and sports tickets. Favorite wine selections will be available for purchase, and BACOA will receive a percentage of sales generated by wine purchases.

This year's event offers early-bird pricing; tickets are \$90 per person before September 1; \$100 after. For advance tickets or more information, call BACOA at (847) 381-5030 or visit BACOA's Web site at www.bacoa.org.

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BACOA to start support group for young onset dementia

BACOA will begin a **Young Onset Dementia Support and Education Group** in September. The program is open to people who were diagnosed with dementia before the age of 65 and are in the early stages of memory loss/dementia. The group will be for people who are experiencing dementia and for their family members or partners who are interested in attending a support and education group.

The group will meet once a month from 7-9 p.m., and will discuss 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 considerations.

There will not be a charge for this program. For more information, or to register, call Bonnie at (847) 852-3890.

Chef Gale Gand to highlight BACOA November luncheon

Celebrity chef and restaurateur Gale Gand will be the featured speaker at BACOA's **third annual luncheon**, "Celebrating the F Words: Festive Food for Family & Friends," Thursday, November 4 at 11 a.m. at Makray Memorial Golf Club, 1010 S. Northwest Highway, Barrington. Whitehall of Deerfield will sponsor the event.

Gand, Chicago-based pastry chef, cookbook author, and television personality, is executive pastry chef and partner of the four-star restaurant Tru and former host of the Food Network show *Sweet Dreams*. She will discuss the hectic world of the executive chef, discuss being a woman in the restaurant business, working with Julia Child, and her experience having her own television show. She will also have a book signing for books purchased at the luncheon.

Cost is \$40 per person; a cash bar will also be available. For more information or reservations, call BACOA at (847) 381-5030 or visit BACOA's Web site at www.bacoa.org.

BACOA offers Medicare Part D consultation

BACOA is now scheduling Medicare Part D consultation appointments from Monday, November 15 through Friday, December 10.

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.

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.

Education and Support

Caregiver Support

BACOA's **Caregiver Support Group** will have an open forum about caregiving at both its September and October meetings. The **September** meeting will be Wednesday, September 1, at 7 p.m.; the **October** meeting will be Wednesday, October 6, at 7 p.m..

The Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month from 7-9 p.m. at the BACOA office in the Prairieview Building in The Garlands of Barrington, 6000 Garlands Lane, Suite 100. New members are always welcome. Call Bonnie Scherkenbach at BACOA at (847) 852-3890 to register.

Alzheimer's and Memory Loss

Jo Letwaitis will discuss the Validation Method of communicating with dementia patients at the **September** meeting of the **Alzheimer's Association Support Group**. The validation techniques are recognized throughout the world for their effectiveness with people diagnosed with Alzheimer's-type dementia. The group will meet Thursday, September 9, from 1:30-3 p.m.

The **October** meeting will be an open forum for discussion of any pertinent issues brought by group members. The group will meet Thursday, October 14, from 1:30-3 p.m.

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

Parkinson's Disease

Personal trainer Patricia Olsson-Prescott will speak at the **September** meeting of the **Parkinson's Disease Education Group**. She will address various methods to improve balance and prevent falls. The meeting will be Saturday, September 25, from 10-11:30 a.m.

Vicky McKenna, occupational therapist from Alexian Brothers Hospital, will speak at the

October meeting. She will discuss the driver evaluation program sponsored by the hospital. The meeting will be held Saturday, October 23, 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. There is no charge for this program, but registration is encouraged.

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

Early-Stage Memory Loss

BACOA will begin a new 10-week session of its **Early-Stage Memory Loss Support Group** in September. The program is open to people who are experiencing early memory loss and for their family members or partners who are interested in attending a support and education group.

BACOA sponsors this program in partnership with the Alzheimer's Association and Barrington Youth and Family Services. Please call Bonnie Scherkenbach at BACOA at (847) 852-3890, for more information.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** is open to persons of all ages and offers monthly informational meetings as well as resources to persons with low vision.

The group meets monthly at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898.

Things to Do

A galloping good time

A famous folk legend comes alive on horseback!

The Barrington Area Council on Aging and the Barrington Park District are sponsoring a trip to see **“The Legend of Sleepy Hollow”** at the Noble Horse Theatre in Chicago on Saturday, Sept. 25.

The show is performed entirely on live horses in the oldest indoor performing riding hall in North America, and combines daring Cossack stunt riders, magnificent white stallions, powerful trick horses and the Headless Horseman on his steed. Afterward, attendees can take a carriage ride around the arena and see the horses up close.

A Park District van will leave the Barrington Park District at 11 a.m. and return to Barrington around 5 p.m. Cost is \$49, which includes transportation, lunch and the show. Registration deadline is October 10; to register, please call the Barrington Park District at (847) 381-0687.

It’s a party in the trees

Spend an afternoon enjoying ice cream and bingo in the trees. BACOA and the Barrington Park District will sponsor an **ice cream social** at the Pepper Family Accessible Treehouse on Friday, September 17 from 1-3 p.m. The treehouse, the first all-accessible treehouse in Illinois, is in Citizens Park, 511 Lake Zurich Road, Barrington.

Cost is \$8 a person. For more information, or to make reservations, contact the Barrington Park District at (847) 381-0687.

Leaves and the lake: Spend the day in Port Washington

Join BACOA and the Barrington Park District to take in the **fall foliage and shopping** in Port Washington, Wisconsin. BACOA and the Park District will sponsor a day trip to Port Washington on Wednesday, October 20.

Port Washington is filled with maritime history and much more. The trip will include a lighthouse tour, shopping the unique shops downtown, candy sampling at a chocolate shop, and lunch at the

Newport Shores restaurant.

A bus will leave the Park District at 8:30 a.m. and will return to Barrington around 6 p.m. Cost is \$64. Registration deadline is September 17. For more information or to register, call the Barrington Park District at (847) 381-0687.

A season greeting in Lake Geneva

Get the holiday season off to a good start with a day at **Lake Geneva’s Grand Geneva Resort**.

BACOA and the Barrington Park District will offer a one-day trip to the four-diamond resort on Friday, December 3. The trip will include a festive lunch, a two-hour show and tea at the hotel, as well as time to browse the holiday displays at the resort.

A motorcoach bus will leave the Park District at 9:30 a.m. and will return to Barrington around 5:30 p.m. Cost is \$97; an optional sleigh ride is available for an additional \$10 per person. Registration deadline is September 29.

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

Day trip features “Chicago Originals”

Join Barrington Park District and BACOA to experience Chicago’s architectural and cultural legacy on Wednesday, November 10. Stops include the Chicago Board of Trade, the Chicago Temple, the Elks National Memorial, and the Chicago History Museum, featuring the exhibit “I Do! Chicago Ties the Knot”, a special exhibition of 45 ensembles worn by wedding parties in Chicago. A Chicago pizza lunch at Marcello’s is included.

Cost is \$82, which includes lunch and transportation via motorcoach. Registration deadline is October 8. Departure is from Langendorf Park at 8 a.m.; the group will return to Barrington around 5:30 p.m. For more information or to register, call the Barrington Park District at (847) 381-0687.

Things to Do

Film examines son's search of the past

The Barrington Breakfast Rotary will present a screening of *Prisoner of Her Past* on Thursday, September 16 at 7 p.m. at the Barrington Area Library.

The new documentary, by Chicago's Kartemquin Films, tells the story of childhood trauma that resurfaces for Holocaust survivor Sonia Reich. Her son, *Chicago Tribune* jazz critic Howard Reich, journeys across the U.S. and Europe to uncover why his mother believes the world is conspiring to kill her.

The film explores late-onset post-traumatic stress disorder and the disorder's effect on families. But it also shows programs that are aiding young trauma survivors. Howard Reich and director Gordon Quinn will lead a discussion after the film.

There is no charge for the screening, but reservations are required; please e-mail RSVP@BBRC.us.

At your service: Meals With Wheels

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

Suggested donation is \$5 per meal; however, if you have special circumstances, the cost of the meal may be reduced. Call BACOA at (847) 381-5030 for more information.

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 6

The lunch program will be closed due to the Labor Day holiday.

Monday, September 13

Bingo and lunch.

Monday, September 20

Bingo and lunch. The Rocketts from Ela Township Senior Center will perform.

Monday, September 27

Bingo and lunch. September birthdays will be celebrated, and BrightStar will take blood pressures.

Monday, October 4

Bingo and lunch. A program on "Hearing, Balance and Tinnitus," presented by otolaryngologist Arkadiusz T. Byskosh, M.D., of the Ear, Nose, Throat and Allergy Clinic, S.C., and Susan Holland Hansel, AuD, CCC-A, of the Barrington Hearing Center.

Monday, October 11

Closed for the Columbus Day holiday.

Monday, October 18 - Octoberfest Party

Bingo and lunch. Octoberfest menu; entertainment will be "Die Musikmeisters." Cost is \$7. Reservation deadline is October 12; call Linda Avellon at BACOA at (847) 852-3892.

Monday, October 25 - Halloween Party

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

Thursday lunch at Greencastle of Barrington

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

BACOA News

Planning for the future: “When I’m 64” set for September

Turning 65 is a milestone—in more ways than one. The Barrington Area Council on Aging 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 Thursdays from September 9 through September 30, from 7-8:30 p.m. at the library, 505 N. Northwest Highway, Barrington.

Workshop 1 (September 9) will cover the basics, such as Social Security, Medicare, and the Senior Health Insurance Program (SHIP). Bonnie Sabin, manager volunteer services and coordinator for the Senior Health Insurance Program at Centegra Health System.

Workshop 2 (September 16) will feature information on veterans services including wartime veteran pension benefits and eligibility for veterans health care. Pat O’Dea-Evans, RN MS LCPC, president of Silver Connections, and Mike Peck,

superintendent of the Veterans Assistance Commission of Lake County, will speak.

Workshop 3 (September 23) will cover Medicaid benefits, including eligibility and enrollment. Nyla Naseeruddin, human services casework manager for the Department of Human Services, will speak.

Workshop 4 (September 30) will focus on wellness and spirituality. Father Al Johnson, of St. Michael’s Episcopal Church in Barrington, will help participants explore the transitions around turning 65, including deaths of friends, moves, changing health, caregiver issues or unanticipated job loss. A resource table will offer materials on downsizing, counseling services, fitness, volunteerism, caregiving, and career change.

The workshops are free and may be attended separately, but registration is required. To register, or for more information, call BACOA at (847) 381-5030.

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

The program emphasizes relaxation and joint-protection techniques. Cost is \$4 per session if participants sign up in four-week blocks; \$5 per session for drop-ins.

For more information, call Linda Avellon at (847) 852-3892 or Patricia Olsson-Prescott at (224) 622-1518.

AARP Driver's Safety Course

This two-session course helps drivers 50 and older refine their driving skills and brush up on the rules of the road and license renewal requirements. You must attend both sessions to be eligible for a reduction in car insurance rates. For more information, call (800) 323-8622.

December 16-17; 9 a.m.-1 p.m. Advocate Good Shepherd Hospital. \$12 for AARP members; \$14 for non-members.

Going places with Pace

Barrington Township and Cuba Township have assumed the responsibility for financing the Barrington-area **Pace Dial-a-Ride** bus service for seniors and people with special needs.

The two townships and BACOA will continue to meet periodically to review ridership and transportation needs of area residents. Barrington-area Pace service will not change under the new arrangement.

Pace contact numbers:

Barrington and Cuba Townships: (800) 273-5939

Ela Township: (847) 438-6677

Pace customer service: (800) 606-1282; option 2.

Pace Web site: www.pacebus.com/sub/paratransit/sd_dial_a_ride.asp

Diabetes management classes

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 Boot Camp: Sessions and guest speakers focus on diabetes self-care. Family and friends are welcome as well.

September 16; 6-7:30 p.m., at Good Shepherd Hospital.

November 18; 9-10:30 a.m., "Diabetes and Your Feet." Robert Kipferl, DPM of Tri-County Podiatry, will speak.

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

Senior Breakfast Club at Advocate Good Shepherd Hospital

October 27; 9-10:30 a.m., Susan Grossinger and Joan Husak, from the Senior Advocate program, will discuss what's new with Medicare Part D for 2011 and the June 2010 changes to the standardized Medicare supplements.

November 24; 9-10:30 a.m., Raja Sharma MD, board certified cardiologist, will discuss symptoms, diagnosis and the treatment of Peripheral Vascular Disease.

December 22; 9-10:30 a.m., "Think Well, Feel Well": Heidi DiDomenico, MSW, CDC will lead a discussion on how thoughts and feelings affect health, what to expect as we age, and how to talk to physicians about our concerns.

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

IMPORTANT PHONE NUMBERS

Advocate Good Shepherd Hospital	381-9600
Advocate GSH 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
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

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Save the Date!

***“Celebrating the F Words:
Festive Food for Family
and Friends”***

***Celebrity chef and restaurateur
Gale Gand will be the featured
speaker at BACOA’s
third annual ladies luncheon***

Thursday, November 4

11 a.m.-2 p.m.

**Makray Memorial Golf Club, Barrington
\$40**

***For more information,
call BACOA at (847) 381-5030
Sponsored by Whitehall of Deerfield***

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