“A Day Out” Stays In

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Technology Takes Us Home

The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails.
—John Maxwell

providing important support services and critical programming to help them navigate various levels of need.

In a few short weeks, many of those needs changed. Stay-at-Home guidelines were implemented and remain our best defense against the novel Coronavirus. This alone gives new meaning to our concept of reframing aging.

However, being shut in does not mean being shut out. BACOA continues to reach people at home to provide critical services and programs with information, advice, counsel and support to adults, families and caregivers. Switching to group Zoom conferences and phone consultations kept us engaged with our clients and reminded them they are not forgotten.

We continue to adjust to a new normal, knowing it will be a while before a true normal can be achieved. Rest assured that no matter which way the wind blows, BACOA, with your help as a donor, volunteer or both, will continue to adjust the sails to keep us on course reframing aging.

With gratitude,

Terri Channer
Executive Director

“A Day Out” Stays In and More...

It’s been nearly four months since the threat of spreading COVID-19 necessitated staying at home, avoiding crowds and minimizing close social contact to protect ourselves and others. With in-person gatherings not feasible right now, BACOA began offering virtual programs from cooking demos and music to art classes and games like weekly Bingo.

We’ve been staying connected with services while staying in as well. BACOA continues to provide critical services for caregivers, persons with memory loss, low vision and other issues either live online or over the phone by appointment.

While temporarily unable to offer the half-day “A Day Out” program for people with early-stage memory loss in person, BACOA continues with the upbeat social program via Zoom. Once a week for one hour people in BACOA’s “A Day Out” program can gather virtually to stay in touch with each other. Other free support programs continue online as well including a nine-week “Caregiver Stress-Busting: Chronic Illness Program,” offering coping tools to help caregivers manage stress.

Designed for family caregivers helping a loved one with chronic illnesses such as Parkinson’s, cancer, diabetes, or multiple sclerosis, the live online sessions are led by BACOA’s Pam Pellizzari and Molly Ross of NeuroBalance Center in Barrington.

Open forum discussions including Jeanette Palmer’s session “Caring for a Loved One in a COVID World” are now online. Palmer, owner of Right at Home Northwest Suburban, has been providing home assistance to seniors since 2003 with specialized focus on the needs of individuals living with dementia. Additionally, people with mild or early-stage memory loss and their care partners can still socialize at Memory Café online once a month and monthly Alzheimer’s Support Groups continue on line as well.

For more information or to sign up for programs, check BACOA.org for listings or call 847-381-5030.

Concerts were Zoomed into client homes directly from the artists and musicians in a variety of genres.

“Every one of the home concerts was very well received,” said Janine O’Leary, BACOA Program Coordinator. “At least two people were moved to tears when Sierra sang love songs and the finale of our Classical Afternoon was a moving rendition of “Amazing Grace” by the Gabis family on violin, bass and cello.”

Anyone can participate in Zoom programs whether on a computer, smartphone or regular phone.

For assistance in joining a virtual program call BACOA at 847-381-5030.
Sharinig Sunshine & Savories
Cards and Cuisine

Bringing sunshine to senior adults and healthcare workers by delivering more than 800 cards of affirmation and gratitude to local facilities was started in March by Pam Pellizzari. Pellizzari, founder of BACOA (Barrington Area Coordinating Agency on Aging), said her volunteers got the idea from Rotary, Easy Riders and Barrington FISH. “We thought this would be a fun, simple thing to do, and it certainly brought a smile to the faces of many of the people who received the cards,” she said.

Social Programs

Registration is required for all Zoom programs listed on the calendar. To receive meeting IDs and passwords, call BACOA at 847-381-5030 or email Janine O’Leary at joleary@bacoa.org. If you haven’t used Zoom before, BACOA can get you started.

The following programs are scheduled to be in person. Please register in advance and BACOA will notify you if there are any changes due to updated social distancing guidelines.

“When I’m 64”

Discussion and information program for those preparing to enroll in Medicare. The program also includes a session on topics associated with the transitions that happen at this time in the lives of older adults.
• Location: Ela Area Public Library, 275 Mohawk Trail, Lake Zurich (If social distancing guidelines change, this program will be offered via Zoom.)
• Cost: Free

The Outsiders

Enjoy a free cardio workout surrounded by nature on beautiful local trails. Walk at a safe social distance with fellow adults in July and August, weather permitting.
• Hikes are 9:30 am–Noon
• July 9: Citizens Park
• July 23: Deer Grove East
• August 20: Deer Grove West

Cuisine Club

Our monthly Cuisine Club moves outside. By purchasing boxed lunches made by some of the community’s premier caterers, we will meet and eat picnic-style in one of Barrington’s parks, weather permitting. The group will meet July 29, August 26, and September 15. For details and registration, call Janine O’Leary at 847-381-5030.

“Day Out” Program

An upbeat social gathering for people with early and mid-stage memory loss. Our program combines group discussions on current events, art projects, music therapy, light exercise and more.
• Currently meeting via Zoom once a week on Thursdays, 11:00 am–12:00 pm
• Select Tuesday Zoom meetings for this group are combined with Memory Cafe participants at 10:00 am–11:00 am on July 21, August 18 and September 15.
• Cost: Free

Memory Cafe

BACOA is partnering with Ela Area 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 have fun learning and interacting.

Essential 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.
• Currently meeting via Zoom on the second Wednesday of each month, 10:30 am–12:00 pm
• Cost: Free
• Registration required, call 847-381-5030

Low Vision/Blind Support Group
This group provides practical information, emotional support and motivation for individuals living with restricted vision.
• Currently meeting via Zoom on the second Thursday of each month 1:00 pm–2:30 pm
• Cost: Free
• Registration 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 a phone appointment.

Powerful Tools for Caregivers

Powerful Tools is a six-week course designed to assist caregivers with improved life balance by meeting the needs of a loved one or friend. Course participants hear about the different stages of caregiving and how to identify which stage they are in on their caregiving journey as well as learn helpful tips to be considered at each stage. The course includes techniques for reducing stress and tools for communication and decision-making.
• Course dates are Wednesdays September 23–October 28, 10:00 am–12:30 pm
• Cost: Suggested donation is $35 per person to cover the cost of materials and instruction, but no one is turned away because of inability to pay.
• Registration required, call 847-381-5030

Rotary, Easy Riders and Barrington FISH

These programs are suspended through September 2020.
July

2 Family Feud, 1–2 pm
   Virtual/Zoom
   Adult Day Program, 10–11 am
   Virtual/Zoom Activity
4 Holiday | Office Closed
7 Stress Busters for Caregivers
1–2:30 pm | Virtual/Zoom
   Bingo, 11–12 pm | Virtual/Zoom
8 Alzheimer’s/Caregivers
   Support Group, 10:30 am
   Virtual/Zoom
   American Trivia, 11–12 pm
   Virtual/Zoom
9 Low Vision/Blind Support
   Group, 1–2:30 pm
   Virtual/Zoom
Fall Prevention, 1–2 pm
   Virtual/Zoom
Outsiders, 9:30 am
   Citizens Park
   Adult Day Program, 10–11 am
   Virtual Zoom Activity
13 America’s Craziest
   Presidential Elections
   10–11 am | Virtual/Zoom
   Adult Day Program, 10–11 am
   Virtual/Zoom Activity
14 Stress Busters for Caregivers
   1–2:30 pm | Virtual/Zoom
   Bingo, 11–12 pm | Virtual/Zoom
15 Moving On: Downsizing and
   Housing Transitions
   1–2 pm | Virtual/Zoom
16 Adult Day Program, 10–11 am
   Virtual/Zoom Activity
   Our Continuing Civic Duty:
   Mail-in Ballots & Remaining Engaged,
   1–2 pm
   Virtual/Zoom
20 California School of the
   Arts: Where our Future Stars
   Begin, 1–2 pm | Virtual/Zoom
   The Last Chapter, 1 pm
   Virtual/Zoom
21 Memory Cafe with Ella
   Library + Adult Day Program
   10–11:30 am | Virtual/Zoom
21 Bingo, 11–12 pm | Virtual/Zoom
22 Chair Yoga with Amy
   10–11 am | Virtual/Zoom
23 Outsiders Trail Walk
   9:30–12 pm | Deer Grove East
   The Ivories in the Afternoon
   with Pianist Heidi Parker
   1–2 pm | Virtual/Zoom
27 Music: Our Guide to History
   11–12 pm | Virtual/Zoom
28 Bingo, 11–12 pm | Virtual/Zoom
29 Cuisine Club Picnic
   Medicare 101: How to
   Make the Choice, 6–7 pm
   Virtual/Zoom
   The Trains of Barrington:
   From the Chessie Line to
   Today, 10–11 am
   Virtual/Zoom
30 Adult Day Program, 10–11 am
   Virtual/Zoom Activity
31 Amazing A Capella “X”
   4–5 pm | Virtual/Zoom
   Trivia Challenge, 11–12 pm
   Virtual/Zoom

For a schedule with program descriptions, please call the BACOA office at 847-381-3050 or check the website for more information: www.bacoa.org

August

4 Bingo, 11–12 pm | Virtual/Zoom
5 Creating with Kathleen with
   local artist Kathleen McCann
   1–2 pm | Virtual/Zoom
6 Visit with the Horses of
   Walk on Farm, 11–12 pm
   Virtual/Zoom
   Adult Day Program
   10–11 am | Virtual/Zoom
7 A Marvelous Meal with
   Michelle, 1–2 pm
   Virtual/Zoom
11 Bingo, 11–12 pm | Virtual/Zoom
12 Alzheimer’s/Caregivers
   Support Group, 10:30 am
   Virtual/Zoom
13 Adult Day Program, 10–11 am
   Virtual/Zoom
19 Caregiving 101, 1 pm
   Virtual/Zoom
13 BACOA Bookworms: “Eleanor
   Oliphant is Completely Fine”
   by Gail Honeyman, 1–2 pm
   Virtual/Zoom
14 Low Vision/Blind Support
   Group, 1–2:30 pm
   Virtual/Zoom
17 The Last Chapter, 1–2:30 pm
   Virtual/Zoom
   “Tales of Madagascar”
   with Peace Corps volunteer
   Marie-Claire Sel, 1–2 pm
   Virtual/Zoom
18 Memory Cafe with Ella
   Library + Adult Day Program
   10–11 am | Virtual/Zoom
   Bingo, 11–12 pm | Virtual/Zoom
19 Tips, Tidbits & Dust Bunnies:
   Decluttering and Organizing
   1–2 pm | Virtual/Zoom
   Alzheimer’s/Caregivers
   Support Group, 10:30 am
   Virtual/Zoom
20 Outsiders Walk, 9:30–12 pm
   Crabtree Nature Preserve
21 Folk on Friday, Second Wind
   11–12 pm | Virtual/Zoom
25 Bingo, 11–12 pm | Virtual/Zoom
26 Cuisine Club Picnic
27 Adult Day Program, 10–11 am
   Virtual/Zoom
   Family Feud, 1–2 pm
   Virtual/Zoom

September

1 Bingo, 11–12 pm | Virtual/Zoom
2 Dancing to the Oldies
   11–12 pm | Virtual/Zoom
3 Adult Day Program, 10–11 am
   Virtual/Zoom Activity
6 Visit GALCIT (Graduate
   Aerospace Laboratories of
   the California Institute of
   Technology), 1–2 pm
   Virtual/Zoom
7 Holiday | Office Closed
8 Bingo, 11–12 pm | Virtual/Zoom
   Alzheimer’s/Caregivers
   Support Group, 10:30–12 pm
   Virtual/Zoom
16 Alzheimer’s/Associates
   Educational Program
   “The 10 Warning Signs of
   Alzheimer’s”, 11:30–1 pm
   Virtual/Zoom
17 BACOA Bookworms: “Home
   Work: A Memoir of My
   Hollywood Years” by Julie
   Andrews and Emma Walton
   Hamilton, 1–2 pm
   Virtual/Zoom
18 Outsiders Trail Walk
   9:30–12 pm | Crabtree Nature Center
   Adult Day Program, 10–11 am
   Virtual/Zoom
21 When I’m 64: Medicare
   Supplement Choices
   7–8:30 pm | Virtual/Zoom
23 Powerful Tools for Caregivers
   10:30–12:30 pm | Virtual/Zoom
   Fall Fest of Food: Selina Coon
   opens her kitchen, 1–2 pm
   Virtual/Zoom
24 Adult Day Program, 10–11 am
   Virtual/Zoom
25 When I’m 64: Living on a
   limited Income, 7–8:30 pm
   Bingo, 11–12 pm | Virtual/Zoom
30 Powerful Tools for Caregivers
   10:30–12:30 pm | Virtual/Zoom
You could qualify for Medicare payment help in four ways

1. Help with Medicare Part B premium
   • Income under $1461 per month; $1965 for two.
   • Savings under $9,360 for one person; $14,800 for two.

2. Social Security Extra Help for Prescriptions, also known as the Low Income Subsidy (LIS)
   • Provides help paying Medicare Part D premiums & affordable pharmacy co-payments.
   • Income for one under $1651 per month; $2175 for two.
   • Savings under $14,610 for one person; $29,160 for two.

3. Meeting Medicaid Spend Down
   • Savings under $2000 and low monthly income may qualify to receive periodic assistance with Medicaid coverage for certain months of the year.

4. Part B Preventive Benefits with no Co-Pay and no Deductible
   • If you have Medicare A & B and do not pay for certain preventive benefits.

For help with Medicaid Re-Determination Forms and all other assistance noted here, call BACOA at 847-381-5030 and ask for a SHIP (Senior Health Insurance Program) counselor for information or to make an appointment. Appointments can be completed by phone.