Special Delivery

_Bacoa’s Meals with Wheels program serves up a filling meal and a friendly face_

Bacoa’s Meals with Wheels program is many things: A hot, nutritious meal delivered to the homebound and vulnerable; a well-being check for the isolated during these difficult times; a connection for the lonely with the outside world. Many recipients eagerly await their lunchtime delivery—the meal, along with the friendly smile that accompanies it. While some see the Meals with Wheels program as temporary assistance after surgery or a rehabilitation stay, others rely on the program as a way to stay fed and living independently in their homes.

The pandemic has brought the need for the Meals with Wheels program into sharp focus. Now more than ever, older adults in the Barrington area are using this important local service. Last year alone, dedicated volunteers delivered more than 4,000 meals with wheels. (Continued on page 2)
(Continued from page 1)

meals, along with shelf-stable emergency food boxes.

The pandemic, though, has affected the supply chain of this weekday meal delivery. When the hot meal menu was cut to two days per week, frozen meals were added to the delivery. Bacoa worked with area restaurants to provide special, restaurant-quality meals two times a month—a benefit to local businesses as well. To further supplement the program, volunteers deliver the Community Meal offering on two evenings a month.

The cost of one meal is $5, and more than 90 percent of recipients cannot pay the full cost. Whether the food is frozen or fresh, the meals are an essential piece of the local food security puzzle. This increased need for the Meals with Wheels program unfortunately occurs at a time when the funding in our area has been dramatically decreased. When the Barrington Area United Way merged with the United Way of Metro Chicago last year, the Meals with Wheels program lost its main source of funding. Individual donors have stepped forward to help fill the gap, but Bacoa is looking to its supporters for long-term solutions to fund this life-sustaining program.

Please call the Bacoa office if you are able to contribute funds or your time to the Meals with Wheels program. We need your help to protect this essential service. And if you or a loved one would like to receive Meals with Wheels, call Bacoa at (847) 381-5030 for further assistance.

Spring Ahead

As I write this letter, I’m thinking spring and planning ahead.

Hopefully, by spring many of us will have been vaccinated and feel comfortable to be out and about. During the past month, Bacoa has been helping older adults sign up for the vaccine and offering rides to those who need to get to a site.

Bacoa has been making plans, too. We are returning to outdoor activities like our Outsiders walking group as well as a number of indoor in-person activities with appropriate safety protocols. And Bacoa’s Zoom programs will still be around, as people have asked us to continue this fun and engaging format. You can continue to tune into historical presentations, music performances, cooking demonstrations, and fun games like Family Feud, bingo, and trivia.

Please check out our listings throughout this newsletter and on the Calendar page. If you don’t see what you want, give us a call and let us know—we’ll see if we can get something started.

Terri Channer
Executive Director
All the Right Steps

What a blast we had at Bacoa’s fourth annual Dancing with the Barrington Stars virtual event on February 6. It was so much fun watching the amazing dance routines and hearing the dancers talk about their commitment to Bacoa and aging adults in our community.

Thank you all who participated—either as a coveted sponsor, an enthusiastic and talented dancer, a friend, a supporter, a lover of giving back to the amazing community we enjoy, or someone who really wanted the stocked bar cart or the beautiful diamond necklace.

We sold 523 tickets; had more than 530 donors and raised nearly $240,000! There were 19 different watch parties—not only in this area but also ones held in California, Colorado, and Atlanta, Georgia.

Thank you to all from the Bacoa staff, board, and aging adults we help. We can’t wait to see you again next year.

Transportation and COVID vaccination assistance

Older adults who need help making an appointment for a COVID vaccine can call Bacoa. While we cannot give you priority to receive the vaccination, we will work to sign you up for a waitlist and find possible locations. If you’ve made an appointment within the Barrington area, and you need a ride, please call us. Volunteers in our Easy Riders transportation program can take you where you need to go.

Memory Screening

Bacoa is offering a memory screening program to assess for possible mild cognitive impairment and dementia. Screenings are not meant to diagnose, but to help identify any memory issues that can be further addressed with a physician. In-home and Zoom appointments are available starting April 1. Call Sue at Bacoa to schedule an appointment.
Community Connections: Bacoa and BHS

At the beginning of the COVID pandemic, Bacoa Program Coordinator Janine O’Leary faced a big challenge: How would Bacoa continue to create and offer engaging programs that address a wide variety of interests while using a virtual platform? She found the answer right in the community: Barrington High School.

Janine put out an open-ended inquiry asking who might be interested in presenting to older adults, and the response was overwhelming. One of the first presenters was CUSD 220 School Board President Penny Kazmier. She not only conducted a “Casual Community Conversation” in which she answered questions on the district’s projects and plans, but also showed her culinary expertise by providing an interactive cooking demonstration. Kazmier, who writes a food column for the Daily Herald, will once again share her kitchen in May.

The BHS History Department answered the call by offering four programs by two dynamic educators, Cary Waxler and Patrick Wire. Waxler will continue his commitment to Bacoa by offering a presentation in June on the World’s Columbian Exposition of 1893 as part of an ongoing summer series on local history.

In a true win-win scenario, the BHS Performing Arts Department gained an audience for their students by offering concerts. An afternoon of classical music performed by orchestral students under the direction of Clark Sheldon wowed the Zoom crowd with Vivaldi last summer; this winter, four a capella groups under Brandon Pemberton’s direction performed a Valentine concert of love songs.

The support and commitment that BHS staff, students and administration have offered to Bacoa participants is truly remarkable. This intergenerational connection is a community builder that the pandemic helped build, and we look forward to continue building this partnership.

MORE 220 AND BACOA COMING UP

Wednesday, May 26: “Creations from the Kazmier Kitchen.” Daily Herald food columnist and CUSD 220 School Board President Penny Kazmier shares a few of her fabulous recipes in this cooking demo. 11 am via Zoom.

Thursday June 17: Barrington High School teacher Cary Waxler will discuss the planning, personalities, marvels, and sordid stories of the World’s Columbian Exposition of 1893. For six months, tens of millions of visitors viewed the latest technological marvels and global attractions at the fair that announced Chicago’s arrival as a modern city. 11 am via Zoom.
The Loneliness Epidemic

Older adults, who may already have felt isolated before, are now more vulnerable to what has been called “the loneliness epidemic.” Lynne O’Malley, community liaison and Certified Dementia Practitioner from Right at Home In Home Care and Assistance discusses what can be done to help.

Q. How does this epidemic relate to the pandemic?
A. The plight of older adults confined to their living quarters to reduce the risk of catching COVID-19, has become an epic concern. Senior centers and adult day services have gone through closure for some time and many of the social opportunities available to older adults have evaporated.

Q. What is the impact on the older adult population?
A. A recent published AARP report cited 43 percent of adults age 60 or older in the U.S.—nearly half—feeling lonely. An estimated $6.7 billion in additional Medicare funds have been spent annually due to social isolation among older adults. Isolation is one of the main risk factors that worsen preexisting conditions.

Q. Where and how can there be relief?
A. Now as the vaccine rolls out, that should be a building block to provide some mental relief for folks. But we should take this pandemic experience as a lesson to check in. No one is immune from the effects of isolation and loneliness. We need to be there for each other as human beings.

Q. How can families help their loved ones avoid loneliness?
A. The pandemic has restricted long-distance and local family members from visits. Home care can provide the support needed, and not just in the usual ways, such as assistance with personal care, housekeeping, transportation, and meal preparation. Not only now, but continuing into the “new normal,” having a caregiver provides an important sense of human connection.

About Right at Home In Home Care & Assistance
Right at Home provides professional in-home care and assistance, allowing loved ones to enjoy healthy lives in the comfort of a familiar environment with individualized care. You can feel safe knowing our caregivers are trained and follow strict COVID safety protocols.

Ouch! My Dogs are Barking!

Have you been feeling pain in the ball, arch, or heel of your feet lately? Missing that spring in your step? The long days of being home in stocking or slippered feet have caused stress on your ligaments, tendons, and joints. A shoe does more than make you look presentable—it also acts as a shock absorber and helps with overall alignment of your foot and ankle.

We are born with elasticity in our connective tissue and as we mature, that elasticity dissipates. As our ligaments and tendons get less elastic, they pull harder on the boney attachments and cause pain. If your feet and ankles have been on your mind lately, here are two tips to help reduce the pain and get back that spring in your step.

1. Start the day with a stretch. Before getting out of bed, point your toes down and up. You will feel the stretch in the back of your calf.

2. Treat yourself and get a good house shoe with a nice orthotic. This shoe will help your feet function more efficiently and give you the pep you have been missing.

If you visit our office website, you can check out the latest list of Dr. Baird-approved shoes and orthotics at drbaird.net/news

Dr. James Baird is a board-certified podiatric physician and surgeon and founder of Family Foot & Ankle Specialists in Barrington.

Learn more at www.drbaird.net, or call (847) 381-5011.
For more information or to register for programs, call Bacoa at (847) 381-5030 or visit bacoa.org. Program updates are also available on Bacoa’s Facebook page.

A Day Out is an upbeat social model day program for adults with early to mid-stage memory loss. The program is offered in person at Atonement Lutheran Church on Thursdays for a limited group; fee is $45. Free meetings are also held via Zoom on Fridays at 10:30 am. Advance registration is required for both.

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

The Last Chapter: Things I Wish I Knew is a series of in-depth 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. The sessions are offered via Zoom on the third Monday of every month from 1-2:30 pm.

Medicare and benefits assistance
As a SHIP (Senior Health Insurance Program) site, Bacoa provides resources, information and education to help people better understand Medicare and other benefits. Bacoa’s SHIP-certified counselors can provide assistance on a variety of topics, including Medicare and Medicare supplements, Medicare Part D, assistance with claims and appeals, prevention and wellness benefits and application assistance. And if you have difficulty paying for Medicare or accessing lower-cost health care, you may qualify for federal programs that can help you.

LIHEAP Energy Assistance
Through 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.

The Alzheimer’s/Caregivers Support Group provides tools and support to those caring for people with Alzheimer’s and other dementias. It meets the second Wednesday of the month from 10:30 am–noon. There is no fee; however registration is required.

The 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 second Tuesday of the month; to register call Molly Ross at (847) 800-6162.

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.

Coming in July: “Living With Less”
Many older adults may find themselves frozen in their ability to move on when it is advantageous to do so. Bacoa’s “Living With Less” series will focus on transition and aims to offer alternatives and ideas for getting things done. The series will be held on Tuesdays at 1 pm. Topics include:

July 6: Living on a low income
July 13: Moving on
July 20: Selling your home

The free Zoom discussions will be led by Bacoa’s social service counselors, Sue McNamara and Diane Vos Hansen; the third session will feature a panel discussion with two area Realtors on downsizing and selling a home. Register for one session or all three by calling Bacoa at (847) 381-5030.

Key Services
# Classes and Activities

All programs on Zoom unless otherwise noted. 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 visit the website for more information.

### APRIL

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| 7    | Sing along classics from the ‘20s to today with pianist Mark Hoffman, 11 am  
Feel Grand series—video and discussion on “The Emotions of Aging”, 1 pm |
| 8    | Bingo and a Beverage, 6:30 pm |
| 9    | "Let’s Dance" with BHS choreographer D. Graham Kostic, 1 pm |
| 14   | Get Zen at 10: Chair yoga with Amy Ritchie, 10 am |
| 15   | The Outsiders trail walking club; Citizens Park, 9:30 am  
Habitat Guide to Birding, 1 pm |
| 16   | Folk on Friday with Second Wind, 1 pm |
| 21   | Cuisine Club: Incontro A Tavola. Cost is $25; RSVP by April 13. Noon |
| 22   | LIVE Game Day at the South Barrington Park District, 1 pm |
| 23   | Art with Kaleidoscope. Cost is $20; includes supplies. RSVP by April 15. 11 am |
| 28   | What's in a Name? (Lake County Dunn Museum), 11 am |
| 29   | The Outsiders trail walking club; Deer Grove East, 9:30 am  
LIVE Game Day at the South Barrington Park District, 1 pm |
| 30   | Bacoa Bookworms: This is Happiness by Niall Williams, 11 am |

### MAY

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| 5    | Coffee Chat, 10 am  
Pianist Mark Hoffman sings classic ballads, 11 am  
Feel Grand series—video and discussion; “Conquering Diabetes”, 1 pm |
| 6    | LIVE Game Day at the South Barrington Park District, 1 pm |
| 12   | Butterfly gardening with the Lake County Forest Preserves, 1 pm |
| 13   | The Outsiders trail walking club; Deer Grove East, 9:30 am  
LIVE Game Day at the South Barrington Park District, 1 pm  
Bingo and a Beverage, 6:30 pm |
| 14   | LIVE Never Idle Hands conversation and crafts group. Location TBA, 10 am |
| 18   | Legacy checkup: Wills, trusts and more, 1 pm |
| 19   | Cuisine Club: Shakou. Cost is $25; RSVP by May 11. Noon |
| 20   | Rules of the Road, 10 am  
LIVE Game Day at the South Barrington Park District, 1 pm |
| 21   | Virtual Family Feud, 1 pm |
| 26   | Creations from the Kazmier Kitchen, 11 am |
| 27   | The Outsiders trail walking club; Deer Grove West, 9:30 am  
Make it Italian with Justin Whitlock, 1 pm |
| 28   | LIVE Never Idle Hands conversation and crafts group. Location TBA, 10 am |

### JUNE

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| 2    | Coffee Chat, 10 am  
Feel Grand series—video and discussion on “Women’s Cancers”, 1 pm |
| 7    | LIVE Bingo picnic at Citizens Park, 11 am |
| 10   | The Outsiders trail walking club; Crabtree Nature Center, 9:30 am  
Sing along to movie favorites with Bonnie Terchin. RSVP for song sheets. 2 pm |
| 11   | LIVE Never Idle Hands conversation and crafts group. Location TBA. 10 am  
Folk on Friday with Second Wind, 1 pm |
| 16   | Cuisine Club: Lindy’s Landing. Cost is $25; RSVP by June 8. Noon |
| 17   | Presentation: World’s Columbian Exposition of 1893, 11 am |
| 21   | LIVE Bingo picnic at Citizens Park. RSVP by June 1. 11 am |
| 23   | Virtual trivia, 1 pm |
| 24   | The Outsiders trail walking club; Citizens Park, 9:30 am  
Bacoa Bookworms: Golden Girl by Elin Hilderbrand, 1 pm |
| 25   | LIVE Never Idle Hands conversation and crafts group. Location TBA, 11 am |
Recover with the Right Equipment

If you have had a recent surgery, or are planning one, you may need medical equipment to help you through your home recovery. Bacoa’s no-cost lending closet can help. While availability varies, we can provide walkers with wheels and seats, wheelchairs, transport wheelchairs, commodes, canes, shower benches, tub grab bars, crutches, and other items.

Call us at (847) 381-5030 to make arrangements. Items can be picked up at the Bacoa offices, 6000 Garlands Lane, Monday through Friday between 8:30 am and 4:30 pm.

Medicare Essentials You Need to Know

Bacoa will offer its three-part “When I’m 64” series twice this year, in May and September. May’s lineup will include:

**Monday, May 3:** The Basics of Medicare. Speaker: Susan Grossinger, senior services coordinator and SHIP counselor at Advocate Good Shepherd Hospital.

**Monday, May 10:** Medicare Supplements. Speaker: Nancy Eckers, Medicare supplement agent.

**Monday, May 17:** Prescription drug plans. Speakers: Sue McNamara and Diane Vos Hansen, Bacoa social service and SHIP counselors.

All programs are from 7–8:30 pm, via Zoom. Sessions are free; to register and receive Zoom log-in information, call Bacoa at (847) 381-5030.