Above: Mary Pass and Melody Devan enjoy returning to The Outsiders hiking activities.
Did You Know?

A dementia friendly community is a village, town, city or county taking action to ensure people with dementia can live independently for as long as possible. Bacoa will soon be reaching out to the Village of Barrington and local businesses to make Barrington one of the communities in Illinois to earn this designation. When the process is complete the village will join more than a dozen Illinois municipalities including Evanston, Grayslake, Elgin, Glencoe, Westmont, Batavia, Geneva and St. Charles with this designation.

Dementia Friendly America® recognizes communities where people living with dementia and their care partners are able to engage in a variety of activities and be supported in these activities. In these towns, counties and cities, every part of the community plays a role working together to create a culture that is accessible to those with dementia.

We would like to thank the Satellite Rotary Club of the Barrington Breakfast Rotary for sharing their expertise and partnering with Bacoa to provide virtual panel presentations, assistance with Meals with Wheels deliveries; sponsoring Bacoa’s Senior Picnic; continuing the Rotary HOME Team home maintenance project for older adults and more.

Barrington Breakfast Rotary Club

Finding Your Fit

“Bacoa helps seniors where they are at... you just have to find the spots where you fit.” —Mary Pass

There is no single definition for aging. Just as we have different strengths and weaknesses growing up, each of us will experience varying levels of mental, emotional and physical health as we age. “We are redefining aging not just in the sense of how we manage during COVID, but in every sense,” said Terri Channer, Bacoa executive director. “The journey is different for each person. There’s no ‘one size fits all’ approach because we support a population facing a range of physical and cognitive abilities.”

Active, sharp and always interested in new things, Mary Pass, 77, tried several Bacoa activities before finding her fit. She wasn’t into bingo or the social lunches and was searching a bit to find her niche. That is, until her hip and ankle surgeries earlier this year. After 12 weeks of rehabilitation and with the onset of COVID stay-at-home precautions, Mary needed additional support. Not wanting to impose on her daughter by moving in while the family of five needed to work and school from home, Mary began looking for nearby services to recover at home. She reached out to Bacoa for Meals with Wheels and soon realized the service not only provided meals, but also served as a regular wellness check. Usually very social and involved, Mary began to feel isolated by early spring. “I started to feel significantly sad,” she says. A friend told her about virtual Bacoa bingo so she thought she’d give it a try. “I really like this bingo! It’s entertaining because of all of the different game styles and prizes.”

Another program she really enjoyed was the virtual tour of Walk On, a facility for equine assisted activities. Soon Mary started checking out more Bacoa virtual programs and now fills some of those empty spaces on her calendar with a variety of virtual events every week. “It’s a date to do something—to look in the mirror and get dressed and make yourself presentable to participate.”

Mary is now able to get out more as restrictions for social activities have eased, and her mobility has increased. Mary said, “During the pandemic, these safe activities—especially on Zoom—are a godsend. It combats some of the loneliness we experience in isolation or quarantine—especially those who live alone.” Thank you Mary—that’s our goal.

Get Ready to Rumba

It’s on—Bacoa’s Dancing with the Barrington Stars is going virtual, and we’re already into the swing of it. Save the date: Saturday, February 6, DWTBS will waltz into homes via Zoom. The event will have all the fashion, all the fun and all the footwork that makes this event our biggest fundraiser of the year. Visit bacoa.org or follow us on Facebook for updates and profiles of the next local celebrities to compete for the mirror ball trophy.
Bringing Back ‘A Day Out’

We’ve been waiting; you’ve been wondering—when will the popular A Day Out program return to in-person gatherings? The answer is—NOW.

Returning to Atonement Lutheran Church in Barrington, A Day Out steps out once again on October 1. The group will meet on Thursdays from 10 am–2 pm. The in-person program, designed for people with early to mid-stage memory loss, can accommodate up to eight participants.

In addition to the weekly in-person gatherings, A Day Out continues virtual programs via Zoom every Friday, joining with the virtual Memory Café group on the third Friday of each month. These online programs feature such guest speakers as Benjamin Surmi, social gerontologist and director of education and culture for Koelsch Communities in Olympia, Washington. In July, he provided a TV theme song trivia activity for the group and returned in September with a 1950s musical trivia challenge. Surmi will be speaking to Bacoa’s Alzheimer’s Support Group in November on the “Top 10 Dementia-Friendly Online Activities.” The focus of Surmi’s work is to help people to thrive—no matter what disability or cognitive disorder they may live with. Whether in-person or meeting via Zoom, A Day Out provides a new and engaging activity for participants each week. It is an opportunity for caregivers to take some time for themselves while the people in their care enjoy a supervised social activity. For more information about the program as well as the special health and safety guidelines in place for in-person sessions, please contact Pam Pellizzari at (847) 381-5030.

Essential Services

Alzheimer’s/Caregivers Support Group

Bacoa’s Alzheimer’s Support Group provides education, speakers and support for families and caregivers of people with Alzheimer’s and other dementias. It meets the second Wednesday of every month from 10:30 am–12 pm and is currently meeting via Zoom. There is no charge for this program, but registration is requested. Call Pam Pellizzari at (847) 381-5030 to register.

Low Vision Support Group

The Low Vision Support Group offers education and support for those living with restricted vision. It meets the second Thursday of each month, from 1-2:30 pm via Zoom. There is no charge to participate, but registration is required for new attendees. For details and to register, call (847) 381-5030.

Family Caregiver Support Group

In partnership with NeuroBalance Center, Bacoa is offering a new Family Caregiver Support Group. The group offers education and support for families of and people with a chronic illness. There is no charge, and meetings are held on the first Tuesday of every month from 1-2:30 pm on Zoom. Pamela Pellizzari, Bacoa’s memory programs director and Molly Ross, assistant director of operations for NeuroBalance Center co-facilitate the group. Registration is required; please call Molly Ross at (847) 800-6162.

Low-Income Home Energy Assistance Program (LIHEAP)

Bacoa can help qualifying adults in need of assistance paying utilities in the winter months. Please call (847) 381-5030 for more information or to schedule a phone appointment.

A Day Out

An upbeat social gathering for people with early to mid-stage memory loss. Our program combines group discussions on current events, art projects, music therapy, light exercise and more. See full article in this issue. In-person meetings will be held on Thursdays, 10 am-2 pm at Atonement Lutheran Church in Barrington and Fridays via Zoom. Times vary; please register for specific dates and times. There is no charge for Zoom and the in-person program fee is $45. Attendance is limited and registration is required. Call Bacoa at (847) 381-5030.

Cuisine Club in the Time of COVID

Fans and friendship brought 17 Bacoa Cuisine Clubbers together on a hot August day. After a long hiatus from dining out, the hearty group sat down to lunch in the shade of Citizen Park’s South Pavilion. Friends enjoyed a meal from Wild Asparagus Fine Catering and Gourmet Take-a-Long as well as hand-held fans to keep cool.

Memory Café

Bacoa and Ela Area Public Library in Lake Zurich have partnered to provide a fun and informal social activity program for those with memory issues and their care partners. The group meets on Zoom on the third Tuesday of every month, 10-11 am. There is no charge, however registration is required.

Rotary HOME Team

The Rotary HOME Team is back. The service, provided by the Barrington Breakfast Rotary Club, sends volunteer Rotarians to provide free basic home maintenance and repair services for older adults. Volunteers will observe COVID-19 safety protocols on their visits. Call Bacoa at (847) 381-5030.

Meals with Wheels

Bacoa’s Meals with Wheels program provides a hot, nutritious meal to older adults who are unable to prepare meals for themselves either because of poor health or low income. Participants can also receive meals on a short-term basis after a hospitalization or rehab stay. For more information about receiving Meals with Wheels, please call Bacoa at (847) 381-5030.

Easy Riders and Barrington FISH

These programs are temporarily suspended.

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. Please register in advance and Bacoa will notify you if there are any changes due to weather or updated social distancing guidelines.

The Outsiders

Enjoy a free cardio workout surrounded by nature on beautiful local trails. Walk at a safe social distance with fellow adults, weather permitting. Masks are required. Hikes are 9:30 am–12 pm. See calendar for dates.

Cuisine Club

Our Cuisine Club offers a monthly get-together at local restaurants. Upcoming gatherings will be at restaurants that have set aside private rooms for socially distanced dining. For registration, call Janine O’Leary at (847) 381-5030. See calendar for dates.
Medicare Part D Prescription Drug Review

October 15—December 7

It’s important to review your Medicare Part D prescription drug plan each year because formularies and plan costs change annually. The Medicare Evidence Development & Coverage Advisory Committee (MEDCAC) reviews new and existing medications and selects drugs to be included in the health plan’s formulary based on safety and efficacy. MEDCAC then selects the most cost-effective drugs in each therapeutic class and updates what is covered accordingly. This can mean a change in the medications included in your current plan.

October

1. Outsiders, 9:30 am
   Citizen’s Park
   A Day Out Adult Day Program, 10 am–2 pm

2. Adult Day Program Zoom Activity Call, 10–11 am

6. Support Group—Chronic Disease, 1–2 pm

7. Coffee Chat, 10–11 am

8. Bingo and a Beverage, 6:30–7:30 pm
   Virtual Tour: SOUL Harbour Ranch, 11 am–12 pm

9. Sing-Along: American Standards, 2–3 pm

12. Chair Yoga: Getting Zen at 10, 10–10:30 am

13. Virtual Bingo, 11 am–12 pm

13. Staying Sane During the COVID Pandemic, 2–2:30 pm

14. Alzheimer’s Support Group, 10:30 am–12 pm

15. Keep On Standing—Fall Prevention, 2–3 pm

15. Move Over Pumpkin Pie—Alternative Thanksgiving Sweets, 11 am–12 pm

15. Diabetes and You, 1 pm

16. A Day Out Adult Day Program, 10 am–2 pm

16. Car Care Guidelines & Accurate Maintenance, 11 am–12 pm

16. Adult Day Program Zoom Activity Call, 10–11 am

19. Last Chapter, 1–2:30 pm

20. Virtual Bingo, 11 am–12 pm

21. Virtual Memory Café, 10–11 am

21. Cooking from One World with David Powers, 11 am–12 pm

22. Art with Kaleidoscope, 1–2 pm

22. Outsiders, 9:30 am

23. Alzheimer’s Support Group, 10:30 am–12 pm

23. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

23. Coffee Chat, 10–11 am

23. Coffee Chat, 10–11 am

24. Outsiders, 9:30–11 am

24. Virtual Bingo, 11 am–12 pm

24. Virtual Bingo, 11 am–12 pm

24. Virtual Bingo, 11 am–12 pm

24. Virtual Bingo, 11 am–12 pm

25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

25. Coffee Chat, 10–11 am

25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

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25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

25. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

November

3. Virtual Bingo, 11 am–12 pm

4. Rules of the Road Review, 10 am–12 pm

5. Outsiders, 9:30–11 am

6. Virtual Day Program Zoom Activity Call, 10–11 am

7. Virtual Bingo, 11 am–12 pm

8. Alzheimer’s Support Group, 10:30 am–12 pm

9. Healthy cooking from One Life Kitchen, 11–12 pm

10. Bingo and a Beverage, 6:30–7:30 pm

11. A Day Out Adult Day Program, 10 am–2 pm

12. Alzheimer’s Support Group—Chronic Disease, 1–2 pm


14. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

15. Memory Café, 10–11 am

16. Holiday Sing Along, 2–3 pm

17. Virtual Bingo, 11 am–12 pm

17. Virtual Memory Café, 10–11 am

18. Virtual Bingo, 11 am–12 pm

18. Office Happy Hour, 11–12 pm

18. Virtual Bingo, 11 am–12 pm

18. Virtual Bingo, 11 am–12 pm

18. Virtual Bingo, 11 am–12 pm

19. Virtual Bingo, 11 am–12 pm

19. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

20. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

20. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

20. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

20. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

21. Virtual Bingo, 11 am–12 pm

21. Virtual Bingo, 11 am–12 pm

22. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

22. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

22. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

22. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

22. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

December

1. Caregiver Support Group—Chronic Disease, 1–2 pm

2. Keep Safe and Free from Scams, 7 pm

2. The Man from Libertyville, 11 am–12 pm

2. Alzheimer’s Support Group, 10 am–12 pm

2. Alzheimer’s Support Group, 10 am–12 pm

2. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

2. Alzheimer’s Support Group—Chronic Disease, 1–2 pm

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Programs subject to change. Call Bacoa at 847-381-3050 to register. 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
Aging in Place

As Bacoa strives to meet the needs of older adults at all levels of health, memory and fitness, we spoke with Jeannette Palmer, Franchise Owner and President of Right at Home to answer a few questions about aging in place.

Q. Exactly what does it mean to ‘age in place’?

A. “Aging in place” describes the desire to live in your own home in later life, so long as you are able. Remaining in your own home may involve social support and care services to help you live safely and independently.

Q. What are a few things people can do to safely stay at home as they age?

A. First, stay active. Strength and balance exercises help increase leg strength and improve balance. Second, regular doctor visits for medical, dental and vision are essential. With longer life expectancies, the value of preventive care has never been greater.

Q. What are some overlooked hazards in a home that could cause problems or be a danger to an older person living alone?

A. Falling is the number-one concern, and the risk of falling is greatest when getting up from chairs, getting in and out of the tub or shower and walking on stairs or steps. There are many ways to minimize hazards in the home that may pose a risk.

Q. When would it be considered unsafe for someone to live on their own?

A. Everyone ages differently. Some may be able to stay at home indefinitely with periodic wellness checks. Others may have varying stages of memory loss or physical restrictions that could require live-in help or daily care visits. Right at Home can offer professional advice about available services and to determine if you or your loved one can safely age in place.

About Right at Home: Right at Home provides professional in-home care, allowing loved ones to enjoy healthy lives in the comfort of a familiar environment with individualized care.