



Left to right: Graham Kostic; Jessica Green; Jessica Hutchison; Arpik and Hagop Soulakian



Left to right: Al Busano, wife Dr. Jeanne Novas; Dr. Barry Rosen; Karen Lambert; Fr. Joji

## Dancing with the Barrington Stars is Back LIVE!

Tickets are on sale for Bacoo's Dancing with the Barrington Stars fundraiser, slated for February 5, 2022. In its fifth year, the show will take place on stage at the Elgin Community College Arts Center.

"After a virtual edition last year, we are excited to get back to a live event with friendly competition, all in the name of raising funds for Bacoo's mission to serve aging adults in our community," said Executive Director, Terri Channer.

All of the Stars are either partnering with or being coached or choreographed by the professionals at Bataille Academie of the Danse.

The People's Choice Award will be given to the dancer that

raises the most money before the night of the event. Dancers can also receive awards for most tickets sold and most funds raised the night of the event.

Anyone can support the event by buying an event ticket, raffle ticket, or pledging support in the name of one of the Stars from now through February 5th. Visit [www.bacoo.org](http://www.bacoo.org) to see all of the details.

### THE 2022 BARRINGTON STARS ARE:

**Jessica Green**, leader, and co-host of Courageous Conversations will be dancing with **Graham Kostic**, choreographer of the stage at Barrington High School.

**Jessica Hutchison**, leader of the local My Red Said mental health awareness campaign.

**Hagop Soulakian** will be dancing with his wife **Arpik**. **Hagop** is a teacher at Barrington High School in the Business Incubator Program.

**Dr. Jeanne Novas**, founder of Novas, Dohr, Coll and Gadson OB/GYN Associates & Medical Spa will be dancing with her husband **Al Busano**.

**Karen Lambert**, Patient Service Area President, North Illinois/President, Advocate Good Shepherd Hospital will be dancing with **Dr. Barry Rosen**. Dr. Rosen is a founding member of Advanced Surgical Care of Northern Illinois.

**Fr. Joji Thanugundla**, Associate Pastor of St. Anne Catholic Community.

# Are You a Snowbird? Information to Know.

Attention all snowbirds! Whether you are leaving town for 4 weeks or 4 months, local realtor Judy Bruce has some important home tips for you. Consider checking these items off your to-do list to ensure a smooth, post-winter return to your home.

- Don't turn off your heat! Instead, set your thermostat to between 55-60 degrees to keep your pipes from freezing. Better yet, think about installing a Nest system, which will allow you to monitor and change temperatures in the house remotely. "Using the phone app is easier than you think," says Bruce.
- Turn off your water by shutting the interior valves off.
- Remember to clean out your refrigerator and freezer, and consider unplugging it, along with other major appliances. This will help cut down on electricity expenses.

- Bruce also advises to check in with your homeowners and auto insurance agent to let them know your plans. Some policies charge higher premiums for vacant homes. And if you are leaving an unused car in the garage for several months, you might pay less for auto insurance.
- Hire someone reputable to keep your driveway and sidewalks free of snow and ice. This will help you avoid liability.
- Leave contact information with a trusted neighbor. Also, ask someone to check your mailbox occasionally while you are gone. Remember that, even when forwarding your mail, bulk items can still accumulate in your mailbox.
- Consider having a Ring doorbell installed, says Bruce. It will alert you to activity around your home and is a good deterrent to burglary.

## We Couldn't Do It Without You



If you've read the Bacoa newsletter before, you know I frequently praise staff for the compassionate service they provide to older adults. What you may not hear enough about is the dedication of the amazing volunteers who assist Bacoa.

In 2021, Bacoa offered nearly 500 programs, virtually and in person. This was only possible due to the tireless assistance of over 120 volunteers.

Volunteers assist with every

aspect of our business. Whether it is board members who conscientiously attend every board, executive or committee meeting to daily volunteers who deliver Meals with Wheels lunches to those unable to prepare their own, or our Memory Program volunteers who assist with our Adult Day Program.

We also have trained tax preparers and Senior Health Insurance providers who volunteer. Our Easy Rider drivers volunteer hundreds of hours each year taking individuals to doctor appointments.

Community volunteers help plan and execute our fundraising events. Office volunteers have supported staff by copying activity packets for our home-bound people and assisted with year-end file maintenance.

Our Friendly Visitor volunteers are crucial to those suffering from isolation and loneliness and our volunteers who call bingo and serve lunch on Mondays offer camaraderie and fun to those in attendance.

As you can see, Bacoa is able to do what it does thanks to very special volunteers. We can't succeed without them and hope you might be interested in becoming one.

A handwritten signature in blue ink that reads "Terri". The signature is written in a cursive, flowing style.

Terri Channer  
Executive Director

# Important Tips for Medication Management

Practicing safe medication management is critical to making sure your loved one is benefiting from their medications and avoiding potentially harmful interactions. Here are 10 important facts you should keep in mind.

1. Seniors use more medicines—prescription, over-the-counter and supplements— more than any other age group in the U.S.
2. Older adults often use multiple medicines, increasing the risk of drug interactions and the potential for side effects.
3. Your liver and kidneys may not work as well as when you were younger. Decreased function can affect how medicine works, is absorbed, broken down and removed from the body.
4. Medicines may stay in the body longer and cause side effects if doses are not properly adjusted.
5. Age-related changes such as weight loss, decreased body fluid and increased fatty tissue can alter the way drugs are distributed and concentrated in the body.
6. Increased sensitivity to medicines is more common in older adults.
7. Impaired memory, hearing and vision make it difficult to understand and remember instructions,

especially for those with complicated regimens.

8. Older adults tend to receive prescriptions from different healthcare professionals making it difficult to track medicines and identify drug interactions, harmful doses, and ineffective medicines.

9. Chronic conditions such as diabetes, high blood pressure, and arthritis are more common in older adults and often require a complex medicine regimen.

10. Older adults may not follow medication plans because of forgetfulness, side effects, a perception that the medicine isn't working, or cost.

BrightStarCare® of Barrington/McHenry County has a team of caregivers and nurses who are passionate about helping seniors live their best quality of life. While home care needs might be small at first, like help with meal preparation or bathing, at some point they might need nursing services like medication management. Whatever the journey is, our Director of Nursing, Gina, will help create a personal care plan to meet your loved one's specific needs. For more information or to schedule a free in-home care assessment, call 224-858-4280 or visit [brightstarcare.com/barrington-mchenry-county](http://brightstarcare.com/barrington-mchenry-county).

## BHS Students Help Local Dementia Friendly Initiative

As Bacoa gears up for the full launch of the Dementia Friendly Barrington initiative, graphic design students at BHS participated in a contest to create a logo representing the initiative. With the guidance of teacher Joe Zimka, twelve BHS students participated in the contest. Ultimately senior Kate Malooley created the winning design and was awarded \$250 for her efforts. Cash prizes were also awarded to the second and third place designs and students received Amazon Gift Cards for their efforts.

“As we work to decrease the stigma around dementia and those that live with the disease, we felt it was important to get high school students involved. Introducing the initiative across generations will help contribute to its success,” said Bacoa’s Memory Programs Manager, Pam Pellizzari.

Bacoa staff and a diverse team of community members have been planning the launch of this initiative. In an effort to raise awareness about dementia, community-wide educational programs and trainings will be provided.

A brief video on Dementia in our Community is currently being produced by World Touch Productions’ Thomas and Wade Balsamo with a roll-out in early spring.

As you begin to see Kate’s logo around town, get involved and learn how to be a good neighbor to those living with dementia.





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## Resolve to Join Us in 2022

Whether your plan for the New Year includes getting your affairs in order or simply trying something new, Bacoa's programming lineup has got you covered. Here are a few new offerings coming up. Contact Janine O'Leary, Programs Manager, at 847-381-5030 to RSVP.

**Tuesday, January 11.** "Wills, Trusts, and Legacy documents." Joe Lucas of Lucas Law discusses the critical documentation that clarifies our needs and wishes as we age. Via zoom 1.00 p.m.

**Thursday, January 13.** "The Post-Holiday Hang-Out at the South Barrington Club". Participants will engage in a white elephant swap, play family feud, and enjoy a dessert bar. Cost is \$10.1 p.m.

**Thursday, February 3.** "Custom Coasters at the MakersLab." Come and create a set of custom coasters with Ken Fritz of Barrington Area Library. RSVP by January 26. 10.30 a.m.

**Thursday, February 10.** "Decluttering. A "Neater" you in 2022." Professional Organizer Annette Migala of "Neater" offers useable advice to get us out of the chaos from our clutter to a more organized and simplified new year. Live presentation at Barrington Area Library 2.00 pm

**Thursday, February 17.** "Move to Keep Moving"- an exercise open house led by certified personal trainer, Lindy Burckle, of Fit Life in Barrington (442 W Northwest Highway). In addition to the class, there will be a healthy snack buffet and a prize giveaway. Cost is \$5 Please rsvp by 2/9

**Wednesday, March 9.** "West Side Story." This day trip includes transportation, lunch at the Cheesecake Factory and a matinee performance at the Marriott Lincolnshire. Space is limited. Cost is \$85. Registration required by February 16. 10.30- 4.00 p.m.