

From the Director

Summer is generally a quieter time here at BACOA. It's a good time to plan, and this year is no exception. Our staff, board and volunteers are putting the slower season to good use by developing and coordinating an exciting array of programs for the months ahead. Some of these include:

Life transitions program. As we mentioned in our last issue, BACOA's Age-Friendly Initiative has brought together representatives from local government, service organizations, education and business to gauge Barrington's age-readiness.

The group has focused on paid employment and volunteer opportunities for adults 50 and older, and to that end, is planning a half-day program in November that will address life transitions. The program will offer speakers and resources to those considering life changes, whether they're interested in a different career, starting their own business, or making the change to nonprofit work. Watch upcoming newsletters for more details.

When I'm 65. Our social service staff is partnering with the Barrington Area Library to

develop a multi-part program to help people plan for legal, financial and other aspects of turning 65. Topics to be covered include information on social security and Medicare; resources regarding age- and income-related programs and benefits, long-term care insurance and financial and estate planning.

Are you the middle of the sandwich? A group of volunteers is working with BACOA to raise awareness of our programs and services for the sandwich generation--those who are caring both for parents and for kids at home. The group hopes to highlight the positive aspects of aging as well as promote the idea that BACOA is a great resource for those in this particular situation. They're planning a daytime November event featuring food, fashion and fitness--and a new outlook on growing older.

Aged to Perfection, BACOA's annual wine tasting fundraiser, will be held Friday, October 17, at La Strada Ristorante in Hoffman Estates. As always, we'll have a tantalizing variety of wines to sample, intriguing silent and live auctions and a sumptuous supper buffet. Be sure to save the date.

Enjoy your summer.

Joyce

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A reminder: BACOA summer hours

BACOA's summer hours will be in effect until August 29. The BACOA office will be open 8:30 a.m. to 4:30 p.m. Monday through Thursday; 8:30 a.m. to 4 p.m. on Friday.

Lunch and Activity Program

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
Volunteer*
Diane Vos Hansen, *Social Services
Coordinator*

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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 \$3.50 per person unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

Monday, July 7

Bingo and lunch. Vicki Peters from Harper College will present a program on Harper.

Monday, July 14

Bingo and lunch. Michael A. Bearce, executive director of Fall Prevention Clinics of America, will present a program.

Monday, July 21

Bingo and lunch. Kim Hoffman, sales manager at Mayflower Tours will give a presentation on trips for 2008, including the "Southern Celebrations" tour and the New York City tour.

Monday, July 28

Bingo and lunch. July birthdays will be celebrated, and BACOA social service coordinator Diane Vos Hansen will take blood pressures.

Monday, August 4

Bingo and lunch. Kathy Hobbs, PT, of Rosewood Care Center, will present a program on home safety and useful equipment, and simple ways to improve mobility.

Monday, August 11

Bingo and lunch.

Monday, August 18.

Bingo and lunch.

Monday, August 25—Annual Senior Picnic

Bingo and lunch. The Barrington Breakfast Rotary will co-sponsor BACOA's annual senior picnic, featuring a special menu and entertainment. August birthdays will be celebrated, and blood pressures will be taken by Diane Vos Hansen. For reservations, call Linda Avellon at BACOA at (847) 852-3892 by August 20.

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 \$3.50. Advance registration required; call Linda Avellon at BACOA.

Education and Support

Alzheimer's and Memory Loss

Lynda Markut and Anatole Crane will discuss their book, *Dementia Caregivers Share Their Stories; A Support Group in a Book*, at the **July** meeting of the **Alzheimer's Association Support Group**, sponsored by BACOA. The group will meet Thursday, July 17, from 1-3 p.m.

The **August** meeting will be an open forum; it will meet Thursday, August 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 **July** meeting of the **Caregiver Support Group** will be an open forum; the group will meet Wednesday, July 2, from 7-9 p.m.

At the **August** meeting, Tom Pizur, from Pizur Financial Services, will lead a discussion on veterans' benefits. The group will meet Wednesday, August 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 Prairieview 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

Ann and Michael Babiarz will speak at the **July** meeting of the **Parkinson's Disease Education Group**. Michael, an elder law attorney, and Ann, a life coach, will discuss patient rights and legal issues for individuals with a chronic illness. The group will

meet Saturday, July 26, from 10-11:30 a.m.

In **August**, Michael Bearce, from Fall Prevention Clinics of America, will discuss the company's testing and related treatments to prevent falls. The meeting will be held Saturday, August 23 from 10-11:30 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 of Barrington. For more information, call Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will hold its **July** meeting on Thursday, July 10 from 1-2 p.m. at Lake Barrington Woods. The group will not meet in August.

The group meets on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. The meetings are open to all ages, and transportation is available via Pace. For more information, please call Diane Vos Hansen at BACOA at (847) 852-3898.

Meals With Wheels

Through BACOA's **Meals With Wheels** program, 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.

Powerful Tools for Caregivers

BACOA will begin its next six-week “**Powerful Tools for Caregivers**” class on Wednesday, September 10 from 6:30-9 p.m. The class will be held at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

The 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 course, which will run through October 15, 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.

West Nile: Know the facts

Now that summer is here, the Lake County Health Department/Community Health Center urges residents to protect themselves against **West Nile virus**, which can be contracted from the bite of a mosquito infected with the virus.

The Health Department has a West Nile virus hotline for residents to report dead birds, report areas of stagnant water (which are conducive for mosquito breeding), or to obtain information on the symptoms of West Nile encephalitis. The hotline number is: (847) 377-8300.

The Health Department urges residents to prevent mosquito breeding and mosquito bites. To prevent mosquito breeding :

- Discard old water-holding containers.
- Keep gutters and downspouts clear of debris.
- Keep trash containers covered.
- Change the water in bird baths and plant urns at least once a week.

To prevent mosquito bites:

- Make sure door and window screens fit tightly and that all holes are repaired.
- Whenever applying mosquito repellent to exposed skin, always follow label directions. The most effective repellents contain DEET, which is an ingredient used to repel mosquitoes and ticks.
- Whenever possible, avoid application of repellent to bare skin, applying only to clothing.

While most people infected with WNV have no symptoms of illness, some may become ill, usually three to 15 days after the bite of an infected mosquito. The virus may occasionally cause serious complications. In some individuals, particularly the elderly, the virus can cause muscle weakness, inflammation of the brain (encephalitis), stiff neck, stupor, disorientation, tremors, convulsions, paralysis, coma or death. Information about WNV can be found on the Department’s Web site at: <http://www.co.lake.il.us/health/ehs/westnile.asp>.

Keep your cool this summer

Some 1,500 people die from excessive heat in the U.S. each summer. Older adults are at particularly high risk; the body’s cooling mechanisms become impaired, and those who live alone or are unable to care for themselves are also vulnerable. Health conditions such as chronic illness, mental impairment, and obesity can add to risk.

To help protect against the effects of excessive heat, the U.S. Environmental Protection Agency’s Aging Initiative recommends:

- If your home is not air-conditioned, visit public buildings in your community that are. These may include libraries, movie theaters, shopping malls or designated cooling centers.
- Drink lots of fluids--and don’t wait until you are thirsty to drink. If your fluid is restricted for medical reasons, check with your doctor.
- Check with your doctor to see if any medications you are taking could increase your susceptibility to heat-related illness.
- If you can, check on at-risk individuals at least once a day, and watch for signs of heat-related illness.



Honorees inducted into BACOA's 13th annual Senior Citizens Hall of Fame include (front row, l to r): Meredith Tucker; Ann Tuszynski, Bob Southard; Marie Southard; and Pat Houlihan; (back row, l to r): Clyde McComb; Doug Saylor; Ed Mosteig; and Dr. Lowell Johnson.

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 Prairieview 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.

Seniors honored at Hall of Fame

From mission work to photographing local landmarks, the members of BACOA's 13th annual Senior Citizens Hall of Fame show the wide range of community service performed by older adults in the Barrington area.

The nine new inductees were honored on May 21 at a recognition tea at Lake Barrington Woods.

The Hall of Fame 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 honorees are: **Pat Houlihan**, nominated by Advocate Good Shepherd Hospital Communications and Media; **Dr. Lowell Johnson**, nominated by the Friends of the Barrington Area Library; **Clyde McComb**, nominated by Barrington High School's Athletic Department; **Ed Mosteig**, nominated by the Barrington Area Library; **Douglas Saylor**, nominated by the Barrington Area Council on Aging; **Bob Southard**, nominated by Willow Creek Community Church; **Marie Southard**, nominated by Lake Barrington Woods; **Meredith Tucker**, nominated by Citizens for Conservation; and **Ann Tuszynski**, nominated by Advocate Good Shepherd Hospital Volunteer Services.

BACOA News

BACOA Annual Meeting: Outgoing chair receives Pederson award



Rosemarie Mitchell received the Keith and Freddie Pederson Distinguished Leadership Award at BACOA's recent annual meeting. The award recognizes an individual or organization who has displayed outstanding leadership on behalf of older adults and family caregivers in the Barrington community.

Mitchell, who received the award along with her company, ABS Associates, recently finished her two-year term as chair of BACOA's Board of Directors. Shown at the meeting are (from left): Mitchell, BACOA Advisory Board member Pam McCord, and BACOA Executive Director Joyce Palmquist.

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 \$_____

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- I have remembered BACOA in my/our will
 I would like information on including BACOA in my will/estate plan

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Patron	\$5,000-\$9,999
Benefactor	\$10,000-24,999
Partners Circle of Care	\$25,000+

Things to Do

Celebrate Barrington Days

Barrington Days activities will be held July 2 through July 12 in the tent in downtown Barrington. The four-day Fourth of July festivities will include **bingo for seniors** on Thursday, July 3, from 10-11:30 a.m. and on Saturday, July 5, from 11 a.m.-12:30 p.m. Great prizes are promised, and food will be available for purchase.

Be sure to come out for the **Barrington Fourth of July parade** at 10 a.m. on the Fourth. BACOA staff and volunteers will be marching.

Other events at Barrington Days will include the **Barrington Community Talent Show**, a new addition to the lineup of activities. It will be featured over two nights, Monday, July 7 and Tuesday, July 8, from 6–9: p.m. Barrington residents of all ages will have an opportunity to showcase their talents and creativity. The show is open to both individuals and groups of any age, and will feature a variety of acts including, singing, dancing, skits, musical instruments, magic, gymnastics, pet tricks, juggling, and stand-up comedy.

The fifth annual **Barrington Brew Fest** will be held Saturday, July 12, from 3-7 p.m. at the tent. The fest will feature more than 20 regional brewers, as well as entertainment and food. All proceeds from the event will benefit BACOA and the Barrington Village Association. For more information, call (847) 382-6136.

Chicago Ethnic Tour

Spend the day with BACOA and the Barrington Park District exploring Chicago's diverse neighborhoods on Wednesday, August 13.

Experience the rich cultures through the shops, homes, churches and restaurants. Stops include Jane Addams Hull House (America's first settlement house), a historic church, a Chinatown shop, a bakery in Greektown and lunch in Little Italy. Transportation will be by coach bus into the city; however, the trip will have a lot of walking.

Cost for the trip is \$83, and lunch is included in the fee. The bus will leave from the Barrington Park District at 8 a.m. and return around 5:15 p.m.; it will also make a pickup in Grayslake at 8:45 a.m. and return around 6 p.m. For information and reservations, call Carla Smothers at the Barrington Park District at (847) 304-5286.

Wander Wisconsin

Spend the day riding trains, sampling fresh fruit and enjoying the scenic splendor of southeast Wisconsin.

BACOA, the Barrington Park District and the Palatine Township Senior Citizens Center are co-sponsoring a **daylong trip** to Elkhorn and Lake Geneva on Saturday, July 19.

Among the attractions:

—The East Troy Electric Railroad, which features vintage trolley rides through Kettle Moraine State Forest. Riders will stop at the Elegant Farmer, a full-service farmer's market.

—The Apple Barn Orchard and Winery in Elkhorn.

—A lakeside dinner at Popeye's in Lake Geneva.

Cost for the trip is \$72, which includes transportation, admission to the East Troy Railroad, winetasting at the Apple Barn, and dinner.

A motorcoach bus will leave PTSCC at 8:30 a.m. and the Barrington Park District at 9 a.m. It will return to Barrington at approximately 6:30 p.m. and to Palatine at 7 p.m.

Registration deadline is July 2. For information and reservations, call Carla Smothers at the Barrington Park District at (847) 304-5286.

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.

For more information or registration, call (800) 323-8622.

Good Shepherd Hospital

August 7-8

9 a.m.-1 p.m.

\$10 fee payable to AARP

RTA free transit reminder

Residents age 65 and older living in the RTA service region are eligible for **free transit** on fixed routes operated by the Chicago Transit Authority, Metra and Pace. Seniors must have a senior reduced fare card to get a free ride. Applications are available at local township offices (Barrington, Cuba or Ela). To help complete your application you will need to bring a government-issued picture identification card that verifies your age and a photo of yourself that is approximately passport size (1.5" square). Processing usually takes 3-4 weeks from the date the RTA receives an application.

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. For information, call Ed or Donna Church at (847) 854-9040.

Diabetes Bootcamp

Diabetes and Your Kidneys. Omar Dalloul, MD, a nephrologist at Good Shepherd Hospital, will discuss the importance of kidney function when you have diabetes. *July 10; 9-10 a.m.*

Are You Experiencing Numbness and Tingling? Benjamin Nager, MD, Good Shepherd Hospital neurologist, will discuss neurological complications that may occur with diabetes. *September 11; 9-10 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.

Restorative Tai Chi. This uplifting six-week restorative class uses 12 basic forms of meditation, self-acupressure, and self-healing skills to enhance the body's sense of well being. Meets Monday, 11 a.m.- noon. \$66 for six sessions.

Restorative Healing Yoga. A six-week restorative yoga class for people with joint issues or other life-altering conditions. Meets Tuesday from 10:45 -11:45 a.m. \$66 for six sessions.

Restorative Warm Water Workout. This class uses safe, gentle movements to improve flexibility and range of motion. It is perfect for people with joint problems, arthritis, and fibromyalgia. Meets Wednesday, 11 -11:45 a.m. \$66 for six sessions.

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.

July 23

Understanding Stroke

Being aware of the different types, early warning signs, diagnostic tests and interventions related to stroke can have a profound impact on the success of treatment and recovery. Bonnie Schleder, advanced practice nurse, will discuss what you need to know as well as the new Stroke Program at Good Shepherd Hospital. *9-10:30 a.m.*

August 27

Special Nutrient Concerns for Seniors

Kate Olson, Good Shepherd Hospital dietician, will discuss the importance of a healthy, varied diet and nutrition concerns for seniors. Other topics will include using supplements, "superfoods," and label reading. *9-10:30 a.m.*

September 24

Home Safety and Fall Prevention

Kathy Phelan, RN, trauma coordinator, will discuss how to keep your home safe to prevent falls and injury. *9-10:30 a.m.*

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6000 Garlands Lane Suite 100
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IMPORTANT PHONE NUMBERS

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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 or e-mail info@bacoa.org.

Save the Date!
BACOA's wine tasting fundraiser

Aged to Perfection
A Celebration of Life & Wine



Friday, October 17
6-9 p.m.
La Strada Ristorante
2380 Lakewood Blvd.
Hoffman Estates