

Barrington Area Council on Aging, Inc.

March/April 2008

Serving seniors, family caregivers, and the community

From the Director

Spring really is around the corner—we think. (Although as I write this, in the second week of February, Barrington has just endured a week of cold and snow that was challenging, to say the least.) Spring, of course, also means tax time—which can mean a busy time here at BACOA.

For the fourth year, BACOA is participating in the AARP Income Tax Assistance program, which helps seniors file their income tax forms. Two days a week—until April 7—volunteers Bill Decherd and John Costello will be here at BACOA, assisting seniors; on Saturdays, dedicated volunteers do the work at Barrington Bank and Trust.

We're grateful to them for providing this valuable service, which has helped more and more clients each year. (Last year, we served more than 100 seniors.) There's still time to make an appointment at either location; give us a call at (847) 381-5030, and we'll schedule a time. For more information, see page 6.

BACOA can also assist seniors with another valuable program. The Illinois Department on Aging's Circuit Breaker program provides

grants to senior citizens and persons with disabilities to help them reduce the impact of taxes and prescription medications.

For those who qualify, Circuit Breaker provides:

- Tax grants: If you pay property taxes or mobile home taxes on your home, or if you rent or live in a nursing, retirement, or shelter care home that was subject to property taxes, you may be able to receive a grant up to \$700.

- A \$54 discount on your license plate fee.

- Prescription drug assistance through Illinois Cares Rx. If you have Medicare, Illinois Cares Rx provides additional "wrap around" benefits; if you don't have Medicare, Illinois Cares Rx offers Illinois Cares Rx Basic and Illinois Cares Rx Plus.

Income limits for Illinois Cares Rx have **recently been raised**; new limits are: \$24,808 for a household of one; \$32,916 for a household of two; and \$41,023 for a household of three. New limits for Illinois Cares Rx Plus are \$23,225 for a household of one and \$31,264 for a household of two.

BACOA staff can help you determine if you're eligible for the program, and if so, can help with the application process. For more information, or to set up an appointment, call us at (847) 381-5030.

We'd also like to note the passage of the February 5 referendum supporting the Barrington Park District. The Park District's plans include an exciting array of facilities for all ages—including seniors—and BACOA, as a longtime partner, is delighted that the community has shown its support to the opportunities that the new facilities will provide.

As always, I welcome your thoughts.

Joyce

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Lunch and Activity Program

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Barrington Park District 235 Lions Drive, Barrington

Doors open at 10:30 a.m.; bingo begins at 11; and lunch is served at noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call Linda Avellon at BACOA at (847) 852-3892.

Monday, March 3

Bingo and lunch. Caryl Derenfield of Learned Conversations will present "Wearing of the Green" for St. Patrick's Day.

Monday, March 10

Bingo and Easter luncheon. The Barrington Park District preschool students will help color Easter eggs. Attendees are invited to wear spring colors and Easter bonnets.

Monday, March 17

Bingo and lunch. BACOA and the Barrington Park District will celebrate St. Patrick's Day with a traditional Irish feast. The festivities will include live music, by the Nippersink Rogues, games and prizes. Cost is \$7 per person. Reserve by March 11 by calling Linda Avellon at BACOA.

Monday, March 24

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

Monday, March 31

Bingo and lunch. Brooke Benjamin, community outreach director from the Cremation Society of Illinois, will present a program. March birthdays will be celebrated, and blood pressures will be taken.

Monday, April 7

Bingo and lunch.

Monday, April 14

Bingo and lunch.

Monday, April 21

Bingo and lunch. Mary Hartje, outreach coordinator at Plum Grove of Palatine, will present a program on organizing your life, your home, and yourself.

Monday, April 28

Bingo and lunch. April is National Volunteer Month. Lyn Kearns, director of volunteer services at the Retired Senior Volunteers Program sponsored by the Volunteer Center of Northwest Suburban Chicago will present a program on volunteering. April birthdays will be celebrated, and blood pressures will be taken

Health Education and Support

Alzheimer's and Memory Loss

Fran Hankin, director of community education and family services for the Greater Illinois Chapter of the Alzheimer's Association, will speak at the **March** meeting of the **Alzheimer's Association Support Group**. She will discuss dealing with challenging behaviors in Alzheimer's patients. The group will meet Thursday, March 20, from 1-3 p.m.

The **April** meeting will be an open forum; it will meet April 17, 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 in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington. There is no charge for this group, but registration is requested for first-time participants; please call BACOA at (847) 381-5030.

Caregiver Support

The **March** meeting of the **Caregiver Support Group** will feature Michelle Sanfilippo, from Alexian Brothers Neurosciences Institute. She will discuss difficult caregiving situations. The meeting will be held Wednesday, March 5, from 7-9 p.m.

April's meeting will be an open forum. The group will meet Wednesday, April 2, from 7-9 p.m.

BACOA's Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. New members are always welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030.

Parkinson's Disease

A speaker from AthletiCo of Barrington will discuss fitness for persons with Parkinson's disease at the **March** meeting of the **Parkinson's Disease Education Group**. The group will meet Saturday, March 22, at 10 a.m.

The group's **April** meeting will be an open

meeting and planning session; it will meet on Saturday, April 26 at 10 a.m.

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 of Barrington. For more information, call Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** meets on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

The meetings are open to all ages, and transportation is available via Pace. (Please call Pace at 800-273-5939 the day before for reservations.)

For more information on March and April programs, please call Diane Vos Hansen at BACOA at (847) 852-3898.

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, and Barrington Horizon, 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.

Health Education and Support

Making Sense of Memory Loss

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 will present “**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 presented on Wednesdays from April 2 through April 30. Each class will meet from 9:30 a.m.-noon in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Cost for the class and materials — including a book — is \$20. Registration is required at least a week in advance, and participants are encouraged to attend all five sessions. For registration and further information on the program call BACOA at (847) 381-5030.

Memory Screenings

BACOA is offering free **memory screenings** on a routine basis. 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.

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.

Screenings will be held on an as-needed basis at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. Home visits can also be arranged for Barrington-area residents who are unable to come to the office. To schedule an appointment, call BACOA at (847) 381-5030.

Brain Fitness

BACOA has become an authorized reseller of Posit Science’s **Brain Fitness Program**. The program takes a novel approach to improving cognitive function in adults; it targets auditory processing — listening — because so much of the important information we take in each day comes through speech.

The Brain Fitness Program includes six listening exercises performed on a computer. The exercises are simple, and no prior computer experience is necessary. For more information or to set up a demonstration of the program at BACOA’s office, please call Joyce Palmquist at (847) 381-5030.

Take Charge of Your Health!

This spring, BACOA will offer “**Take Charge of Your Health!**” a free health education class for adults 60 and over. The program is sponsored by Age Options, in partnership with BACOA. It’s based on Stanford University’s “Chronic Disease Self-Management Program” which has proved effective in improving health outcomes of participants.

Topics covered in the six-part course will include coping with ongoing health conditions; exercise and nutrition; using medications; communicating with family and friends; and evaluating new treatment options.

This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health. For more information, call Penny or Diane 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.

Things To Do

Get a jump on spring!

BACOA and the Palatine Township Senior Citizens Council are sponsoring a trip to the **Chicagoland Flower & Garden Show** at the Donald E. Stephens Convention Center in Rosemont, on Friday, March 14.

The show, features theme garden displays, seminars, and a gardening marketplace, where more than 200 exhibitors will display products and services. Admission to the show also includes admission to the Home Lifestyle Expo which will be held in an adjacent hall and will feature a variety of home furnishing and home improvement vendors.

A motorcoach bus will leave the BACOA office at 9 a.m. and return around 5 p.m. Cost of the trip is \$38 for BACOA attendees and PTSCC members, and includes entry fee and transportation. Meals from food vendors at the show range from \$4 to \$10; an optional wine tasting will also be offered.

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

Exhibit to feature student work from BACOA

Work from "Art Matters," BACOA's weekly art classes, will be on display in the gallery at The Garlands of Barrington through April 30. The work will be shown in conjunction with pieces from art classes offered at The Garlands. Gallery hours are 9 a.m.-5 p.m. An **opening reception** for the show will be held from 4:30-6 p.m. on Friday, April 4. For more information, contact BACOA at 847/381-5030.

Also on display in The Garlands gallery, through March 15, is "**Lives with Passion**," a collection of interpretive portraits by Barrington photographer Thomas Balsamo. The exhibit, created in 2005 in collaboration with BACOA and the Barrington Area Arts Council, is a collection of black-and-white portraits of older adults whose lives have been influenced by a personal passion to create or to give back to others.

Thursday lunch program at Greencastle of Barrington

BACOA and Greencastle of Barrington invite all Barrington-area seniors to attend the **Thursday lunch program** at Greencastle from 11:30 a.m.-1 p.m. and to participate in the "Senior Social" following lunch.

Greencastle is located at 445 E. Main in Barrington. Parking is available next door at First Church of Christ Scientist (enter lot from Main Street). Lunch is served at noon for a suggested donation of \$3. Advance registration is required; call BACOA for reservations.

Get cooking with Chicago taste tour

Put all of your senses to work on a tour of Chicago's culinary specialties. BACOA and the Palatine Township Senior Citizens Council are sponsoring "**The Great Tastes of Chicago**," on Friday, May 9. The tour will feature stops in the city's neighborhoods, when participants can enjoy spices, chocolate and bakery goods. Lunch at a premier culinary school will be included as well.

A motorcoach bus will leave the Barrington Park District, 235 Lions Drive, at 8:30 a.m. and return around 5 p.m. Cost of the trip is \$82.

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

Quick on the draw: 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 \$52 for the four-week session; or \$15 for an individual class. For more information, call Linda Avellon at BACOA at 847/852-3892.

BACOA News

It's tax time— and BACOA can help

BACOA is once again offering the **AARP Income Tax Assistance Program**.

A trained AARP volunteer will assist seniors with their tax returns on Thursday and Friday mornings from 9 a.m. to 1 p.m. at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

Barrington Bank & Trust will provide tax assistance on Saturdays at 201 S. Hough St. BACOA will be making appointments for both locations.

Assistance is by appointment only and will run through Thursday, April 10. 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.

Deer Park fashion show will benefit BACOA

Help support BACOA — while checking out the newest looks for spring.

Deer Park Town Center will sponsor a spring fashion show luncheon to benefit BACOA on Saturday, March 15, from 11:30 a.m. to 2 p.m. at Concorde Banquets, 20922 N. Rand Rd., Kildeer.

Spring fashions from participating Deer Park Town Center stores include Coldwater Creek, Talbots, Gap, Ann Taylor, Everything But Water, Lucy, Chico's White House/Black Market and several others.

Information about BACOA and its services will be available, and all attendees will receive goodie bags from Deer Park Town Center.

Tickets are \$25 apiece. For more information and reservations, call BACOA at (847) 381-5030 before March 7.

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+

In the News

Free transit rides for seniors to begin March 17

As of March 17, are residents age 65 and older living in the RTA service region (Cook, DuPage, Kane, Lake, McHenry and Will counties) are eligible for **free transit** on fixed routes operated by the Chicago Transit Authority, Metra and Pace.

Seniors must have a senior reduced fare card to get a free ride. If you currently have a card, you will be able to use it starting March 17.

If you do not have a senior reduced fare card, you must complete an enrollment process to sign up. You can register during normal business hours at the RTA's Customer Service Center at 165 N. Jefferson, Chicago, or at any one of over 200 sites in the region. To find a site near you, call 836-7000 from any area code. Give your zip code to the operator, and you will be given the location nearest to you.

To help complete your application when you go to a registration center, you will need to bring a government-issued picture identification card that verifies your age and also bring a photo of yourself that is approximately passport size (1.5" square).

Processing usually takes 3-4 weeks from the date the RTA receives an application, and the card will be mailed to the applicant.

Once you have the card, you will use this card just like it is used now - by showing it to a driver, ticket agent, or conductor, or you can use it at a turnstile or in a fare box. Metra riders will get a free ride ticket upon showing their card at the ticket office or to onboard personnel.

For further information or updates, you can also visit the Seniors Ride Free Web site at <http://illinois.gov/transit>.

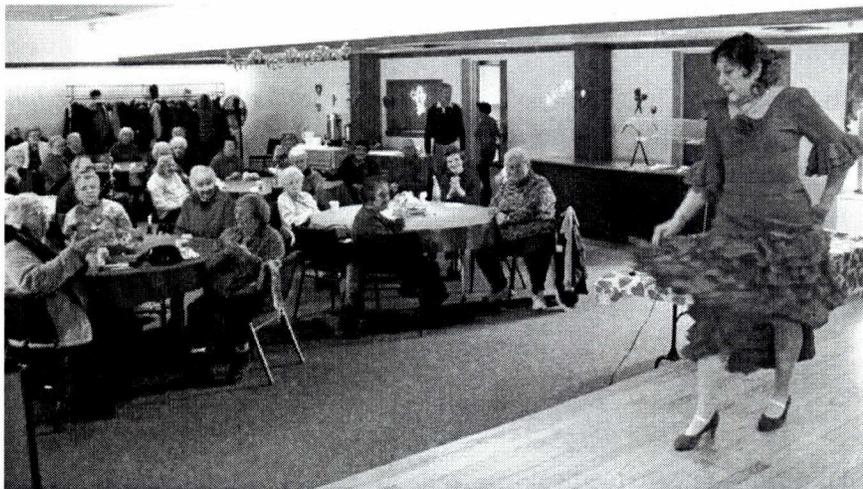
Pilot program aims to save on prescription drugs

Both Cook and Lake Counties are participants in a prescription drug discount pilot program sponsored by the National Association of Counties (NACo).

The discount card can save an average of 20 percent off participating pharmacies' regular price on commonly prescribed prescriptions and an average savings of 50 percent on three-month supplies of select generics through mail service. More than 54,000 pharmacies nationwide are participating in the program. There are no claim forms to fill out and no annual fee to pay; there are also no income or age requirements, and the card can be used by the whole family.

Any county resident without prescription coverage can use the program, and even residents with coverage can use the cards, as they may save money on prescription drugs their existing plan does not cover.

Cards will be available at the BACOA office; you can also pick up a card at Lake County township offices and village halls and Cook County commissioners' district offices. For more information, call BACOA at (847) 381-5030 or go online to <http://www.co.cook.il.us/prescription/> (Cook County) or <http://www.co.lake.il.us/health/discountcards.asp>.



Baile! Barrington artist Veronica Potter performed flamenco and classical Spanish dances at a Valentine's Day program for BACOA's Senior Lunch and Activity Program at Langendorf Park.

Transportation Assistance

FISH

Provides transportation for medical appointments on an emergency basis only. Volunteers cannot transport wheelchairs or oxygen. 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.

Good Shepherd Hospital

May 29-30

9 a.m.-1 p.m.

\$10 fee payable to AARP

Online Refresher Course

AARP offers an online driver safety refresher course. Step-by-step instructions guide you through the screens, and customer service representatives can 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.