

From the director: Taxes and “Take Charge!”

March is a busy month here at the BACOA office. Tax season is in full swing, and the volunteers for the **AARP Income Tax Assistance Program** are hard at work, figuring and filing. These hard-working volunteers' efforts are always appreciated both by BACOA and by the clients we can serve through this program. There's still time to sign up for a slot—see the article below—but appointments are filling fast. Please call the BACOA office for more details.

We'd like to invite you to our **annual meeting**, Wednesday, April 29 at The Garlands of Barrington. This year's meeting will spotlight BACOA's work with caregivers of all ages—from members of the “sandwich generation” who are caring for aging parents, to seniors who are caring for spouses, siblings or friends. The meeting is also always a great opportunity to review the year's activities and to catch up with supporters, friends and other members of the BACOA community. Mark your calendars—and watch our Web site for further details.

Starting next month, BACOA will once again offer “**Take Charge of Your Health!**” a health education class for adults 60 and over. The six-

week class, led by BACOA social service coordinators Penny LeNeveu and Diane Vos Hansen, will provide valuable information and resources for those who want to learn to better manage a chronic illness. For more details, see page 2.

We've gotten a very good response to our **Barrington Area Transportation Survey**, which appeared on our Web site as well as in newsletters for both Barrington and Cuba Townships. We'll be reviewing the responses and hope to provide an update in May.

Also in May, we'll be unveiling our new newsletter design. Watch for it then!

As always, I welcome your thoughts.

Joyce

Tax appointments offered through April

BACOA is once again offering the AARP Income Tax Assistance Program. Trained AARP volunteers will assist seniors with their taxes on Tuesdays from 9:30 a.m.-12:30 p.m. and on Thursdays and Fridays from 10 a.m. to 1 p.m. at the BACOA office at the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100. Barrington. Barrington Bank & Trust will provide tax assistance on Saturdays on Saturdays from 8-11 a.m. at 201 Hough St. BACOA will be making appointments for both locations.

Assistance is by appointment only and will run through April 11. For more information or to schedule an appointment, please call BACOA at (847) 381-5030.

In this issue

Education and Support	3
Things to Do	4
BACOA News	6
Health and Education at Good Shepherd	7

BACOA STAFF

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

BOARD OF DIRECTORS

Dr. James Wilson, *President*
Meg Peirce, *Vice President*
Sue Grossinger, *Secretary*
Bob Koch, *Treasurer*
Rosemarie Mitchell, *Past President*
Amy Bash
Tom Broadfoot
Robert Bruns
Dominique Buttitta
Thomas Cowlin
Tony Dutter
Jill Hawkins
Harry Logue
Julie Parsons
Connie Schofield
Cathy Schulze
Freddie Smith-Pederson
Barbara Tomasello

ADVISORY BOARD

Carol Beese
Dee Beaubien
Sylvia Boeder
Anna Bush
Elizabeth Bodie-Gross
Kim Duchossois
Ronald Hamelberg
Peer Lykke
Pam McCord
Bob Miseyka
Dave Sheppard
Diane Stephens

YOUTH BOARD

Cassie Altenberger
Kimberly Arlington
Judy Chung
Meg Crowley
Hannah Gross
Aleksandra Petrovic
Alexandra "Ola" Pitcher
Michelle West
Lyndsay Wilcox

"Take Charge of Your Health!" to be offered in April

BACOA, in partnership with AgeOptions and Advocate Good Shepherd Hospital, will offer "Take Charge of Your Health!" a health education class for adults 60 and over.

The six-week class will be held Fridays, April 17-May 8 from 10 a.m.-12:30 p.m. and Fridays, May 15-May 22 from 9-11:30 a.m. All classes will be held in the Private Dining Room at Advocate Good Shepherd Hospital, 450 W. Highway 22, Barrington.

The program is based on Stanford University's Chronic Disease Self-Management Program, which has proved effective in improving the health outcomes of participants.

Topics covered in the six-part course will include:

- Coping with fatigue, frustration, pain and isolation that may be related to ongoing health conditions
- Exercising to maintain and improve strength, flexibility and endurance
- Using medications
- Communicating with family, friends and health professionals
- Practicing good nutrition
- Evaluating new treatment options

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; for more information or to register, call Penny or Diane in Social Services at BACOA at (847) 381-5030.

Program will explore modern grandparenting

Today's grandparents are not your parents' grandparents—grandparenting has taken on a whole new meaning, and modern grandparents are developing new roles for themselves.

BACOA, in partnership with Barrington Youth and Family Services and the Barrington Area Library, will present a two-part series to explore issues that concern grandparents of the twenty-first century. The two sessions will be held Tuesday, March 31 and Tuesday April 7, at 7 p.m. at the Barrington Area Library, 505 N. Northwest Highway, Barrington. There is no charge for the programs.

The first session, on Tuesday, March 31, will include information from the library on available resources for grandparents to engage, enrich and entertain their grandchildren. For the April 7 session, BACOA and BYFS will facilitate an interactive program to discuss a variety of topics pertinent to the role of grandparenting.

For more information, contact BACOA at (847) 381-5030.

Education and Support

Caregiver Support

BACOA's **Caregiver Support Group** will not meet in March. **April's** meeting will be an open forum, with discussion on caregiver issues. The group will meet Wednesday, April 1, from 7-9 p.m.

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. New members are welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030 with questions or to register.

Alzheimer's and Memory Loss

The **Alzheimer's Association Support Group**, will have a new meeting place and time beginning in **March**. The group will now meet at St. Paul's United Church of Christ, 401 E. Main St., Barrington. The March meeting will be held Thursday, March 12, from 1:30-3 p.m.

Representatives from two adult day centers will discuss their services at the **April** meeting. The group will meet Thursday, April 9 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.

Early-stage memory loss group to start in Barrington

BACOA, in partnership with the Alzheimer's Association, Alexian Brothers Neurosciences Institute and Barrington Youth and Family Services, will begin a new 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 an overview of early-stage memory loss, medical information, legal and financial planning, social and family

relationships, driving and other considerations. The group will meet from Thursday March 19, through Thursday, May 21, from 10:30 a.m. -noon.

There is no charge for this program, but registration is required. Please call Bonnie at (847) 381-5030.

Parkinson's Disease

BACOA's **Parkinson's Disease Education Group** will attend the American Parkinson Disease Association –Midwest Chapter's Symposium 2009 on Saturday, March 21, from 8 a.m.- 2:30 p.m., at the Meadows Club, 2950 W. Golf Rd., Rolling Meadows. Cost for the symposium is \$20, if registered by February 28; \$30 for registration after that date. The fee includes a light breakfast, lunch and valet parking. This symposium will take the place of the group's **March** meeting.

Joyce Palmquist, BACOA executive director, will speak at the group's **April** meeting on Saturday, April 24, from 10-11:30. She will discuss issues that deal with a chronic illness. The group will meet in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

The group is open to Parkinson's disease patients and family members who wish to learn more about the disease. 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** is planning its March and April meetings. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898. 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.

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

Monday, March 2

Bingo and lunch. Dr. Hong Luo from AcuCare will present a program on acupuncture and pain management. Dr. Luo has 24 years of clinical experience and has published scholarly articles in China and the U.S.

Monday, March 9

Bingo and lunch. Dominick's Pharmacy of Palatine will present a program on shingles vaccinations.

Monday, March 16

Bingo and lunch. BACOA and the Barrington Park District will celebrate St. Patrick's Day with a traditional Irish feast. The festivities will include games, prizes and live music by The 45's. Cost is \$7 per person. Reserve your space by March 10 by calling Linda Avellon at (847) 852-3892.

Monday, March 23

The BACOA Senior Activity and Lunch Program will be closed due to School District 220's spring break.

Monday, March 30

Bingo and lunch. BACOA Executive Director Joyce Palmquist and Sarah Hoban, PR/marketing coordinator will present a program on BACOA's services and programs. March birthdays will be celebrated.

Monday, April 6

Bingo and lunch. Easter celebration; Barrington Park District preschool students will come to color Easter eggs. Attendees are invited to wear spring colors and Easter bonnets.

Monday, April 13

Bingo and lunch. Ashley Blankstein-Delaney from Whitehall of Deerfield will present a program about the facility.

Monday, April 20

Bingo and lunch. The Kitchen Klanger Band from Libertyville will perform an Easter program.

Monday, April 27

Bingo and lunch. April is National Volunteer Month. Lu Gustafson, a longtime BACOA lunch program volunteer, will present a program on her recent trip to China. April birthdays will be celebrated.

Thursday lunch at Greencastle of 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 \$3.50. Advance registration is required; call Linda Avellon at BACOA at (847) 852-3892.

Indiana tour will visit the Amish and the Irish

BACOA and the Barrington Park District are sponsoring a day trip to **northern Indiana**, featuring visits to Amish Acres and the campus of the University of Notre Dame. The trip will be Wednesday, April 15.

The Amish Acres stop will include a guided tour of the 80-acre farm and heritage resort, as well as lunch and time for shopping. The group will then travel to Notre Dame for a walking tour of the campus.

A motorcoach bus will leave the Barrington Park District at 6:45 a.m. and return to Barrington around 5:45 p.m. Cost is \$75, which includes transportation and lunch. To register, please call the Barrington Park District at (847) 381-0687.

Things to Do

“Mary Poppins” trip planned

She sings. She dances. She flies.

BACOA and the Barrington Park District are sponsoring a trip to see “**Mary Poppins**” at the Cadillac Palace Theatre in Chicago on Wednesday, April 1. The musical features the songs and the story from the P.L. Travers book and the 1964 Walt Disney movie but also includes new songs and scenes for this stage production.

A motorcoach bus will leave the Barrington Park District at 10:45 a.m. and return to Barrington around 6:15 p.m. Cost is \$117, which includes transportation and ticket to the show. Tickets are offered on a first-come, first-served basis. To register, please call the Barrington Park District at (847) 381-0687.

Milwaukee river cruise set for May

Join BACOA and the Barrington Park District for a **Milwaukee river cruise** on Thursday, May 21.

The hour-and-a-half narrated cruise will spotlight the city’s architectural highlights and historic sites. The trip will also include time for shopping after the cruise.

Cost for the trip is \$55, which includes transportation by Park District van, lunch and cruise. The bus will leave the Barrington Park District at 8:30 a.m. and return to Barrington around 4:15 p.m.

Seats are limited; for reservations, call the Park District at (847) 381-0687.

On the right track

Stay in shape—and stay warm and dry. The new Lake Barrington Field House is offering seniors free use of its 1/5 mile indoor walking track.

The field house is at 28156 W. NorthPointe Parkway, Lake Barrington; for more information call (847) 382-3433 or visit www.lakebarringtonfieldhouse.com.

Jump aboard the Cluture Bus

There’s still time to jump on the Culture Bus!

BACOA is partnering with CJE-Senior Life to offer the **Northwest Culture Bus**, a series of stimulating day trips designed specifically for people experiencing early memory loss. The program is an extension of an existing activity sponsored by CJE-Senior Life in Chicago, and offers socialization and recreation under the supervision of a trained and experienced professional leader and a group of volunteers. Hands-on activities and trip destinations offer participants a great variety of culturally enriching activities and experiences while providing caregivers with needed respite.

Remaining programs for the winter season include a visit to the Adlai Stevenson family home in Lake County on March 11, and a trip to the Peggy Notebaert Nature Museum in Chicago on March 25. The trips leave from the Barn of Barrington at 9:45 a.m. and return at 3 p.m. Cost for the program is \$75 per trip, which includes lunch, entrance or materials fees, and transportation. Participants are welcome to sign up for one trip before deciding to commit to an entire season.

The spring season will run April 8-June 17 April and will include six trips on alternating Wednesdays. Program fee is \$450 for the full season. For more information, contact Bonnie at BACOA at (847) 852-3890.

A little lunch on the Prairie

Students from Barrington Middle School Prairie Campus will entertain area seniors at “**Lunch on the Prairie,**” Wednesday, April 22 from 10:30 a.m.-noon, at Prairie’s campus, 40 E. Dundee Rd. Barrington. Prairie’s student council, as well as its music and home economics departments have sponsored the event since 1998. Students provide entertainment and brunch for seniors who attend.

Seating is limited. For reservations, call Linda Avellon at BACOA (847) 852-3892 no later than Thursday April 16.

BACOA News

Act now!

Legislation extends your chance to make tax-free gifts

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

Charitable IRA legislation was recently signed by President Bush, extending 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.

“Powerful Tools” to be offered

BACOA's six-week “Powerful Tools for Caregivers” class will be offered this spring through Beyond 220, Barrington Community Unit School District 220's community education program. The course will be held on Thursdays, from April 2 through March 7, at Barrington High School, 616 W. Main St., Barrington.

Cost for the course is \$35. For more information or to register, please call District 220 at (847) 842-3510; you can also see the Beyond 220 brochure online at www.barrington220.org.

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+

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

Cardiovascular Complications of Diabetes Mellitus. Michael Fortsas, MD, from Palatine Heart Center, will explain cardiovascular complications of diabetes mellitus. *March 12, 9-10:30 a.m.*

Diabetes and Eye Care. Joseph Kiernan, MD, of Premier Eye Care will discuss diabetes and eye care. *May 14, 9-10:30 a.m.*

Health & Fitness Center

Living the Good Life: This medically-based, 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. The program covers weight training and aerobics monitored by two adaptive personal trainers and a cardiac nurse. The class meets three days a week. Medical clearance is required. For dates, time and cost, or to register, call (847) 620-4561.

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. \$78 for six sessions.

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

Restorative classes held at Good Shepherd Hospital Health & Fitness Center, 1301 S. Barrington Rd., Barrington. To register, call (800) 323-8622.

Senior Breakfast Club

Good Shepherd Hospital

To register, call (800) 323-8622.

March 18

How to Access Hospital Oncology Services

Have you or someone you know been in need of oncology services at Good Shepherd Hospital? Would you know who to talk to or where to start to access all the different services? Join Breast Health Specialist Mary Sue Fidale, RNC, MA, LCPC; Oncology Nurse Navigator Kathy Hendrix, RN, BA; and Genetic Counselor Shelly Galasinski, MS, CGC, to learn where to begin. *9-10:30 a.m.*

April 22

Talking with Your Doctor

Have you ever wondered how to discuss your health care concerns while visiting your physician? Communication with your physician is very important to receiving good care. Attend this informative discussion and learn how to improve those skills. *9-10:30 a.m.*

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

NON PROFIT ORG
U.S. POSTAGE
PAID
Barrington, IL 60010
Permit No. 262

IMPORTANT PHONE NUMBERS

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

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

BACOA launches free 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 the second Friday of each month at the BACOA office, in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. 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.

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