

From the Director: Our silver year let us shine

We started with a celebration, we ended with a celebration.

In between the two - last year's annual meeting and this year's - we have observed BACOA's silver anniversary with many of those who have been a part of our last 25 years. At our **annual meeting** April 27 at Biltmore Country Club, we wrapped up the year-long festivities by recapping the year's highlights and recognizing those who have made a difference for BACOA.

We were very pleased to be able to announce the results of our 25th anniversary **Endowment Challenge**. Last year, we established an endowment fund; three generous donors offered a challenge grant of \$75,000, to be matched by donations to the fund during the anniversary year.

I'm pleased to report that we have not only met the match, we have exceeded it, and have raised \$215,000 for the fund, which will ensure long-term continuation of our programs and services for seniors and caregivers. Our thanks to all who helped us achieve this goal - through your generous gifts as well as through your time and efforts. You have helped to create an enduring legacy for older adults in the Barrington area.

Also at the meeting, we presented BACOA's Keith and Freddie Pederson Distinguished Leadership Award to outgoing board president **Dr. James Wilson**. Jim has led the board since 2008, and under his guidance, BACOA has expanded its advocacy efforts, launched its Age-

Friendly Initiative, and successfully weathered a downturn in the economy. Jim will continue to serve on the board as past president, and we will continue to depend on him for his thoughtful advice.

Succeeding Jim as president is longtime board member **Sue Grossinger**. Sue is older adult/Senior Advocate coordinator for Advocate Good Shepherd and recently concluded a term as board president of the Northeastern Illinois Agency on Aging. Her wealth of experience will be welcome and valuable as we go forward. Board member **Julie Parsons** will assume the vice-president's chair; **Jody Paine** will serve as secretary, and **Bob Koch** will continue as treasurer. We also welcomed **Amy Graves** onto the board; outgoing members **Jill Hawkins** and **Barbara Tomasello** will serve on the Advisory Board. And BACOA Program Coordinator **Linda Avellon** was recognized for 15 years of service.

We're grateful to all who have worked to make this 25th anniversary year so special. Our annual meeting theme this year was "Silver to Gold: Embracing the Future," and with your help, we look forward to doing just that.

As always, I welcome your thoughts.

Joyce

Brewfest set for July 9

The 8th annual **Barrington Brewfest** will be held Saturday, July 9, from 3-7 p.m., in the tent in downtown Barrington. Proceeds from the fest will benefit BACOA. The event will feature tastings from craft brewers, food, games and music. Last year's fest drew more than 800 people, who had the chance to sample more than 60 varieties of beer.

Tickets will be \$35 in advance; \$40 the day of the event. Online reservations will be available soon; watch BACOA's Web site for details.

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BACOA News

March for Meals

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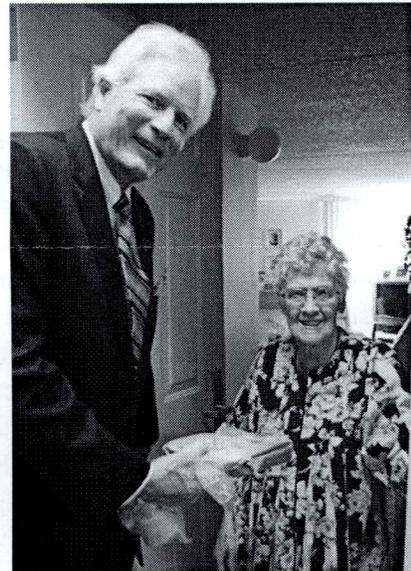
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Cuba Township Supervisor Gene Dawson and Barrington Township Supervisor Dave Nelson were among the civic officials who participated in BACOA's recent Mayors for Meals. The event was held during March for Meals, a monthlong campaign - during March - to promote senior nutrition programs.

Dawson (above, right) served up corned beef and cabbage at BACOA's Monday lunch St. Patrick's Day party; Nelson (left) delivered Meals with Wheels.

Early-Stage Memory Loss

BACOA is accepting registrations for the next 10-week session of its **Early-Stage Memory Loss Support Group.**

The program 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. It meets every Thursday from 10:30 a.m.-noon.

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

Education and Support

Caregiver Support

Dr. Patrick Mc Grath, clinical psychologist with Alexian Brothers, will discuss hoarding at the **May** meeting of BACOA's **Caregiver Support Group**. The group meets Wednesday, May 4, from 7-9 p.m.

The group's **June** meeting will be an open forum. The group will meet Wednesday, June 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 always welcome. Call Bonnie at BACOA at (847) 852-3890, to register.

Parkinson's Disease

Jack Giambrone, director of training for Mid-America Dogs, will speak at the **May** meeting of the **Parkinson's Disease Education Group**. Giambrone will discuss and demonstrate how service dogs can enhance the lives of people with Parkinson's disease. The group will meet Saturday, May 28, from 10-11:30 a.m., at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

For its **June** meeting, participants from the group will discuss their experiences with deep-brain stimulation surgery. Several members of the group have had this surgery and each will talk about the experience. The meeting will be Saturday, June 25, from 10-11:30 a.m. at The Garlands.

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, May 17 from 7-9 p.m. The group will discuss issues relating to traveling with a person with dementia.

At the group's **June** meeting, Michael Babiarz, an attorney who specializes in elder law, will discuss legal issues relevant to people who are caring for a

relative with dementia. The group will meet Tuesday, June 21 from 7-9 p.m.

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 subjects.

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

Alzheimer's and Memory Loss

BACOA's **Alzheimer's Association Support Group** will show the film, "The Family Guide to Alzheimer's Disease; Family Caregiving"

at its **May** meeting. Care partners will learn both practical strategies and important perspectives. There will be a separate activity for group members who are experiencing memory loss. The meeting will be Thursday, May 12, from 1:30-3 p.m.

June's meeting will be an open forum; it will be held at Thursday, June 9, 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. 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** 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.

Things to Do

A tour of note

BACOA and The Garlands of Barrington will sponsor a trip to **Palais de la Musique**, the Sanfilippo estate in Barrington Hills, on Wednesday, June 29. Participants will have the chance to view a variety of attractions on the estate, including collections of Tiffany lamps, the world's largest restored theater pipe organ, and many other musical instruments and machines, and the beautifully restored Eden Palais carousel.

A bus will depart from The Garlands of Barrington at 1 p.m.; attendees will return to The Garlands at 5 p.m. Cost is \$46. Reservation deadline is Friday, June 24. Call Linda Avellon at BACOA at (847) 852-3892 for more information or for reservations.

Summer blooms on Botanic Garden tour

Area seniors are invited to join BACOA and the Barrington Park District for a trip to the **Chicago Botanic Garden** on Wednesday, June 22. The trip will allow time to explore the 385-acre garden and its exhibits, and a one-hour lunch break. Attendees will travel by Park District van, which will leave from the Barrington Park District at 9:15 a.m. and return to Barrington around 4:15 p.m.

Cost of the trip will be \$16 for in-district residents; \$20 for out-of-district residents. Lunch costs are not included. Reservation deadline is June 15; for reservations, call the Park District at (847) 381-0687.

Sample a session on healthy eating

Learn some healthy cooking strategies that will improve your diet—without sacrificing flavor and enjoyment. Chef Michael Niksic will present a **program on healthier eating** on Tuesday, June 14, from 2:30-4 p.m., at the Pepper Family Hospice Home, 405 Lake Zurich Road, Barrington. The program is sponsored by BACOA, Hospice and Palliative Care of Northeastern Illinois and Right at Home In Home Care & Assistance.

Known for his entertaining cooking demonstrations, Niksic will share his simple and

healthy cooking techniques. Topics will range from cookware and preparation methods, to nutrition and sanitation. Recipes and generous food samples will be distributed as well. Seating is limited. For reservations, call Linda Avellon at BACOA at (847) 852-3892, by Wednesday, June 8. Cost per person is \$10.

Amish Indiana tour set

BACOA and the Palatine Township Senior Citizens Council will cosponsor a trip to seven Amish communities in **Elkhart County, Indiana** on Wednesday, August 31. The trip will feature stops at 18 gardens and building murals throughout the communities. The tour will also include special exhibits, hands-on projects, and learning demonstrations, as well as a hearty lunch and stops at Amish shops and markets. Tour participants will also receive small gifts at various stops.

Cost of the trip is \$80. The group will depart from the Barrington Park District at 6:30 a.m. and return around 8:30 p.m. Transportation is by motorcoach bus. Limited seating is available; registration deadline is August 17. For information and reservations, call Linda Avellon at BACOA.

Hop aboard the Culture Bus

BACOA is collaborating with of CJE-SeniorLife to offer the **Northwest Culture Bus**. This program offers a series of day trips designed for people experiencing early memory loss.

The Culture Bus, developed and managed by CJE SeniorLife, offers socialization and recreation under the supervision of a trained professional leader and a group of volunteers. The program provides two pickup and drop off points—Barrington and Deerfield—for the Wednesday outings. Morning departure is between 9 and 10 a.m. and return is between 3:00 and 3:30 pm. The cost for the program is \$75 per trip which includes lunch, entrance and materials fees. A scholarship fund is available to assist with fees for participants who apply and qualify.

New participants must pre-register for this program; contact Bonnie at BACOA at (847) 852-3890, or (224) 858-4952.

Things to Do

Stroll and shop in Cantigny and Geneva

BACOA and the Barrington Park District will sponsor a trip to **Geneva and Cantigny Park** on Wednesday, May 25.

The trip will include a visit to the home and gardens of Col. Robert R. McCormick's grand turn-of-the-century estate, Cantigny Park. After lunch, the group will go on to Geneva for an afternoon of shopping.

A motorcoach bus will leave the Barrington Park District at 9 a.m. and will return to Barrington around 5 p.m. Cost is \$42, which includes transportation, lunch and admission to Cantigny.

Registration deadline is May 11, and space is limited. For more 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.

At your service: Meals With Wheels

BACOA's **Meals With Wheels** delivers a nutritious mid-day meal, Monday through Friday, to seniors who are unable to cook for themselves and do not live with a paid caregiver. Call BACOA at (847) 381-5030 for more information.

Senior Lunch and Activity Program

Monday: Barrington Park District
235 Lions Drive, Barrington

Doors open at 10:30 a.m.; bingo begins at 11; lunch is served at noon. Game days will end 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 Linda Avellon at BACOA at (847) 852-3892.

Monday, May 2

Bingo and lunch. Wii Bowling, bunco and board games after lunch.

Monday, May 9 - Spring Fling

Bingo and lunch. The Barrington Junior Women's Club and BACOA will present "Sailing Into Summer." Enjoy a complimentary lunch, summer music, bingo with prizes and a take-home mini-loaf. Doors open at 11 a.m.; the program will conclude at 2 p.m. Admission is free. Registration deadline is Wednesday, May 4.

Monday, May 16 - Older Americans Month Luncheon

Bingo and lunch. The program will celebrate Older Americans Month with ballroom dancing presented by Norm and Heidi Lucky of Lucky Entertainment sponsored by Eastgate Manor of Algonquin. Registration deadline is Wednesday, May 11.

Monday, May 23

Bingo and lunch. Harmony Home Care of Barrington will check blood pressures. May birthdays will be celebrated.

Monday, May 30

The Senior Lunch and Activity Program will be closed for Memorial Day. It will resume on Monday, June 6.

Monday, June 6

Bingo and lunch. Wii bowling, bunco and board games after lunch.

Monday, June 13

Bingo, lunch and Flag Day celebration—wear red, white and blue. Members of American Legion Post #158 will provide and serve lunch. Joyce Palmquist and Doug Saylor of "Second Wind," will perform. Registration deadline is Wednesday, June 8.

Monday, June 20

Bingo and lunch. Wii bowling, bunco and board games after lunch.

Monday, June 27

Bingo and lunch. Harmony Home Care of Barrington will check blood pressures. June birthdays will be celebrated.

SHIP helps seniors navigate insurance information

BACOA can provide seniors with information on health insurance questions through the **Senior Health Insurance Program (SHIP)**.

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.

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.

Seniors and family caregivers can make an appointment with a SHIP counselor by calling BACOA at (847) 381-5030.

BACOA summer Friday hours set

BACOA will begin Friday summer hours on May 27. The office will be open from 8 a.m.-3 p.m. on Fridays through Labor Day. Regular hours will resume Friday, September 9.

Yes! I want to help BACOA continue to provide its programs and services to older adults, family caregivers and the community.

Enclosed is my/our gift of \$ _____

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ E-mail _____

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

BACOA's 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.

Are your bags packed?

BACOA is offering exciting travel opportunities in the year ahead.

BACOA and Collette are offering:

Discover the French Riviera. *Departure date: September 14, 2011.* Enjoy the sun and the sea on this eight-day tour. 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 on this five-day tour. An optional four-day Las Vegas extension is available as well. Cost is \$1,999 (double; airfare included).

For more information, call Linda Avellon at (847) 852-3892.

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.

June 2-3; 9 a.m.-1 p.m.
Advocate Good Shepherd Hospital.
Lakeview Room
\$12 for AARP members
\$14 for nonmembers.

"Making Sense of Memory Loss" aims to aid family members

Some memory loss is normal as we age, but there are older people who experience frequent forgetfulness. What should family members know—and what can they do to help someone who is beginning to experience memory loss or other cognitive difficulties?

BACOA is accepting registrations for "**Making Sense of Memory Loss**," a five-part educational program to help family members of persons in the early stages of memory loss. The program was developed by the Mather Institute on Aging and the Greater Illinois Chapter of the Alzheimer's Association. The program will be held once a week for five weeks during July and August. Topics covered include: An overview of memory loss and related symptoms; communication strategies; dealing with changing roles and relationships; planning for the future and effective ways of coping and caring.

Cost for the class and materials, including a book, is \$30. For registration and further information on the program, call Sue or Bonnie at BACOA at (847) 381-5030.

Diabetes management classes

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

Diabetes Self-Management Program: 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 speakers focus on self-care. Family and friends are welcome as well. There is no charge, but pre-registration is required. Please call (800) 323-8622.

Senior Breakfast Club at Advocate Good Shepherd Hospital

May 25; 9-10:30 a.m. "Get to Know Stroke." May is Stroke Awareness Month, and Dr. Barry Bikshorn, medical director of stroke at Good Shepherd Hospital, will discuss the community's role in recognizing signs and symptoms of stroke quickly, and what you can do to prevent stroke.

June 22; 9-10:30 a.m. "Know the 10 Signs: Early Detection Matters." Susan Sklar of the Alzheimer's Association, will present a basic overview of Alzheimer's disease; she will also discuss risk factors, diagnosis and the benefits of early detection.

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

