

# *Active* LIVING

A Newsletter from the Barrington Area Council On Aging

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## **SPLITS DECISION**

*Mark Hoffmann-  
Judge's Choice Award Winner  
for dance performance*



## Why We Do What We Do – *Helping Others Navigate Life*



During my first six months with BACOA I have already experienced the true meaning of our mission of reframing aging on several different levels. One story that stands out is the assistance we provided to Irene and Jim, two lovely people living here in Barrington. The Barrington Police Department, one of our key partners, notified BACOA that the couple was having extreme difficulty navigating their life. Basic

tasks like getting out of bed without a fall, taking medicine on schedule, cooking and essential household maintenance such as changing light bulbs is daunting for the couple.

Our social worker Sue McNamara stepped in and has worked with Adult Protective Services to ensure that Irene and Jim receive the services they need to remain safely in their home. Little things like bed rails to make getting in and out of bed easier. In-home physical therapy, Meals With Wheels and a device that sounds bells and whistles reminding Jim to take his medicine, are just a few of the things we've been able to accomplish in a short time. Sue has done an incredible job helping them get on track, coordinating with nurses, their physician and home helpers who monitor and assess the couples' needs. Working with outside partners, BACOA creates a family atmosphere for many who are facing life without such traditional assistance.

Today aging is much different. People want to remain independent as long as possible, participate in life and live on their terms. The need in our communities is on the rise and BACOA is answering that need by executing our 3-year strategic plan for growth.

On a personal note, I want to thank everyone for making me feel so welcome since coming aboard. We have much to do, and with your support, we'll make steady progress helping older adults participate fully in life.

With gratitude,  
Terri Channer  
Executive Director

# Caregivers – Take Moments and Have No Regrets

We recently sat down with Dr. Denise Casey, the Founder and Director of Barrington Behavioral Health & Wellness, to seek her “been there, done that” guidance on survival skills for people currently serving in caregiver roles.

Dr. Casey stated that one of the first steps a caregiver must tend to for good health is acceptance of a loved one's condition or diagnosis “When we try to cling to what it is that we want, and aren't going with the flow of life, we cause our own suffering.” She often suggests to patients that they employ the wisdom of the Serenity Prayer that suggests that one accept the thing they cannot change and adapt to the situation at hand. She adds “we all ask why me, why now, why this, and at some point within our soul we need to wrestle through that and say, it is, now what?” She also pointed out how much courage it takes to cope with caring for a friend or loved one facing a chronic illness day after day, knowing the situation isn't going to get any better.

One of the key things caretakers require is a village of people when faced with a caregiving situation. “We all struggle with how much of this is mine to deal with, where do I need help and when do I let go of some of this?”

### *Put On Your Oxygen Mask First*

During the interview Dr. Casey used an analogy from the aviation field, when the oxygen mask drops, put yours on first, then help others around you. She shared her own caregiving experience with her mother and grandmother, saying,

“You get caught up in the whirlwind, at some point I had to put my oxygen mask on first, seek out therapy. There weren't any support groups available at that time. There is tremendous power in groups, because you realize what you are going through is normal, even though it's abnormal compared to the mainstream.”

One of the key takeaways from the interview was the importance of goal setting for caregivers. Dr. Casey shared that it goes beyond taking time for a manicure. “These are goals for survival self-care, what do I need to do to keep going? Statistically the rate of caregiver related health risk goes up significantly, and many precede their loved one in death if proper management of their own care is not managed.”

The central advice we garnered was that caregivers should take moments...make memories happen, every birthday, holiday celebration—make it count. When a caregiver looks over their shoulder, they should have no regrets.



Denise Casey, Psy. D. is the Founder & Director of Barrington Behavioral Health & Wellness. She can be reached at (888) 261-2178.



Hear the long-form interview with Dr. Denise Casey on BACOA's Reframing Aging Podcast located at SoundCloud.com. Simply type BACOA in the search box to reach our channel.

### **Barrington Area Council on Aging's Powerful Tools for Caregivers class.**

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke is stressful. A six-part course, **Powerful Tools for Caregivers** can assist you to better balance your own life with the needs of a relative or friend. Course participants will learn stress reduction, communication and decision making techniques. For more information or to enroll in the next course, please phone **Matt Downing** at (847) 381-5030.

## Dancing With the Barrington Stars A Rousing Success

Tickets sold out more than a week prior to the February 9th event, where 450 people in attendance enjoyed a lively night of socializing and cheering for local dancers competing for the Dancing With the Barrington Stars title.

The evening commenced with brief addresses by BACOA Board President Dick Resseguie and Executive Director Terri Channer. Attendees watched a new video created by World Touch Productions that shared the story of a Barrington couple struggling to remain safely in their home. The care team orchestrated by a partnership

between the Barrington Police (who had been called to the home numerous times for assistance) and BACOA has helped them remain at home. The presentation made our guests aware of the growing



need for aging adult supports, and the funding required, so BACOA can continue to meet the growing demand.

Our largest fundraiser of the year, this event netted over \$120,000. We are so grateful to the committee members, dancers, sponsors and volunteers who worked hundreds of hours to make our second annual event a rousing success.

*Save the date* – The 2020 Dancing With the Barrington Stars event is scheduled for February. We'll keep you posted on the details through this newsletter, our website and online social channels.



## Senior Health Insurance Counsel Available at BACOA

BACOA's Certified Senior Health Insurance Program (SHIP) Counselors are available to help you navigate Medicare, Supplements, Medicare Advantage, Medicaid, MMAI, Prescriptions, Low-Income Benefits and answer other insurance questions. To make an appointment for the free SHIP counseling service phone (847) 381-5030. Age Options and the Illinois Department on Aging provide materials and training programs.



## Meet The Staff Sue McNamara, Social Services Manager

When you meet Sue McNamara her smile and wry sense of humor greets you. But when duty calls, she is all business, working tirelessly to protect the interests of BACOA clients. An unsung hero in the Barrington area for 17 years now, she has helped hundreds of residents in the Northwest suburbs gracefully navigate the challenges of aging. Sue is a known force in older adult advocacy, working with healthcare, law enforcement and municipal social service professionals across the region on some of the most challenging cases. We are fortunate to have such a devoted professional on the BACOA team.



## Financial Abuse of Elders on the Rise Throughout America

According to the National Adult Protective Services Association, 1 in nine seniors reported elder financial abuse over the past decade. US banks reported 24,454 cases of financial abuse to the US treasury in 2018 alone. Law enforcement cites financial crimes against seniors as one of the fastest growing forms of abuse in the nation.

Senior citizens are often targeted because they have accumulated financial resources, namely cash. Given the largely affluent demographic of the northwest suburbs, our communities are quite vulnerable to such criminal activity.

Richard Resseguie, Senior Vice President and Private Banker at the Northern Trust Company-Barrington tells us, "common forms of elder financial abuse reveal themselves as lotteries, charity scams and dishonest telemarketers who threaten seniors with IRS penalties and jail time for noncompliance with their demands." Another common scam is to call a grandparent in the middle of the night purporting to be their grandson. They claim to be in serious trouble, or even need bail money. Scammers coerce their victim to quickly send money, often overseas, and particularly when the con artist sees the grandchild is in the military.

Sadly, some of the worst cases of elder financial abuse and exploitation come from family members. Mr. Resseguie also shared, "in my career I have seen instances of financial abuse by friends, neighbors and financial advisors. Sometimes

family members need to play "detective," looking for telltale signs by examining financial statements, wire transfer activity and changes in household spending."

### Combating the Silent Menace

Statistics show only one in 44 cases of elder financial abuse are ever reported. Once older adults are exploited, they often regress, becoming ashamed or depressed about falling victim to a scam.

BACOA Staff, local law-enforcement, banking professionals and members of multi-disciplinary counseling teams are available to join forces and help older adults work through these challenges. Seeking help is necessary to get older adults back on track and ward off associated health issues related to stress.



If you suspect a loved one, friend, or neighbor may be experiencing financial abuse, please phone Sue McNamara or Diane Vos Hansen at the BACOA Office (847) 381-5030 for assistance.



*Richard Resseguie  
BACOA Board President and a Senior Vice President with the Northern Trust Company-Barrington.  
He can be reached at (847) 842-4959.*

## Service Spotlight

In each issue we feature a volunteer in our Service Spotlight. We are pleased to honor the dedicated service of Fabiola Pena who donates many hours of her time to help make our weekly bingo day possible, along with bringing her good cheer every Thursday to BACOA's A Day Out Program for people with early-stage memory loss or other health issues.

Fabiola and several of her volunteer colleagues recently prepared a soup luncheon for bingo participants. Her dynamic personality and wonderful sense of humor is evident, as she cheerfully interacts with guests and staff.

We are grateful for Fabiola's presence and can-do spirit.



## 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, 10:30am – 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, 1:00pm – 2:30pm
- 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.

### "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, 10:00am – 2:30pm
- Lutheran Church of the Atonement, 909 E. Main Street, Barrington
- Cost: \$45/day
- Registration is required: call 847-381-5030

### Memory Café

BACOA is now 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.

- Begins May 21 (third Tuesday of every month)
- Ela Area Public Library, 275 Mohawk Trail, Lake Zurich
- Cost: Free
- Registration is required, please phone (847) 381-5030

## AGING BETTER 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.

- Mondays, except holidays, 10:30am – 1:00pm
- Barrington Park District, 235 Lions Drive, Barrington
- Cost: \$7 for lunch
- Drop in or call Chris Betz (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.

- April 16, Ciao Baby Restaurant, cost \$22
- May 21, ZaZa's Tavola, cost \$25
- June 18, Neoteca, cost \$22

### 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, 10:00am – Noon
- Cook Street Coffee, 100 E. Station St., Barrington
- Cost: Free
- Drop in or call (847) 381-5030

### BACOA & Barrington's White House —Partner Events

Enjoy life living and learning with friends and neighbors at entertainment and educational events held at Barrington's Historic White House.

### Lifelong Learning Institute

Harper College and BACOA are teaming up to present engaging classes at its Lifelong Learning Institute. Registration is required online at [ce.harpercollege.edu](http://ce.harpercollege.edu) or by phoning (847) 925-6300

- All classes meet from 1:30-3:30 pm at Barrington's White House, 145 W. Main Street, Barrington
- Parking-3 hours free in the lot next to the White house or designated spots in Jewel Osco lot across the street
- Fee: \$25 per course

**April 4: You Are What You Write** – This class will cover the history of graphology followed by the basic principles of handwriting analysis. Taught by Dr. Sharon Kissane, attendees will provide handwriting samples that will be used to illustrate an hour of interactive learning. A brief question and answer session will follow.

**April 25 & May 2: Telling My Story** – Create a legacy for future generations by writing your life stories. Bring your stories and Laura Ehrke will provide a list of questions and prompts to get you started. She'll offer writing tips to tell your tales in full detail.

**May 9: History of the 7 Barrington Suburbs** – Dr. Sharon Kissane has conducted extensive research including over 400 interviews with Barrington-area residents. She'll share the fascinating history of the seven sister suburbs. You'll enjoy rich anecdotes from heartfelt to humorous and a few scandal stories along the way.

**May 23 & 30: The Presidency of Harry Truman** – Pulled onto the world stage with little experience or preparation, President Truman faced more significant challenges than any other President (except Lincoln). This 2-part class is sure to give you a new appreciation of POTUS 33.

## April

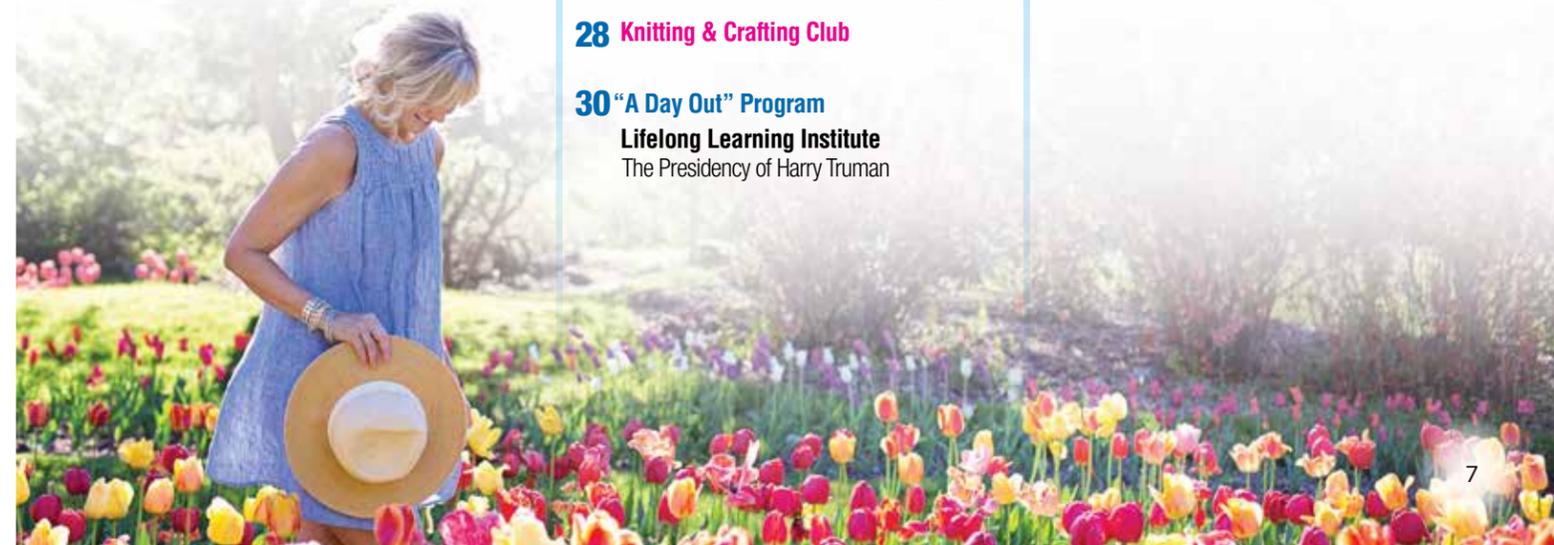
- "A Day Out" Program**  
Monday Lunch & Bingo
- "A Day Out" Program**  
Lifelong Learning Institute  
You Are What You Write
- "A Day Out" Program**  
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Knitting & Crafting Club
- "A Day Out" Program**  
Low Vision Support Group,
- "A Day Out" Program**  
Monday Lunch & Bingo
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Telling My Story
- "A Day Out" Program**  
Monday Lunch & Bingo

## May

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Ela Area Public Library, 275 Mohawk Trail, Lake Zurich  
**Cuisine Club**  
Za Za's Tavola, 5047 Shoreline Rd., Lake Barrington
- "A Day Out" Program**  
Lifelong Learning Institute  
The Presidency of Harry Truman
- Memorial Day**  
BACOA offices closed; No programs
- Knitting & Crafting Club**
- "A Day Out" Program**  
Lifelong Learning Institute  
The Presidency of Harry Truman

## June

- "A Day Out" Program**  
Monday Lunch & Bingo
- "A Day Out" Program**
- "A Day Out" Program**  
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- Knitting & Crafting Club**
- Alzheimer's/Caregiver's Support Group**
- "A Day Out" Program**  
Low Vision Support Group
- "A Day Out" Program**  
Monday Lunch & Bingo
- Memory Café**  
Ela Area Public Library, 275 Mohawk Trail, Lake Zurich  
**Cuisine Club**  
Neoteca, 130 S. Hough St.
- "A Day Out" Program**  
**Live Radio Show Performances**  
Barrington's White House
- "A Day Out" Program**  
Monday Lunch & Bingo
- Knitting & Crafting Club**
- "A Day Out" Program**  
Monday Lunch & Bingo





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(847) 381-5030

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# Save the Date

The 16th Annual  
**Barrington Brewfest**  
July 13, 2019  
3:00-7:00 p.m.

50 local breweries will be on hand,  
with variety sure to please the most  
discriminating palate.

Stay tuned; we'll be posting event  
updates and information on  
BACOA social media channels.

