

From the Director

It's been a busy summer so far, here at BACOA.

We're particularly excited about two generous grants we've recently received that have enabled us to offer new programs to the community.

The first is from the **Barrington Area Community Foundation**, which helped fund our efforts toward helping older adults to manage chronic illness. This includes our new "Take Charge of Your Health!" series. The six-part health education course started in May; it's intended to help adults over 60 manage chronic disease and improve their overall health. We will offer another this fall; see page 4 for more details. This will also fund our new Parkinson's Disease Education Group. We're very grateful to the BACF for its support.

We also received a **Senior Health Assistance Program** grant from AgeOptions, the Area Agency on Aging of Suburban Cook County. The grant, which includes money from Tobacco Settlement Funds, is aimed at helping seniors access prescription drug programs.

The funding will enable us to present informational seminars to help older adults and

family caregivers better understand prescription drug programs, and we've already scheduled two—one at the Barrington Area Library and one at Lake Barrington Shores. We will also be able to buy computer equipment to allow our staff to do off-site visits and assessments for seniors, which in turn will help seniors better navigate this often-confusing program.

As part of our strategic planning process, we're also exploring the possibility of adding a fee-for-service short-term counseling program to BACOA's array of services. The program would focus on adults 45 and older who are facing life transitions such as career changes, relocation decisions, family caregiver issues, intergenerational relationships, divorce and bereavement. We are working with consultant Sandra Alexander, of Gerontology Concepts, who will help us assess whether there is a need for such a program in the Barrington community.

And we would appreciate input from you. We will be developing a survey regarding the program, and we welcome your input. If you're interested, please call us at (847) 381-5030 and we will add your name to the survey list. The survey will also be available July 1 on our Web site, www.bacoa.org; watch the site for further details.

On a lighter note, I'd like to call your attention to several upcoming BACOA events. On Thursday, July 5, seniors, along with their families, can enjoy a day of fun at the downtown Barrington Brat Tent; see page 3 for details. The Barrington Brewfest, which will benefit BACOA, will be held at the tent the following week, on Saturday, July 14, from 3-7:30 p.m. And our annual winetasting, our major fundraiser, will be held Saturday, October 12. See page 5 for more details.

Enjoy your summer.

Joyce

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Lunch and Activities

Monday □ Barrington Park District **235 Lions Drive, Barrington**

Bingo is at 10:30 a.m. and lunch at noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call Linda at BACOA (847) 852-3892.

Monday, July 2: Bingo and lunch.

Monday, July 9: Bingo and lunch.

Monday, July 16: Bingo and lunch. Bruce Dubin and Steve Dalzell from Mid America Estate Buyers will be offering free verbal appraisals and offers to buy jewelry, coins, stamps, and collectibles. They will identify obscure pieces and help determine age and origin, free of charge. There is no cost, and Mid America Estate Buyers will pay in cash, unless a check is requested. Call for this special program and join us for lunch that day.

Monday, July 23: Bingo and lunch.

Monday, July 30: Bingo and lunch. July birthdays will be celebrated, and blood pressures will be taken by BACOA's social service coordinator, Diane Vos Hansen.

Monday, August, 6: *Hawaiian Luau.* Bingo, lunch and a dance performance by the female dancers of the Polynesian Review. The program will be co-sponsored by BACOA and the Barrington Park District. The cost per person will be \$8 for the lunch and giveaways. Call Linda Avellon at BACOA at (847) 852-3892 by August 1 for reservations.

Monday, August 13: Bingo and lunch.

Monday, August 20: Bingo and lunch. Jeffrey Seidman of SAS Comfort Shoes in Arlington Heights, will present a program and bring samples of shoes. SAS Comfort Shoes specializes in shoes that have a natural, healthy approach to footwear.

Monday, August 27: *Annual Senior Picnic.* Bingo and lunch. Singer Cat Catalani will entertain. The cost per person will be \$9.50. Call Linda Avellon at BACOA by August 23 for reservations. August birthdays will be celebrated, and blood pressures will be taken by BACOA's social service coordinator, Diane Vos Hansen.

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

Things To Do

Bingo and swing for all ages at Barrington's Brat Tent

Celebrate the Fifth of July with your whole family at Barrington's downtown Brat Tent at Main and Cook Streets.

BACOA and Sunrise Assisted Living of Barrington will sponsor a morning of entertainment for all ages at the tent on July 5. Bingo will begin at 10 a.m., featuring prizes from local merchants.

Then swing to the big-band sounds of band Bopology at noon. The six-piece group performs favorites from Duke Ellington, Frank Sinatra and other jazz and swing favorites.

Food and drink tickets for July 5 will be available to seniors, 65 and older, for 50 cents each, with a top limit of 200 tickets per senior. Tickets will go on sale to the senior community starting June 18; they will be available at the BACOA office and at BACOA's lunch programs on Monday at the Barrington Park District and Thursday at Greencastle of Barrington.

For more information or to buy tickets, call BACOA at (847) 381-5030.

Brain Aerobics to feature Sudoku

Learn Sudoku!

BACOA's Brain Aerobics program will feature a "how-to" demonstration of the popular number puzzle that challenges and strengthens the brain. The Sudoku presentation, at the July **Brain Aerobics** meeting, will be led by BACOA volunteer Dick Oberdorf.

The meeting will be Wednesday, July 18, from 10:30 a.m.-noon at The Garlands of Barrington.

Brain Aerobics is aimed at all ages, and is designed to increase brain activity through

logic exercises, imaginative exercises, opinion exercises, reminiscence and more. The group meets on the third Wednesday of

BACOA and Park District offer *Odyssey* cruise

Celebrate summer with a Lake Michigan cruise aboard the *Odyssey*. The daylong trip, sponsored by BACOA and the Barrington Park District, will be Wednesday, July 18.

The trip includes a three-course meal, a relaxing two-hour cruise along Chicago's breathtaking skyline, and an energetic live band. Transportation to Navy Pier is via motorcoach, which will leave Barrington at 9:30 a.m. and will return around 4:30 p.m. Cost is \$70.

Seating is limited; for more information or to register, call the Barrington Park District at (847) 381-0687.

Park District and BACOA to sponsor trip to *The Odd Couple*

Join BACOA and Barrington Park District for a matinee performance of "The Odd Couple," Wednesday, August 22, at Drury Lane Theatre in Oakbrook Terrace. Considered one of Neil Simon's best comedies; "The Odd Couple" is the hilarious story of two divorced roommates with serious personality conflicts.

Transportation by motorcoach bus will be provided; the bus will leave from the Barrington Park District at 10:15 a.m. and return to Barrington around 4:30 p.m. Cost is \$50, which includes lunch, transportation and theater ticket.

For more information or to register, call the Barrington Park District at (847) 381-0687.

Health Education and Support

Parkinson's Disease

The July meeting of BACOA's **Parkinson's Disease Education Group** will focus on drug therapy in Parkinson's disease. The meeting will be Saturday, July 28 from 10-11:30 a.m. in the Eastgate Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

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

BACOA's **Low Vision Education and Support Group** will meet Thursday July 12 from 1-2 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. The group's August meeting will be Thursday, August 9 at 1 p.m. For more information about that meeting, please call Diane Vos Hansen at BACOA at (847) 852-3898.

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.)

Caregiver Support

BACOA's **Caregiver Support Group** will not meet in July because of the July 4 holiday. Meetings will resume at the regular time and place on August 1.

The Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month from 7-9 p.m. The meetings are held in the BACOA office at the Garlands, 6000 Garlands Lane, Suite 100. New members are always welcome. For more information or to sign up, call Penny LeNeveu at BACOA at (847) 381-5030.

Arthritis Foundation Exercise Program

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, is held on Thursdays, from 9:30-10:30 a.m. at **Barrington Horizons**, 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 Avellón at BACOA at (847) 852-3892.

Alzheimer's and Memory Loss

The July meeting of the **Alzheimer's Association Support Group**, sponsored by BACOA, will meet Thursday, July 19 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. First-time participants are asked to call BACOA at (847) 381-5030 to register.

^aTake Charge of Your Health!^o

^a **Take Charge of Your Health!**^o a new health education class for adults 60 and over, will be held from 1:30-4 p.m. on Wednesdays in September and October, running for six weeks.

The program, sponsored by AgeOptions, in partnership with BACOA, is based on Stanford University's "Chronic Disease Self-Management Program" which has proved effective in improving the health outcomes of participants. This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

The program is free; to register, contact BACOA at (847) 381-5030.



And they're off: Joggers and their dogs wait at the start line for the two-mile run (top), while participants in the one-mile walk (bottom left) strolled at a more leisurely pace. (Bottom right): Emily Reedy's dog Wheaty came dressed as a cicada and won the best costume contest.

Wine tasting slated for October

^a **Aged to Perfection** □ **A Celebration of Life & Wine,**^o BACOA's annual wine tasting fundraiser—featuring more than 50 wines to sample, as well as food, music and auction items—will be held Friday, October 12 at The Garlands of Barrington. Watch for upcoming details on this event, presented by returning sponsors Advocate Good Shepherd Hospital and The Garlands of Barrington, along with Alexian Brothers Hospital Network, Fifth/Third Bank, and Smith Barney.

Dogs dash for BACOA

It was a pooch promenade at Barrington's Langendorf Park on Saturday, June 2.

Seventy-four dogs and their owners showed up to run—and walk—in BACOA's first Dog Jog. Participants had a choice of a two-mile run or a one-mile walk; dogs could also compete in several less-strenuous competitions, such as "Best trick" and "Longest tail."

Scott Sommers and his dog Shadow, from Palatine, posted the best time in the run, at 11 minutes, 25 seconds.

Wheaty, a wheaten terrier belonging to Emily Reedy from Winnetka, won best costume; Barrington resident Henry Zurawski's dog Halle won best trick. The longest tail—18 inches—belonged to Spirit, a Great Dane belonging to Linda Kent of Barrington; Rocko, who belongs to Vicki Stewart from Wauconda, had the shortest tail, at one-half inch.

Corporate sponsors for the event were Breeder's Choice, Bank of America, Y103.9 and the Barrington Park District. Contributing sponsors were: Starbucks, Einstein Brothers Bagels, Advocate Good Shepherd Hospital, The Doghouse of Barrington, Barrington Dog Bakery, Dick Pond Athletics, Nylabone, The Fresh Market, US Bones.com, Clarke's Bakery & Deli, and Cody & Carl's Blvd.



New members of BACOA's 2007 Senior Hall of Fame include (first row, l to r): Sister Lorraine Menheer, Becky Kartalia, Ruth Silver, Mary Ellen Henehan, and Dr. Frank Ekman. (Back row, l to r): Mitchell Kartalia, Neil Clark, Jerry Masino, Ed Klamm, Roger Laegler and Dr. Stanley Martin.

Pack your passports: Trips for globetrotters

BACOA, The Garlands of Barrington and Collette Vacations are offering a variety of international tours in the coming year. Among the trips that will be offered:

^a Discover Scotland.^o Departure date: September 10, 2007. Ten days, \$2,849 per person (double)

^a South Pacific Wonders.^o Departure date: November 1, 2007. Sixteen days with an optional two-night post-tour trip to Fiji. \$4,949 per person (double)

^a Canada's Winter Wonderland.^o Departure date: December 2, 2007. Seven days. \$1,949 per person (double).

BACOA and the Barrington Park District have partnered with Mayflower Tours to offer motorcoach and train tours. They include:

Niagara Falls and Toronto. Departure date: September 18, 2007. Four days. \$859 (double);

^a New England Rails and Sails.^o Departure date: October 2, 2007. Seven days. Cost is \$2,124 per person (double).

Tournament of Roses Parade. Departure date: December 29, 2007. Six days. \$1,833 per person (double).

Mayflower offers a "Guaranteed Share Program," which can provide a roommate for tours.

All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Hall of Fame honors area seniors

Thirteen Barrington-area senior citizens were inducted into the twelfth annual Barrington Area Senior Citizens Hall of Fame on May 16 at a recognition tea at Lake Barrington Woods.

The Hall of Fame, sponsored by BACOA, honors outstanding older adults from the Barrington area for their service to enhance the quality of life in the community. Seniors are nominated by local service organizations for their contributions, activities and achievements.

This year's nominees are: Neil Clark, Dr. Frank Ekman, Mary Ellen Henehan, Mitch Kartalia, Ed Klamm, Roger Laegler, Dr. A. Stanley Martin, Jerry Masino, Jean Mason, Sister Lorraine Menheer, Evelyn Richer, Ruth Silver, and Ruth Sturkey. They have been active in a variety of areas including conservation, fundraising, hospital work and church and civic service.

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 more information.

Contribute to BACOA

Act Now!

New legislation allows you to make a lifetime gift from your IRA.

If you are 70 ½ or older, recent legislation benefits you. The Pension Protection Act of 2006, which was signed into law by President Bush in August 2006, encourages the financial support of the good work done by charitable organizations. The law allows donors aged 70 ½ or older to transfer funds directly from their individual retirement account (IRA) to a public charity (not including supporting organizations, donor-advised funds or charitable trusts) without undesirable tax effects.

Previously, you would have had to report any amount taken from your IRA as taxable income, and then take a charitable deduction for the gift, but only up to 50 percent of your adjusted gross income. In effect, this caused some donors to pay more in income taxes than if they didn't make a gift at all.

By taking advantage of this news and making a gift now, you will see the benefits of your generosity, and jump-start your legacy without tax complications. But you must act soon—this provision only lasts until December 31, 2007. You may contribute IRA funds in this way if:

- You are age 70 ½ or older
- Your gift is \$100,000 or less each year
- You make the gift on or before December 31, 2007
- You transfer funds directly from an IRA or rollover IRA
- You make the gift to an eligible public charity

Please consult your financial advisor for further information.

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 grocery shopping or banking on an emergency basis only. 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.

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.

August 2-3

9 a.m.-1 p.m.

Meadow Room

\$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#.

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 Pavillion. *2007 meetings: 7/26, 8/23, 9/27, 10/25, 11/29.* No December meeting. For information, call Ed or Donna Church (847) 854-9040.

Health & Fitness Center

Living the Good Life: 10-week exercise program. Medically based and designed for individuals with diabetes or heart conditions. The program covers weight training and aerobic exercise with supervision from two adaptive personal trainers and a cardiac nurse.

Lift & Be Fit: Meets two times a week. Focus is on weight training. Blood sugar levels and blood pressures will be monitored as needed.

Move to Improve: Meets weekly. Low-impact aerobics, floor work and stretching.

Medical clearance is required for these programs. For information or to register, call (847) 620-4561.

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. to 12:15 p.m.*

\$132 for non-fitness center members

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 for non-fitness center members

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 pre-register, call (800) 323-8622.

August 22

What's New with the Flu: Sheltering in Place.

Learn the facts and what's new with the avian flu. Roseanne Niese, director of emergency and intensive care services at Good Shepherd, will update you on how the community and you can prepare. *9-10:30 a.m.*

Prairie/Lakeview Room

September 26

Intimacy & Sexuality:

"When There is Snow on the Roof, There is Still Fire in the Furnace."

There are many myths and negative attitudes about sexuality and aging that remain a part of our society.

Join Lynda Markut, of Family Alliance, Inc., as she provides us with information that counteracts the negative impact that these beliefs have on all of us.

9-10:30 a.m.

Diabetes Boot Camp

September 13

Podiatry and Diabetes

Dr. Robert Kipferl, DPM, of Tri-County Podiatry, will discuss foot care for people with diabetes, including how to select proper footwear.

9-10 a.m.

Community Health Room

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, please call BACOA at (847) 381-5030.

Barrington Area Council on Aging
6000 Garlands Lane Suite 100
Barrington, IL 60010

Barrington Area Library
Local History Department
505 North Northwest Highway
Barrington, IL 60010

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