

Barrington Area Council on Aging, Inc.

November/December 2007

Serving seniors, family caregivers, and the community

From the Director

As you receive this issue of *Senior Advisor*, BACOA will once again be kicking off its annual fund drive. In fact, over ninety percent of our funding is received from private contributions made by the generous Barrington community including businesses, foundations, service organizations, individuals, local government and the United Way. We hope that you will once again think of us, as you plan your year-end giving.

I am pleased to report that BACOA's annual wine tasting fundraiser, "Aged to Perfection," was a great success. Our thanks to the many volunteers and individuals who supported us, especially Jim Daluga, who served as our master of ceremonies and conducted our lively, live and reverse auctions. Please see page 6 for details.

Some of you may remember that the theme and focus of our annual meeting this year was on building an age-friendly community. The board and I have been researching this concept and begun to take steps toward making the Barrington area even more age friendly. One of our most recent steps in this process has been to form a youth board. Board member Dominique Buttitta

and I have been quite busy over the last few months recruiting and interviewing high school students to serve on the board. We are pleased to report that the new youth board members were introduced to the board at our October 17 meeting. We are very excited about adding this new dimension to BACOA. Please see page 6 for details.

In closing, I just wanted to highlight some ongoing services we provide this time of year. Merrill Lynch will once again be opening its office to area seniors on December 15 to make holiday phone calls. See page 5 for details. The social services staff will once again be available to assist seniors in reviewing their Medicare Part D coverage to determine whether or not they should change plans; for more information, see below.

As always, I wish you and your family the best as we approach this holiday season.

Joyce

BACOA to assist with Medicare Part D questions

The Medicare Part D enrollment period is approaching, and BACOA will again provide assistance to area seniors trying to decide which Medicare Part D insurance policy they will enroll in.

Assistance will be available from mid-November through the end of December at the BACOA office at 6000 Garlands Lane, Suite 100, Barrington. Seniors and caregivers can call BACOA to schedule an appointment for assistance.

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

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Lunch and Activities

Monday – Barrington Park District – 235 Lions Drive, Barrington

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

Monday, November 5

Bingo and lunch. November is American Diabetes Month. Diabetes educator Virginia Menzimer, RN, from Advocate Good Shepherd Hospital will present a program on diabetes.

Monday, November 12

Bingo and lunch. Barrington Park District preschoolers will entertain with Thanksgiving songs. Robert Miessler, district sales manager for Collette Vacations, will present a program on “Canadian Rockies by Rail,” one of BACOA’s 2008 trips.

Monday, November 19- Annual Thanksgiving Luncheon

BACOA’s Thanksgiving luncheon. The management team from Good Shepherd Hospital will join us; vocalist Dan Sullivan, will entertain. Please call Linda Avellon at BACOA at (847) 852-3892 by November 14 for reservations.

Monday, November 26

Bingo and lunch. Blood pressures will be taken.

Monday, December 3

Bingo and lunch. Samantha Breden and Kevin Sullivan from Lutheran Home Services in Arlington Heights will be presenting a program about their services in the Barrington area. Lutheran Home Services will be sponsoring lunch. Register for this special lunch by Wednesday, November 28 by calling Linda Avellon at BACOA at (847) 852-3892.

Monday, December 10

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 17- 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 12.

Monday, December 24 and 31- Closed for the holidays

BACOA’s lunch program will return on January 7, 2008. Have a safe and happy New Year!

Thursday – Greencastle of Barrington – 445 E. Main, Barrington

11:30 a.m.-2 p.m. A “Senior Social” follows lunch. Blood pressure readings will be available on the fourth Thursday of each month. Suggested donation for meals is \$3. Advance registration required; call Linda Avellon at BACOA.

Health Education and Support

Alzheimer's and Memory Loss

Pamela Dalinis, director of education for the Midwest Palliative and Hospice Care Center, will present "Preserving Dignity and Other End of Life Issues," to the **November** meeting of the **Alzheimer's Association Support Group**. The group will meet Thursday, November 15, from 1-3 p.m., at The Garlands of Barrington.

The **December** meeting will be an open forum; it will meet Thursday, December 20, 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. There is no charge for this group, but registration is required for first-time participants; please call BACOA at (847) 381-5030.

Caregiver Support

As the holiday season approaches, a healthy outlook is more important than ever. **Dr. Om Johari**, a certified laughter leader, will speak about the healthy aspects of laughter at the November meeting of the **Caregiver Support Group**. The group will meet Wednesday November 7, from 7-9 p.m. at the BACOA office.

Lynda Markut will speak at the **December** meeting on December 5, from 7-9 p.m. Markut is an author and caregiver, and is clinical director at Family Alliance Inc., a not-for-profit comprehensive social service agency in Woodstock .

BACOA's 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 always welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030.

Arthritis Foundation Exercise Program

People with arthritis *can* exercise.

The **Arthritis Foundation Exercise Program** is specifically designed for people with arthritis and emphasizes relaxation and joint-protection

techniques that you can practice at home.

The program, sponsored by BACOA, the Greater Chicago Chapter of the Arthritis Foundation, is held on Thursdays, from 9:30-10:30 a.m. at Barrington Horizon, 1418 S. Barrington Rd., Barrington.

Cost for a ten-week session is \$22. Participants can join at any time and will be given credit toward the next session. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Parkinson's Disease

The **Parkinson's Disease Education Group** will not meet in November, due to the Thanksgiving holiday.

Linda Cao, from Meridian Movement Therapy, will discuss tai chi and Parkinson's at the **December** meeting. Cao works with Alexian Brothers Neurosciences Institute in Hoffman Estates, and will be accompanied by **Carol Hartman** from Alexian. The meeting will be held at December 15 from 10-11:30 a.m. in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington. Please note: the meeting is a week early due to the December holidays.

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

Snow removal

Winter is fast approaching. If you're looking for assistance for snow removal, give the BACOA office a call at (847) 381-5030. Our staff has resources and will try to link you with some help.

Health Education and Support

Low Vision Education and Support

The November meeting of the **Low Vision Education and Support Group** will feature a presentation by **Mary Scully**, of Blind Service Association in Chicago. She will discuss her special interest in the area of support groups and on the subject of living with low vision in relationship to the sighted world. The group will meet Thursday, November 8, from 1-2 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

Participants can bring a holiday treat or story to share to the **December** program on **Thursday, December 13**, from 1-2 p.m. The group will continue its tradition of home-baked goods, reading favorite short stories and talking of holiday plans.

The Low Vision Education and Support

Group meets on the second Thursday of each month. The meetings are open to all ages, and transportation is available via Pace. (Please call Pace at 800-273-5939 the day before for reservations.) For more information on the group, please call Diane Vos Hansen at 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. 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.

*A trusted teammate. Sylvia Mountsier, a member of BACOA's **Low Vision Education and Support Group**, spoke to the group's October meeting about working with her guide dog, Estelle. Sylvia traveled to the Guide Dogs for the Blind campus in San Raphael, California, earlier this year, where she received Estelle and trained with her for six weeks. Sylvia described the training process as well as her life today with Estelle, who accompanies Sylvia on trains, in restaurants and to the symphony.*



Things To Do

Brain Aerobics

The **November** meeting of BACOA's **Brain Aerobics** program will feature an "Introduction to Chess" by Grandmaster Yuri Shulman. This challenging game offers another tool aimed at improving cognitive function. The meeting will be Wednesday, November 14, from 1:30-3 p.m at The Garlands of Barrington.

The **December** meeting will be held Wednesday, December 12, from 1:30-3 p.m.

Brain Aerobics is aimed at all ages, and is designed to increase brain activity through logic exercises, imaginative exercises, reminiscence and more. The group meets on the second Wednesday of the month, from 1:30-3 p.m. at The Garlands of Barrington. For more information or to register, call BACOA at (847) 381-5030.

Merrill Lynch to help seniors with holiday phone calls

On Saturday December 15, Merrill Lynch will open its Barrington office for area seniors to make **holiday phone calls**.

Seniors will be allowed use Merrill Lynch phones to make calls to family and friends anywhere in the world, and will be able to make as many phone calls as they would like during their one-hour time slot.

The office, at 18 E. Dundee Rd., Barrington, will be open from 9 a.m.-noon, and Merrill Lynch employees and their families will assist the seniors as needed. Refreshments will be served, and gifts distributed to participating seniors.

Space is limited to 25 seniors per hour, so please call BACOA at (847) 381-5030 to receive a time slot. Transportation will also be available if needed.

Get away with BACOA: Trips planned for 2007-08

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

"Canada's Winter Wonderland." Departure date: December 2. Seven days; \$1,949 per person (double).

"Spectacular South Africa." Departure date: April 3, 2008. The 14 days: \$4,624 per person (double).

"Islands of New England." Departure date: September 26, 2008. Eight days: \$1,949 per person (double).

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

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

"Secrets of Savannah." Departure date: April 26, 2008. Eight days: \$1,129 per person (double).

"Islands of New England." Departure date: July 12, 2008. Seven days: \$1,984 per person (double).

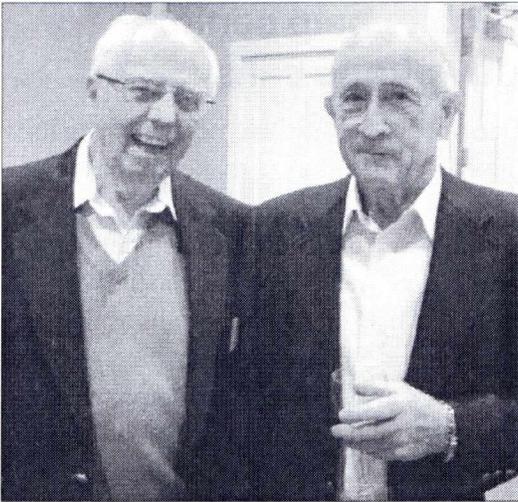
Mayflower offers a "Guaranteed Share Program," which can provide a roommate for tours. All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Get quick on the draw at BACOA's art classes

Art Matters, a series of affordable drawing classes for seniors, is held on Thursdays at The Garlands of Barrington, 1000 Garlands Lane, Barrington. The program is held from 10 a.m.-noon. Class instructor is Lynne Helm.

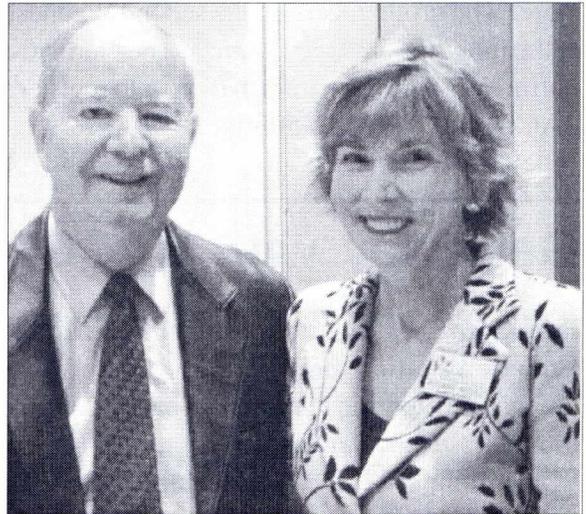
Cost is \$48 for a four-week session; participants can join at any time, and their fee will be prorated. For more information, call Linda Avellon at BACOA at 847/852-3892.

BACOA News



Raising a glass to raise funds

More than 200 guests attended “Aged to Perfection,” BACOA’s wine tasting fundraiser, at The Garlands of Barrington on October 12. The event raised more than \$65,000 to help support BACOA’s programs and services. Sponsors of the event included Advocate Good Shepherd Hospital, The Garlands of Barrington, Fifth/Third Bank, Alexian Brothers Hospital Network, and Citi Smith Barney. Wine provider was Barrington Cellars. Among the attendees were (top left) Bob Bruns and Gordon Coursen, and (right) Barrington Township Supervisor Eugene Dawson and BACOA Board Chair Rosemarie Mitchell.



BACOA appoints Youth Board

Seven Barrington High School students have been appointed to BACOA’s new Youth Board.

The students, who are sophomores and juniors, will participate in BACOA activities and will present a youth perspective on how aging affects families. They’ll also help raise awareness of BACOA’s mission and services.

The board members are Cassie Altenberger, Kimberly Arlington, Judy Chung, Meg Crowley,

Aleksandra Petrovic, Michelle West and Lyndsay Wilcox.

The Youth Board is intended to help provide more involvement by people of all ages in BACOA’s work. It also aims to give students more awareness of issues on aging as well as give them an opportunity to provide service to older adults and give them exposure to the operations of a not-for-profit organization.

Contribute to BACOA

Act Now!

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

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

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

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

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

Please consult your financial advisor for further information.



Yes! I want to help the Barrington Area Council on Aging continue to provide its programs and services to older adults, family caregivers and the community.

Enclosed is my/our gift of \$25____ \$50____ \$75____ Other \$_____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

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

Please charge my gift of \$

VISA MASTERCARD

Acct. # _____ Exp. Date _____

Your gift is tax deductible as provided by law.

Thank you for your support!

Please return to :

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

Partners In Caring

Friend	Below \$100
Partner	\$100-\$249
Bronze Partner	\$250-\$499
Silver Partner	\$500-\$999
Gold Partner	\$1,000-\$2,499
Platinum Partner	\$2,500-\$4,999
Patron	\$5,000-\$9,999
Benefactor	\$10,000-24,999
Partners Circle of Care	\$25,000+

Transportation Assistance

FISH

Provides transportation for medical appointments on an emergency basis only. Call (847) 381-7474 between 7 a.m. and 5 p.m. to make arrangements for transportation. Drivers are available 8-5 p.m. Monday through Friday.

PACE Dial-A-Ride

Monday through Friday from 9 a.m.- 4 p.m. PACE provides service anywhere in Barrington and Cuba Townships as well as selected destinations in Fox River Grove and Lake Zurich. You must call 24 hours in advance. Call (800) 273-5939 to reserve your time.

PACE Dial-A-Ride Discount Tickets

Tickets can be purchased at the BACOA office in person or through the mail. Send us a check made out to BACOA for the number of tickets you would like, and we'll mail them to you. Tickets can also be purchased on Mondays at the Senior Activity and Lunch Program at Langendorf Park. One book of tickets costs \$10. You still pay for 10 rides and get the 11th ride free.

Half-Fare Taxi Subsidy

Available from both Barrington and Cuba townships for residents 65 and over. Call (847) 381-5632 (Barrington) or (847) 381-1924 (Cuba).

Good Shepherd Hospital:

(888) 574-5700

Call between 8 a.m. and 4 p.m. Monday through Friday. You must call at least 24 hours in advance. Cost is \$5 per round trip for persons 60 and over, or \$5 each way for those under 60.

Services to the hospital campus and the Good Shepherd Fitness Center and Crystal Lake Rehab and Physical Therapy, but otherwise GSH transportation does not go to the Cary Medical Building, Smith Offices, or other doctors' offices off campus.

People must live in Algonquin, Barrington, Cary, Crystal Lake, Island Lake, Lake Zurich, McHenry, Palatine or Wauconda to use the service.

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.

December 17-18

9 a.m.-1 p.m.

Prairie Room

\$10 fee payable to AARP

Online Refresher Course

AARP is offering an online driver safety refresher course. Step-by-step instructions guide you through the screens, and customer service representatives are available to assist by e-mail and phone.

The online course fee is \$15.95 for AARP members and \$19.95 for non-members. Upon completion, you will be mailed a certificate. For more information, go to: http://www.aarp.org/families/driver_safety/driver_safety_online_course.html#.

Drivers Evaluation Lecture

If you or a loved one has physical or cognitive problems and wonder if it is safe to drive, contact Alexian Older Adult Institute and the Driver Rehabilitation Program for a talk on driver evaluations.

For more information and lecture dates, call (847) 640-3119.

Health and Education at Good Shepherd

Diabetes Self-Management Program

Individual Education Counseling: Comprehensive assessment of individual needs; self-monitoring of blood glucose, nutrition, diabetes care techniques, medication and more. For information or to register, call (847) 842-4130.

Comprehensive Diabetes Overview: Three two-hour classes over three consecutive days. Classes held monthly. Medicare-approved program covers topics such as healthy eating, foot care, stress management, coping, changing behavior and exercise. For information or to register, call (847) 842-4130.

Living Well With Diabetes Support Group: Meets the last Thursday of the month from 7-8:30 p.m. and held in the community health care room in the Outpatient Pavillion. November meeting will be November 29; no December meeting. For information, call Ed or Donna Church (847) 854-9040.

Diabetes Bootcamp

Healthy Diabetic Holiday Cooking. Join registered dietitians Kate Olson and Ann Knipp for a holiday cooking demonstration. Topics will include how to modify your favorite recipes, ideas for healthy holiday menus, and tips to avoid overeating. Come ready to sample!

November 8; 9-10 a.m. Prairie/Lakeview Room.

Diabetes and Your Treatment Plan. Dr. Daniel So, Good Shepherd Hospital endocrinologist, will talk about diabetes and new treatment plans that may be specifically for you.

January 10, 9-10 a.m. Lakeview/Prairie Room.

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.

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

Tuesdays and Thursdays, 11:15 a.m. to 12:15 p.m. \$132

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.

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.

November 28

How to Organize Your Personal, Health, and Financial Documents

Rozann Schackleton, of Good Shepherd Hospital's Mission and Spiritual Care, and Jody Paine, an active leader in the Barrington community, will discuss what documents you need to have, who you need to give them to and where you should keep them.

9-10:30 a.m.

Meadow/Prairie Room

December 21

Managing Holiday and Seasonal Stress

Larry Faircloth, a certified stress management therapist, will teach us how to identify one's individual stress alarm and which combination of methods best addresses it. Either through meditation, mindfulness, imagery or other techniques, all methods are learned and practiced while sitting comfortably in a chair.

9-10:30 a.m.

Prairie/Lakeview Room

IMPORTANT PHONE NUMBERS

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

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

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

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