

**Barrington Area Council on Aging, Inc.**

*Serving seniors, family caregivers, and the community*

**July/August 2009**

## From the Director

**Transportation update:** We have wheels - Barrington and Cuba Townships have allocated funding to support the Pace Dial-a-Ride program through the end of 2009.

The townships have also formed a committee of trustees to research how other townships in the region manage transportation programs. This will provide helpful information as we determine the best course of action regarding Barrington-area transit in the future. We'll keep you updated on their progress.

**Age-Friendly Initiative.** BACOA's Age-Friendly Leadership Council has continued to examine nontraditional volunteer opportunities for older adults. Professional-level volunteer skills have become particularly valuable to nonprofits in the current economic climate.

On June 16, representatives from six local nonprofit groups joined council members for a roundtable at the Barrington Area Library. Ann Rich, from Chicago Life Opportunities Initiative, and Chris Smith from the Northwest Suburban Volunteer Center, discussed nonprofits' use of professional-level volunteers; Janet Agnoletti, executive director of the Barrington Area Council of Governments, and Bob Casey, BACOG's volunteer treasurer, described Bob's work for BACOG.

Attendees then split into smaller groups to share advice and experiences using high-skilled and 50+ volunteers. The Leadership Council will be able to use the discussion results to help plan its next steps

for developing information or programs for older volunteers and nonprofits. BACOA would like to thank all those who took part in the roundtable, as well as those who participated in its online survey of volunteers and nonprofit agencies.

**Awareness Luncheon.** Last year's "Fashion, Food, Fitness, Fun" luncheon was such a hit, we're doing it again. This year's luncheon - with a caregiving theme - will focus on fashion and self-care. Tentative date is Thursday, November 5; watch our Web site and newsletter for updates.

**Summer hours:** BACOA will close at 4 p.m. on Fridays through August 31.

*Joyce*

## "Aged to Perfection" celebrates life and wine

BACOA's 14<sup>th</sup> annual wine tasting will be held Friday, September 18, from 6-9 p.m., at the Chicago Marriott Northwest, 4800 Columbine Blvd., Hoffman Estates. The event will be sponsored by Advocate Good Shepherd Hospital, Alden Estates of Barrington, and The Garlands of Barrington.

Guests at "Aged to Perfection: A Celebration of Life & Wine," will be able to sample a selection of more than 50 kinds of wines while enjoying a buffet supper and bidding on an array of live and silent auction items. Favorite wine selections will be available for purchase, and BACOA will receive 20 percent of the sales generated by wine purchases.

Tickets are \$85 per person before September 1; \$95 through the day of the event, and \$100 at the door. For advance tickets or more information, call BACOA at (847) 381-5030 or visit BACOA's Web site at [www.bacoa.org](http://www.bacoa.org).

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## BACOA News



*2009 Hall of Fame honorees include (front row, l to r): Marcella McAllister, Sylvia Mountsier and Lyle Corson; (back row, l to r), Jan Goss, Carol Nelson and Wesley Wolf.*

## Six named to Senior Hall of Fame

Six Barrington-area senior citizens were inducted into the fourteenth annual **Barrington Area Senior Citizens Hall of Fame** on May 20 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 honorees are: Lyle Corson, nominated by Volunteer Services at Advocate Good Shepherd Hospital; Jan Goss, nominated by Friends of the Barrington Area Library; Marcella McAllister, nominated by Hospice of Northeastern Illinois; Sylvia Mountsier, nominated by the Barrington Area Council on Aging; Carol Nelson, nominated by Auxiliary of Good Shepherd Hospital; and Wesley Wolf, nominated by Citizens for Conservation.

## Brew Fest will benefit BACOA

Regional microbreweries will pour at the sixth annual **Barrington Brew Fest**, Saturday, July 11, from 3-7 p.m. The event will be held in the Fourth of July tent in downtown Barrington. Sample brews from more than 20 regional breweries, while enjoying entertainment from the Big Sky String Band, food, and more.

For more information, call (847) 852-3897 or visit the fest's Web site at [www.barringtonbrewfest.com](http://www.barringtonbrewfest.com). Tickets can be ordered at the site or from various businesses in the Barrington area.

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## Education and Support

### Parkinson's Disease

Mary Pubentz will address the July meeting of BACOA's **Parkinson's Disease Education Group**. Pubentz, a registered pharmacist from Advocate Lutheran General Hospital, will talk about Parkinson's medications as well as medications used with depression. She spoke to the group two years ago and is back again by group request. The group will meet Saturday, July 25 from 10-11:30 a.m.

The **August** meeting will be an open forum; members or family can discuss issues about Parkinson's. The group will meet Saturday, August 22, from 10-11:30 a.m.

The group is open to Parkinson's disease patients and family members who wish to learn more about the disease. It meets the fourth Saturday of the month in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington. For more information, or to register, call Penny LeNeveu at BACOA at (847) 381-5030.

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### Alzheimer's and Memory Loss

The **July** meeting of the **Alzheimer's Association Support Group** will be an open forum. The group will meet Thursday July 9, from 11:30-3 p.m.,

The group's **August** meeting will feature attorney Michael Babiarz, who will discuss spousal allotments for Medicaid spend-down. The meeting will be Thursday, August 13 from 1:30-3 p.m.

The group provides education, speakers and support for families and caregivers of Alzheimer's patients. There is no charge for this group, but registration is requested for first-time participants; please call BACOA at (847) 381-5030.

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### Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will have a midyear planning and update session on Thursday, July 9, from 1-2 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. Refreshments and information about

the group and its members will be available.

On **August 13**, the group will attend an IMAX showing of "Harry Potter and the Half-Blood Prince," at the AMC South Barrington Theatres. Cost is \$12. For more information and to register, call Diane Vos Hansen at (847) 852-3898.

The group is open to persons of all ages and offers monthly informational meetings as well as resources and local educational trips to persons with low vision. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898.

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### Caregiver Support

BACOA's **Caregiver Support Group** will be on hiatus for July and August; it will resume meetings in September. 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. at the BACOA office in the Prairieview Building in The Garlands of Barrington, 6000 Garlands Lane, Suite 100. New members are welcome. Call Penny LeNeveu at BACOA at (847) 381-5030 with questions or to register.

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### Early-Stage Memory Loss

BACOA, in partnership with The Alzheimer's Association, Alexian Brothers Neurosciences Institute and Barrington Youth and Family Services, is conducting a support group for people experiencing early memory loss and for their family members or partners.

The program meets for 10 weekly sessions and covers pertinent topics, including medical information, legal and financial planning, social and family relationships, driving and other considerations. The program began in June and will continue through Thursday, August 27, from 10:30 a.m.-noon. Interested and qualified participants are welcome to join the group for the remaining July and August sessions.

There is no charge, but registration is required. For information, call Bonnie at (847) 381-5030.

## Things to Do

### Senior Lunch and Activity Program

**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 \$5 per person unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

#### **Monday, July 6**

Bingo and lunch.

#### **Monday, July 13**

Bingo and lunch. The program will be “Slaying the Debt Dragon” presented by the Financial Education Division of the Illinois State Treasurer’s Office.

#### **Monday, July 20**

Bingo and lunch. Om Johari will be presenting a program on “The amazing simplicity of meditation.”

#### **Monday, July 27**

Bingo and lunch. Pamela Miller, M.A., health care counselor at Renaissance Gardens at Sedgebrook, will be presenting a program on the facility’s services. July birthdays will be celebrated.

#### **Monday, August 3**

Bingo and lunch.

#### **Monday, August 10**

Bingo and lunch.

#### **Monday, August 17**

Bingo and lunch. Celebrate August birthdays.

#### **Monday, August 24—Annual Senior Picnic**

Bingo and lunch. The Barrington Breakfast Rotary will co-sponsor BACOA’s annual senior picnic, featuring a special menu and entertainment. For reservations, call Linda Avellon at BACOA at (847) 852-3892 by August 18.

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#### **Thursday: Greencastle of Barrington** 445 E. Main Street, Barrington

Lunch is served at **Greencastle of Barrington**, 445 E. Main, Barrington, on Thursdays. Doors open at 11:30 a.m.; lunch is served at noon, for a suggested donation of \$5. Advance registration is required; call Linda Avellon at BACOA at (847) 852-3892.

### Fun afloat: Set sail on a Rock River cruise

Join BACOA and the Barrington Park District for a **cruise on the Rock River** on Wednesday July 15.

The 15-mile cruise will leave from Oregon, Ill., aboard *The Pride of Oregon*, a 102-foot paddlewheel. Sightseeing highlights will include the famous Loreda Taft Blackhawk sculpture, as well as state parks and riverbank scenery. Lunch will be served on the boat as well.

Cost for the trip is \$35, which includes transportation by Park District van, lunch and cruise. The bus will leave the Park District at 8:45 a.m. and return to Barrington around 4 p.m. Registration deadline is July 1; for reservations, call Kent at the Park District at (847) 304-5273.

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### Friday bowling and bocce

Enjoy a fabulous Friday with four hours of free bowling and bocce ball at Pinstripes in the Arboretum of South Barrington.

Pinstripes is offering the event every first Friday. A continuous lunch will be served from 11 a.m.-3 p.m. Cost is \$15, which includes transportation via van from the Barrington Park District, or \$12 if you provide your own transportation.

For more information, call Kent at the Park District at (847) 304-5273.

## Things to Do

### North to New Glarus

Take a trip to America's Little Switzerland.

Area seniors are invited to join BACOA and the Barrington Park District for a day trip to New Glarus, Wisc., on Wednesday, August 12.

New Glarus, originally settled by Swiss immigrants in the 19<sup>th</sup> century, has kept its Swiss heritage alive through its architecture, food and music. The BACOA/Park District trip will feature lunch at the New Glarus Hotel and Restaurant, shopping in the village's boutiques, and a tour of the Swiss Historical Village.

Cost for the trip is \$83, which includes transportation by motorcoach bus and lunch. The bus will leave the Barrington Park District at 8:45 a.m. and return to Barrington around 6 p.m.

Registration deadline is July 24; to register, call Kent Hengels at the Park District at (847) 304-5273.

### Brew Fest

*(continued from page 2)*

All proceeds will benefit BACOA and the Barrington Village Association. Tickets are \$30 in advance and \$35 on the day of the event. The ticket price includes a commemorative glass and brew tastings.

The first 500 attendees at the gate will also receive a free commemorative t-shirt.

### Jump aboard the Culture Bus

The summer session of the **North-Northwest Culture Bus**, sponsored by BACOA and CJE-Senior Life, will run from July 15 through September 23.

The program provides a series of cultural outings designed specifically for people experiencing early memory loss, and is an extension of an existing program sponsored by CJE-Senior Life and Northwestern University Feinberg School of Medicine's Cognitive Neurology and Alzheimer Disease Clinic in Chicago.

The summer session includes six outings on alternating Wednesdays from 10 a.m. to 3 p.m.; program fee is \$450 for the full season. The fee includes professional staff trained to work with adults with memory loss, bus transportation, admission fees and restaurant lunches. Hands-on activities and destinations offer participants a variety of culturally enriching activities while providing their caregivers with needed respite. Prospective participants can sign up for one trip before deciding to enroll for the entire season. The fee for the first trip would be \$75.

Staff and volunteers provide supervision to participants, and volunteers are needed to accompany these trips. For more information or to schedule a prescreening interview, call Bonnie at (847) 852-3890 or (847) 382-7959 or Judy at (847) 492-1400.



*The painted ponies seen around Barrington this summer are part of the Barrington Roundup, a public art display coordinated by the Barrington Area United Way. You can visit BACOA's horse outside of Totally Fit, 234 W. Northwest Highway; it was painted by Agi and Bob Remack, whose daughter Jill Hawkins, is a member of BACOA's Board of Directors.*

## Act now!

### Legislation extends your chance to make tax-free gifts

With the recent financial turmoil taking place in the market, you may have missed some good news regarding charitable contributions from your IRA.

Recent IRA legislation extends your opportunity to make tax-free gifts to a charity from your IRA through 2009.

You may contribute this way if:

1. You are 70 ½ or older.
2. Your gifts total \$100,000 or less each year in 2008 and 2009.
3. You transfer funds directly from an IRA or rollover IRA
4. You make the gift to a public charity (this includes BACOA but excludes gifts made to charitable trusts, donor advised funds, charitable gift annuities and supporting organizations)

We hope this is helpful as you plan your giving. Don't miss this second chance to make tax-free gifts from your IRA. Contact your IRA administrator for the necessary forms or for more information.

## Got questions? Get answers!

Searching for information on healthy aging? Check out BACOA's Online Resource Center. It provides an extensive array of resources, services and information for older adults, caregivers and the Barrington community.

The easy-to-use guide features links to both local and national resources, including agencies, institutions and organizations that provide services to older adults, their families and caregivers. Find your answers today - visit [www.bacoa.org/resourcecenter](http://www.bacoa.org/resourcecenter).



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+

## **BACOA offers legal consultations for seniors**

BACOA is offering free legal consultations to area seniors. Attorneys from Spagnolo & Hoeksema, LLC, in Hoffman Estates, will meet with seniors on Friday, July 10 at the BACOA office.

Half-hour appointments will be scheduled between 8:30 and 11:30 a.m. Seniors can discuss estate planning, wills, power of attorney or other legal issues.

To schedule an appointment, call BACOA at (847) 381-5030.

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## **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.

*August 6-7*

*9 a.m.-1 p.m.*

*Advocate Good Shepherd Hospital*

*Lakeview Room*

*\$12.00 fee payable to AARP (AARP members, must show card)*

*\$14.00 fee payable to AARP (non-members)*

## **Restorative and diabetes management classes available at Good Shepherd**

Advocate Good Shepherd Hospital offers a variety of services, including:

*Diabetes Self-Management Program*, which includes individual education counseling and a Comprehensive Diabetes Overview: For information or to register, call (847) 842-4130;

*Living Well With Diabetes Support Group*: For information, call Ed or Donna Church at (847) 854-9040.

*Diabetes Bootcamp*: Benjamin Nager, MD, neurologist with The Center For Neurology, SC will be discussing the connection between sleep apnea and diabetes. *July 9, 9-10:30 a.m.*

*Bariatric Surgery: A Potential Cure For Diabetes*: Daniel Wool, MD and Daniel Hoeltgen, MD, specialists in bariatric and minimally invasive surgery with Barrington Surgeons, LTD, will discuss how bariatric surgery may be a potential cure for diabetes. *September 10, 9-10:30 a.m.*

Programs at **Good Shepherd Hospital Health & Fitness Center** include: *Living the Good Life*, a 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. For information, call (847) 620-4561; *Restorative Tai Chi, Healing Yoga and Warm Water Workout*. Restorative classes are held at Good Shepherd Hospital Health & Fitness Center, 1301 S. Barrington Rd., Barrington. To register, call (800) 323-8622.

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## **Senior Breakfast Club**

### **Good Shepherd Hospital**

To register, call (800) 323-8622.

### **July 22**

#### **Oh, My Achy Breaky Joints!**

According to the Arthritis Foundation, arthritis affects more than 28 million people in this country and is one of the leading causes of disability. Monika A. Starosta, M.D., rheumatologist with Northwest Rheumatology Specialists, will discuss the different forms and how to diagnose and treat this common disease.

*9-10:30 a.m.; Prairie/Meadow Room*

### **August 26**

#### **Cardiology 101**

Do you have questions about your heart - its functions or possible diseases? Bring them for Thomas Leskovac, M.D., cardiologist from Midwest Heart Specialists, as he discusses these topics and addresses your questions.

*9-10:30 a.m.; Prairie/Lakeview Room*

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

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**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
Escorted Transportation Service	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](mailto:info@bacoa.org).

*Save the dates*  
for these upcoming BACOA  
fundraisers:

**The Barrington Brew Fest**  
Saturday, July 11  
Downtown Barrington

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*Aged to Perfection*  
A Celebration of Life & Wine

Friday, September 18  
Chicago Marriott Northwest  
Hoffman Estates