

Barrington Area Council on Aging, Inc.
Serving seniors, family caregivers, and the community

January/February 2011

From the Director: A new year and new opportunities

Happy New Year! Last year at this time, we were anticipating an eventful year for BACOA, as we prepared to celebrate our 25th anniversary of incorporation.

It *has* been an eventful year, and we're still celebrating (officially, we'll be doing so through our annual meeting at the end of April.). And while we're always thankful for the support we receive from the Barrington community, a big occasion like this makes us especially aware of the generosity and good will of those who help us every day. We're grateful for it and thank all who share their time, their talent and their treasures to help make life better for seniors and caregivers.

One of BACOA's mainstays is our Senior Lunch and Activity Program, which meets on Mondays at the Barrington Park District and Thursdays at Greencastle of Barrington. The weekly get-together gives seniors a chance to enjoy a hot meal and catch up with friends.

The program has been undergoing some changes over the last few months. In October, a new caterer, Hoffman House, began providing meals for both locations, and we hope that the variety of lunches it's offering will be popular to the seniors who attend every week.

As of January 1, we will no longer be partnering with Catholic Charities to offer the lunch program; instead, we will take on

responsibility for funding and administering it ourselves. Because of this change, the price of the lunch will increase to \$6 per meal, and to help with our planning, meal registration will also include prepayment. This includes not only lunch, but bingo and a variety of entertainment and educational programs.

There will be an exciting change there as well. In January, we will begin to offer game days twice a month at the Monday lunch program. We've already introduced Wii Bowling, and we'll be adding cards and board games to the mix. You can see our lineup for January and February on page 4.

If you - or someone you know - would like an afternoon out, please join us. Call Linda Avellon here at BACOA for more information or to register.

As we move into 2011, we're looking forward to new opportunities and ways to serve seniors, caregivers and the community. As always, I welcome your thoughts.

Joyce

AARP tax appointments begin in February

BACOA is once again offering the **AARP Income Tax Assistance Program** and will begin taking appointments in mid-January. A trained AARP volunteer will assist seniors with their income taxes at the BACOA office at the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100.

Assistance is by appointment only and will run from early February through April.

Appointments fill quickly, so call as early as possible to schedule an appointment. For more information or to schedule an appointment, please call BACOA at (847) 381-5030.

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BACOA News

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New Early-Stage Memory Loss group to start in January

BACOA is accepting registrations for a new 10-week session of its **Early-Stage Memory Loss Support Group** in January. The program is open to people who are experiencing early memory loss and for their family members or partners who are interested in attending a support and education group.

BACOA sponsors this program in partnership with the Alzheimer's Association and Barrington Youth and Family Services. Call Bonnie Scherkenbach at BACOA at (847) 852-3890, for more information.

Survey seeks community input

Make your voice heard! The **Healthier Barrington Community Needs Assessment Survey** will be mailed in January. This survey, conducted every three years, helps to identify community issues and unmet needs. It's sponsored by the Barrington Area United Way and the Healthier Barrington Project, a coalition of organizations—including BACOA—and individuals working to make the Barrington area a healthier and safer place.

The survey is mailed to randomly selected households; if you receive a copy, please take 10 minutes to fill it out and return it. Your input is very valuable; local governments, community groups and organizations and the BAUW rely on the survey's results to help plan services and programs.

At your service: Meals With Wheels

Winter's here, and the ice and snow can make it hard to get to the grocery. BACOA's **Meals With Wheels** program delivers a nutritious mid-day meal, 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 at (847) 381-5030 for more information.

Online Resource Center: Get answers now

BACOA's **Online Resource Center** is an easy-to-use searchable guide that lists local resources such as agencies, institutions and organizations that provide services to older adults, their families and caregivers in the Barrington area. You can also find national resources including links to Web sites, forms and online brochures gathered from universities, government agencies, foundations and other organizations. Find your answers today - visit www.bacoa.org/resourcecenter.

Education and Support

Caregiver Support

The **January** meeting of BACOA's **Caregiver Support Group** will feature a presentation on home safety by Michaela Hoffman, caregiver specialist with Catholic Charities. The group will meet Wednesday, January 5 from 7-9 p.m.

The group's **February** meeting will be an open forum. The group will meet Wednesday, February 2, 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. at the BACOA office in the Prairieview Building in The Garlands of Barrington, 6000 Garlands Lane, Suite 100. New members are always welcome. Call Bonnie Scherkenbach at BACOA at (847) 852-3890, to register.

Parkinson's Disease

BACOA's **Parkinson's Disease Education Group** will not meet in January. **February's** meeting will feature a presentation by Alison Monett, R.N., of the Movement Disorders Center at Central DuPage Hospital. Monett will discuss traveling with Parkinson's disease. The group will meet Saturday, February 26, from 10-11:30 a.m., at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

The group is open to Parkinson's disease patients and their family members who wish to learn more about the disease. There is no charge to attend this meeting. For more information, call Bonnie at BACOA at (847) 852-3890.

Young-onset dementia

BACOA's **Young Onset Dementia Support and Education Group** will meet Tuesday, January 18 from 7-9 p.m.. Care partners will discuss the book, *Jan's Story*, by Barry Petersen. Participants with dementia will engage in a separate activity.

The group is focused toward people who were diagnosed with dementia before the age of 65 and are in the early stages of memory loss/dementia. Those who are experiencing dementia, and their family members or partners, are invited to attend.

The group meets once a month and discusses pertinent topics, including an overview of early-stage memory loss, medical information, legal and financial planning, loss of employment, social and family relationships, driving and other considerations.

There is no charge for this program. For location information and registration, call Bonnie at (847) 852-3890.

Alzheimer's and Memory Loss

The film "The Family Guide to Alzheimer's Disease: Behavior Issues" will be shown at the **January** meeting of BACOA's **Alzheimer's Association Support Group**. The meeting will be Thursday, January 13, from 1:30-3 p.m.

The film "The Family Guide to Alzheimer's Disease: Daily Life" will be shown at the group's **February** meeting. The meeting will be Thursday, February 10, from 1:30-3 p.m.

The support group provides education, speakers and support for people with early-stage memory loss and for family members of persons with Alzheimer's. If necessary, there will be separate activities for group members who are experiencing memory loss.

There is no charge, but registration is requested for first-time participants; call Bonnie at BACOA at (847) 852-3890.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will offer "New Visions," a three-part program presented by Guild for the Blind. The workshop will be offered at the groups's **January**, **February** and **March** meetings. The group regularly meets on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

For more information, call Diane Vos Hansen at BACOA at (847) 852-3898. For transportation, call Barrington Pace at (800) 273-5939; please call the day before for reservations.

Things to Do

Senior Lunch and Activity Program

Monday: Barrington Park District
235 Lions Drive, Barrington

BACOA's Monday **Senior Lunch and Activity Program** will offer cards and games—including board games and Wii Bowling—beginning in January. The sessions will be held twice a month.

Doors open at 10:30 a.m.; bingo begins at 11; lunch is served at noon. Game days will be ended at 2 p.m.

Suggested donation for the Monday lunch program is \$6. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Registration and prepayment are required; please call BACOA at (847) 381-5030.

Monday, January 3

Bingo and lunch. January is Glaucoma Awareness Month. Program to be announced.

Monday, January 10

Bingo and lunch; Wii Bowling after lunch.

Monday, January 17

The lunch program will be closed for Martin Luther King Jr. Day.

Monday, January 24

Bingo and lunch. Games and cards after lunch.

Monday, January 31

Bingo and lunch. Mary Beth Gaik, an independent consultant for Dove Chocolate Discoveries, will present the program, "Why you should love chocolate!" January birthdays will be celebrated.

Monday, February 7

Bingo and lunch. February is National Heart Month—wear red to celebrate. Wii Bowling after lunch.

Monday, February 14

Bingo and lunch. Valentine's Day party; John Muhlenfeld, the Twilight Trubadour will entertain. Cost for lunch and entertainment is \$8. Reservation deadline is February 8; call Linda Avellon at BACOA at (847) 852-3892.

Monday, February 21

The Monday lunch program will be closed for the Presidents Day holiday.

Monday, February 28

Bingo and lunch. February birthdays will be celebrated. Board games and cards after lunch.

Explore Chicago on Amazing Grace tour

Spend the day exploring some of Chicago's diverse neighborhoods and the lifestyles of Chicagoans past and present.

BACOA and the Barrington Park District will co-sponsor the day-long Chicago Amazing Grace tour on Wednesday, April 13.

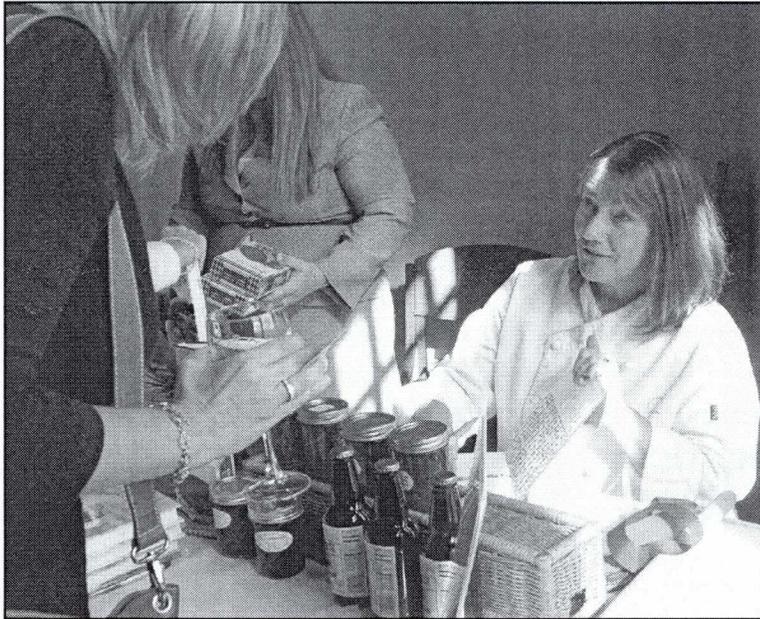
Attractions on the trip will include a tour of the oldest church in Chicago, First United Methodist Church of Chicago; the Midwest Buddhist Temple and one of the finest specimens of Roman Renaissance architecture in the United States, St. Mary of the Angels. Lunch will be at an ethnic restaurant.

A motorcoach bus will leave the Barrington Park District at 8:30 a.m. and return around 5 p.m. Cost is \$62. Registration deadline is March 1. For information, call the Barrington Park District at (847) 381-0687.

Thursday lunch at Greencastle

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. Suggested donation is \$6.

Registration is required; call Linda Avellon at BACOA at (847) 852-3892.



Festive Food fun for fans

Noted pastry chef and cookbook author Gale Gand was the featured speaker at "Celebrating the 'F' Words: Festive Food for Family and Friends," BACOA's third annual luncheon, November 4 at Makray Memorial Golf Club.

Gand, executive pastry chef and partner at the four-star restaurant Tru, spoke about her experiences in the restaurant world, her memories of cooking with family and her work on television (including teaching Julia Child about phyllo). Gand is also author of seven cookbooks and signed books for fans at the luncheon.

Need to file for Circuit Breaker?

BACOA is now filing applications for the Illinois Department on Aging's **Circuit Breaker** program. This program provides relief from property and mobile home taxes, rent or nursing home charges; it also provides assistance in paying for designated prescription medications; and offers a vehicle license discount. For eligibility requirements, see the Circuit Breaker Web site at www.cbrx.il.gov/. To make an appointment, call BACOA at (847) 381-5030.

Take a trip with BACOA

Are your bags packed? Barrington Area Council on Aging is offering exciting travel opportunities in the year ahead.

BACOA and Collette are offering:

Copper Canyon Adventure. *Departure date: March 19, 2011.* Explore the cultures and landscapes of the Copper Canyon in northern Mexico. This nine-day trip includes stops in San Carlos, Creel, and Chihuahua, as well as first-class train travel through the canyons. Cost is \$2,499 (double; airfare included).

Discover the French Riviera. *Departure date: September 14, 2011.* Enjoy the sun and the sea on this eight-day tour. Tour is based in Nice and includes tours of the city as well as trips to Monaco and San Remo, Italy. Cost is \$2,719 (double; airfare included).

California New Year's Getaway. *Departure date: December 30, 2011.* Celebrate New Year's at the Tournament of Roses Parade in Pasadena. This five-day tour includes a float-viewing and New Year's Eve party; reserved seating at the parade and live entertainment shows. An optional four-day Las Vegas extension is available as well. Cost is \$1,999 (double; airfare included).

All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

BACOA News

Caregiving courses to be offered through Beyond 220

CUSD's Beyond 220 program will offer BACOA's "Powerful Tools for Caregivers" course on Tuesdays from April 5-May 10, from 7-8:30 p.m. This course, which BACOA offers several times a year, consists of six weekly sessions and is designed for the nonprofessional caregiver who is helping to care for a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

The program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay.

BACOA Executive Director Joyce Palmquist will also teach two "Caregiving 101" through Beyond 220. The classes will be offered March 8 and March 29 from 7-8:30 p.m.

For more information or to register, visit CUSD's Web site at www.barrington220.org or call Debbie Villers at (847) 842-3510.

SHIP provides insurance answers

Questions about health insurance? The **Senior Health Insurance Program (SHIP)** is a free counseling service provided by the Illinois Department of Financial and Professional Regulation, Division of Insurance. It trains volunteer counselors throughout the state of Illinois to provide seniors with one-on-one help with insurance.

SHIP counselors can answer questions about Medicare, Medicare Supplement Insurance, Medicare Advantage plans, prescription drug coverage through Medicare and other sources, long-term care insurance, Medicare claims and appeals and Medicare beneficiary rights and guarantees.

You can make an appointment with a SHIP counselor by calling BACOA at (847) 381-5030.

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 \$50 _____ \$75 _____ \$100 _____ Other \$ _____

Name _____

Address _____

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Phone _____ E-mail _____

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

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Thank you for your support!

Please return to :

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6000 Garlands Ln., Suite 100
Barrington, IL 60010**



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

Health and Safety

Arthritis Exercise Class

BACOA and the Lake Barrington Shores Neighbor Helping Neighbor program offer the **Arthritis Foundation Exercise Program**, specifically designed for people with arthritis. The class is offered Tuesdays and Fridays at 10:45 a.m.; classes are held on the upper-level ballroom at the Lake Barrington Shores Recreation Center.

The class emphasizes relaxation and joint-protection techniques. Cost is \$4 per session if participants sign up in four-week blocks; \$5 per session for drop-ins.

For more information, call Linda Avellon at (847) 852-3892 or Patricia Olsson-Prescott at (224) 622-1518.

AARP Driver's Safety Course

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, call (800) 323-8622.

*March 3-4; 9 a.m.-1 p.m.
Advocate Good Shepherd
Hospital.
Lakeview Room*

*\$12 for AARP members
\$14 for nonmembers.*

Going places with Pace

Barrington Township and Cuba Township have assumed the responsibility for financing the Barrington-area **Pace Dial-a-Ride** bus service for seniors and people with special needs.

The two townships and BACOA will continue to meet periodically to review ridership and transportation needs of area residents. Barrington-area Pace service will not change under the new arrangement.

Pace contact numbers:

Barrington and Cuba Townships: (800) 273-5939

Ela Township: (847) 438-6677

Pace customer service: (800) 606-1282; option 2.

Pace Web site: www.pacebus.com/sub/paratransit/sd_dial_a_ride.asp.

Diabetes management classes

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 Boot Camp: Sessions and guest speakers focus on diabetes self-care. Family and friends are welcome as well.

January 13; 9-10:30 a.m.: Learn the importance of exercise as it relates to diabetes control.

There is no charge, but pre-registration is required. Please call (800) 323-8622.

Senior Breakfast Club at Advocate Good Shepherd Hospital

January 26; 9-10:30 a.m. Otolaryngologist Arkadiush Byskosh, MD, and audiologist Susan Hansel, AuD, will discuss whether hearing loss is normal as we age. Diagnosis and treatment of hearing disorders such as tinnitus will be discussed as well. *Prairie/Meadow Room*

February 23; 9-10:30 a.m. Do you know your blood pressure, body mass index and glucose numbers? These numbers are important indicators of your overall health. Rosie Jeretina RN will explain the importance of knowing your numbers and how to improve them. *Prairie/Lakeview Room*

Prairie/Lakeview Room

There is no charge, but pre-registration is required. Please call (800) 323-8622.

IMPORTANT PHONE NUMBERS

Advocate Good Shepherd Hospital	381-9600
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
Hospice of NE Illinois	381-5599
Meals with Wheels	381-5030
Medicare Fraud & Abuse	(800) 638-6833
Senior Health Insurance Program	(800) 548-9034

Transportation

Advocate Good Shepherd Bus	(888) 574-5700
Escorted Transportation Service	253-3710; x3365
FISH	381-7474
PACE Dial-A-Ride (Barrington)	(800) 273-5939
PACE Information	364-7223

Information about the Senior Health Insurance Program is paid with financial assistance in part through a grant from the Centers for Medicare & Medicaid Services, the federal Medicare Agency.

A greener read

You can have Senior Advisor delivered directly to your e-mail address.

For online delivery, visit BACOA's Home page at www.bacoa.org and click the "Newsletter Signup" box.

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Oops!!!

Last week you received the **2010** January/February Senior Advisor in error.

This is the correct, **2011** January/February of Senior Advisor.

We apologize for any inconvenience this may have caused.

All our best wishes for the New Year,
Barrington Print & Copy

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