

# *Active* LIVING

A Newsletter from the Barrington Area Council On Aging



## **GENERATIONS** Joined To Create A Tree Of Life

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## Providing For Body and Soul *Meeting The Needs Of Our Family*



At some point in our education, particularly those of us who chose social service occupations, we have read a paper by Dr. Abraham Maslow on the *Hierarchy of Human Needs*. Thought of as lofty in the early 1940's, his theories about healthy human beings requiring fulfillment of varying levels of need, pertains directly to the work we do at BACOA.

Every week our team evaluates the living situation of an older adult or couple. We provide access to proper nutrition, stabilize living conditions, and ensure no abuse is taking place. We don't stop there. Our mission of healthy, dynamic aging includes activities that build physical health, friendships, self-esteem and a sense of belonging or family.

The cover photo of this issue illustrates the results of our A Day Out group, using their collective creative skills and energy, that self-actualization that Maslow spoke of, helping our members be all that they can be. On our website we share the video story of a local couple whose unsafe living situation prompted a team of paramedics, police, medical, social service and BACOA staff to rally around them, helping the couple remain safely at home. Our activity groups give people purpose and inclusion in the community, reducing feelings of isolation and hopelessness.

Many older adults are facing life alone or with limited family support. As we enter the upcoming holiday season and begin to look at charitable donation requests, I ask that you consider a gift to BACOA. We recently launched our new Navigators Circle monthly giving program. Your recurring gift will provide year-round resources that permit us to assist clients, folks we consider members of the BACOA family.

At this writing I am nearing my 1-year anniversary with BACOA. In this short period of time I have become quite fond of so many of our clients. They are now part of me and feel like my family. We have accomplished a great deal and have exciting plans for 2020. I hope you'll join us for the new events and activities as we reframe aging.

Happy Holidays to you and yours.

With gratitude,  
Terri Channer  
Executive Director

# Vanquishing the Fear of Falling

In the United States alone, more than 17,000 people die annually from fall related injuries. But perhaps more troubling are the number of people who suffer the physical affects of the fear of falling.

Sue Grossinger of Advocate Good Shepherd Hospital and BACOA Director appeared on episode seven of our Reframing Aging Podcast to share her expert viewpoint on this topic. "When people begin fearing a fall, or they have fallen, they begin to limit or restrict their activity. Often they stop doing things they enjoy. When your activity level goes down, you become weaker, lose flexibility and strength, which ultimately leads to losing your balance."

What can be done to turn this downward cycle around? One of the key suggestions Sue offers is to "lose the myth that falling is a natural part of aging." Having a positive outlook that you can overcome this fear is a critical starting point. Setting goals as simple as walking one day a week and building your strength can make a major difference. Leg strength has a major impact on our balance and ability to navigate life safely.

Sue also discussed the safety of one's home living environment and its relation to falling. Taking time to plan and make adjustments to home furniture, lighting and even navigating around pets requires thought. Sue asks, "How many people have clutter, rugs without backing on them,

layers of carpeting and area rugs? Making small changes in your life...makes sense."

A Matter of Balance is a course that Sue offers several times a year where participants learn what they must do

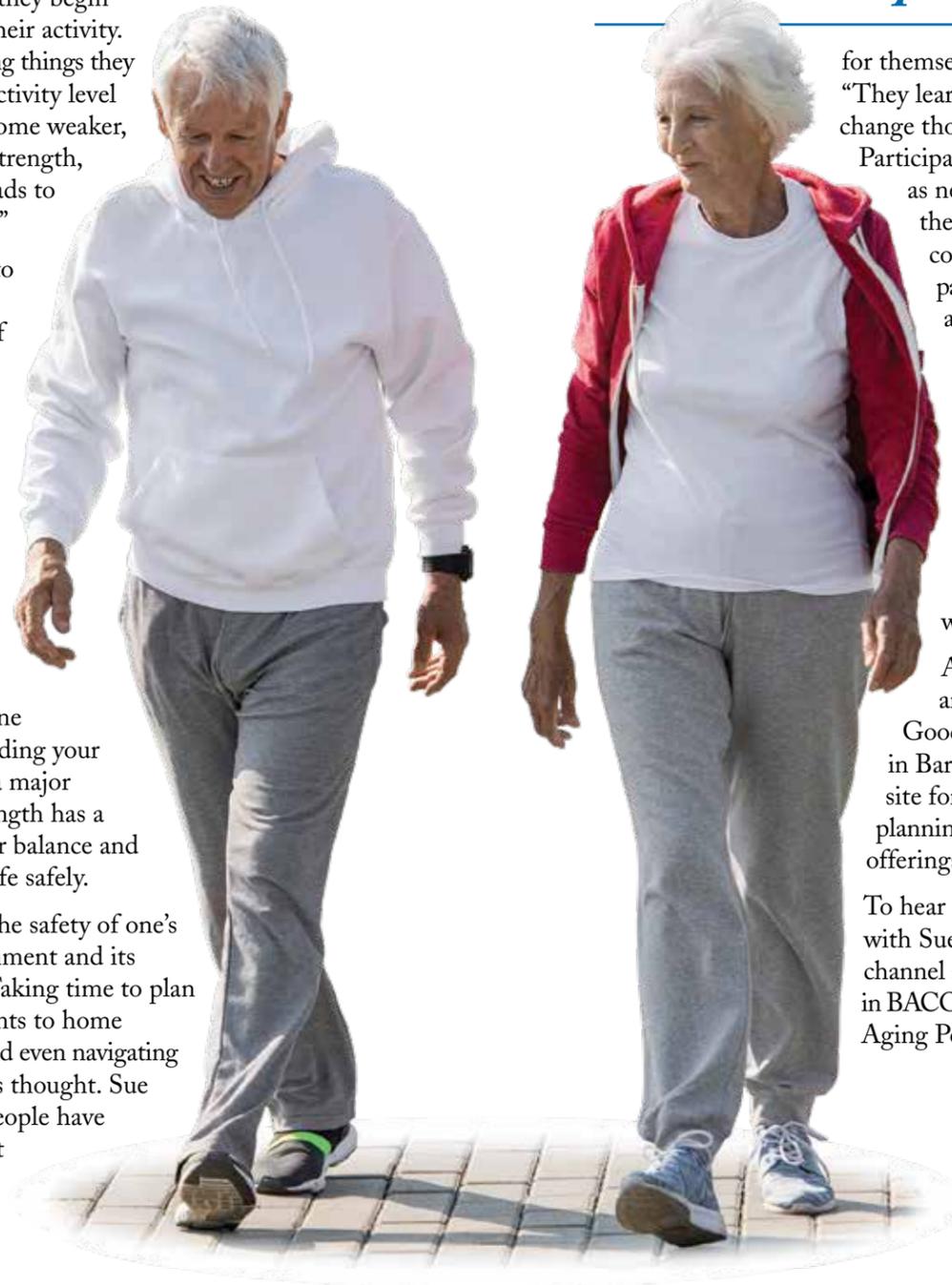
## *Lose the myth that falling is a natural part of aging*

for themselves to reduce fall risk. "They learn how to be active and change those negative thoughts. Participants learn to view change as new, safe ways to enjoy their home." These small courses are structured so participants feel comfortable and learn from one another.

Sue added that sedentary living is essentially as bad for your health as smoking. "Not doing anything is incredibly detrimental to seniors. There is no pill to prevent falling, it takes a little work."

A Matter of Balance classes are available at Advocate Good Shepherd Hospital in Barrington, a master trainer site for the program. We are planning some additional course offerings in spring/fall 2020.

To hear the complete interview with Sue, please visit our podcast channel at SoundCloud.com, type in BACOA, and click on Reframing Aging Podcast episode 7.



Susan Grossinger is the Senior Services Coordinator, Senior Services at Advocate Good Shepherd Hospital in Barrington. She can be reached at (847) 842-3797.



To hear the complete interview with Sue, please visit our podcast channel at SoundCloud.com, type in BACOA, and click on Reframing Aging Podcast episode 7.

## A Matter Of Balance

Advocate Good Shepherd Hospital offers *A Matter of Balance*® courses throughout the year. Attendees learn how to manage their fall risk by increasing activity, reducing home hazards (fall prevention) and performing exercises to increase strength and balance.

For information on upcoming class offerings phone (847) 842-3797 or visit the BACOA.org website for updates throughout the year.

## Memory Café Bringing Smiles To Many

Since its launch in May, our Memory Café Program being offered in partnership with the Ela Area Public Library has been attracting a growing number of participants. The group provides a low-key social interaction environment for people with early stage memory loss. This program also affords an opportunity for caregivers and family members to be out in an upbeat setting, making new friends. Thanks to the efforts of Pam Pellizzari, BACOA's Memory Programs

*memory*  
**café**



Director and Christy Wagner, Outreach Coordinator at Ela Library, participants enjoy new hands-on projects each month. The group also enjoys a travelogue, snacks and an appearance by Lily the Comfort Dog.

Your gifts to BACOA enable us to present quality programming like the Memory Café that meets the third Tuesday of each month. Please phone Pam at (847) 381-5030 for details or to RSVP.

## A Tree For All Seasons

The culmination of several months of side-by-side work with preschoolers, volunteers and BACOA staff to create the "Tree of Life" mural has been completed. The project began as a concept and gradually became a bonding experience for generations spanning over 80-years. "Watching the children and A Day Out clients working intently on this project can't help but leave you in awe. Although some of the clients are facing serious cognitive or health issues, there were times when no one was struggling, they were in the moment, creating a beautiful tree for all seasons," said Pam Pellizzari, BACOA's Memory Programs Director.



This was more than just an art project or busy work. We witnessed people on a mission, experiencing true joy and friendships that emerged over time. The mural is on display outside the west lower level meeting room at the Lutheran Church of the Atonement in Barrington. A Day Out takes place on Monday and Thursday from 10:00 a.m.-2:30 p.m.

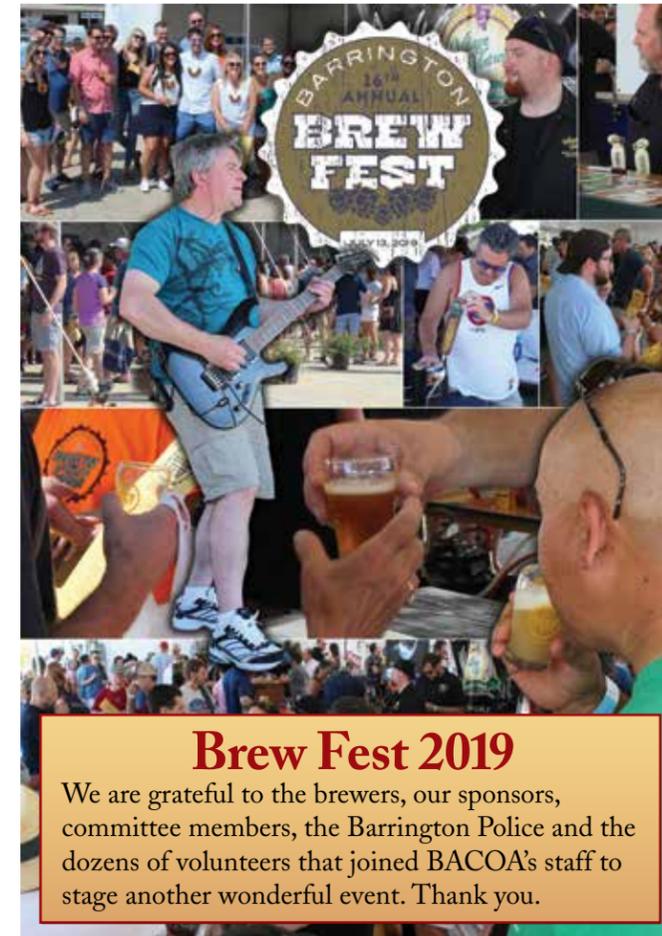
BACOA in 2003, she realized the work was fulfilling and she's "glad to be working in such a positive environment."

Diane also manages BACOA's Low-Vision Support Group program that meets the second Thursday of each month. "This is another fulfilling part of my role. I'm able to help people with vision problems secure resources, provide psychological support for feelings of sadness and depression that can accompany vision loss."

When asked what she likes about her work, Diane stated, "We have the freedom to make decisions and help clients on the spot. It's a pleasure to go to work knowing your day is spent helping enrich the lives of others."

Inquiring as to whether she has any words of advice to offer the Baby Boomer generation, she stated, "We manage difficult cases where people are alone or estranged, they simply have no one. Being proactive is a good thing, think ahead before you get along in years, prepare for your future and your golden years will run smoother."

Diane and her husband Roy have two adult children and live in unincorporated Barrington. Diane is at the BACOA office in the Garlands Monday-Wednesday. She is available to help with older adult assessments, Meals With Wheels and is a certified Senior Health Insurance Program (SHIP) Counselor. Diane can be reached at (847) 381-5030.



### Brew Fest 2019

We are grateful to the brewers, our sponsors, committee members, the Barrington Police and the dozens of volunteers that joined BACOA's staff to stage another wonderful event. Thank you.

## Navigators Circle Monthly Giving Program Launches

When you join our Navigators Circle monthly giving plan you provide Meals With Wheels to older individuals who might not otherwise receive proper nutrition. You help us staff events like Monday Bingo & Lunch, A Day Out Adult social program and support groups that provide resources, camaraderie and hope. As the Northwest suburban aging population grows, your support allows us to welcome more clients that will become part of the BACOA family.

To enroll in the Navigators Circle, please visit BACOA.org; click Donate and then Monthly Giving. Our staff will handle the details, and rest assured your credit card and bank information is not retained in our office, but secured with encryption technology.



## Meet The Staff

### Diane Vos Hansen, Social Services

For the past 16-years, Diane Vos Hansen has been serving BACOA clients and really enjoying her work. When we caught up with her for this interview, she shared that after receiving her undergraduate degree and Registered Nurse credentials from North Park College in Chicago, Diane worked for 10-years at Children's Memorial Hospital in Chicago (now Lurie Children's). "My chronic disease nursing background really helps me understand the conditions that many BACOA clients are facing. I am better equipped to guide them through support resources and the Medicare and Medicare Part D prescription documentation."



After a decade of stress filled nursing, Diane decided to begin her journey of helping people in a new way. When she arrived at

## BACOA Knowledge Network: Learning About Medical Marijuana

As you know medical marijuana is legal in Illinois for qualifying medical conditions. ALS, cancer, Crohn's Disease, MS, and glaucoma are just a few of the conditions treatable using medical cannabis. BACOA is sponsoring an evening with the owner of Earth Med, a family-owned and operated dispensary licensed to dispense medical marijuana, along with



a prescribing physician and a Parkinson's Patient sharing her success with the help of medical marijuana. Please join us on Wednesday, December 11th from 7:00pm to 8:30pm at the Ela Area Public Library. There is no cost to attend but we ask that you please RSVP to 847-381-5030.

## Service Spotlight

In each issue we feature a dedicated volunteer in our Service Spotlight. If Webster's Dictionary needed a photo to illustrate volunteer, George Peirce would be the man for the job. For many years George has answered the call for volunteers, making home repairs for BACOA clients no longer able to perform basic home maintenance, helping out at various sponsor events, bingo and lending a hand at Brew Fest. He recently signed-up to be one of our Easy Riders drivers, transporting BACOA clients that are no longer driving to errands



and medical appointments. A very athletic guy, George has been helpful as an advisor to BACOA leadership on physical activities for older adults and advice for upcoming plans next year. He was also one of the featured cyclists on the cover of our Summer 2019 newsletter.

George is a force, always smiling, and willing to pitch-in, he is one of our valued volunteer corps members and we are grateful for his long-term service to BACOA's clients.

## CRITICAL SERVICES

### Alzheimer's/Caregivers Support Group

This group is designed to support care partners of people with Alzheimer's, other dementias and health-challenged friends or loved ones.

- Meets the second Wednesday of each month, 10:30 am – Noon
- Lutheran Church of the Atonement, 909 E. Main Street, Barrington
- Cost: Free
- Registration is required, please phone (847) 381-5030

### Low Vision Support Group

This group provides practical information, emotional support and motivation for individuals living with restricted vision.

- Meets the second Thursday of each month, 1:00 pm – 2:30 pm
- Lake Barrington Woods Community Room, 22320 Classic Court, Lake Barrington
- Cost: Free
- Registration is required: call (847) 381-5030

### Low-Income Home Energy Assistance Program (LIHEAP)

Qualifying older adults needing funding assistance to ensure they have heat in the winter months is a service BACOA provides. Please call (847) 381-5030 for more information or to schedule an appointment.

### Easy Riders

As we age and driving becomes more difficult, it's comforting to know that safe, reliable transportation is available in our community.



The Easy Riders program provides rides to BACOA events, local errands, and appointments (including medical visits). Rides in the Barrington area are free. Please call (847) 381-5030

### Driving and Car Safety

#### Smart Driver Vehicle Safety Check

Local auto mechanics will inspect your car and make sure it's in shape for winter.

- 10/12/19 – 9 am - 12 pm
- Barrington Public Safety Bldg, 400 N Northwest Hwy, Barrington, IL

#### AARP Senior Safe Driving Course

Sharpen your driving skills, reduce ticket risk and minimize distractions with this important refresher course for drivers age 50 and older.

- 10/11/19 – 12:30 pm - 4:30 pm
- 10/12/19 – 12:30 pm - 4:30 pm
- Barrington Public Safety Bldg, 400 N Northwest Hwy, Barrington, IL

### "A Day Out" Program



An upbeat social setting for people with early-stage memory loss or other health issues. Our program combines group discussions on current events, art projects, music therapy, light exercise and more.

- Meets every Monday and Thursday, 10:00 am – 2:30 pm
- Lutheran Church of the Atonement, 909 E. Main Street, Barrington
- Cost: \$45/day
- Registration is required: call (847) 381-5030

### Memory Café

BACOA is partnering with the Ela Public Library in Lake Zurich to provide an informal, unstructured social program for people with mild or early-stage memory loss and their care companions. Participants can have some fun learning and interacting in a modern library setting.



- Third Tuesday of every month, 10:00 – 11:30 am
- Ela Area Public Library, 275 Mohawk Trail, Lake Zurich
- Cost: Free
- Registration is required, please phone (847) 381-5030

### Rotary Home Team

Basic home maintenance is provided at no charge to seniors on a scheduled basis. Two-person teams of volunteer Rotarians visit to perform basic maintenance items in the home that the senior cannot perform themselves.



Please call, fax or email and our Rotary HOME Team Coordinator will contact the senior to schedule the maintenance.

- Phone: (847) 381-5030
- Email: [hometeam@bacoa.org](mailto:hometeam@bacoa.org)

### Medicare Prescription Counseling

Schedule a no-cost review of your prescription coverage plan with a trained counselor.

- Monday - Friday – 10/15/19 - 12/7/19
- BACOA, 6000 Garlands Lane, Suite 100
- Barrington Library, 505 N Northwest Hwy, Barrington, IL

## SOCIAL PROGRAMS

### Lunch and Bingo

BACOA's Monday Lunch and Bingo program offers older adults the opportunity to play bingo and enjoy conversation in a fun setting. Check out our calendar to find out what entertainment is scheduled.

- Meets Mondays, except holidays, 10:30 am – 1:00 pm
- Barrington Park District, 235 Lions Drive, Barrington
- Cost: \$7 for lunch
- Drop in or call (847) 381-5030 for more information

### Cuisine Club

Our Cuisine Club provides older adults an opportunity to enjoy lunch with new and old friends at local restaurants at a set price. The group meets at noon once a month. Cost for lunches includes beverage, gratuity and tax. To RSVP please call (847) 381-5030.

- Tuesday, 10/15/19 - Onion Pub; 22221 N Pepper Rd, Lake Barrington; \$22
- Tuesday, 11/19/19 - Chessie's; 200 Applebee St, Barrington; \$23
- Tuesday, 12/17/19 - Francesca's Famiglia; 100 E Station St, Barrington; \$25

### Knitting & Crafting Club

Knit or crochet your next afghan while socializing with friends. All are welcome to join the fun.

- Meets every 2nd and 4th Wednesday of the month, 10:00 am – Noon
- Barrington Library, 505 N Northwest Hwy, Barrington, IL
- Cost: Free
- Drop in or call (847) 381-5030

NEW LOCATION

### Hiking Club

Enjoy a free cardio workout surrounded by nature on beautiful local trails. Walk with fellow adults on the third Thursday of each month (May-October). The BACOA Hiking Club meets 9:30 a.m. – Noon. For trail location and to RSVP phone (847) 381-5030.



- 10/17/19 - Crabtree Nature Center

### South Barrington Park District

**Game Day** – 4 Tuesdays in October the South Barrington Park District will host Game Day. In conjunction with BACOA (Barrington Area Council on Aging) we'll have a leader here each week to run the game of the day, including: Bingo, Bunco, Hand & Foot, and Mahjongg. This will be a relaxing way to meet new people, play some games, and just have fun! Join us and bring your friends.



- 1:00-3:00 p.m.
- Cost: \$1.00

**Learn to Knit** – Always wanted to learn knitting but never got around to it? Well now is your chance, in this new course designed to make you a proficient knitter of things in no time. 5th Tuesday (10/29) from 1-3:00 p.m. Space is limited; please RSVP at (847) 381-5030

**SHIP Counseling** – Senior Health Insurance Program counseling appointments. Call (847) 381-5030 to secure an appointment.

**Sandhill Cranes Presentation** October 9, 1:00 pm – 2:00 pm  
Learn about the biology, nesting/feeding habitat requirements of the Sandhill Cranes that reside in Lake County. This free lecture is courtesy of the Lake County Forest Preserves.  
• Barrington Campus Life building, 150 S. Lageschulte St, Barrington, IL

**3D Printing** – Learn how 3-D printers operate and create your own project in this fun, informative course. Material cost ranges between \$1-4.00 depending on object you choose to print.  
• 10/11/19 – 1 pm - 3 p.m.  
• Barrington Library, 505 N Northwest Hwy, Barrington, IL

**Silver Stages presents The Music & Influence of Glen Campbell**  
In collaboration with Barrington Area Council On Aging (BACOA) Musician Steve Justman presents the compelling music and story of an iconic, award winning American entertainer, musician, singer, recording and television star, member of The Wrecking Crew.

- Call (847) 381-5030 to register.
- Barrington Area Library, 505 N. Northwest Hwy, Barrington, IL
- 11/20/19 - 2:00 pm - 3:00 pm
- Free



# BACOA

Barrington Area Council on Aging

6000 Garlands Lane, Suite 100  
Barrington, IL 60010

@BACOA1

WWW.BACOA.org

(847) 381-5030

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## Confused By Medicare? Prescription Plan Counseling Begins October 15th

Confusion about the Medicare Part D Prescription Drug benefit is commonplace. The good news is BACOA is here to help with prescription drug counseling, plan evaluation and money saving tips from our trained Senior Health Insurance Program (SHIP) advisers. The SHIP service for Medicare beneficiaries and their families or caregivers, is designed to educate, advocate, counsel and empower people to make informed healthcare benefit decisions.

Appointments are available at the BACOA offices in Barrington and also at the South Barrington Park District. They fill up quickly, so please phone (847) 381-5030 to secure an appointment.



**Who May Make a Request:** You or your prescriber may ask for a coverage determination. If you want another individual (such as a family member or friend) to make a request for you, that individual must be your appointed representative. For more information on appointing a representative contact us, Granite Alliance, at 630-586-2573 (TTY users call 711), or visit www.mygraniterx.com. You may also contact Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users 1-877-486-2048, 24 hours/7 Days a week.

**Documentation:** Attach documentation showing the authority to represent the enrollee (a completed Authorization Representation Form CMS-1696 or a written equivalent).

<b>MEMBER INFORMATION</b>	Complete the following section <b>ONLY</b> if the person making this request is not the member or the prescriber
	Requester's Name
	Requester's Relationship to Member

October	November	December
<b>1</b> LIHEAP Begins <b>Game Day</b> – Hearts	<b>4</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>	<b>2</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>
<b>3</b> “A Day Out” Program	<b>6</b> <b>Caregiver Education Program at the Garlands</b> Mindfulness, Music and Self-Care “Ways to Nurture the Caregiver” 5-7pm – No Cost, Call BACOA to register, 847-381-5030	<b>5</b> “A Day Out” Program
<b>7</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>	<b>7</b> “A Day Out” Program	<b>7</b> <b>Last Day for Medicare Prescription Drug counseling</b>
<b>8</b> <b>Game Day</b> – Bingo	<b>11</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b> No-cost Veteran’s Day Lunch	<b>9</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>
<b>9</b> <b>Knitting &amp; Crafting Club</b> <b>Alzheimer’s/Caregiver’s Support Group</b> <b>Sandhill Cranes Presentation</b>	<b>13</b> <b>Knitting &amp; Crafting Club</b> <b>Alzheimer’s/Caregiver’s Support Group</b>	<b>11</b> <b>Knitting &amp; Crafting Club</b> <b>Alzheimer’s/Caregiver’s Support Group</b> <b>Learning About Medical Marijuana</b>
<b>10</b> “A Day Out” Program <b>Low Vision Support Group</b>	<b>14</b> “A Day Out” Program <b>Low Vision Support Group</b>	<b>12</b> “A Day Out” Program
<b>11</b> <b>3-D Printing at Library</b> <b>AARP Senior Safe Driving Course</b>	<b>18</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>	<b>16</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b> Dr. Johnny entertainer sponsored by Lake Barrington Woods
<b>12</b> <b>AARP Senior Safe Driving Course</b> <b>Senior Car Safety Check</b>	<b>19</b> <b>Cuisine Club</b> – Chessie’s <b>Memory Café</b>	<b>17</b> <b>Cuisine Club</b> – Francesca’s Famiglia <b>Memory Café</b>
<b>14</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b>	<b>20</b> <b>Silverstage Performance at Barrington Library</b> Steve Justman performing as Glen Campbell. Please call 847-381-5030 to register	<b>19</b> “A Day Out” Program
<b>15</b> <b>Cuisine Club</b> – Onion Pub <b>Memory Café</b> <b>Game Day</b> – Hand in Foot <b>Medicare Prescription Counseling</b>	<b>21</b> “A Day Out” Program	<b>23</b> <b>Holiday Week</b> – Office Closed
<b>17</b> “A Day Out” Program <b>Hiking Club</b> – Crabtree Nature Center	<b>25</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b> Thanksgiving Lunch and Bingo sponsored with entertainment by Eddie Korosa	<b>24</b> <b>Holiday Week</b> – Office Closed
<b>21</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b> – Oktoberfest	<b>27</b> <b>Knitting &amp; Crafting Club</b>	<b>25</b> <b>Christmas Day</b> – Office Closed/No Activities
<b>22</b> <b>Game Day</b> – Mahjongg	<b>28</b> <b>Thanksgiving</b> – Office Closed/No Activities	<b>26</b> <b>Holiday Week</b> – Office Closed
<b>23</b> <b>Knitting &amp; Crafting Club</b>	<b>29</b> <b>Day after Thanksgiving</b> Office Closed/No Activities	<b>27</b> <b>Holiday Week</b> – Office Closed
<b>24</b> “A Day Out” Program		
<b>28</b> “A Day Out” Program <b>Monday Lunch &amp; Bingo</b> – No-cost Lunch		
<b>29</b> <b>Learn to Knit</b> – South Barrington Park Dist.		
<b>30</b> <b>BACOA Awareness Luncheon</b> – Makray		
<b>31</b> “A Day Out” Program		



# Self-Care For Caregivers

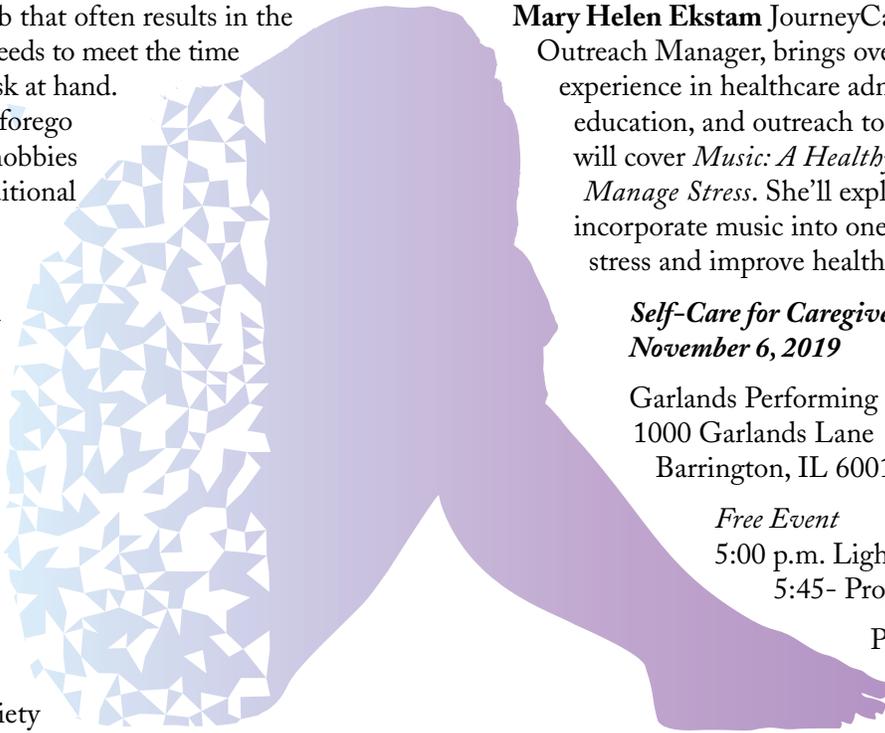
Caregiving is a demanding job that often results in the caregiver ignoring their own needs to meet the time and energy demands of the task at hand.

We commonly see caregivers forego exercise, balanced nutrition, hobbies and friendships to devote additional time to their loved one.

Self-Care For Caregivers is a partnership between BACOA and the Garlands. This program offers a combination of time tested practices and innovations in self-care.

Our guest presenters are:

**Trish Abbey**, is a Licensed Clinical Social Worker who specializes in working with older adults. She'll cover *Mindfulness Techniques* that can help reduce caregiver anxiety as well as helping them to focus on their goals.



**Mary Helen Ekstam** JourneyCare's Community Outreach Manager, brings over 36 years of experience in healthcare administration, education, and outreach to our event. She will cover *Music: A Healthy Tool To Manage Stress*. She'll explore ways to incorporate music into one's life to manage stress and improve health.

***Self-Care for Caregivers***  
**November 6, 2019**

Garlands Performing Arts Center  
1000 Garlands Lane  
Barrington, IL 60010

*Free Event*

5:00 p.m. Light Dinner Served

5:45- Program Begins

Please RSVP to  
(847) 381-5030

## Making Music Memorable

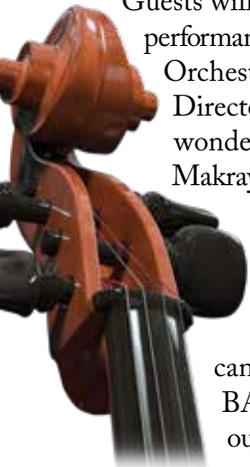
### *Annual Awareness Luncheon - October 30th*

When you join us at our Annual Awareness Luncheon, you'll learn how music enhances the memory of Alzheimer's and dementia patients from guest speaker Mary Helen Ekstam of JourneyCare.

Guests will also enjoy a live performance by the Elgin Symphony Orchestra Trio with Music Director Andrew Grams and a wonderful lunch at the beautiful Makray Golf Club in Barrington.

Learn about the exciting new things happening and plans for 2020.

Tickets are \$45 and can be purchased online at BACOA.org or by calling our office at (847) 381-5030.



## Save the Date – Dancing With The Barrington Stars, February 8, 2020

Who will be the 2020 Stars that will compete for local stardom? You'll need to stay tuned to find out. Please save the evening of February 8, 2020 for Dancing With The Barrington Stars, BACOA's main fundraiser. Program and ticket information will be available soon.



## Driver's Needed

BACOA's Easy Riders program provides transportation to older adults who are in need of help to run local errands and attend doctor or dentist appointments. A group of dedicated volunteers makes this program a reality. Demand for local transportation from clients is on the rise and additional volunteers are needed to help us accommodate more riders. If you can spare a few hours per week as an Easy Riders driver we would be grateful for your investment of time. Please phone Sue McNamara at (847) 381-5030 for more information on volunteer opportunities.

