A Parade of Thanks

It was perfect for post-pandemic. On May 14, home care agency Right at Home organized a drive-through event at Citizens Park in Barrington to honor Bacoa. This event was a chance for Bacoa clients to express how staff efforts during the pandemic affected their lives. Some 50 cars came by to celebrate and thank the Bacoa staff in person.

“I was taken by the warmth of the event,” said Social Service Coordinator Diane Vos Hansen, “the good will of the caregiving company, the warm wishes of those we have helped in some way, or who are our regular clients.”

Melinda Lomas, a longtime friend of Bacoa, attended and left these notes of thanks and recognition:

Diane Vos Hansen and Sue McNamara for their “Moving On” presentation, in which they provided just the right information on senior living along with addressing issues and items that could become concerns. In fact, it was so well done that I signed up for more Bacoa programs via Zoom...allowing for much needed learning opportunities and social interaction during this pandemic.

Janine O'Leary for her program on mail-in voting. Having voted in person since 1973, voting by mail had become another pandemic anxiety. Her program armed me with information which allowed me to comfortably and safely perform my civic duty during life in the time of COVID.

Pam Pellizzari for her Matter of Balance course and Last Chapter program. Her professionalism (Continued on page 2)
I am so grateful for this past year. While frightening at first, it created a tremendous opportunity for Bacoa to reinvent our program model. Like every other business, we were thrown into an extraordinary crisis and needed to discover how to stay true to our mission. We were determined to not let COVID close our doors while we continued helping older adults. Although our offices were closed to the public, staff members were constantly working to answer our phones, lend words of encouragement, and address any and all needs for those reaching out.

We are excited that by keeping our phone lines open, we were able to assist people from beyond Barrington who need services, information and referrals. In fact, our supportive services programs saw a 21% increase in the number we served over the previous year.

Our virtual programs became a critical lifeline for individuals needing to see and talk with other humans. In fact, over the past year, Bacoa created more than 400 zoom programs on topics that ranged from genealogy, health, history lessons, art and music, games, fitness and cooking demonstrations.

Bacoa’s programs have started meeting again in person and we plan to continue with our virtual courses because of their ease and popularity with the public. I look forward to seeing all of you in the very near future. Thank you for continuing to be part of the Bacoa family!

Terri Channer
Executive Director
Bacoa’s Low Vision Support Group is a vital resource for those living with restricted vision. Offering education and support, this diverse group of individuals helps each other manage and overcome the challenges that come with declining vision.

Diane Benz has glaucoma, a progressive disease that must be medically managed. She heard about the Low Vision Support Group through a friend of a friend, and it has been immensely helpful to her as she navigates her new reality. The group has helped Diane realize the resources that are available to her on local and regional levels—things like accessing hand-held magnifying devices, as well as acquiring reading materials through the U.S. Library of Congress. The group also put her in touch with the Spectrios Institute of Low Vision, a Wheaton-based organization whose occupational services team showed her a variety of tools to assist with daily living. Now equipped with several pairs of glasses from Spectrios, Diane is able to continue doing the things she loves, such as hiking, travelling, and working on dollhouses. The Low Vision Support Group has given Diane a peer group to tap into as a resource, and, in turn, as a retired engineer, Diane is able to lend her expertise to the group and assist other members with tech issues.

During the pandemic, the Low Vision Support Group met monthly over Zoom. The group is currently planning to resume socially-distant outdoor lunches, with transportation assistance provided. These meetings are an opportunity for the group’s members to learn from each other and to know they are part of a supportive community. For more information or to register for the group, call Diane Vos Hansen at Bacoa at (847) 381–5030.

Each year, Bacoa awards the Palmquist-Peirce scholarship to deserving Barrington High School seniors. Named after former Executive Director Joyce Palmquist and longtime volunteer and board member Meg Peirce, the scholarships go to students who demonstrate an appreciation for the aging population and a desire to pursue a caregiving profession.

This year, Bacoa awarded three scholarships. Stephanie Wang received $1,500; she plans to pursue a philosophy major in college, as well as continue her work as a certified nursing assistant. Vidya Gundlapalli received $1,000, and plans to study biochemistry at Loyola University Chicago; Courtney Fox received $1,000, and plans to continue her studies at Illinois State University.

The Bacoa scholarships are especially meaningful to these young women, as each has had a personal experience living with an aging relative or caring for the aging population through volunteer or work positions. Whether it is by patiently feeding dinner to a resident at JourneyCare, or by learning how to safely give an injection to a diabetic grandparent, all three have learned firsthand the commitments of caregiving—and how to make a difference in the lives of others.
People living with dementia—and their families—can have a better quality of life when they remain connected to their community and participate in everyday activities. But it takes understanding and ongoing support to make this happen.

That’s why Bacoa is launching an initiative to make Barrington a dementia-friendly community. These communities—there are currently 18 throughout Illinois—have developed supportive services and programs that allow persons with dementia to continue to participate in community life. This support comes from all sectors of the community, whether it’s from businesses that make a special effort to accommodate persons with dementia, to employers who offer flexibility to caregivers, to health care providers who can help link with local resources.

Most importantly, though, it requires helping all community residents better understand dementia, to help reduce the stigma surrounding the disease, and encourage everyone to recognize and interact with community members living with it.

With the assistance from a grant from the Barrington Area Community Foundation, Bacoa has started the process of becoming a dementia-friendly community through the organization Dementia Friendly America (dfamerica.org). Communities outline how they’ll approach the process and how they’ll work with various community sectors. DFA provides a toolkit that helps with engaging supporters, analyzing community needs, and developing an action plan.

Bacoa has begun discussions with community leaders to help determine what types of services and support are possible in the Barrington area. This will help us to develop training processes and materials as well as ways to promote the program. We’re also meeting with individuals and families of persons living with dementia to learn more about what they need to feel comfortable and engaged in the community in their day-to-day activities as well as their longer-term plans.

Other elements that we have in the works: The Reading 2Connect program, which uses a selection of books to encourage reading, discussion and activities among persons with dementia. We will distribute Medic Alert ID bracelets that identify the wearer as a person with dementia and will include caregiver contact information. We’re also planning a logo-design competition for high school students to encourage intergenerational participation in the program.

Once our plans are in place, we aim to launch the program community-wide in 2022. We’re relying on the support and enthusiasm of the all community members, so if you are interested in helping at any step along the way, please give us a call.
In-Home Safety: Working Better—and Smarter

Avoiding injury from daily chores is all about logistics, the flow of your daily tasks. Jeff Dehnert, president of Dehnco Equipment, gives Bacoa a few tips on how to perform daily chores safely and efficiently:

**Basic ergonomics for manual tasks:** Avoid bending at the hip and reduce twisting; both can cause stress on the lower back. Work with a slight relaxed bend in your knees to provide a stable stance.

**Laundry:** Use a smaller laundry basket with secure handles rather than a heavy and hard-to-hold basket. Use lighter-weight bottles, and put your detergents within an arm’s length of the washer—not overhead.

**Dishes:** Wear good-fitting rubber gloves to handle slippery dishes. Store the dishes you use daily close to the dishwasher and sink, and avoid having to reach above chest level.

**Sweeping and mopping:** Stand up straight with your weight distributed as evenly as possible. Move and bend slowly—you shouldn’t be in a hurry when holding something in your hands.

**Household obstacles:** Remove them. If you have a piece of furniture, for example, that makes a doorway a tight squeeze, you might want to consider if you need it or if it can be moved to a better location. Avoid lifting heavier loads; instead, make multiple trips or slide an object.

**The bottom line:** It’s not about knowing what you should do but knowing what you can do, safely, without injury. If you are questioning if you can or can’t do a daily task, it’s best to ask for assistance rather than risk injury.

Dehnco specializes in equipment workstations that are ergonomically and sustainably designed; the company’s motto is Feel Better, Flow Better, Work Better. The Barrington company has been family-owned and operated for more than 40 years.

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Summer Fitness—Virtually

Bacoa has forged a new partnership with the White Crane Wellness Center, a Chicago nonprofit dedicated to improving and sustaining the health of older adults. Certified instructors from White Crane will lead two free virtual fitness programs weekly throughout the summer.

**Bingocize**

Bingocize will be offered on Thursdays at 1 p.m., starting July 1 and continuing through September. This class promises to increase mobility and fitness while having fun playing bingo. White Crane is even supplying prizes for winners.

On Fridays, in partnership with White Crane and Age Options, Bacoa will offer tai chi, a mind-body practice of slow, flowing exercises combining movement, meditation, and rhythmic breathing. It helps in fall prevention by increasing range of motion, strength and flexibility. This program is especially designed to aid those who suffer from arthritic pain. The 12-week program begins July 2 at 11 a.m.

Participants can join these programs at any time but are encouraged to attend weekly. For more information or to register, contact Janine at Bacoa at (847) 381–5030.
Protect Yourself From Scams

Every year, nearly 10 million Americans are victim to identity theft and scams. If you are aware of the red flags, it’ll be easier to prevent this from happening. Take note of some of these warning signs in order to protect yourself.

• **Unknown debt calls:** Phone calls from debt collectors could be a sign of fraud. Speak to the collector to ensure that this was actually based on your own accounts or purchases you made yourself.

• **Family members in danger:** Often targeting senior citizens, fraudsters pretend to be the listener’s grandchild who needs money immediately to post bail, pay medical bills or fix a broken vehicle. Be sure to verify the caller’s identity; hang up and re-call or call a different family member before sending any money.

• **Where’s my mail?** If your regular mail is no longer coming to your home, this could mean a thief has filed a change of address. When you’re not receiving bank or credit card statements, it’ll take you even longer to catch up with them.

• **Making a statement:** Check your bank and credit card statement for errors or anything that looks unfamiliar. If a purchase or any changes stand out, take action.

• **Bills, bills, bills:** If you receive a new bill for medical treatments you didn’t receive, a thief may have used your ID and insurance information.

If you’d like to hear on more ways to protect yourself and your finances, consider attending our two upcoming Zoom presentations for Bacoa: “Credit Control: Understanding and Managing your Credit” on July 14 and “Protecting Your Identity” on August 16.

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Making Medicare choices?

We’re offering our popular three-part “When I’m 64” series in September to help participants make informed decisions about Medicare and retirement issues. Sessions will include:

**Monday, September 13:** The Basics of Medicare. Speaker: Susan Grossinger, senior services coordinator and SHIP counselor at Advocate Good Shepherd Hospital.

**Monday, September 20:** Medicare Supplements. Speaker: Nancy Eckers, Medicare supplement agent.

**Monday, September 27:** Prescription drug plans. Speakers: Sue McNamara and Diane Vos Hansen, Bacoa social service and SHIP counselors.

All programs are from 7-8:30 p.m., via Zoom; participants can register for one or all three. Sessions are free; to register, call Bacoa at (847) 381-5030 or register online at bacoa.org/calendar/.
<table>
<thead>
<tr>
<th>JULY</th>
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<tr>
<td>7</td>
<td>Coffee Chat, 10 a.m.</td>
<td>Coffee Chat, 10 a.m.</td>
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<td>“Re-entry: Managing our fears as we return to a new post-pandemic reality,” 11 a.m.</td>
<td>“LawTalk: the Legal Dos and Don’ts of Selling Your Home,” 11 a.m.</td>
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<td>8</td>
<td>The Outsiders Trail Walk at Deer Grove East in Palatine, 9:30 a.m.</td>
<td>TechTalk: Snapchat 101, 1 p.m.</td>
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<td>9</td>
<td>Never Idle Hands: Conversation and crocheting/knitting. Location TBA, 10 a.m.</td>
<td>The Art of Storytelling: How to begin to tell your own compelling story, 11 a.m.</td>
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<td>“How to Remember What You Don’t Want to Forget,” 1 p.m.</td>
<td>“How to Remember What You Don’t Want to Forget,” 1 p.m.</td>
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<td>12</td>
<td>Insects of Lake County, 1 p.m.</td>
<td>The Outsiders Trail Walk at Citizens Park in Barrington, 9:30 a.m.</td>
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<td>13</td>
<td>“History Here: The 1886 Haymarket Affair,” 1 p.m.</td>
<td>“Civil War: Home Front to Frontline.” 11 a.m.</td>
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<td>14</td>
<td>“Credit Control: Understanding and Managing Your Credit,” 10 a.m.</td>
<td>Never Idle Hands: Conversation and crocheting/knitting. Location TBA, 10 a.m.</td>
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<td>Silver Sneakers Preview, Noon</td>
<td>“Folk on Friday,” 1 p.m.</td>
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<td>15</td>
<td>Virtual Tour of the Dunn Museum, 11 a.m.</td>
<td>“Protecting Your Identity,” 2 p.m.</td>
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<td>16</td>
<td>Virtual Family Feud, 1 p.m.</td>
<td>“Podcasts &amp; TED Talks: What are they and why do I want to know?” 11 a.m.</td>
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<td>20</td>
<td>TechTalk: Smartphone Photos 101, 1 p.m.</td>
<td>Never Idle Hands: Meet for crafts and conversation. Location TBA, 10 a.m.</td>
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<td>“Keeping Your Skin in the Game: Making Healthy Skin a Priority and Identifying Areas of Concern,” 11 a.m.</td>
<td>“A Guide to Palliative Care,” 1 p.m.</td>
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<td>Cuisine Club at Neoteca, $25; RSVP by July 13, 12:30 p.m.</td>
<td>Cuisine Club at ZaZa's Tavola Italiana. Cost: $25. Register by September 7, Noon</td>
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<td>22</td>
<td>The Outsiders Trail Walk at Deer Grove West in Palatine, 9:30 a.m.</td>
<td>“Name that Tune,” 11 a.m.</td>
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<tr>
<td>23</td>
<td>Never Idle Hands: Conversation and crocheting/knitting. Location TBA, 10 a.m.</td>
<td>“Sound Check: Hearing Basics,” 1 p.m.</td>
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<td>27</td>
<td>Chat with a Nurse, 1 p.m.</td>
<td>Get Zen at Ten: Chair Yoga with Amy Ritchie, 10 a.m.</td>
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<td>28</td>
<td>Hospitalization Declassified, 1 p.m.</td>
<td>The Outsiders Trail Walk at Deer Grove West in Palatine, 9:30 a.m.</td>
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<td>29</td>
<td>History Here: The U-505 and Task Force 22.3, 11 a.m.</td>
<td>Never Idle Hands: Meet for crafts and conversation. Location TBA, 10 a.m.</td>
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**Classes and Activities**

All programs on Zoom unless otherwise noted. To register or for more information, call the Bacoa office at (847) 381-5030 or online at bacoa.org.

**Bingo** is offered in person on Mondays at the Barrington Park District from 10:45 a.m.–noon for $3; Tuesdays, join for free via Zoom at 11 a.m.

**September**

1   Coffee Chat, 10 a.m.  
   “Get to Know Lake County’s First Historian, Bess Bower Dunn,” 11 a.m.  
   Feel Grand series. Video and discussion on women’s cancers, 1 p.m.  
   Wine Down Wednesday: Bingo night at Lake Barrington Shores Clubhouse. $3, 6:30 p.m.  
3   Trivia Challenge, 11 a.m.  
9   The Outsiders Trail Walk at Deer Grove East in Palatine, 9:30 a.m.  
10  Never Idle Hands: Meet for crafts and conversation. Location TBA, 10 a.m.  
    “A Guide to Palliative Care,” 1 p.m.  
15  Cuisine Club at ZaZa’s Tavola Italiana. Cost: $25. Register by September 7, Noon  
17  “Name that Tune,” 11 a.m.  
22  Get Zen at Ten: Chair Yoga with Amy Ritchie, 10 a.m.  
23  The Outsiders Trail Walk at Deer Grove West in Palatine, 9:30 a.m.  
24  Never Idle Hands: Meet for crafts and conversation. Location TBA, 10 a.m.  
28  Chat with a Nurse - Medicare Prescription Drug Plans, 1 p.m.  
29  Bacoa Bookworms. Becoming by Michelle Obama, 11 a.m.
Many older adults may find themselves frozen in their ability to move on when it is advantageous to do so. Bacoa’s new “Living With Less” series will focus on transition and aims to offer alternatives and ideas for getting things done.

The three-part series will be led by Bacoa’s social service counselors, Sue McNamara and Diane Vos Hansen and will be filled with valuable insights for those on a fixed income. “Our goal for this program is to help people spend less money on health care, food, housing, transportation, caregiving, and activities, so that they have more funds to use for alternate needs. We encourage people to be proactive so that they have choices and can make their own decisions,” explains Vos Hansen.

One of the challenges to be discussed will be downsizing and parting with possessions—

including what to do with your possessions and whether people really need to clean out their houses before putting them on the market.

“We have found that people wait for a crisis to make a decision to move,” says McNamara. “Waiting limits their options and forces them to possibly move away from where they want to live.”

New Series Helps with Paring Down

The free series will be held on Zoom on Tuesdays at 1 p.m.. Register for one session or all three by calling Bacoa at (847) 381-5030.

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

The third session will feature a panel discussion with two area Realtors, Alice M. Scifo of RE/MAX Advisors Realty and Lisa Stover from Presto Real Estate Services, who will discuss downsizing and selling a home.