

Active LIVING

A Newsletter from the Barrington Area Council On Aging

SUMMER FUN *Let's Get Moving*



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BACOA board members, Dick Resseguie (2nd from l.), Joe Lucas (2nd from r.), and volunteer George Peirce (r) take fellow rider Mark DesJardins (l) on a ride around the Barrington area.

Life's Stabilizing Force – *Family*



Family, it's one of the central stabilizing forces we have as human beings. Not only is family a source of fun at holiday gatherings, vacations or other life events, it is something we build our lives around.

Years ago families lived together, generations under the same roof or on the same block. In recent times society has become fragmented and quite mobile.

Most people are no longer living with parents and grandparents, in fact, many move for employment or to begin anew in another state or country.

The U.S. Census Bureau says that by 2050 the nation's senior population will more than double. As the senior population of the northwest suburbs continues on a growth trajectory, BACOA must deliver expanded services, programs and activities that reflect the new attitude of people demanding vibrant, independent lives.

In our work we see the additional support and encouragement needed by people as they age. Modern medicine and technology are extending lifetimes decades beyond that of our parent's generation. These advancements also present challenges and opportunities. Each week we visit with older adults who have outlived spouses, siblings and some, their children. Others we serve remain in Illinois after their family has moved away.

For some clients BACOA becomes their family. Our staff and volunteers stand in for loved ones, offering a lifeline of support and comfort. The programs we deliver promote a sense of belonging that is vitally important to healthy aging.

The BACOA family is growing and we're glad. You are the reason we can provide support services, add new activities and provide a stabilizing family environment. I hope that you will take an active part in our growth, helping older adults live life on their terms.

With gratitude,
Terri Channer
Executive Director

DEMMENTIA

The Importance of Understanding and Planning

For decades Dan Kuhn has listened to the stories of people and family members facing Alzheimer's or other dementias. As a thought leader in the care of people coping with various forms of dementia, he has immersed himself in their fears and hopes, serving as a guiding force to people facing a diagnosis that no one wishes to face.

On a recent episode of the Reframing Aging Podcast, Dan shared that many people worry if they become forgetful, but noted that this is part of the human condition. Factors

Knowledge is power, in that family members slowly assume more responsibility

like distractions, stress and other health conditions can be contributors to forgetfulness. He stated, "Dementia is an altogether different animal, it is related to a brain disorder that in most cases is irreversible. It becomes increasingly obvious, even to the untrained eye over time." When someone begins to encounter problems with language, thinking and an inability to care for oneself, it is time to seek expert advice from a neurologist.

No biological tests exist to date that specify dementia. "Unlike diabetes or heart scans, dementia has no definitive testing to detect microscopic changes in the brain. Blood tests or brain scans can be valuable to rule out other conditions like brain tumors, pernicious anemia, hypothyroidism or strokes that may mimic dementia, but require other forms of treatment.

Dan added that there have been some recent diagnostic advances using PET scans, and is hopeful that a definitive blood test will be available in the next 5-10 years. Genetic and lifestyle factors can also contribute to dementia. "Diabetes, sleep apnea, heart disease and smoking are some things to manage or avoid. On the positive side, physical exercise and a Mediterranean diet may

actually postpone the onset of dementia in late life." In addition to diet and exercise, he also recommends keeping mentally and socially active.

He also stressed the importance of securing an accurate medical diagnosis and getting everyone in the family on the same page understanding the severity of the situation. Next steps in the process would include arriving at a care plan that includes medical, financial and legal matters of concern. Dan stated, "Knowledge is power, in that family members slowly assume more responsibility as loved ones become unable to manage their own lives."

One of the nation's main Alzheimer's resources centers, The Alzheimer's Association is located in Chicago. Their 24/7 help line (800) 272-3900 is a recommended starting point for dementia education and family support systems.



Dan Kuhn, is a Licensed Clinical Social Worker and Vice President of Education at All Trust Home Care. He can be reached at (630) 920-9999



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



When Generations Become Family

Wally is a participant in our “A Day Out” program, designed to benefit those with mild cognitive or physical impairments, and early stage memory loss through social engagement.

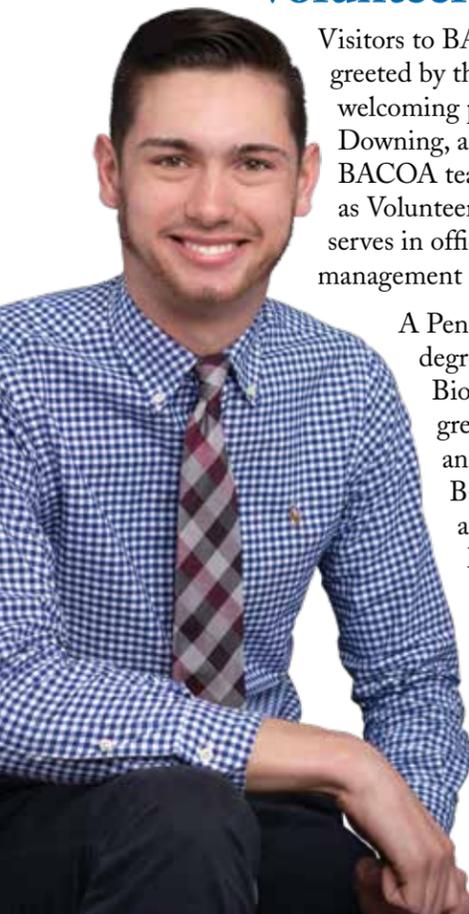
Originally from Czechoslovakia, Wally came to the United States at age 9 and his family settled in Chicago. During high school he displayed promising artistic talent and was awarded a scholarship for summer art studies at the Art Institute in Chicago. After graduating from high school, he accepted a football scholarship from Northwestern University. As most men of his generation did, Wally completed his education and enlisted in the U.S. Marine Corps, serving as an officer during the Korean War. After his discharge from the service, he worked at IBM and went on to found his own wire business. His wife became disabled at the age of 46, and Wally sold his business to care for her for more than 36 years.



Over the decades Wally honed his freehand drawing talents, humbly referring to his creations as “scratching and doodling.” In fall of 2018 “A Day Out” participants began working with budding artists, preschoolers from Lutheran Church of the Atonement on a mural called “The Tree of Life.” Tracing one another’s hands representing the leaves, drawing and carefully cutting patterns of a mural connected generations spanning over 80-years. Wally’s art talent shone through, his 70-plus years of experience was shared with toddlers, staff, volunteers and more. For a brief period of time no one was encumbered, everyone was focused, working in harmony.

For people like Wally, BACOA’s “A Day Out” program is more than respite or an activity, it’s a place to belong, engage and realize ones potential, sharing life experience amongst a supportive family like no other.

Meet The Staff Matt Downing, Volunteer Coordinator



Visitors to BACOA’s office are now greeted by the welcoming personality of Matt Downing, a recent addition to the BACOA team. Matt is now serving as Volunteer Coordinator, but also serves in office and database management functions.

A Penn State graduate with degrees in Biology and Biobehavioral Health, Matt grew up in Elgin Illinois and recently moved to Barrington. As a student and early in his career, Matt has served as a volunteer for charities supporting cancer, AIDS / HIV/STI testing and social services programs. “I have always been drawn to non-profit

work and spent the majority of my college years volunteering for the Penn State Dance Marathon, a student run charity that raises about \$10 million a year to cover pediatric cancer treatment costs and research projects. I love the Barrington community, and chose to work at BACOA after researching their outstanding programs and seeing the impact they have on the social well-being of the area’s aging population.”

In just a few short months, Matt is already making a major difference at BACOA. We are proud to have him on the team.

DON'T FORGET TO BUY YOUR TICKETS!

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

Sample an assortment of over 90 craft beer samples from 50 brewers. Enjoy great brews and music just steps from the Barrington Metra station.

Proceeds provide services to older adults being served by the Barrington Area Council on Aging.

Tickets:

Day of Event \$50
VIP (early entry, special brews, food) \$80

Visit www.barringtonbrewfest.com
Questions? Phone (847) 381-5030
Event goes on, rain or shine. Must prove age, 21 and older only.



Maximizing Summer-Safely

When you meet Joe Ozanic you are instantly greeted by his enthusiastic personality and devotion to health and fitness. For the past eight years, he has worked as a Personal Trainer at Advocate Good Shepherd Health & Fitness Center in Barrington.

During a recent interview on BACOA’s *Reframing Aging* Podcast, we asked Joe about the best and safest ways to maximize summer activity. “Victory loves preparation, Joe stated, ask yourself what will I do this week and schedule your exercise.” He also added that proper warm-up; stretching and massage are amongst the primary techniques to minimize injury risk.

Joe also emphasized the importance of doing exercise that builds core strength (muscles deep within the torso, attached to the pelvis and spine). “The core is really the foundation for other exercises, whether you are lifting 50 pounds over your head or a basket of laundry, your core strength enables you to lift, protect your spine and maintain proper balance.”

Variety is key to maintaining physical fitness. Joe suggests finding things you enjoy doing, but switching them up to avoid becoming bored with a single activity. Even if you have been inactive during the winter and



Service Spotlight

In each issue we feature a dedicated volunteer in our Service Spotlight. For the past 14 years BACOA clients have received tax counsel from Bill Decherd. When we caught up with Bill he was wrapping up the busiest tax season of all time, with 3 AARP trained volunteers serving 263 BACOA clients from February through April. “The more people I help, the better I feel,” Bill shared. His concern for the tax clients is evident, and he added, “Many of the people we serve are really in need of help, and I’m glad to be here for them.” Given the recent tax law changes, Bill advises anyone who owed money to the IRS consider withholding more dollars for the remainder of the year. He added, “the reverse holds true for those who

spotty spring weather, the first step is to get moving. “Start with walking, find a route and use a distance tracker to record your progress and slowly build time and distance. You can also use exercise as an opportunity to catch-up, walking with a family member or a friend.” You can hear additional fitness tips and a few inspiring stories of Joe’s older adult fitness clients who have transformed their health, by listening to episode 6 of our podcast at SoundCloud.com. Simply type in BACOA in the search box, and then select “tracks.”

Joe Ozanic is a Personal Trainer at Advocate Good Shepherd Health & Fitness Center in Barrington. He can be reached at (847) 714-4150.

Bonus Offer - For a limited time, BACOA clients are eligible for a free 1-week Advocate Good Shepherd Fitness Center membership and a 1-hour orientation. You will also receive a complimentary 1-hour personal training session or Pilate’s class. Call Julie Drover at (847) 620-4550 for information or to register.



Bill Decherd (left) confers with fellow volunteer John Costello during the 2019 tax season.

received tax refunds. You should reduce your withholdings and retain more of your earnings.”

Bill is one of our many valued volunteer corps members and we are grateful for his long-term devotion 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, its 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



Powerful Tools For Care Givers

Powerful Tools is a six-week course designed to assist caregivers with improved life balance while meeting the needs of a loved one or friend. Course participants will learn stress reduction, communication and decision making techniques. Class begins Tuesday, 9/17/19 and continues each Tuesday until 10/22/19. Minimum number of participants 5-6; max 12. Suggested donation to cover the cost of materials is \$35. For more information or to register call (847) 381-5030



"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



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 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.

- Tuesday, 7/16/19 - Lindy's Landing; 115 Park Street, Wauconda; \$22
- Tuesday, 8/20/19 - Farmhouse on North; 117 North Ave., Barrington; \$22
- Tuesday, 9/17/19 - Big Iron Horse Barbecue; 205 Park Ave., Barrington; \$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, 10:00 am – Noon
- Cook Street Coffee, 100 E. Station St., Barrington
- Cost: Free
- Drop in or call (847) 381-5030

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 Matt Downing at (847) 381-5030.

- 7/18/19 - Glacial Park, Ringwood
- 8/15/19 - LL Bean in South Barrington - to South Barrington Conservancy
- 9/19/19 - Volo Bog, Ingleside



When I'm 64 . . . Happenings For 2019

This program was designed to provide discussion and information on Medicare, the National Health Insurance program for individuals 65 and over. We also offer additional sessions that discuss topics associated with transitions that older adults are facing.

- **Monday, 9/9/19, 7:00 PM The Basics of Medicare –** Advocate Good Shepherd Hospital, 450 IL- Route 22, Barrington; Ground floor, conference rooms B and C,
- **Monday, 9/16/19, 7:00 PM What is a Medicare Supplement (Medigap)?** What is Medicare Advantage (Part C, Medicare Health Plan)? Ela Area Public Library, 275 Mohawk Trail, Lake Zurich
- **Monday, 9/23/19, 7:00 PM Living on Social Security –** How to Thrive and Not Just Survive on Limited Income Ela Area Public Library, 275 Mohawk Trail, Lake Zurich
- All sessions are from 7 pm – 8:30 pm
- Sessions are free, but please register via phone at (847) 381-5030

Kayaking Club

Improve muscle strength and cardiovascular fitness powering a kayak. Join us for outdoor fun, call Matt at (847) 381-3050 to register.

- 7/20/19 - 3pm - Busse Woods Main Pool Boat Launch, Elk Grove Village

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 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
- Fee: \$38 per course

WWII Radio Hour July 17, 2:00 pm – 3:00 pm

A collaboration between BACOA and the Barrington Area Library Silver Stages. Costumed & piano-accompanied live re-enactment of a 1940's Radio Hour. Songs, Choreography, comedy and a tribute to veterans in the Library Meeting Room. Please call (847) 381-5030 to register.



GATHER AT THE GARLANDS

Trivia Game Event For The Silver Generation

Join us as the Garlands and BACOA present a seniors-only Jeopardy-style game night. Clues and answers will span 50 years, between 1940-1990 covering Music, TV/Radio & more. Gift baskets will be raffled off and winners will take home prizes. Refreshments will be served. Sign-up, have some fun and make new friends. Please RSVP to Amy at the Garlands (847) 304-1996.

- Friday, 7/19/19, 2:00 pm - 3:30 pm
- The Garlands of Barrington, 1000 Garlands Lane, Barrington- Performing Arts Center

Seniors Got Talent

Calling all older community members with talent: We want to rock your world and reframe how society looks at older people. In late fall, BACOA, in partnership with the Garlands, will be holding its first "Seniors Got Talent" event. We are looking for people over the age of 55 with the gift of talent. Whether you are a singer, musician, magician, or have other hidden talents please let us know so we can showcase you. For more information, or to sign up, contact Diane at BACOA, (847) 381-5030.

Rules of the Road Review - Garlands Performing Arts Center

9/18/19 10 am - 12 pm Designed to give senior drivers and persons with disabilities knowledge and confidence to renew or obtain a driver's license. The course explains the driving exam and provides a practice written exam.



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(847) 381-5030

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Going Somewhere?

“Easy Riders” is a new transportation program providing rides to BACOA events, local errands, and appointments (including medical visits). Rides in the Barrington area are free. Call the BACOA office at (847) 381-5030 to reserve a ride.



July	August	September
<p>1 “A Day Out” Program Monday Lunch & Bingo</p> <p>4 Independence Day Offices Closed / No Activities</p> <p>8 “A Day Out” Program Monday Lunch & Bingo</p> <p>10 Alzheimer’s/Caregiver’s Support Group Knitting & Crafting Club</p> <p>11 “A Day Out” Program Low Vision Support Group</p> <p>13 Brew Fest- Barrington Metra Station Lot</p> <p>15 “A Day Out” Program Monday Lunch & Bingo</p> <p>16 Cuisine Club – Lindy’s Landing Memory Café</p> <p>17 WWII Radio Hour Barrington Area Library; 2:00pm - 3:00pm</p> <p>18 “A Day Out” Program Hiking Club Lifelong Learning Institute 27 Amendments of the Constitution (part 1)</p> <p>19 Trivia Time The Garlands Performing Arts Center</p> <p>20 Kayaking Club</p> <p>22 “A Day Out” Program Monday Lunch & Bingo</p> <p>24 Knitting & Crafting Club</p> <p>25 “A Day Out” Program Lifelong Learning Institute 27 Amendments of the Constitution (part 2)</p> <p>29 “A Day Out” Program Monday Lunch & Bingo</p>	<p>1 “A Day Out” Program</p> <p>5 “A Day Out” Program Monday Lunch & Bingo</p> <p>7 Alzheimer’s/Caregiver’s Support Group Neurobalance Center, 1529 South Grove Ave., Barrington, IL 60010</p> <p>8 “A Day Out” Program Low Vision Support Group</p> <p>12 “A Day Out” Program Monday Lunch & Bingo</p> <p>14 Knitting & Crafting Club</p> <p>15 “A Day Out” Program Hiking Club Bunco Day</p> <p>19 “A Day Out” Program Monday Lunch & Bingo – No-cost Annual Senior Picnic sponsored by Breakfast Rotary Club - RSVP at (847) 381-5030</p> <p>20 Cuisine Club – Farmhouse on North Memory Café</p> <p>22 “A Day Out” Program</p> <p>26 “A Day Out” Program Monday Lunch & Bingo</p> <p>28 Knitting & Crafting Club</p> <p>29 “A Day Out” Program</p>	<p>2 Labor Day Holiday Offices Closed / No Activities</p> <p>5 “A Day Out” Program</p> <p>9 “A Day Out” Program Monday Lunch & Bingo – No-cost Patriot’s Day Lunch & Entertainment sponsored by Barrington Area Community Foundation - Call 847-381-5030 to RSVP When I’m 64</p> <p>11 Alzheimer’s/Caregiver’s Support Group Knitting & Crafting Club</p> <p>12 “A Day Out” Program Low Vision Support Group</p> <p>16 “A Day Out” Program Monday Lunch & Bingo When I’m 64</p> <p>17 Cuisine Club – Big Iron Horse Barbecue Memory Café Powerful Tools for Caregivers</p> <p>18 Rules of the Road</p> <p>19 “A Day Out” Program Hiking Club</p> <p>23 “A Day Out” Program Monday Lunch & Bingo When I’m 64</p> <p>24 Powerful Tools for Caregivers</p> <p>25 Knitting & Crafting Club</p> <p>26 “A Day Out” Program</p> <p>30 “A Day Out” Program Monday Lunch & Bingo</p>



memory café

BACOA and the Ela Area Public Library recently launched the new Memory Café program designed to provide social engagement to people with early stage memory loss. The opening day was May 21st and 24 participants enjoyed socializing, a travelogue entitled American Icons, discussion of their travels and a visit from Lily the comfort dog (and her human Susan Kirshner). The group also enjoyed working on a spring floral project, creating a potted spring plant to take home and enjoy.

The primary goals of the program are camaraderie and connections for both the care partner and the person

experiencing memory loss. Every month Our Café will offer a new theme such as, Route 66, Family Vacations, America Our Home. Staff and trained volunteers will

incorporate a variety of activities such as art, movement, music and even pet therapy; all designed to stimulate conversation and connection with others.

Your gifts to BACOA make meaningful programs like the Memory Café possible. If you know someone who would benefit

from participation or for more information on the program, please phone Memory Programs Director **Pam Pellizzari** at 847 381-5030.

