

Senior Advisor

The Newsletter of the Barrington Area Council on Aging, Inc.

July/August 2005

BACOA established 1985.

Thank you to everyone who has supported BACOA for the last twenty years ! We ask for your continued support as we lead the way to the future.

GrandFamilies Day

Wednesday, July 6.

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Micro-Brew Fest

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Walk being held Saturday, July 16.

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Medicare Part D Seminar

Wednesday, June 29 and Wednesday, July 13.

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From the Director

Welcome to the July/August issue of *Senior Advisor*. During this much-anticipated time of year, we, as many of you look forward to enjoying the longer days, warmer weather, the out-of-doors, baseball (will the Cubs or Sox win or lose?) and gathering with family and friends. With this in mind, in addition to providing essential services, BACOA will also focus on activities that are enjoyable for the whole family and continue to raise awareness through various fundraising activities, which we hope you will attend.

Barrington is not as "boring" as many may think! On Thursday, June 30th, the Brat Tent's first day will be "Senior Day." The tent will open at 10:30 am with Bingo until noon, with a WW II era swing band performing from noon to 2pm. Seniors (those 63 and over) can purchase food tickets for half-price from 10:30-3:30 p.m. On the Fourth of July, BACOA will be in the parade along with many others from Barrington. Watch for us and give us a BIG WAVE!

New this year on July 6th is a BACOA sponsored "GrandFamily Day" in the Brat Tent. This day is for everyone, from age 2 to 92 featuring: bingo, kids games & crafts, building your own sundaes, music and storytelling. Bring your kid's and grandkids. My husband, Doug Saylor, and I will be the musical entertainment!

On July 9th, BACOA will be the beneficiary of funds raised from the 2nd annual Barrington Micro Brew Fest being held in the Brat Tent. Our thanks to BACOA supporter Jim Magnanenzi for organizing this great event for beer lovers.

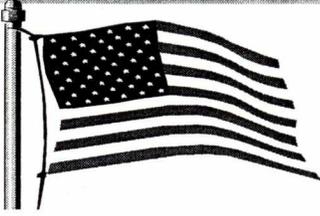
For those of you who have enjoyed past "Bloom Where You're Planted" garden walks, this year's event has been moved to July 16. We will have the pleasure of seeing Barrington area gardens in mid-summer bloom. Our thanks to the Barrington Area Real Estate Community for organizing this wonderful event, and as a reminder we will once again be raffling incredible Garden Chairs. Additional information on these events can be obtained by calling the BACOA office at 847-381-5030.

BACOA services are in full swing this this summer. Our new Arthritis Support Group will begin meeting on June 28th (regular meetings will be held on the fourth Tuesday of each month). As the result of a Barrington Area Community Foundation Grant, we will kick-off a new program in September called "Brain Aerobics."

As always, I welcome your thoughts and wish you a great summer!

Joyce

"BACOA Upcoming Events"



Senior Day at the Brat Tent

Thursday, June 30
10-12:30
Bingo
12:30-2:00
Entertainment by Joe DeLuca
Orchestra

Ticket for food are .50 (1/2 price) for seniors (age 63+) between 10-3:30 p.m.

The ticket prices are as follows:

Hot Dogs 2
Sausage 3
Brats 3
Chicken 3
Chips, pop, water, and ice cream 1 each
Nacho's 3
Childrens slushies 2

Micro Brew Fest

The second annual Barrington Micro Brew Fest, sponsored by BACOA will be held Saturday, July 9, from 1-5:30 p.m. at the Brat Tent in downtown Barrington. Sample beers from a variety of local microbreweries; nonalcoholic drinks will be available as well.

Entertainment will be provided by Big Sky String Band.

Tickets are \$30 in advance; \$35 at the door; and will be on sale at BACOA, Phillips Men's Wear, and Barrington Bank and Trust.



GrandFamilies Day

Wednesday, July 6. Bring the whole family—grandparents, grandchildren, and everyone in between—to a day of fun in downtown Barrington. Bingo, crafts, and games for young and the young at heart. Lunch, refreshments and build-your-own sundaes will be available as well. 10 a.m.-3 p.m. in the downtown Fourth of July tent at Main and Cook Streets in Barrington.

10:30-Noon

Bingo

11-2:00 p.m.

Food Available at additional cost (provided by Grandpa's Deli)

Build your own sundaes (Kaleidoscoops & GSH)

12-12:45 p.m.

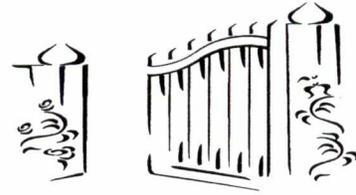
Music-Second Wind

12:45-2:00 p.m.

Storytelling

2-2:45 p.m.

Music-Second Wind



BACOA's 8th Annual Village Garden Walk

BACOA's eight annual "Bloom Where You're Planted" Village Garden Walk and boutique will be held Saturday, July 16 from 10:00 a.m. - 3 p.m.

Six to eight special gardens will be featured. Tickets are \$15 each; for more information, please call BACOA at (847)381-5030.

10th Annual Wine Tasting and Specialty Martinis

BACOA's premier fundraising event, "Cool Night...Hot Jazz" Annual Wine Tasting will be held on Friday, September 30 from 6-9:30 p.m. at The Garlands of Barrington's Performing Arts Center. Advocate Good Shepherd Hospital and UBS Financial Services, Inc. are the title co-sponsors of the event, and Ken and Sandy Wodek, owners of Armanetti's Barrington Cellars, are providing the wine.

Please join us for an evening of music featuring the John Mose Trio, Hors d'oeuvres, fine wine and specialty martinis.

Also featured will be an exciting selection of silent auction and live auction items.

NEW Programs

“Brain Aerobics” Workshop

Due to a generous grant from Advocate Good Shepherd Hospital and the Barrington Area Community Foundation, BACOA has partnered with Mather LifeWays to present this two-part workshop, which is designed to increase brain activity through logic exercises, imaginative exercises, opinion exercises, reminiscence and more.

Brain Aerobics classes cover these six areas:

- How *you* learn: Discovering the strengths within your brain.
- Humor as a brain builder (You may be surprised!).
- Using the eye to stimulate the mind: Visual puzzles, optical illusions and more.
- Tapping both left and right brains with facts and fantasy
- Listening as a brain enhancer: Expressing opinions and reminiscing in a new context.
- Words for the wise: Non-crossword puzzle word games to make you think and laugh.

Workshop meets Wednesday, September 7 and 14 from 9:30-1:00 p.m. Includes a continental breakfast and lunch. Call BACOA, at (847) 381-5030 to make your reservation.

Try this little brain teaser...

Can you spel?

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdgnieg. The phaonmneal pweor of the hmuan mnid.

Aoccdmrig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the fristand lsat ltteer be in the rghit pclae. The rset can be a taotl msesand you can sitll raed it wouthit a porbelm. Tihs is bcuseae thehuamn mnid deos not raed ervey lteter by istlef, but the wrod as awlohe. Amzanig huh? yaeh, and I awlyas thought spleling was ipmorant!

Seminar-Medicare Changes

For Barrington-area residents interested in learning more about Medicare Part D and other Medicare changes on the horizon, the Barrington Area Council on Aging and the Barrington Area Library will offer two informational sessions at the library. The sessions will be conducted by Senior Health Insurance Program (SHIP) counselors who will provide an overview of the changes and answer questions.

A daytime session will be held Wed. June 29 from 10 a.m. to noon; an evening session will be held Wed. July 13 from 7-9 p.m. Both will be held in the library's Meeting Room A.

BACOA and the library will repeat the sessions in October to provide any updates. For more information and registration, call BACOA at (847) 381-5030.

Arthritis Support Group

BACOA's new arthritis support group will meet the 4th Tuesday of each month from 1-2 p.m. at the Barrington Area Library. On Tuesday, June 28 from 1-2 p.m. the group will discuss speakers and topics for future months. All Barrington-area residents are invited to attend. Pre-registration is required. Please call Linda (847) 381-5030.

New Programs in the Works

Widow/Widower Education Program and Support Group

This “how to” course will provide information on initial concerns: navigating medical bills and insurance claims, social security, life insurance, tax issues, etc. There will also be a component on future planning: personal safety, financial planning, budgeting, relocating, medical coverage and Medicare, etc.

Managing Transitions Support Group

For seniors who are dealing with loss and life transitions, BACOA would like to begin a support group. This group will assist older adults who are experiencing life transitions and changes such as; having low vision, no longer being able to drive, having a debilitating medical condition, having close friends move or pass away.

Things To Do

Lunch & Activities

On Monday at Langendorf Park. Bingo is at 11 a.m. with lunch at 12 noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call BACOA at (847) 381-5030.

Monday, July 4 - NO LUNCH

Independence Day Holiday.

Monday, July 11 - Senior Housing

Bingo, lunch & a program presented by Jeanne Baker of Alden Realty Services, Inc. about Barrington Horizon Alden Senior Living Community. This is the new senior housing near Governors Park in Barrington.

Monday, July 18 - Eye Injury Month

Bingo, lunch, and program by Diane Vos Hansen of BACOA.

Monday, July 25 - Birthday Celebration

Bingo, lunch, blood pressures, Assisi Foundation, July birthdays will be celebrated.

Monday, August 1

Bingo and lunch.

Monday, August 8- Annual Sock Hop

Bingo, lunch and a very special musical program, 1950s Senior Sock Hop, will be co-sponsored by BACOA, the Barrington Park District and Barrington Youth Services. Dave Mehner, will be our special entertainer. Please call BACOA at (847) 381-5030 by August 3 for reservations.

Monday, August 15 - Cataract Awareness Month

Bingo and lunch. August is Cataract Awareness Month, and Carol Dall of Tracee Services will describe the differences between normal and abnormal aging eye changes. Topics to be covered are cataracts, glaucoma, macular degeneration and presbyopia.

Monday, August 22- Annual Senior Picnic

Bingo, lunch and musical entertainment by Tim Burr, will provide songs of World War II era at our annual senior picnic at the park. Cost is \$9 per person and includes a picnic lunch. Please call BACOA at (847) 381-5030 by August 17 to make your reservation.

Monday, August 29

Bingo, lunch, Assisi Foundation. Blood pressures will be taken. August birthdays will be celebrated.

Tuesdays & Thursdays at Greencastle

Lunch & Senior Social at Greencastle of Barrington on Tuesdays & Thursdays from 11:30 a.m. to 2:30 p.m. Suggested donation is \$3 per person. Advance registration required. Call BACOA at (847) 381-5030.

Parking is available at the First Church of Christ Scientist; all spaces at Greencastle are reserved for residents. Lunch is open to the public.

July

Tuesday: 5, 12, 19, 26

Thursday: 7, 14, 21, 28

August

Tuesday: 2, 9, 16, 23, 30

Thursday: 4, 11, 18, 25

Body

Vitamin A

Vitamin A helps the eye adjust to dim light; helps form and keep healthy skin, hair and mucous membranes; and is needed for bones and teeth to develop and grow. It also helps prevent certain cancers of the skin, lung and bladder.

Vitamin A in foods is different from that found in supplements. It's difficult to get too much vitamin A from foods, but you can get too much from vitamin pills. Too much vitamin A can cause fatigue, weakness, liver dysfunction, headache, an increase in blood calcium and a decrease in the number of circulating white blood cells.

Animal foods—such as liver, egg yolks and milk—are good sources of vitamin A. Dark green and yellow fruits and vegetables also contain large amounts of vitamin A. Since vitamin A is stored in the body, only one excellent or two good sources are needed every other day. Some drugs—such as laxatives—may interfere with the body's absorption of vitamin A.

Excellent sources of vitamin A:

- carrots
- pumpkin
- cantaloupe
- spinach
- winter squash
- sweet potatoes

Good sources of vitamin A:

- broccoli
- asparagus
- nectarines
- purple plums
- tomatoes
- apricots

Pumpkin Bars

Pumpkin bars are high in vitamin A and can make a great snack or dessert.

What You Need:

- 1 1/4 cups flour
- 1 cup brown sugar, packed
- 4 teaspoons baking powder
- 1/2 cup raisins
- 1/2 teaspoon cinnamon
- 1 egg, beaten
- 1/2 teaspoon nutmeg
- 1 1/2 cups canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1/2 cup chocolate chips

How To Fix:

1. Mix dry ingredients with the raisins.
2. In a separate bowl, mix the egg and pumpkin. Stir into the dry ingredients.
3. Spread the thick batter in a 9 x 12-inch greased baking dish.
4. Sprinkle chocolate chips on top.
5. Bake at 350° F about 20 minutes—or until a toothpick inserted in center comes out clean. Cut into squares. Makes 24 squares. (91 calories and 1 gram fat per serving)



Mind & Spirit

Spring Cleaning-time to clean the clutter out of your house & mind.

Source: Mather LifeWays



May June (and July)

I am looking for words
that rhyme with June.
But since it is May - it
might be too soon
Just think about flowers and
grass that is green...
After the winter, warm
sights to be seen.
The sun helps them grow
and so should we, too...
Share a little sunshine
with those close to you
Be caring while sharing
you ask me "why"
Well - it might make you happy
in June and July!

Lady Jane

July - Eye Injury Prevention Month

An Eye M.D. is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life. *See your Eye M.D. ... because there's so much more to see.*

Eye Injury Prevention

More than one million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (with "ANSI Z87.1" marked on the lens or frame).

In the house ... when using household chemicals, read instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.

In the workshop ... think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks and splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.

In the garden ... put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines.

In the workplace ... wear appropriate safety eyewear for your job. Many of the thousands injured each day didn't think they needed eye protection or were wearing eyewear inappropriate for the job.

Around the car ... battery acid, sparks and debris from damaged or improperly jumpstarted auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly.

<http://www.aao.org/aao/patients/eyemd/upload/Eye-Injury-Handout.pdf>

August - Cataract Awareness Month

A cataract is a clouding of the normally clear lens of your eye. It's like trying to see through a frosty or fogged-up window. Clouded vision can make it more difficult to read, drive a car or see the expression on a friend's face. Cataracts commonly affect distance vision and cause problems with glare. They generally don't cause pain, double vision with both eyes open or abnormal tearing.

Clouding of the lens is a normal part of getting older. About half of Americans older than 65 have some degree of clouding of the lens. After age 75, as many as 70 percent of Americans have cataracts that are significant enough to impair their vision.

Most cataracts develop slowly and don't disturb your eyesight early on. But as the clouding progresses, the cataract eventually interferes with your vision.

In the early stages, stronger lighting and eyeglasses can help you deal with the vision problems. But at some point, if impaired vision jeopardizes your normal lifestyle, you might need surgery. Fortunately, cataract removal is one of the safest, most effective and most common surgical procedures.

(<http://www.mayoclinic.com/invoke.cfm?id=DS00050>)

BACOA PROGRAMS and SERVICES

- **Educational and Enrichment Programs:** BACOA offers programs on most Mondays at 12:30 p.m., following the lunch that is served at Langendorf Park. Additional programs are offered in conjunction with other community organizations and are held at various locations.
- **Meals With Wheels:** A hot, nutritionally balanced noon meal is available for delivery Monday through Friday to homebound seniors living in the Barrington area. A home visit and assessment, along with a doctor's written order, is required prior to participation in the program.
- **Information and Referral:** Council staff provide callers with information on services such as housing, home care and transportation, as well as social and recreational opportunities.
- **Benefits Check Up:** This program helps thousands every day to find programs for people ages 55 and over that may pay a portion for some of their costs of prescription drugs, health care, utilities, and other essential items or services.
- **Outreach and Support:** The Council has staff who can make home visits to assess seniors' needs and assist them in being linked to appropriate services.
- **In-Home Emergency Response Systems:** BACOA provides information on Emergency Response Systems.
- **Caregiver Support Group:** Support and informative programs are provided the first Wednesday of each month for caregivers. Meetings are held from 7 to 9 p.m. at BACOA's office 6000 Garlands Lane, Suite 100.
- **Caregiver Education:** The course uses the "Powerful Tools for Caregiving" curriculum and consists of six 2 ½ hour sessions. It helps participants reduce stress, improve self-confidence, better communicate feelings, balance their life, increase their ability to make tough decisions and locate helpful resources.
- **Low Vision Support Group:** Support and informative programs are provided the second Thursday of each month. Meetings are held at Lake Barrington Woods, 22330 Classic Court, Lake Barrington from 1-2:30 p.m.
- **Adopt-A-Grandparent program:** Seniors share interests, hobbies and/or conversation with participating Barrington High School students. This program promotes intergenerational friendships which may fill the void of either having grandchildren or grandparents who don't live nearby or don't have contact with family members as often as they would like.
- **Care 2 Share program:** Volunteers visit with a senior citizen for one hour per week to share companionship. Volunteers may help with letter writing, reading or errands or simply visit with their senior.
- **Speakers Bureau:** BACOA staff is available to provide programs on the aging network, community resources that can support older adults, housing options for seniors, the normal aging process, etc.
- **Senior Lunch & Activity Program:** A hot noon meal is served on **Mondays** at Langendorf Park and on **Tuesdays and Thursdays** at Greencastle of Barrington for a suggested donation of \$3.00 per meal. To register, call (847) 381-5030.
- **Senior Health Insurance Program (SHIP):** Counselors are available to answer your health insurance questions. The counselors are trained to provide personal guidance in resolving problems related to Medicare Updates and other issues.
- **Arthritis Education and Support Group:** Tuesday, June 28, from 1-2 p.m. at the Barrington Area Library. This group will meet the fourth Tuesday of each month.

Upcoming Trips & Events

The Barrington Area Council on Aging announces its upcoming trips and activities. For more information on any of the listings below, please call the BACOA office at (847) 381-5030.

Sample Chicago's ethnic cuisine—*Wednesday, July 20*. Sample Chicago's ethnic cuisine right at its source on a Taste Chicago's Neighborhoods tour, sponsored by BACOA and the Barrington Park District. The trip will include stops in Greektown, Lincoln Square and Chinatown, and participants will sample delectable offerings from neighborhood restaurants, bakeries and shops. The tour will be led by ethnic food guide, Evelyn Thompson and will be aboard a motorcoach bus that leaves Langendorf Park at 8:30 a.m. and return at approximately 3:30 p.m. Cost is \$65. Registration deadline is Friday, July 1.

Body Worlds—*Friday, August 19*. Tour the highly acclaimed Body Worlds exhibit at Chicago's Museum of Science and Industry. More than 200 specimens of human anatomy are on display, from entire bodies to individual organs, preserved through the process of plastination. It's a revealing inside look at how the human body works. The trip will include a tour of the exhibit, lunch, and a viewing of *The Human Body* at the museum's Omnimax Theater. Seniors over 65, \$46; adults, \$52; children under 12, \$38. (Children under 13 must be accompanied by a parent.) Audio tours for the exhibit will be available for an additional \$5. The motorcoach bus will leave from BACOA at 9 a.m. and return around 4:30 p.m. Reservation deadline is Friday, August 5

Tempel Lipizzans—*Wednesday, August 31*. Thrill to the leaps and amazing footwork of the legendary Lipizzan stallions at Tempel Farms in Wadsworth. Following the performance, lunch will be served in the historical World War I atmosphere of the 94th Aero Squadron in Wheeling. The trip will be cosponsored by the Barrington Park District. The motorcoach bus will leave Langendorf Park at 8:30 a.m. and return around 3 p.m. The \$45 fee includes the transportation, the performance and lunch. Registration deadline is Tuesday, August 9.

Senior Celebrations at the Art Institute of Chicago—*Wednesday, September 7*. Immerse yourself in a day of art at the Art Institute of Chicago. A variety of programs throughout the day will include small informal talks in the galleries, live music and sketch classes. Transportation and lunch in the Chicago Stock Exchange Trading Room will be included in the \$25 fee. The motorcoach bus will leave BACOA at 8:30 a.m. and return around 4:30 p.m.

60th Anniversary of the End of World War II—*Friday, September 16*. Commemorate the 60th anniversary of the end of World War II with Churchill in War and Peace, a presentation by Jerome M. O'Connor, Chicago journalist and historian. The 90-minute program, presented at The Garlands of Barrington's Performing Arts Center will include video and slides of Churchill's wartime London as well as his country home in Kent. The \$20 fee includes lunch before the presentation. Lunch will be served at noon; the program will begin at 1 p.m. Reservation deadline is September 9.

Lunch with Dr. Joyce Brothers—*Thursday, October 27*. The North/Northwest Senior Directors present lunch with Dr. Joyce Brothers at Allgauer's at the Hilton in Northbrook. The \$50 fee includes transportation by motorcoach, lunch, speaker, entertainment and a raffle. Seating is limited, so call early—Reservation deadline is September 2, 2005. The motorcoach will leave BACOA at 10 a.m. and will return at 3:30 p.m.

Costa Rica: Nature's Museum—*November 3-November 12*. Explore the beautiful natural wonders of Costa Rica on a ten-day tour conducted by Smithsonian Journeys Travel Adventures. The trip will include visits to three of the country's nature reserves, as well as a tour of its capital, San Jose; a trip on a rain forest aerial tram; a stop at a thermal spa resort and even a walk through a butterfly farm. Rates begin at \$1,999 per person, double occupancy. An optional three-night jungle adventure post-tour excursion will also be offered. Please call BACOA for a detailed brochure on this exciting travel opportunity. Space is limited, so call today.

Barrington Area Council on Aging
Presents

"Bloom Where You're Planted"
Village Garden Walk & Boutique

Saturday, July 16, 2005

10:00 am – 3:00 pm

Ticket Donation \$15.00

Walk begins at:
Barrington Realty Co.
145 W. Main Street
Barrington

To obtain tickets
Call 847.381.5030

—or—

Purchase day of event at
Barrington Realty

"Bloom Where You're Planted" is sponsored by
the Barrington real estate community:

Baird & Warner Real Estate, Barrington Realty,

Century 21 Care Real Estate, Coldwell Banker

Real Estate, First Horizon Home Loans,

Keller Williams Success Realty, Re/Max of Barrington,

Starck & Company Realtors, Village Square Realty

"BACOA News"



"Hall of Fame"

On Wednesday, May 18, fourteen older adults 60 or over were inducted into the tenth annual BACOA Senior Citizens Hall of Fame in acknowledgment of their contributions to the community. This recognition tea was held at the Lake Barrington Woods, 22320 Classic Court, Lake Barrington, from 1 to 3 p.m.

Each honoree has been nominated by a local agency for outstanding volunteer service. Selections are based on their contribution and active participation in the organization, outstanding service to the community, the years and nature of service in a specific area, and other recognition over the years.

Hall of Fame Recipients and their nominators:

Robert Anderson - PADS
Helen Berndtson - Barrington Chapter of Lyric Opera of Chicago
Robert Griffin, Jr. - Friends of Barrington Area Library
Dee Homuth - Salem United Methodist Church
Gregory Martin - St. Paul U.C.C. Church
Pam McCord - BACOA
Peggy Morris - Council of Barrington Garden Clubs
Meg Peirce - Hospice of Northeastern Illinois
Joe Rush - Barrington Area Chamber of Commerce
Marilyn Stern - Greencastle of Barrington
Audrey Veath - Heifer International-Chicago Office
Lawrence Jay Weiner - Barrington Public Library District
Lucy Hansell Wyaltt - Citizens for Conservation
Mary Young - Senior Citizens of the Barrington Area

Senior Health Insurance Program

BACOA has SHIP (Senior Health Insurance Program) counselors available to help seniors with Medicare and other health insurance questions. The counselors are trained to provide personal guidance for seniors in resolving problems relating to Medicare, Supplements, retiree health plans, claims processing, long - term care, etc. **at no cost!** The SHIP program is sponsored by the Illinois Department of Insurance. For more information, call BACOA at (847) 381-5030.

PACE Exercise Program

This eight- week program provides gentle movements & activities under the guidance of trained personnel to help increase joint flexibility, range of motion & muscle strength, while improving your overall health by giving you more energy.

Thursdays from 10:45-11:45 a.m. at Greencastle. Cost is \$22 for a ten week class. Pre-registration is required. Please call Linda at (847) 381-5030.

Illinois Senior Care

This program builds on the Circuit Breaker program to extend relief for prescription medication to low-income seniors. The program became available on June 1, 2002 to eligible seniors age 65 or older. Those with annual incomes up to \$21,218 for a single person and \$28,480 for a couple can qualify without being subject to an "asset test" or "spend down" requirement. Participants should have an average co-pay of \$3 per prescription. For information, call BACOA at (847)-381-5030.

Sponsors

Advocate Good Shepherd Hospital
Barrington Bank & Trust
Davenport Family Funeral Home
Keith and Freddie Pederson
Wayne Hummer Trust Company



Caregiving Facts

A study of elderly spousal caregivers (aged 66-96) found that caregivers who experience mental or emotional strain have a 63% higher risk of dying than non-caregivers and 31% of those caring for persons aged 65+ describe their own physical health as "fair to poor."

(Source: Powerful Tools for Caregivers: A Mather LifeWays Program)

Caregiver Support Group

Wednesday, July 6 - Film presentation

The Academy-Award-nominated film, *Complaints of a Dutiful Daughter* chronicles various stages of Alzheimer's disease and a daughter's response in dealing with the illness. The 1994 film won a variety of awards including an Emmy for news documentary, as well as a silver plaque for documentary from the Chicago Film Festival. Marcia Freedman, from the American Society on Aging, called the film, "Unflinchingly honest...a film that will give hope to Alzheimer's caregivers as well as early-stage Alzheimer's patients."

A discussion period will follow. Anyone interested is welcome to attend.

Wednesday, August 3

No speaker scheduled. Support component only.

Meetings are held at the BACOA office, 6000 Garlands Lane, Suite 100. For questions, please call BACOA at (847) 381-5030.

Low Vision Education and Support Group

Meetings are held at 1 p.m. on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. Transportation is available to residents of the Barrington area. For more information, or to register call Diane at (847) 381-5030. Transportation is available.

Thursday, July 14 and August 11.

"Taking Care of You:" Powerful Tools for Caregivers

Next class will be Tuesday mornings beginning in mid-September. It will be held from 10:30-Noon in the Prairieview Building at The Garlands of Barrington. To register, please call BACOA at (847) 381-5030.

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.

This course is designed for the nonprofessional caregiver who is 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, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The Center of Stress Medicine

Advocate/Good Shepherd Hospital offers free depression screenings year-round. Please call (847) 842-4493 for more information or for an appointment.

Diabetes Boot Camp

Good Shepherd Hospital
Register by calling
1-800-323-8622

"Managing Your Diabetes"
Endocrinologist, Dr. Daniel So will review the American Diabetes Association's recommendations for managing your diabetes. Learn what tests best monitor your diabetes.

September 14, 2005
9-10:00 a.m.

Good Shepherd Hospital/
Lakeview Room

Senior Breakfast Club

"Know Your Numbers and What They Mean"

Do you know your blood pressure, cholesterol, and glucose? These numbers are important indicators of your overall health. Rosie Jeretina, RN will explain why it is important to know your numbers and how to improve them.

August 24, 2005
9-10:30 a.m.

Good Shepherd Hospital/Lakeview
Room

Personal Emergency Response Systems

Signaling your need of assistance in an emergency is a lifesaver. For information, call BACOA at (847) 381-5030.

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. The 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 information at (847) 381-5030.

Quality Information for Nursing Homes in Illinois

By law, nursing homes must evaluate and report the quality of care their residents receive.

Information collected includes:

- Resident's ability to move
- Resident's skin condition
- Resident's medical status
- Resident's rehabilitation needs
- Resident's daily activities

Now you can find out how nursing homes in Illinois compare on their quality of care. Call (800) MEDICARE or visit www.medicare.gov.

Prescription Delivery Center

Good Shepherd Hospital has an outpatient pharmacy that will overnight mail your prescriptions at no charge. The outpatient pharmacy accepts most prescription drug cards. For more information, please call the phone numbers listed below.

Hours:

Monday-Thursday:
9 a.m. to 6 p.m.
(847) 381-1230

Friday: 9 a.m. to 5 p.m.
(847) 381-9600, ext. 5096

Saturday: 9 a.m. to 1 p.m.
(847) 381-4589 (Fax)

Anti-Coagulation Clinic at Good Shepherd Hospital

The clinic uses the new finger-stick method for your blood test. Appointments are available through your doctor. Talk to Allen or Sally Sounhein for more information.

Hours:

Monday-Thursday:
9 a.m. to 6 p.m.
(847) 381-1230

Friday: 9 a.m. to 5 p.m.
(847) 381-9600, ext. 5096

Saturday: 9 a.m. to 1 p.m.
(847) 381-4589 (Fax)

Circuit Breaker/Pharmaceutical Assistance

Applications are available at the BACOA office. This program provides relief from property taxes, mobile home taxes, rent or nursing home charges for qualifying seniors and disabled persons. Also available are vehicle license discounts. Those eligible for Circuit Breaker may also benefit from Pharmaceutical Assistance.

To file an electronic application go to: www.ILtax.com. If you do not have access to the Internet, or are unsure about filing your application over the Internet, please call BACOA at (847) 381-5030 to make an appointment with one of our staff to help you.

NOTE: First-time applicants can not be filed electronically.

Alzheimer's Store

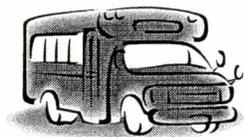
- A no-start car disconnect switch (to keep a person from driving) that can be reversed as needed.
- A wall clock with day & date
- Various controlled medication dispensers
- A lost items finder
- A telephone hanger-upper
- A memory phone (touch the picture of the person you want to call)
- A stovetop fire fighter (that automatically puts out fires caused by pots left on the stove)

For a copy of the catalog, call (800) 359-0390 or visit the stores website at www.geriatric-resources.com.

Transportation Assistance - Updated Information

Medical Transportaion

FISH, at (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.



Good Shepherd Hospital (888) 574-5700, between 8 a.m. and 4 p.m. Monday through Friday. You **MUST** call at least 24 hours in advance. \$5 per round trip for persons 55+ or \$5 each way for those under 55.

Service includes transportation to the following areas including the Fitness Center, Cary Medical Office, Smith Office Building, Doctors offices in Fox River Grove at Rte. 22 & 14, Algonquin, Cary, Crystal Lake, Island Lake, Lake Zurich, McHenry, Palatine, & Wauconda.

Driving Assessment and Rehabilitation Programs
Advocate/Lutheran General Hospital, Park Ridge, IL
(847) 723-5542

Marianjoy Rehabilitation Center, Wheaton, IL (630) 588-7826

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

General Transporation

PACE Dial-A-Ride

Monday through Friday from 9 a.m. to 4 p.m. PACE provides service anywhere in Barrington and Cuba Townships as well as selected destinations in Fox River Grove & 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 purchase 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 & Lunch Program at Langendorf Park. One book of tickets costs \$10. You still pay for 10 rides and get the 11th ride free.

FISH

Provides transportation for grocery shopping or banking on a one-time, emergency basis only. Call (847) 381-7474.

Half-Fare Taxi Subsidy

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



AARP Driver's Safety Course

Two sessions for drivers 50 & older refine their driving skills & brush up on the rules of the road & license renewal requirements.

To find convenient times and locations, check aarps web site at aarp.org or call Good Shepherd Hospital at (847) 381-9600 for the start date of their next class.

Education

Barrington Community School
District 220
Community Education Program
Phone Number: (847) 381-6300
<http://ww.cusd220.lake.k12.il.us/>



Barrington Library
Adult book discussions, computer classes, travelogs, & concert series.
Adult Services Reference Desk at (847) 382-1300
<http://ww.barringtonarealibrary.org/>



Harper College
Continuing Education
For personal assistance
(847) 925-6300
Monday through Thursday 8:30 a.m.-7 p.m.
Friday 8:30 a.m. - 4:30 p.m.
On Campus New Student Services and Art Center, Room C103
Monday through Thursday 8:30 a.m.-7 p.m.
Friday 8:30 a.m. - 4:30 p.m.
<http://www.harpercollege.edu/ce/index.html>

Roosevelt University
Institute for Continued Learning
Examine Classic Films, Jazz, & Shakespearian Dramas. Learn how to write or to write your family story & much more.
Call Roosevelt at (847) 619-4854 or www.roosevelt.edu/icl for exact dates.

July 12 through August 11
Tuesday - 9:30-11:30 a.m.
Classic films
1-3 p.m.
The Toopsy-Turvy World of Gilbert & Sullivan
Computer Basics

Wednesday - 9:30-11:30 a.m.
Skirting the globe with foreign films
Take me out to the ball game, rounding third and heading home
Writing your family stories

Wednesday - 1-3 p.m.
Comedy and humor in America
Piano music of the romantic era

Thursday - 9:30-11:30 a.m.
The American experience in the 1950's
Investing 101

Thursday - 1-3 p.m.
Small local museums
Great books
Happiness: A short course

Special Lectures
Celebrate Chicago Wildnerness
Plato's Place
World Kaleidoscope class

Arts

Barrington Area Arts Council
Call for information, times, and reservations (847) 382-5626.

Tuesday & Thursdays
Barrington Writers Workshop
at the Barrington Area Library
9:30-12:15 p.m.

BAAC Gallery Opening Reception
7 - 9 p.m.
Show runs June 3 through July 17
The Art of Terry Karpowicz
Terry Karpowicz-Sculpture



The Garlands of Barrington
The Garlands Lifelong Learning Center
See various programs offered in this listing. Offering educational opportunities to the enlightened older adult.

The Center, which is a partnership between The Garlands, Alexian Brothers Hospital Network and Harper College, offers a variety of programs to nurture the mind as well as the spirit. Reservations required. Please call (847)304-1996

Acknowledgments

With sincere gratitude we thank all of you who have generously given gifts to BACOA's 2006 annual fund, especially those tribute gifts in honor of friends and family. *In an effort to protect the privacy of our donors, we no longer include donor names when the newsletter is posted on the BACOA website.*

Platinum Patron: \$5000 +

Barrington Area Community Foundation, Barrington Area United Way, Barrington Township, Cuba Township, Retirement Research Foundation, Richard A. Perritt Foundation, Village of Barrington

Silver Patron: \$2499-\$1000

Church World Services, Omron Foundation, Inc., St. Anne Women's Club

Patron Gift: \$999-\$500

Davenport Family Funeral Home, Womens Club of Inverness

Sponsor Gifts: \$499-\$100

Cleo Hess, The Presbyterian Church of Barrington

Friend Gifts: \$49-25

Rose Franks, Mr. and Mrs. Jerry Piper

Friend Tribute Gifts: \$49-25

Joyce Palmquist in memory of Earl Pahlke, Mr. & Mrs. Ronald Tyrpin in memory of Earl Pahlke,

Older Americans Month Tributes

Mr. and Mrs. William Ames in memory of Tessie Brooks
Dr. and Mrs. Larry Berg in honor of Miriam Lykke, Jan Bevilacqua in honor of Bob and Betty Wagner, Mr. John A. Cifonelli and Ms. Sally S. Deniston in memory of Dr. Joseph A. Cifonelli, Kim Duchossois in honor of Freddie and Keith Pederson, Mr. and Mrs. Jack J. Fisher in honor of Frances W. Brown, Francine Fossler in honor of Phyllis Fossler, Mr. and Mrs. Jerry Hayden in honor of Miriam Lykke, Mr. and Mrs. John LeNeveu in memory of George and Betty Lewis, Loretta Littledale in honor of Rosie Doyle, Elizabeth McGrath in memory of Dorris Gentry, Mr. and Mrs. Jerry McNamara in memory of Bernard and Helen McNamara, Mr. and Mrs. Thomas Mitchell in honor of Christina Dovidio, Donna Moore in memory of Fred Reber, Mr. and Mrs. Guy Murdock in honor of Grace F. Roth, Mary Pahlke in memory of Earl Pahlke, Mr. and Ms. James Pajakowski in honor Anita Wdowka, Ms. Joyce Palmquist and Mr. Douglas Saylor in honor of John and Nina Palmquist and Miriam Lykke, Mr. and Mrs. Gary Peak in memory of Neva Bro, Margaret Reddy in honor Ruth E. Anderson, Mr. and Mrs. Todd Rieke in honor of Anne Ziegler

and Kel Potter, Mr. and Mrs. Roger R. Ruhlin in memory of Lillian M. Ruhlin, Scott Sevon in memory of Audrey Sevon, Jill Sherman in honor of Joseph sherman, Mr. and Mrs. Rodney Smith in honor of Mary W. Smith, Kathleen Staes in memory of "Kathleen Kitty" Fahey & Raymond "Babe" Fahey," Mr. and Mrs. Ronald Tyrpin in honor of Joseph and Cecelia Wcislo
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Trudy Stofft

July Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

				1
<p>4 Office Closed</p>	<p>5 11:45 Lunch Senior Social Greencastle</p>	<p>6 10-3:00 p.. GrandFamilies Day 7-9:00 p.m. Caregiver support group</p>	<p>7 10:45-11:45 PACE Exercise Class Lunch & Senior Social 11:45 a.m. Greencastle</p>	<p>8 Micro Brew Fest Saturday JULY 9 1-5:30 p.m.</p>
<p>11 10:30 a.m. Langendorf Park Bingo, lunch, senior housing</p>	<p>12 11:45 Lunch Senior Social Greencastle</p>	<p>13 9-10 a.m Diabetes Boot Camp- GSH-Lakeview Rm. 7-9 p.m. Medicare Update Barrington Library</p>	<p>14 10:45-11:45 PACE Exercise Class 11:45 a.m. Greencastle Lunch & Senior Social 1:00-2:30 Low Vision Support Grp.</p>	<p>15 Garaden Walk Saturday JULY 16 10-3:00 p.m.</p>
<p>18 10:30 a.m. Langendorf Park Bingo, lunch, eye injury month</p>	<p>19 11:45 Lunch Senior Social Greencastle</p>	<p>20 8:30-3:30 p.m. Langendorf Park Chicago's ethnic cuisine</p>	<p>21 10:45-11:45 PACE Exercise Class 11:45 a.m. Greencastle Lunch & Senior Social</p>	<p>23</p>
<p>25 10:30 a.m. Langendorf Park Bingo, lunch, July birthdays</p>	<p>26 11:45 Lunch Senior Social Greencastle 1-2:00 p.m. Arthritis support group</p>	<p>27 9-10 a.m. Senior Breakfast Club GSH</p>	<p>28 10:45-11:45 PACE Exercise 11:45 a.m. Greencastle Lunch & Senior Social</p>	<p>30</p>

August Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1 10:30 Langendorf Park Bingo, lunch	2 11:45 Lunch Senior Social Greencastle	3 7-9:00 p.m. Caregiver support group	4 11:45 Lunch Senior Social Greencastle 10:45-11:45 PACE Exercise Class	5
8 10:30 Langendorf Park Bingo, lunch, sock hop	9 11:45 Lunch Senior Social Greencastle	10	11 11:45 Lunch and Social Greencastle 1-2:30 p.m. Low Vision Support Grp.	12
15 10:30 Langendorf Park Bingo, lunch, cataract awareness month	16 11:45 Lunch Senior Social Greencastle	17	18 10:45-11:45 PACE Exercise Class 11:45 Lunch-Greencastle	19 9-4:30 Body Worlds Leave from BACOA
22 10:30 Langendorf Park Bingo, lunch, senior picnic	23 11:45 Lunch Senior Social Greencastle	24 9-10 a.m. Senior Breakfast Club GSH	25 10:45-11:45 PACE Exercise Class 11:45 Lunch Senior Social Greencastle	26
29 10:30 Langendorf Park Bingo, lunch, blood pressure check, birthday celebration	30 11:45 Lunch Senior Social Greencastle	31 8:30-3 p.m. Lipizzans Langendorf Park		

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
Church Women United – Food Pantry 382-9050
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, please call BACOA at (847) 381-5030.

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