A Virtual Event
Presented By:

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Events Calendar
Happy New Year! I hope for all of us that 2021 means brighter times and a happier outlook. Bacoa has been pushing our creative button—not only with our upcoming programs but also with ways to highlight community businesses and organizations that support programs for older adults.

Bacoa’s work in the community provides outreach, information, educational and fun programs for older adults, their families and friends. In the past two years, we’ve seen a 41% increase in the need for these programs, and we remain committed to providing the resources and services that will make the lives of older adults better.

To help fund these programs, we are introducing Project Lifeline, designed to celebrate the unique expertise businesses and organizations provide in their services to older adults. When you become a partner in Project Lifeline, you choose your level of financial support and recognition. But more importantly, your partnership will make a difference for those we serve—whether they receive a hot daily meal, participate in our caregiver programs, or simply find other friendly faces through our virtual programs.

By choosing to provide a corporate or business partnership your message will reach many of your customers and potential customers as we promote our activities. This newsletter is sent to more than 9,500 people in our northwest suburban area. And our newly updated website will provide a link to your company or group website.

You can find out more about Project Lifeline on our website at www.bacoa.org or you can call me at (847) 881-0471. I look forward to talking with you.

Terri Channer
Executive Director

Low Vision—High Spirits

Talk to any participant in the Low Vision Group and you’ll hear the same thing—it’s very difficult to lose your eyesight. Whether totally blind or struggling with limited sight, those living with impaired vision are keenly aware of how their daily activities are impacted. And yet—they are undaunted.

“Those of us in the Low Vision Group really enjoy it,” says one participant. “We learn so much.” Guest speakers and open group discussions provide tips and new discoveries to aid persons with low vision. The group also provides a sense of community, sharing information from favorite book titles, restaurants and activities to the ins and outs of taxi service in the area. Topics range from visual aids like an illuminated high-power magnifying glass for reading to useful smartphone applications. Since the program moved to a weekly Zoom call, many have found the group even more enjoyable. “I can’t see more than two feet in front of me, so in a large group I never saw anyone’s face,” said Diane Degrenier. “On Zoom, their faces are right there. You really relate to the people because you can see the face of the person you’re talking to.”

Effective solutions for activities from cooking to shopping to setting the thermostat—hint: you put dots on the dial—make everyday tasks easier. There are tips on how to see your food when cooking, like using white-lined pans or installing battery-operated lights under the microwave to shine directly on the stovetop. “There are so many good ideas,” Diane admits, “that I keep a separate steno pad by the phone just to take notes.”

Dancing with the Barrington Stars returns for a fourth year on February 6, 2021 at 7 p.m. in this virtual outing based on the popular “Dancing with the Stars” television show, five Barrington notables will light up the stage in a good-natured competition to raise funds for services supporting aging adults in our community. This year’s local celebrity couples are being coached by professional dancers from Bataille Academie of the Danse in Barrington and Insaise Chicago Dance to create their themed routines. After weeks of rehearsal, their performances will be filmed individually at Barrington High School. Tickets for the virtual event provide a front row seat to the dance competition and other entertainment including a performance by the Barrington High School a cappella group Premium Blend. Master of ceremonies Bob the DJ will keep the crowd engaged by encouraging viewers to donate to their favorite pair and purchase raffle tickets. Based on total amount of funds raised by each couple prior to and during the event, a new King and Queen of the Barrington Ballroom will be crowned at the end of the evening. Meet this year’s Barrington Stars:

Judy Gibbons, who says she’s also known as Girl Boss, Momma and Gigi, is an active participant in the community through Service Club of Chicago, Designing with Dignity and the Barrington Area Conservation Trust. Judy is a broker associate with Jameson Sotheby’s International Realty. She will dance with husband Peter, who describes himself as Scottish chieftain and Papa. He’s also a real estate professional in Chicago and broker with Jameson Sotheby’s, as well as president and general manager of Advanced Clay Technologies, Ltd.

Kate Duncan identifies as a Crossfit enthusiast and mother of two, but is also a lawyer for Akerman LLC and an elected official with the Village of Barrington. She will share the floor with her husband Lee, an underwriter at MetLife and Board member of the Church of Atonement in Barrington. The dancing duo are both graduates of Butler University and when not playing with their kids, they admit following Big East Basketball is their next passion.

Pooja Chatterji is an active member of the Biltmore Country Club and devoted supporter of charities including Scleroderma Research Foundation. She will be joined by her husband Dr. Raja Chatterji, an OB/gyn and president of the medical staff at Advocate Sherman Hospital.

Dr. Reinhold “Reiny” Llerena, father of three, resident of South Barrington and participant in Bacoa’s Front Porch project. He is a primary care physician with AMITA Health in Barrington and chief medical officer for AMITA Health Medical Group. His wife Angela, a devoted monarch butterfly watcher, gardener and

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nature lady is his dance partner. She is an exercise physiologist in cardiac and pulmonary rehabilitation at Resurrection Medical Center, a mother of three and active in PTO to support school improvements.

Amy Kane is the Marketing and Communications Coordinator for the Saint Anne Catholic Community in Barrington when not on the tennis or paddle court. Her biggest joy is mothering her blended family of seven children with her husband and now DWTBS partner, Jim. Dr. Jim Kane followed in his father’s footsteps to become a general surgeon for Suburban Surgical Care Specialists, S.C. Although far more comfortable on the golf course than the dance floor, Jim and Amy are excited to bring their athleticism and good sportsmanship to the ballroom. For tickets to watch, donate, purchase raffle tickets, or get the inside scoop on the event, go to www.bacoa.org. A link will be sent to you to access the one-hour program featuring a live real-time tally of donation “votes” and chances to purchase tickets for the spectacular diamond necklace raffle from Long & Co. Jewelers. Still have questions? Contact Janine at (847) 381-5030 or at joleary@bacoa.org.

**Inside and Online**

The holidays are over, and the weather is cold and snowy—Bacoa’s Zoom programming was made for times like this. We have an impressive array of online programs lined up over the next few months, including sessions on pet care, heart health, and fire safety, along with a live piano concert, chair yoga and much more. Access them all from the comfort of home. Visit www.bacoa.org to see the full lineup and to register.

**Meals with Wheels Raffle**

Long & Co. Jewelers of Barrington is donating a piece of beautiful diamond jewelry for the DWTBS raffle February 6. Long & Co, a boutique-style fine jewelry store, showcases timeless jewelry and this special piece is no exception. To purchase a raffle ticket for this treasure, visit bacoa.org. Raffle tickets are $20 apiece or five for $100 and can be purchased now through the night of the event.

**At Your Service**

As a new year begins, we want to highlight some helpful essential services Bacoa provides for older adults.

**LIHEAP**

Mary Ann Filippelli, a resident at Greencastle of Barrington, told us “My apartment is very hot; even with the heat off, it can be 88 or 90 degrees in the summer. I would not be able to pay the electric bills to keep it cool without LIHEAP help.” Bacoa helps Mary Ann and many others keep their families safe and healthy by assisting with applications for the Low Income Home Energy Assistance Program (LIHEAP).* Qualifying individuals in Cook County can apply for hardship grants from the utility companies to pay large or past due balances on electric and gas. These hardships can be caused by unexpected loss of employment; underemployment; or medical, senior, or disability hardships. In addition to regular utility assistance, help is available for reconnection assistance, furnace assistance and weatherization. For more information on these services or guidance on an application, call Bacoa at (847) 381-5030.

**MIPPA & SHIP**

Since 2010, approximately 10,000 people a day have turned age 65, qualifying for Medicare. The Medicare Improvement for Patients and Providers Act (MIPPA) provides assistance and outreach to eligible Medicare beneficiaries to apply for lower-cost benefit programs that reduce Medicare premiums and deductibles. But the application process can be intimidating.

As a SHIP (Senior Health Insurance Program) site, Bacoa offers educational programs to better understand Medicare. “When I’m 64” covers key topics including living on a limited income, Medicare supplement plans and Medicare basics in three one-and-a-half-hour sessions. In addition, Bacoa’s SHIP-certified counselors take appointments during Medicare open enrollment to evaluate individual Medicare Part D plans. Counselors can also help with:

- Medicare A and B, Medicare Part D and Medicare supplements
- Medicare Advantage
- Medicare-Medicaid Alignment Initiative
- Medicare Savings Programs for beneficiaries with low income
- Assistance understanding Medicare claims processing and filing appeals
- Prescription drug assistance for beneficiaries with low income
- Medicare prevention and wellness benefits
- Medicaid application assistance
- Comparative analysis of retirement insurance and Medicare for people considering retirement
- Guidance navigating the Health Insurance Marketplace for those 64 and under

For more information on these and other benefits, visit www.bacoa.org or call the office at (847) 381-5030.

*LIHEAP is administered by CEDA (Community and Economic Development Association of Cook County).
Essential & Social Services

Full descriptions and details for all essential and social services can be found on the new, easy-to-navigate bacoa.org website. Locations and availability of programs are subject to change based on COVID-related advisories and restrictions.

Alzheimer’s/Caregivers Support Group provides tools and support to those caring for people with Alzheimer’s and other dementias. There is no fee; but registration is required. Call (847) 381-5030.

Memory Café is a program designed for people with memory loss and their caregivers. Bacoa partners with Ela Area Public Library on the program, which meets the third Tuesday of the month on Zoom. For more information, call Pam Pellizzari at (847) 881-0477.

“A Day Out” Program is an upbeat social-model day program for adults with early to mid-stage memory loss. A small in-person meeting is $45 per day at Atonement Lutheran Church on Thursdays; Zoom meetings are Fridays at 10:30 a.m. To register, call (847) 381-5030.

Cuisine Club meets for lunch at local restaurants. Cost: $25 per person. Register at bacoa.org.


Family Caregiver Support Group/Chronic Disease provides education and support for families of people with a chronic illness. Bacoa partners with Neurobalance Center for this group, held the first Tuesday of the month. To register, call Molly Ross at (847) 800-6162.

Bingo is offered on Tuesdays on Zoom. Register at bacoa.org or call (847) 381-5030.

The Last Chapter: Things I Wish I Knew is an in-depth series of conversations about end-of-life issues. The monthly program is designed for anyone wishing to address and discuss death and dying, including professionals, community members, families and caregivers. Topics address quality of life, end-of-life and advanced care planning, hospice and palliative care, family dynamics, spirituality and creative arts. Sessions are offered live, via Zoom, on the third Monday of every month. For more information or to register, call Pam Pellizzari at (847) 881-0477.

Special guest speakers include Joao Partel Araujo, a resident of Portugal with backgrounds in nursing and health care management who will lead a discussion on the Humanitude method of care for end of life on Monday February 15 from 1-2:30 p.m.

January

5 Virtual Bingo
6 Family Feud
8 Adult Day Program on Zoom
12 Virtual Bingo
13 Alzheimer’s Support Group
14 Low Vision/Blind Group
15 Soup On Cooking Demo
18 Document Preparedness in 2021
19 Adult Day Program on Zoom
20 Last Chapter
22 Virtual Bingo
23 Memory Café
24 Pet Party with Barrington Animal Hospital
25 Adult Day Program on Zoom
26 Decluttering in the New Year with Spiff
27 Genealogy Research with Librarian Kate Mills
28 Bookworms: The Giver of Stars by Jojo Moyes
29 Adult Day Program on Zoom

February

1 Chair Yoga
2 AARP Income Tax Assistance begins Virtual Bingo
3 Family Caregiver Support Group
4 Jim Wittington of EHLS – Tools for At Home Independence
5 Fire Safety with Barrington Firefighter
6 AARP Income Tax Assistance Adult Day Program on Zoom
7 AARP Income Tax Assistance
8 Baking with pastry chef Taryn Boyle
9 Virtual Bingo
10 DIY Valentine Ideas
11 Alzheimer’s Support Group
12 Low Vision/Blind Group
13 Piano concert – Kristen Clark of Pittsburgh
14 AARP Income Tax Assistance Heart Health with Cardiologist Dennis McNamara
15 Adult Day Program on Zoom
16 Last Chapter
17 AARP Income Tax Assistance Virtual Bingo
18 Adult Day Program on Zoom

March

1 Chair Yoga
2 AARP Income Tax Assistance Virtual Bingo
3 Family Caregiver Support Group
4 Robberies, Hold-ups and Shoot-outs of Lake County
5 Stress-busting Program for Caregivers/Chronic Disease
6 Outsiders Walking Group
7 AARP Income Tax Assistance Adult Day Program on Zoom
8 AARP Income Tax Assistance Virtual Bingo
9 Virtual Bingo
10 Stress-busting Program for Caregivers/Chronic Disease
11 Alzheimer’s Support Group
12 Low Vision/Blind Group
13 Alphabet Soup – Deciphering Acronyms You Need to Know
14 AARP Income Tax Assistance Chicago Highlanders Pipe & Drum Concert
15 Adult Day Program on Zoom
16 AARP Income Tax Assistance Cuisine Club
17 The Art of Brunch – Cooking Demo
18 AARP Income Tax Assistance Virtual Bingo
19 Stress-busting Program for Caregivers/Chronic Disease
20 AARP Income Tax Assistance Journey of Sandhill Cranes
21 Stress-busting Program for Caregivers/Chronic Disease
22 AARP Income Tax Assistance Adult Day Program on Zoom
23 Stress-busting Program for Caregivers/Chronic Disease
24 AARP Income Tax Assistance Virtual Bingo
25 Stress-busting Program for Caregivers/Chronic Disease
26 AARP Income Tax Assistance Adult Day Program on Zoom
27 Stress-busting Program for Caregivers/Chronic Disease
28 Family Feud

Programs subject to change. To register, call the Bacoa office at (847) 381-5030 or register online at www.bacoa.org. For a schedule with program descriptions, call the Bacoa office or check the website for more information.
AARP Income Tax Assistance

Early February–April

Bacoa partners with AARP to provide free income tax assistance. The AARP Foundation Tax-Aide Program assists low- to moderate income taxpayers file state and federal income tax. Call after January 15 to schedule an appointment. Due to COVID-19, this program is subject to change. Visit our website at www.bacoa.org for up-to-date information or call the Bacoa office at (847) 381-5030.

Stress-Busting for Caregivers

A 10-week educational series for caregivers of people living with Parkinson’s, multiple sclerosis, dementia, heart disease and other chronic illnesses. This program provides methods to help caregivers with stress management, coping and relaxation techniques. Starting Wednesday, March 3 from 1–2:30 p.m., the weekly program meets virtually. To register, contact Molly Ross of Neurobalance Center in Barrington at (847) 800-6162.