

Barrington Area Council on Aging, Inc.
Serving seniors, family caregivers, and the community

January/February 2008

From the Director

As we enter the New Year, we also celebrate 2007's accomplishments and thank all those who have helped us work toward achieving our goals.

I would like thank the many individuals and organizations who once again supported BACOA's mission of service to seniors, family caregivers and the community. Your gifts of time, expertise and financial support continue to be critical to our success. I would also like to thank you for helping to get out the word about BACOA and the wonderful programs and resources we have to assist seniors and caregivers in our community.

I want to thank our SHIP (Senior Health Insurance Program) counselors and social services staff for the many hours of time they have spent helping seniors understand the Medicare Part D prescription drug program and figuring out the best program for them in the coming year. I'd also like to thank those who worked on our AARP Income Tax Assistance program; it will be offered again this year, with the first appointments being scheduled in February.

We offered some new services this year as well. In March, we initiated a Parkinson's disease education and support group; in May, Penny LeNeveu and Diane Vos Hansen offered the six-week "Take Charge of Your Health" course at Barrington Horizon. We also launched our redesigned Web site, which we hope will help seniors and caregivers better link up with needed resources and information.

Over the summer and early fall, we worked with consultant Sandra Alexander of Gerontology Concepts to explore emerging needs as the baby boom population grows older. I would like to thank everyone who completed surveys, and participated in phone interviews and focus groups to help us with our research. We received some excellent input and ideas for our program planning.

I think the most exciting part of the 2007 for me, was our continuing effort to make Barrington an even more "elder-friendly community" through the formation of the Youth Board. Dominique Buttitta and I held our first meeting with the group on December 2, and the seven members really are excited about working with local seniors.

We have accomplished much and look forward to new opportunities in 2008. In the words of our past Board President, Pam McCord, I wish you a year filled with, "love, light and laughter."

Joyce

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Tax return help

BACOA is once again offering the **AARP Income Tax Assistance Program**. AARP volunteers will assist seniors with their tax returns. For more information, see page 7.

Lunch and Activities

Monday – Barrington Park District – 235 Lions Drive, Barrington

Doors open at 10:30 a.m.; bingo begins at 11; and lunch is served at noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call Linda Avellon at BACOA at (847) 852-3892.

Monday, January 7

Bingo and lunch.

Monday, January 14

Bingo and lunch. Robert Miessler, district sales manager for Collette Vacations, will present a program on "Beijing City Stay," one of BACOA's trips for 2008. Register for this special program by calling Linda Avellon at BACOA at (847) 852-3892 by January 9.

Monday, January 21

The lunch program will be closed due to Martin Luther King Jr. Day.

Monday, January 28

Bingo and lunch. January is Glaucoma Month; Diane Vos Hansen, social service coordinator at BACOA, will present a program on BACOA's Low Vision Education and Support Group. Blood pressures will be taken, and January birthdays will be celebrated.

Monday, February 4

Bingo and lunch. February is National Heart Month— wear red to celebrate. Program will be reminiscences of romance, love and marriage.

Monday, February 11 - Valentine's Day Party

Bingo and lunch. Veronica Sebastian Potter, artist and dancer, will be presenting a program on the history of flamenco classical Spanish dance.

Monday, February, 18

The Monday lunch program will be closed due to the Presidents Day holiday.

Monday, February 25

Bingo and lunch. Program to be announced. February birthdays will be celebrated, and blood pressures will be taken by Diane Vos Hansen, BACOA social services coordinator.

Thursday – Greencastle of Barrington – 445 E. Main, Barrington

11:30 a.m.-2 p.m. A "Senior Social" follows lunch. Blood pressure readings will be available on the fourth Thursday of each month. Suggested donation for meals is \$3. Advance registration required; call Linda Avellon at BACOA.

Health Education and Support

Alzheimer's and Memory Loss

Michael Babiarz, an attorney specializing in elder law issues, will speak at the January meeting of the **Alzheimer's Association Support Group**.

Babiarz will discuss legal issues pertinent to Alzheimer's patients and their caregivers. The group will meet Thursday, January 17, from 1-3 p.m.

The **February** meeting will be an open forum; it will meet Thursday, February 21, from 1-3 p.m.

The group provides education, speakers and support for families and caregivers of Alzheimer's patients. It meets the third Thursday of every month in the Eastlake Dining Room at the Garlands of Barrington, 1000 Garlands Lane, Barrington. There is no charge for this group, but registration is requested for first-time participants; please call BACOA at (847) 381-5030.

Caregiver Support

The **January** meeting of the **Caregiver Support Group** will be an open forum. Caregivers attending can discuss information pertaining to their own situations. The meeting will be held Wednesday, January 2, from 7-9 p.m.

February's meeting will be a program planning session to set up topics for the coming year; bring any topics you would like to see discussed in the group. The group will meet Wednesday, February 6 from 7-9 p.m.

BACOA's Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month at the BACOA office in the Prairievie Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. New members are always welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030.

Parkinson's Disease

A speech pathologist from Comprehensive Therapeutics will speak to the **January** meeting of the **Parkinson's Disease Education Group** on Saturday, January 26, at 10 a.m.

The group's **February** meeting will be an open meeting and planning session; it will meet on Saturday, February 23 at 10 a.m.

The group is open to Parkinson's disease patients and their family members who wish to learn more about the disease. It meets on the fourth Saturday of each month at The Garlands. For more information, or to register, call Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

The **January** meeting of the **Low Vision Education and Support Group** will be a planning session for 2008 meetings. Attendees are invited to bring ideas. The group will meet Thursday, January 10, from 1-2 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

The **February** meeting will be Thursday, February 14. Program to be announced.

The Low Vision Education and Support Group meets on the second Thursday of each month. The meetings are open to all ages, and transportation is available via Pace. (Please call Pace at 800-273-5939 the day before for reservations.) For more information on the group, please call Diane Vos Hansen at BACOA at (847) 381-5030.

Snow removal

Winter's here! If you're looking for assistance for snow removal, give the BACOA office a call at (847) 381-5030. Our staff has resources and will try to link you with some help.

Health Education and Support

Powerful Tools for Caregivers

BACOA will begin its next six-week **Powerful Tools for Caregivers** class on Thursday, February 14 from 6:30-9 p.m. The class will be held at the BACOA office in the Prairiewood Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

The course is designed for the nonprofessional caregiver helping to care for a parent, spouse, or friend who lives at home, in a nursing home, or across the country. This program helps family caregivers reduce stress, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The course, which will run through March 20, consists of six weekly sessions and is conducted on an ongoing basis throughout the year. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay. For more information or to register, please call BACOA at (847) 381-5030.

Memory Screenings

BACOA is offering free **memory screenings** on a routine basis. While the screenings are not a diagnosis, they are an important first step in the evaluation process, and serve a vital role toward detection and treatment. Those with below-normal scores will be encouraged to follow up with a full medical evaluation.

The screenings consist of a series of questions and tasks designed to test memory, language skills, thinking ability, and other intellectual functions. Each screening takes about 10-15 minutes.

Screenings will be held on an as-needed basis at the BACOA office in the Prairiewood Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. Home visits can also be arranged for Barrington-area residents who are unable to come to the office. To schedule an appointment, call BACOA at (847) 381-5030.

Brain Fitness

BACOA has become an authorized reseller of Posit Science's **Brain Fitness Program**. The program takes a novel approach to improving cognitive function in adults; it targets auditory processing—listening—because so much of the important information we take in each day comes through speech.

The Brain Fitness Program includes six listening exercises performed on a computer. The exercises are simple, and no prior computer experience is necessary. For more information or to set up a demonstration of the program at BACOA's office, please call Joyce Palmquist at (847) 381-5030.

Arthritis Foundation Exercise Program

People with arthritis *can* exercise.

The **Arthritis Foundation Exercise Program** is specifically designed for people with arthritis and emphasizes relaxation and joint-protection techniques that you can practice at home.

The program, sponsored by BACOA, the Greater Chicago Chapter of the Arthritis Foundation, and Barrington Horizon, is held on Thursdays, from 9:30-10:30 a.m. at Barrington Horizon, 1418 S. Barrington Rd., Barrington.

Cost for a ten-week session is \$22. Participants can join at any time and will be given credit toward the next session. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Meals With Wheels

A nutritious mid-day meal is provided Monday through Friday, to senior citizens who are unable to cook for themselves and do not live with a paid caregiver. Suggested donation is \$5 per meal; however, if you have special circumstances, the cost of the meal may be reduced. A home visit and assessment are required prior to program participation. Call BACOA for more information.

Things To Do

Get a jump on spring!

BACOA and the Palatine Township Senior Citizens Council are sponsoring a trip to the **Chicagoland Flower & Garden Show** at the Donald E. Stephens Convention Center in Rosemont, on Friday, March 14.

The show, now in its 14th year, features theme garden displays, gardening seminars, and a gardening marketplace, where more than 200 garden-related exhibitors will display products and services. Admission to the show also includes admission to the new Home Lifestyle Expo. The expo will be held in an adjacent hall and will feature a wide variety of home furnishing and home improvement vendors.

A motorcoach bus will leave the BACOA office at 9 a.m. and return around 5 p.m. Cost of the trip is \$38 for BACOA attendees and PTSCC members, and includes entry fee and transportation. Meals from food vendors at the show range from \$4 to \$10, and an optional wine tasting will also be offered.

For more information, call Linda Avellon at BACOA at (847) 852-3892.

Get quick on the draw at BACOA's art classes

Art Matters, a series of affordable drawing classes for seniors, is held on Thursdays at The Garlands of Barrington, 1000 Garlands Lane, Barrington. The program is held from 10 a.m.-noon. Class instructor is Lynne Helm.

Cost is \$52 for the four-week session; or \$15 for an individual class. For more information, call Linda Avellon at BACOA at 847/852-3892.

See "Jersey Boys" with BACOA and the Park District

BACOA and the Barrington Park District will sponsor a trip to a matinee performance of **"Jersey Boys,"** on Wednesday, March 19.

The award-winning musical is the story of how four blue-collar kids from New Jersey became the Four Seasons, one of the most popular groups in pop music history. The show features a panoply of the group's hits, including "Big Girls Don't Cry," "Walk Like a Man," and "Can't Take My Eyes Off You."

A motorcoach bus will leave for Chicago's LaSalle Bank Theater at 9:45 a.m. and will return to Barrington around 6:45 p.m. Cost for the trip—which includes theater tickets and transportation—is \$115. Registration is at the Barrington Park District, 235 Lions Drive, Barrington.

For more information or for reservations, contact the Barrington Park District at (847) 381-0687.



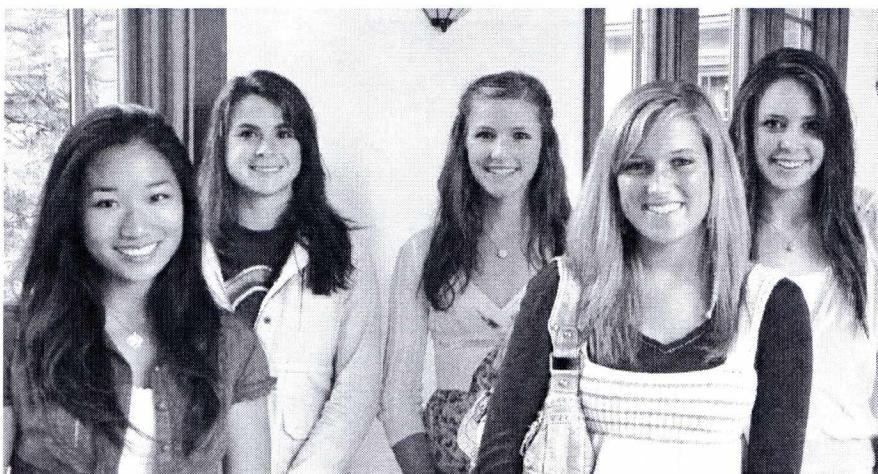
BACOA supporter Harry Logue (r) kicked off the November campaign for BACOA's Annual Fund, with a reception at The Garlands of Barrington. Joining Logue were BACOA Board members Bob Bruns and Connie Schofield.

BACOA News



Barrington Village President Karen Darch presented certificates to area residents who had completed BACOA's "Powerful Tools for Caregiving" course. Recipients included were (l to r): Kathy McLamore, Karen Darch, Mary Moy, Melinda Lomas, Claire Leininger, Carol Andler, Mary LaRocque, Mary Beth Benedict, Mary Eldridge, BACOA Executive Director Joyce Palmquist, Bob Benedict, and Meg Peirce.

BACOA welcomes Youth Board



BACOA's new Youth Board swung into action when members helped BACOA staff at a community health fair at Barrington High School in October. The group also attended BACOA's October Board of Directors meeting and has met to discuss plans and activities for the upcoming year. Members include (l to r): Judy Chung, Michelle West, Meg Crowley, Lyndsay Wilcox and Kimberly Arlington. Missing: Cassie Altenberger and Aleksandra Petrovic.

Caregivers honored at BACOA reception

BACOA recently marked National Family Caregivers Month, and the fifth anniversary of its "Powerful Tools for Caregivers" course, with a reception at The Garlands of Barrington.

Barrington Village President Karen Darch recognized November as National Family Caregivers Month and issued a village proclamation recognizing the contributions made by caregivers and encouraging "all citizens to honor the selfless service of caregivers who support their loved ones in need." She also presented certificates to nine area residents who had completed the Powerful Tools course.

BACOA began offering the Powerful Tools course in 2002, with assistance from a grant from the Barrington Area Community Foundation.

"Caregiving cuts across age, income and gender," says BACOA Executive Director Joyce Palmquist. "As the population ages, and Baby Boomers face caregiving issues for parents, spouses and siblings, the numbers and needs of family caregivers are likely to increase. BACOA recognizes the necessity of a strong support system for caregivers, and we're working to provide that through programs like Powerful Tools, as well as our support groups and other services."

BACOA News

It's tax time— and BACOA can help

BACOA is once again offering the **AARP Income Tax Assistance Program**.

A trained AARP volunteer will assist seniors with their tax returns on Thursday and Friday mornings from 9 a.m. to 1 p.m. at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

Barrington Bank & Trust will provide tax assistance on Saturdays at 201 S. Hough St. BACOA will be making appointments for both locations.

Assistance is by appointment only and will run from February 7 through Thursday, April 10.

Appointments fill quickly, so call as early as possible to schedule an appointment.

For more information or to schedule an appointment, please call BACOA at (847) 381-5030.

BACOA to discontinue Brain Aerobics

Due to decreasing numbers of participants, BACOA will no longer facilitate its monthly Brain Aerobics programs.

Numerous studies have indicated brain fitness as a possible means of preventing or delaying Alzheimer's disease. Because BACOA is committed to the value of brain fitness activities we will stay abreast of new ideas and research related to this topic.

We would also be available to do single-session presentations to any group that might be interested. If you know of a group that might want to learn more about the benefits and activities related to brain health, please contact BACOA at (847) 381-5030.

Yes! I want to help the Barrington Area Council on Aging continue to provide its programs and services to older adults, family caregivers and the community.

Enclosed is my/our gift of \$25 \$50 \$75 Other \$_____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

I have remembered BACOA in my/our will

I would like information on including BACOA in my will/estate plan

Please charge my gift of \$

VISA MASTERCARD

Acct. # _____ Exp. Date _____

Your gift is tax deductible as provided by law.

Thank you for your support!

Please return to :

Barrington Area Council on Aging

6000 Garlands Ln., Suite 100

Barrington, IL 60010

Partners In Caring	
Friend	Below \$100
Partner	\$100-\$249
Bronze Partner	\$250-\$499
Silver Partner	\$500-\$999
Gold Partner	\$1,000-\$2,499
Platinum Partner	\$2,500-\$4,999
Patron	\$5,000-\$9,999
Benefactor	\$10,000-24,999
Partners Circle of Care	\$25,000+

Transportation Assistance

FISH

Provides transportation for medical appointments on an emergency basis only. Volunteers cannot transport wheelchairs or oxygen. Call (847) 381-7474 between 7 a.m. and 5 p.m. to make arrangements for transportation. Drivers are available 8-5 p.m. Monday through Friday.

PACE Dial-A-Ride

Monday through Friday from 9 a.m.- 4 p.m. PACE provides service anywhere in Barrington and Cuba Townships as well as selected destinations in Fox River Grove and Lake Zurich. You must call 24 hours in advance. Call (800) 273-5939 to reserve your time.

PACE Dial-A-Ride

Discount Tickets

Tickets can be purchased at the BACOA office in person or through the mail. Send us a check made out to BACOA for the number of tickets you would like, and we'll mail them to you. Tickets can also be purchased on Mondays at the Senior Activity and Lunch Program at Langendorf Park. One book of tickets costs \$10. You still pay for 10 rides and get the 11th ride free.

Half-Fare Taxi Subsidy

Available from both Barrington and Cuba townships for residents 65 and over. Call (847) 381-5632 (Barrington) or (847) 381-1924 (Cuba).

Good Shepherd Hospital:

(888) 574-5700

Call between 8 a.m. and 4 p.m. Monday through Friday. You must call at least 24 hours in advance. Cost is \$5 per round trip for persons 60 and over, or \$5 each way for those under 60.

Services to the hospital campus and the Good Shepherd Fitness Center and Crystal Lake Rehab and Physical Therapy, but otherwise GSH transportation does not go to the Cary Medical Building, Smith Offices, or other doctors' offices off campus.

People must live in Algonquin, Barrington, Cary, Crystal Lake, Island Lake, Lake Zurich, McHenry, Palatine or Wauconda to use the service.

Rescue Eight Paramedic Service

(815) 788-8400

(847) 605-8400

Will transport wheelchair-bound individuals from homes to medical appointments with a lift van. Reservations are required. Call for pricing; service can bill or client may pay at time of service and get a 10 percent discount.

Driving Safely

AARP Driver's Safety Course

Formerly known as "55 Alive,"

This two-session course helps drivers 50 and older refine their driving skills and brush up on the rules of the road and license renewal requirements. You must attend both sessions to be eligible for a reduction in car insurance rates.

Good Shepherd Hospital

February 14-15

9:30 a.m.-1:30 p.m.

\$10 fee payable to AARP

Online Refresher Course

AARP is offering an online driver safety refresher course. Step-by-step instructions guide you through the screens, and customer service representatives are available to assist by e-mail and phone.

The online course fee is \$15.95 for AARP members and \$19.95 for non-members. Upon completion, you will be mailed a certificate. For more information, go to: [http://www.aarp.org/families/driver_safety\(driver_safety_online_course.html#\).](http://www.aarp.org/families/driver_safety(driver_safety_online_course.html#).)

Drivers Evaluation Lecture

If you or a loved one has physical or cognitive problems and wonder if it is safe to drive, contact Alexian Older Adult Institute and the Driver Rehabilitation Program for a talk on driver evaluations. For more information and lecture dates, call (847) 640-3119.

Health and Education at Good Shepherd

Diabetes Self-Management Program

Individual Education Counseling: Comprehensive assessment of individual needs; self-monitoring of blood glucose, nutrition, diabetes care techniques, medication and more. For information or to register, call (847) 842-4130.

Comprehensive Diabetes Overview: Three two-hour classes over three consecutive days. Classes held monthly. Medicare-approved program covers topics such as healthy eating, foot care, stress management, coping, changing behavior and exercise. For information or to register, call (847) 842-4130.

Living Well With Diabetes Support Group: Meets the last Thursday of the month from 7-8:30 p.m. and held in the community health care room in the Outpatient Pavilion. November meeting will be November 29; no December meeting. For information, call Ed or Donna Church (847) 854-9040.

Diabetes Bootcamp

Diabetes and Your Treatment Plan. Dr. Daniel So, Good Shepherd Hospital endocrinologist, will talk about diabetes and new treatment plans that may be specifically for you. *January 10, 9-10 a.m.*

Cardiovascular Complications of Diabetes. Michael N. Fortsas, MD, cardiologist and member of the Good Shepherd Hospital diabetes advisory council, will be discussing the cardiac complications that can result from diabetes. *March 13; 9-10:30 a.m.*

Health & Fitness Center

Living the Good Life: This medically-based, 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. The program covers weight training and aerobics monitored by two adaptive personal trainers and a cardiac nurse. The class meets three days a week. Medical clearance is required.

Healing Yoga: This yoga class is designed and targeted for people with life-altering physical limitations, such as arthritis, fibromyalgia, MS and Parkinson's. Six-week sessions. No membership necessary.
Tuesdays and Thursdays, 11:15 a.m.-12:15 p.m. \$132

Warm Water Workout: This class uses gentle movements to improve flexibility and range of motion. It's perfect for individuals with joint problems. Six-week sessions. No membership is necessary.
Mondays and Wednesdays, 11-11:45 a.m. \$132.

Classes held at Good Shepherd Hospital Health & Fitness Center, 1301 S. Barrington Rd., Barrington. To register and for dates, time, and cost information, call (847) 620-4561.

Senior Breakfast Club

Good Shepherd Hospital
To register, call (800) 323-8622.

January 23

Different Treatment Options for Vein Issues

Sebouh Gueyikian, MD, Good Shepherd Hospital interventional radiologist, will discuss all the different treatment options for vein issues as we age.

9-10:30 a.m.

February 27

Diagnostic Tests and Devices Used to Diagnose and Treat Cardiac Disease.

When your doctor recommends certain tests and devices to diagnose and treat different cardiac diseases, you may not always know why. Join Janet Lenz, Good Shepherd Hospital Cardiac Care Center clinician, to learn more about them.

9-10:30 a.m.

March 19

Mild Cognitive Impairment (MCI) vs. Dementia

Dr. William Rhoades, DO, division chief of geriatrics at Lutheran General Hospital in Park Ridge, will discuss how to diagnose MCI, the different subtypes, treatment options and how it differs from dementia.

9-10:30 a.m.

IMPORTANT PHONE NUMBERS

Advocate/Good Shepherd Hospital	381-9600
Advocate/GSH Bus	(888) 574-5700
Advocate/GSH Senior Advocate	382-7277
BACOA	381-5030
Barrington Area Library	382-1300
Barrington Park District	381-0687
Barrington Township	381-5632
Barrington Village Hall	381-2141
Cuba Township	381-1924
Ela Township	438-7823
(ETS) Escorted Trans Svc	253-3710 x3365
FISH	381-7474
Hospice of NE Illinois	381-5599
Meals with Wheels	381-5030
Medicare Fraud & Abuse	(800) 638-6833
PACE Dial-A-Ride (Barrington)	(800) 273-5939
PACE Information	364-7223
Palatine Township	358-6700
SHIP (Sr Health Ins Prog)	(800) 548-9034
South Barrington Park District	381-7515
Wellness Place	221-2400

If you do not wish to receive this mailing, or if you would like to receive the newsletter by e-mail, please call BACOA at (847) 381-5030.

BACOA STAFF

Joyce Palmquist, Executive Director
Linda Avellon, Program Coordinator
Sarah Hoban, Public Relations/Marketing
Penny LeNeveu, Social Services Coordinator
Sue McNamara, Administrative Assistant
Denise Nuehring, Development Director
Bonnie Scherkenbach, Social Services Coordinator
Diane Vos Hansen, Social Services Coordinator

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