

## Medicare Part D

BACOA is now making appointments to help seniors review and compare their existing prescription plan to the 2007 plans.

Everyone in a plan needs to review changes that may affect him or her. Letters called the "Annual Notice of Change" have been sent by the plans and should have been received by participants by October 31, 2006. If you have not received your letter, call your plan representative. These letters should have information about what will be covered in the plan for 2007. Many of the plans will have changes. Everybody needs to compare their current plan to the other 60 available plans for 2007. Letters will describe:

- Changes in premiums, deductible, co-pays or co-insurance.
- Changes in coverage in the "donut hole": none, generics, generic and preferred, or all formulary drugs.
- Benefits management tool changes (prior approval, dosage limits and step therapy).
  - An abridged or full formulary should come with the letter. If a drug is not included, check the Plan Finder.

The 2007 Prescription Drug Plan Finder is now available at [www.medicare.gov](http://www.medicare.gov), however, registration won't begin until November 15 and will end December 31, 2006. You must have your application in by December 9th to guarantee an effective date of January 1, 2007.

People who qualify for extra help (LIS) will still want to be sure that their medications are covered in the plan's 2007 formulary, even if they know that those drugs were covered this year by the plan. They should also be aware of potential changes in benefits management tools. Even if a drug is covered in the formulary, a person may be denied access because they have not met requirements, for example, step therapy. Exceptions that were granted by a plan last year may have to be requested again this year.

NOTE: People in Illinois Cares Rx will get the plan's standard letter. It won't include information about premiums or co-pays under the state plan. The state will send a separate letter with the information.

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### Warning...

Scam artists are on the prowl, so do not give or confirm any personal information to anyone calling saying they are from the Social Security Administration, Medicare, or your prescription drug company. They already have all your personal information.

## From the Director

As you receive this issue of *Senior Advisor*, BACOA will once again be kicking off its annual fund drive. Most people don't realize that over ninety percent of our funding is received from private contributions made by the generous Barrington community: businesses, foundations, service organizations, individuals and local government. As a result, your support is essential if we are to have the financial resources we need to provide and expand our valuable services to seniors, their family caregivers, and the community at large.

I am pleased to report that BACOA's wine tasting fundraiser "A Magical Evening" was a resounding success. Our thanks to everyone who supported the event; see page 4 for details.

This has been another busy year here at BACOA, and one of our greatest challenges was learning about the new Medicare Part D Prescription Drug program for seniors. I want to thank our SHIP volunteers, Larissa Eliashevsky and Carol Kosner for all of their time and effort in helping both our staff and our seniors to better understand the program. I also want to thank Brenda Streicher for volunteering to work one on one with seniors to help them figure out what plan might be best for them. Last year we provided over 150 clients with Prescription Drug counseling and we expect that number to increase this year, so as you saw in the cover article, between November 15 and December 31 you will need to review changes to your current drug plan and decide whether or not to make changes. Please give us a call if you would like help.

A new program that we plan to introduce after the first of the year is the Posit Science Brain Fitness Program. As the result of a grant received from the Barrington Area Community Foundation and support from an anonymous donor, BACOA has purchased a sample of the Brain Fitness program and two laptop computers. We are currently in the process of becoming certified to distribute the product and to conduct workshops and one-on-one presentations on the product.

I wish you all the best as we approach the holiday season.

As always, I welcome your thoughts.

Joyce

Good Shepherd Hospital

**MUST HAVE APPOINTMENT**  
CALL 1-800-995-4267

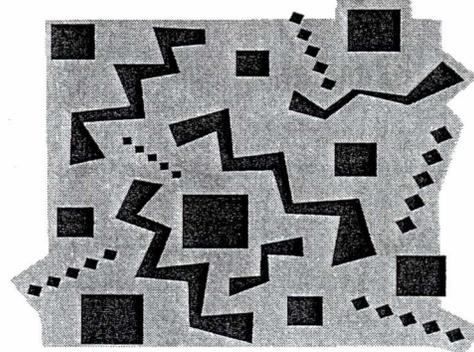
Nov.10	9-1 p.m.	GSH	Lakeview Room
Nov.14	9-1 p.m.	GSH	Lakeview Room
Nov.17	9-1 p.m.	GSH	Lakeview Room
Dec. 5	9-1 p.m.	GSH	Lakeview Room

Jewel Osco Pharmacy – No appointment necessary  
- call for dates and times. 847-381-3152

For other locations to obtain a flu shot call the  
Visiting Nurse Association of Fox Valley at 847-  
888-0505.

**Five Simple Flu  
Prevention Tips**

1. Get vaccinated.
2. Eat a balanced diet and get proper rest.
3. Keep your distance.
4. Routinely clean and disinfect surfaces.
5. Wash your hands.



Art CUBES, a series of affordable art classes for seniors, will be offered in the Barrington area starting in January. The Barrington Area Council on Aging will present an introduction to the program on Monday, November 13, at 2 p.m. at Barrington Horizons, 1418 S. Barrington Road, Barrington.

Art CUBES (Citizens United to Benefit the Elderly in Society) provides professional art instruction, workshops and art exhibits for seniors. The nonprofit group, based in Des Plaines, is a coalition of artists, businesspeople and others who promote cultural experiences for the elderly. Classes and exhibits are held at a number of locations throughout the Chicago area.

For more information or to register for the introductory program, call Linda Avellon at BACOA at 847/381-5030.

## Thank You

The Barrington Area Council on Aging wishes to thank everyone who helped make our eleventh annual wine tasting fundraiser "A Magical Evening" a resounding success. Two hundred guests attended the event at The Garlands Performing Arts Center on September 29. Jazz provided by the John Mose Quartet provided a lovely background for guests as they sampled a variety of wines and specialty martinis, bid on auction items and enjoyed a delicious light supper buffet. Ken Mate provided a blend of comedy and magic throughout the evening as master of ceremonies.

Thanks to the generous contributions of area businesses and individuals, the event raised more than \$56,000 for the programs and services provided to the community by BACOA. These services include education and support to people caring for an aging relative; volunteer visits with homebound seniors; advice and guidance to families making difficult decisions related to aging; Meals with Wheels, and monthly support groups which focus on a variety of topics.

We extend a very special thank you to our corporate sponsors, Advocate Good Shepherd Hospital and The Garlands of Barrington. Thanks to Istvan Abdai, director of hospitality at The Garlands, and his staff for their excellent service and delicious food. We also extend a special thank you to Ken and Sandy Wodek, proprietors of Barrington Cellars, for their guidance in selecting the wines to sample. In addition, Ken and Sandy will be contributing a portion of the proceeds from wine sales to BACOA.

Thanks also to our wine distributors: Pure Wine Company; Metro Premium Wines, Distinctive Wines and Patagonia Wines.

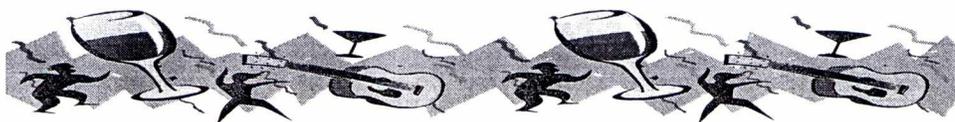
We also thank planning committee members for their hard work over the past months: Kathy Connolly, Konda Dees, Sarah Hoban, Mary Moy, Susan Norton, Mary Pahlke, Joyce Palmquist, Meg Peirce, Karen Pfeifer, Connie Schofield, Barbara Tomasello, Diane Tyrpin and Douglas Saylor.

The delicious buffet was sponsored by Alexian Brothers Hospital Network and Cornerstone National Bank & Trust. Alden Realty Services and Governors Park sponsored martini sampling.

Wine table sponsors included Dee and Mark Beaubien, Cowlin & Cowlin, Clare & Clare, and Sunrise of Barrington, Sunrise of Buffalo Grove, Sunrise of Crystal Lake, and Brighton Gardens of Hoffman Estates.

Partial table sponsors were James and Betsy Bramsen, Lake Barrington Woods, John & Penny LeNeveu, Mike and Susan Norton, Jody L. Paine, George and Meg Peirce, Richard and Roxy Pepper, Gilbert and Kay Reich and Norval and Diane Stephens.

We also thank Barrington-area businesses and individuals for their generous contributions for the silent and live auctions. Again, thanks for your generous support.



# Things To Do

## Lunch and Activities

On Monday at **Langendorf Park**. Bingo is at 11 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, November 6 - Medicare Update

Bingo and lunch. November is American Diabetes Month and National Family Caregiver Month. We will discuss healthy eating habits, and Larissa Eliashevsky, S.H.I.P. (Senior Health Insurance Program) volunteer will present a Medicare Update.

### Monday, November 13 - Caregiver & Brain Health Program

Bingo and lunch. Penny LeNeveu of BACOA's Social Service Department will present a program on BACOA's Caregiver Support Group. Kelle Janci, nursing student from Northern Illinois University, will discuss nutrition for brain health.

### Monday, November 20 - Annual Thanksgiving Luncheon

BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington will have their Thanksgiving luncheon on November 20 at the Barrington Park District. Bingo and lunch; vocalist Lee Bassett will entertain. Call Linda at (847) 852-3892 by November 15 for reservations.

### Monday, November 27 - Preschoolers Program

Bingo and lunch. Barrington Park District preschoolers will perform a variety of songs. Blood pressures will be taken, and November birthdays will be celebrated.

### Monday, December 4

Bingo and lunch. Daralene Horslev and Carolyn Roussel of "The Tuneful Twosome," will perform Christmas songs.

### Monday, December 11

Bingo and lunch. The Wauconda High School Chorus will perform a special music program. Blood pressures will be taken, and December birthdays will be celebrated.

### Monday, December 18- Annual Christmas Luncheon

Christmas luncheon for BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington. Bingo and lunch; entertainment will be "Second Wind." (Joyce Palmquist and Doug Saylor). Call BACOA for reservations by December 13.

### Monday, December 25- Closed for the holidays

BACOA'S lunch program will return on January 8, 2007. Have a safe and happy New Year!

## Greencastle

Lunch is served at Greencastle of Barrington on Tuesdays and Thursdays from 11:30 a.m.-2 p.m. A "Senior Social" follows lunch. Blood pressures will be available on the fourth Thursday of each month. Suggested donation for meals is \$3 on Tuesdays and \$4 on Thursdays.

Advance registration required; call Linda 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.

## Lunch & a Movie

Barrington Park District, 235 Lions Drive, Barrington. The suggested donation for lunch is \$3 per person. Lunch will be served at noon, and the movie will follow. The movie will be shown on a large-screen TV, and popcorn will be provided.

*Wednesday, November 15*  
"Walk the Line"

This 2005 film, chronicles the life of country singer Johnny Cash and stars Joaquin Phoenix and Reese Witherspoon. Please call Linda by noon on Monday, November 13 at (847) 381-5030 to register for lunch

*Wednesday, December 13*  
"Cheaper By the Dozen"  
Starring Steve Martin, Hilary Duff.  
Please call Linda by Monday, December 11.

## Education and Support Groups

### Alzheimer's & Memory Loss

Meetings will be held the third Thursday of each month from 1-3 p.m. This group provides education, speakers and support for families and are caregivers of Alzheimer's patients.

### Brain Aerobics

Meetings are held the third Wednesday of each month from 10:30-noon at The Garlands of Barrington. Please call Bonnie at BACOA for information or to pre-register.

*Wednesday, November 15 - Speaker*

Barbara Bednarz, will present a program called Brain Gym to the group. Brain Gym, created by Dr. Paul Dennison, consists of easy and fun physical movements which facilitate learning. This program develops the brain's neural pathways through movement. It helps to improve your skills in many areas including reading, writing, organizing, memorizing and listening. Barbara is a certified Brain Gym instructor/consultant and veteran teacher with 30 years of classroom experience.

*Wednesday, December 20 - Speaker*

Kelle Janci, nursing student from Northern Illinois University will discuss nutrition for brain health.

### Caregiver Support

Meetings are held at the BACOA office, 6000 Garlands Lane, Suite 100 the first Wednesday of every month from 7-9p.m. Please call Penny at BACOA for information or to pre-register.

*Wednesday, November 1 - Speaker*

Linda Cao from Meridian Movement Therapy and Carol Hartman from Alexian Bros. Behavioral Health Hospital will discuss ways to prepare for the stress of the holidays and teach the group stress relief methods such as light exercise and meditation.

*Wednesday, December 6 - Open forum.*

We will open the discussion to topics pertinent to caregiver situations. New members are welcome to join us.

### Low Vision

Meetings are held at 1 p.m. on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

*November* - Enrique Garcia-Valenzuela MD, PhD will present the latest treatment options available for macular degeneration. Dr. Garcia is a board-certified ophthalmologist at the Alexian Ophthalmology Institute, specializing in vitreo-retinal surgery and diseases of the retina and macula.

In addition, Kerri Scholl, project manager for the Ophthalmology Center of Excellence will be in attendance and will be available to talk about Alexian's resources for vision care.

*December* - Colleen Caron, RNC, MS will join us to talk about reducing holiday stress and coping with the hustle-bustle of the season, emotions, and family expectations. Ms. Caron is an older adult service coordinator through the Alexian Brothers Behavioral Health Hospital and is a skilled practitioner in the field of mental health and quality of life.

## BACOA Programs and Services

**Adopt-A-Grandparent program:** Seniors share interests, hobbies and or conversation with participating Barrington High School students. This program promotes intergenerational friendships which may fill the void for those who either have grandchildren or grandparents who don't live nearby or who don't have contact with family members as often as they would like. Call Diane at BACOA.

**Arthritis Foundation Exercise Program:** This ten-week program provides gentle movements and activities. Pre-registration is required. Call Linda at BACOA.

**Benefits Check Up:** This program helps thousands every day to find programs for people ages 55 and over that may pay a portion for some of their costs of prescription drugs, health care, utilities, and other essential items or services.

**Friendly Visitor program:** Volunteers visit with a senior citizen for one hour per week to share companionship. Volunteers may help with letter writing, reading or errands or simply visit with their senior.

**Information and Referral:** Council staff provides callers with information on services such as housing, home care and transportation, as well as social and recreational opportunities.

**In-Home Emergency Response Systems:** BACOA provides information on emergency response systems.

**Meals With Wheels:** A hot, nutritionally balanced noon meal prepared by Lake Barrington Woods is available for delivery Monday through Friday to homebound seniors living in the Barrington area. A home visit and assessment, along with a doctor's written order, is required prior to participation in the program.

**Outreach and Support:** BACOA staff can make home visits to assess seniors' needs and assist them in linking them to appropriate services.

**Powerful Tools for Caregiving:** Class consists of six 2 ½-hour sessions. It helps participants reduce stress, improve self-confidence, better communicate feelings, balance their life, increase their ability to make tough decisions and locate helpful resources. Call BACOA.

**Senior Lunch & Activity Program:** A hot noon meal is served on Mondays at Langendorf Park and on Tuesdays and Thursdays at Greencastle of Barrington for a suggested donation of \$3 per meal on Monday and Tuesdays and \$4 on Thursdays. Call Linda at BACOA.

**Senior Health Insurance Program (SHIP):** Counselors are available to answer your health insurance questions; for an appointment, call BACOA. The counselors provide personal guidance in resolving problems related to Medicare Updates and other issues.

**Speakers Bureau:** BACOA staff is available to provide programs on a wide variety of issues related to seniors and caregiving.

## Mind, Body, and Spirit

### Arthritis Foundation Exercise Program

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

The class meets **Thursdays from 10:45-11:45 a.m.** at Greencastle of Barrington. Cost is \$22 for a ten-week class. Pre-registration is required; call BACOA for more information.

### Good Shepherd Health & Fitness Center

To register or for pricing information call, (847) 620-4500.

#### *Healing Yoga*

Yoga class designed to get you moving, creating more fluid joint and muscle function and decreasing pain. Targeted for people with life-altering physical limitations, such as arthritis, fibromyalgia, MS and Parkinson's. Six-week sessions. No membership necessary. Classes meet on **Tuesdays and Thursdays, 11:15 a.m. - 12:15 p.m.**

#### *Warm Water Workout*

Co-sponsored by the fitness center and Arthritis Foundation's aquatics program, 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. Classes meet on **Mondays and Wednesdays, 11:00-11:45 a.m.**

### Brainteaser

This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it. It looks so plain you would think nothing was wrong with it. In fact, nothing is wrong with it. It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out.

(Answer: There are no e's there.)

### Didjknow... Young brains and old brains decline at the same rate

Old brains DON'T decline more rapidly; they just begin to show it. A large sample of adults, between the ages of 20 to 90, underwent a battery of tests for working memory and overall mental function. The tests revealed how much information they could remember, manipulate, and retrieve. Interestingly, results revealed that brain decline begins when people are in their 20s and continues at the same pace across their entire lifespan. Therefore, a 60- or 70-year old brain is not actually declining any more rapidly than a 30-year-old's. Although the decline begins in young adulthood, the cumulative effects on the brain function do not show up in behavior until adults grow much older.



### Humor builds brain power!

The nice thing about being senile is ...

- You can hide your own Easter eggs
- You meet new people every day

## Free memory screenings on National Memory Screening Day Tuesday, November 14

National Memory Screening Day is sponsored by the Alzheimer Foundation of America and is designed to promote early detection and intervention for those concerned about memory loss. 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.

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.

Screenings will be held at the BACOA office from 9 a.m.-3 p.m.; to register, call BACOA at (847) 381-5030 by November 10.

## Holiday Activities

### Afternoon Tea and Holiday Shopping

*Wednesday, November 29 at 1 p.m.* - Barnes & Noble's Deer Park store

Attendees will sample gourmet teas, hear the latest in book news and get gift ideas for holiday shopping lists. Staff members will be available to help select gifts for adults, teens and kids.

Admission is free, but space is limited to 20 people. Reservation deadline is Monday, November 27. For more information or reservations, call Linda Avellon at the Barrington Area Council on Aging at (847) 381-5030.

Barnes & Noble Deer Park is located at 20600 N. Rand Road, Deer Park.

### High Tea and "A Christmas Carol"

*Wednesday, December 6.*

Attendees will begin the afternoon with high tea at the Drake Hotel in Chicago, followed by a performance of "A Christmas Carol," at the Goodman Theater.

The trip will include transportation via motorcoach (with pickups in Grayslake and Barrington), tea and theater admission. The bus will leave the Barrington Park District at 9 a.m., and return around 6:45 p.m. Cost for the trip is \$92. Registration deadline is *Monday, November 27.*

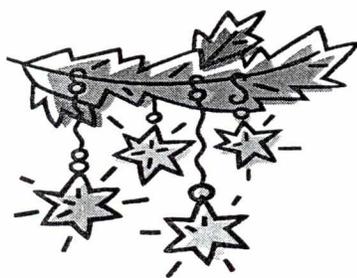
Please call the Barrington Park District at (847) 381-0687 for more information or for reservations.

### Ice House Mall's Holiday Senior Luncheon and Shopping

*Friday, December 15* at the Barrington Ice House Mall, 200 Appleby, Barrington.

Ice House shops and businesses will offer special discounts, holiday treats, and shopping assistance. Chessie's Restaurant will host a luncheon and fashion show from 11:30-12:30; cost will be \$17 per person.

For more information or reservations, call Linda Avellon at BACOA at (847) 381-5030.



Happy Holidays from  
BACOA's Board of  
Directors and Staff.

## Diabetes Education

### Advocate/Good Shepherd Hospital offers a 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.

**Diabetes Support Group:** Bimonthly. 90 minutes of sharing and education. For information or to register, call (847) 842-1752.

### Exercise and Diabetes

**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.

### Diabetes Boot Camp - November 9

#### *Food for the Holidays*

Kate Olsen, Good Shepherd Hospital Diabetes Dietician, will explain how to successfully eat your way healthy through the holiday season.

9-10 a.m.  
Lakeview room

### Senior Breakfast Club

Good Shepherd Hospital  
Prairie Room.

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

#### Discharge Planning: Building a Bridge from the Hospital to Your Home

Staff from Good Shepherd Hospital's Continuity of Care and Social Services will discuss the discharge planning process. Learn what you need to know about returning safely to your home and how you and your family play an important role in this process.

November 22  
9-10:30 a.m.  
Lakeview/Prairie Room

#### Angels Among Us: How Ordinary People Do Extraordinary Things

Caryl Derenfeld, President and Chief Conversation Facilitator of *Across Generations*, shares stories of ordinary people who have done extraordinary things for others and inspires the audience to share their stories of kindness as well. Come share, reminisce and learn something new together.

December 27  
9-10:30 a.m.  
Lakeview/Prairie Room

### Personal Emergency Response Systems

Signaling your need of assistance in an emergency is a lifesaver.

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

### Meals With Wheels

A nutritious mid-day meal is provided Monday through Friday, to senior citizens who are unable to cook for themselves and **do not** live with a paid caregiver. The suggested donation is \$5 per meal. However, if you have special circumstances, the cost of the meal may be reduced. A home visit and assessment are required prior to program participation. Call BACOA for more information.

### Quality Information for Nursing Homes in Illinois

Information collected includes:

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

For another source of information on the quality of care in nursing homes you can call (800) MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).

### Alzheimer's Store

For a copy of the catalog, call (800) 752-3238 or visit the store's Web site at [www.alzstore.com](http://www.alzstore.com).

### Anti-Coagulation Clinic at Good Shepherd Hospital

The clinic uses the new finger-stick method for your blood test. Services are available by appointment only, and you must have a written physician's order. For more information or to talk with the pharmacist at the clinic, call (847) 381-9600 x 265721.

#### Hours:

Monday, Wednesday, Friday  
8 a.m.-4:30 p.m.  
(847) 381-9600, x265721

Tuesday & Thursday  
7 a.m.-3:30 p.m.  
(847) 381-9600, x265721

### Circuit Breaker/ Pharmaceutical Assistance

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

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

### New Online Personalized Medicare Manager

This new web tool can help you make the best health care decisions for your personal needs. MYMedicare.gov puts you in control.

At any time, you can...

- Track your health care claims
- Check your Part B deductible status
- View your eligibility information
- Track the preventive services you can use
- Find your Medicare health or prescription plan, or search for a new one
- Keep your Medicare information in one convenient place

Step-by-step instructions.

1. Go to MyMedicare.gov.
2. Click on Need to Register.
3. Enter your Medicare Number located on your Medicare card.
4. Fill in and submit your information.
5. You'll receive your password by mail in about 14 days.
6. Use your password to access your personal account at Medicare.gov.

## Medical Transportation

### FISH

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.

## General Transportation

### 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).

### FISH

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

### 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. \$5 per round trip for persons 60+ 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 doctor's 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 Assessment and Rehabilitation Programs

Advocate/Lutheran General Hospital, Park Ridge. (847)723-5542

Alexian Brothers Older Adult Institute and the Driver Rehabilitation Program, Hoffman Estates. (847) 640-3119

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

### Drivers Evaluation Lecture

If you or a loved one has physical or cognitive problems and wonder if it is safe to drive, contact Alexian Older Adult Institute and the Driver Rehabilitation Program for a talk on driver evaluations. For more information and lecture dates, call (847) 640-3119

## 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.

*Good Shepherd Hospital*

December 12th and 13th

9-1p.m. Meadow Room

\$10.00 fee payable to AARP.

CALL GSH to register for class.

847-381-9600.

## NEW Online AARP Driver Safety Refresher Course

Now you can take the same course AARP has been offering in the classroom in the comfort of your home, at your own pace, using state-of-the-art technology.

After you complete a simple and secure registration process, you can immediately start the course. You can stop and return to your course at any time using your secure login information. Step-by-step instructions will guide you through the screens, and customer service representatives are available 24/7 to assist you by e-mail and phone.

The online course fee is only \$15.95 for AARP members and \$19.95 for non-members. Upon completion, you will receive a certificate mailed directly to your home. Website: [http://www.aarp.org/families/driver\\_safety/driver\\_safety\\_online\\_course.html#](http://www.aarp.org/families/driver_safety/driver_safety_online_course.html#)

# November 2006

November 2006

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2006

S	M	T	W	T	F	S
1	2	3	4	5	6	7
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		November 1 7:00pm Caregiver support	2 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle	3	4
6 10:30am Lunch-Park	7 11:30am Lunch - Greencastle	8	9 9:00am Diabetes Boot Camp 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:00pm Low vision group	10	11
13 10:30am Lunch-Park 2:00pm Art CUBES	14 9:00am Memory Screening 11:30am Lunch - Greencastle	15 10:30am Brain Aerobics 12:00pm Lunch & Movie	16 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:30pm Alzheimer's group	17	18
20 10:30am Lunch-Park	21 11:30am Lunch - Greencastle	22 9:00am Senior Breakfast Club	23	24	25
27 10:30am Lunch-Park	28 11:30am Lunch - Greencastle 1:00pm	29 1:00pm Afternoon Tea (Barnes & Noble)	30 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle		26



## Acknowledgments

We want to thank the many individuals and organization who has so generously supported BACOA's 2006 annual fund drive. Your support is critical to our success. *In an effort to protect the privacy of our donors, we no longer include donor names when the newsletter is posted on the BACOA website.*

### Keystone Corporate:

Advocate Good Shepherd  
Hospital, Harris Barrington

### Cornerstone: \$25,000 and over

Barrington Area United Way,  
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### Silver: \$4,999-\$2,500

Barrington Area Community  
Foundation, McGraw Foundation

### Wine Tasting Caregiver

#### Services Auction

Mr. & Mrs. Vic Barcroft, Mr. &  
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Feinstein, Mr. & Mrs. John  
LeNeveu, Elizabeth McGrath,  
Pam McCord, Mr. & Mrs.  
Thomas Mitchell, Frederica Smith  
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## ENTERTAINMENT BOOKS

North/Northwest books are **now  
available** at our office for \$20 each  
and are **valid until November  
2007**.

Call BACOA at (847)381-5030 for  
more information.

### Sponsor Gifts: \$499-\$100

Robert Griffin, Jr., Helen Merchut  
Estate,

### Partner Tribute Gifts: \$99-\$50

W.W. Grainger on behalf of Bob  
Pappano in memory of Lucille  
Papano

### Tribute Friend Gifts: \$49-\$25

Mr. & Mrs. David Sheppard

### Operation Kool Fan Drive sponsored by Andreano

#### Chiropractic

Andreano Chiropractic, John  
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### Birthday tribute gifts in honor of Sue Goodfellow

Joan Dehnert, Kay Griffith,  
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Susan Maher, Pam McCord,  
Lana Miller, Lynn Rice, Cathy  
Schulze Coll, Virginia Wendt

### Birthday tribute gifts in honor of Pam McCord

Joan Dehnert, Kay Griffith, Sue  
Goodfellow, Kathryn Hall Whitt,  
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### Lila Moray Memorial Gifts

Mr. & Mrs. Philip Darrow, Dr.  
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Mr. & Mrs. Byron Smith, Karen  
Parrish, Mr. & Mrs. Robert  
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### Other Memoial Gifts

Robert Harles in memory of  
Patricia Palmer

### Consider a lasting gift.

BACOA participates in Legacy  
Alliance of the Barrington Area, a  
planned giving collaboration  
between local nonprofit  
organizations and professional  
financial and estate advisors.

Legacy Alliance provides  
education and information to  
individuals who are interested in  
leaving bequests or other types of  
gifts from their estate to nonprofit  
organizations.

Planned gifts come in all sizes, and  
are a lasting way to support a  
cause close to your heart. If  
you're interested in learning more  
about BACOA's planned giving  
program, please contact Joyce  
Palmquist at (847) 381-5030 or  
visit [www.LegacyBarrington.org](http://www.LegacyBarrington.org).

If you have already named  
BACOA as a beneficiary in your  
estate, do let us know – and thank  
you!

**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.

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