

## As the enrollment deadline nears...eight quick facts about Medicare Prescription Drug Coverage

The country is a-buzz with talk about Medicare D and time is running out to register for drug coverage. On January 1, 2006 Medicare began providing insurance for prescription drugs. To get this coverage you must choose one of the many private drug plans that Medicare has approved. Here are eight quick facts that every senior should know about Medicare D:

**When do I enroll for Part D – drug coverage?** The “initial enrollment” period for people currently on Medicare *ends on May 15, 2006*. If you don’t enroll by this date, the next opportunity to enroll is during “open enrollment” between 11/15 and 12/31 of each calendar year.

**Who qualifies for Medicare drug coverage?** Anyone on Medicare (with Part A or Part B) qualifies for drug coverage (Part D) regardless of income. No one can be denied for health reasons.

**Do I need this drug coverage?** If you use few or no drugs now, you are probably wondering if it makes sense to sign up. Like all insurance, Medicare Part D protects you against high costs if and when you need it. A plan with the lowest premium would keep costs to a minimum while providing future protection.

**Can I wait and sign up when I actually need the drug coverage?** Yes, but if you enroll later than when you were first eligible an extra 1 % of the national average premium will be added to your premium for each month you delay. You will also pay this penalty (which increases each year along with the average premium) for as long as you have Medicare drug coverage.

**Are there differences between the drug plans being offered?** Yes, there are big differences in premiums and deductibles, the drugs that a plan covers, the copays that they charge and the pharmacies they use.

**How do you know what different plans offer?** You have probably received promotional material on several plans. To make the best choice you will need to compare them carefully point by point. You can do this online at Medicare’s website, [www.medicare.gov](http://www.medicare.gov), call Medicare at 800-633-4227 and ask them to compare the plans for you, or call the Senior Health Insurance Program at 1-800-548-9034 to locate SHIP sites in your area where a trained SHIP counselor can help you sort through the various plans.

### In this issue

From the Director	2
Things To Do	3
Education & Support Groups	4
BACOA Services	5
Mind, Body, & Spirit	6
Trips	7
Diabetes Education	8
Making Life Easier	9
Transportation	10
Calendar of Events	11-12
Acknowledgments	13

**What if I select a plan that covers my drugs, and then my drugs change?** When you enroll in a Part D drug plan, you will receive the plan’s formulary list. Make it a practice to take this list with you every time you visit your physician. If your physician prescribes a new medication, provide your plan’s formulary list. Your physician will either be able to prescribe a medication on the plan’s list or contact the plan requesting a “restriction exception” on your behalf.

**How often can I switch Part D drug plans?** You can switch once a year between November 15 and December 31. However, if you move out of your plan’s area or into a nursing home, or your plan no longer services your area, you can change plans during a special enrollment period that was triggered by one of these events.

## From the Director

BACOA held its 21<sup>st</sup> Annual Meeting on April 26th in the Performing Arts Center at The Garlands of Barrington. The theme for this year was "The Challenge of Caring." The Family Caregiver Alliance projects that by 2007, 39 million households will be involved in caring for a person 65 or over. Of the persons 65 and over who need care, 66 percent received their care exclusively from family and friends, only 9 percent get all of their care from paid caregivers. And as waves of Baby Boomers face caregiving issues for parents, spouses and siblings, the numbers and needs of family caregivers will likely increase. BACOA has responded to these statistics by expanding its program offerings aimed at caregivers; specifically, courses like "Powerful Tools for Caregivers" and "Making Sense of Memory Loss," as well as support groups for caregivers, and persons caring for someone with Alzheimer's disease. And, we offer information and counsel to families regarding services that can help seniors maintain their highest level of independence.

In addition, we elected board members to serve new three-year terms through April, 2009. They are Robert Bruns, Thomas Cowlin, Bob Dymond, Sue Grossinger, Freddie Smith-Pederson, and Dr. James Wilson. Officers for the coming year be: Rosemarie Mitchell, president; Dr. James Wilson, vice president; Debra Kavalos-Delaney, secretary; and Barbara Tomasello, treasurer.

We thanked Colleen Clare, Syl Boeder and Peer Lykke for their board service, and Linda Avellon for her ten years of service as a staff member. We also thanked AARP Income Tax volunteers John Costello, Bill Decherd, Will Knapik, William Merci and Richard Wokoun and SHIP volunteers Larissa Eliashevsky and Carol Kosner for their service this year. Barrington High School Adopt-a-Grandparent program essay contest winners Cathleen Mikosz and Pegah Shabehpoor were acknowledged.

We recognized Harris Bank and Good Shepherd Hospital as founders of our new Keystone Corporate Campaign, in which we are asking businesses to consider making multi-year pledge gifts to BACOA to secure our economic future.

Finally, we introduced the new Keith and Freddie Pederson Distinguished Leadership Award. This award is intended to recognize individuals or organizations who have displayed outstanding leadership on behalf of older adults and family caregivers in our community. The first person to be honored with is board member Freddie Pederson. As a life-long resident of Barrington, Freddie has not only provided significant service to BACOA, but also many other organizations in our community. She truly embodies the qualities we seek in our board members – generously giving of her time, her kindness and her wisdom. She also serves as a role model to her peers and the community through her philanthropy. And most recently she has faced her own Challenge of Caring. Our thanks to you Freddie for all you do.

As always, I welcome your thoughts. Happy Spring.

*Joyce*

# Things To Do

## Lunch and Activities

On Monday at **Langendorf Park**. Bingo is at 11 a.m. with lunch at noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call Linda at BACOA.

### Monday, May 1- Annual Spring Fling

Bingo and lunch. Barrington Junior Women's Club will be hosting "Senior Roundup," this year's Spring Fling. Square dance caller Dick Crouse will give a presentation, and attendees will enjoy a square dancing performance. Lunch will be provided by Marvella's. Doors will open at 11 a.m.; the program will conclude at 2 p.m. Admission is free. For reservations, contact BACOA at (847) 381-5030 by Wednesday, April 26.

### Monday, May 8—Arthritis Month

Bingo and lunch. May is Arthritis Month, and **Jose Alcantara, MA, ATR**, will present a program on art therapy.

### Monday, May 15 – Older Americans Month Luncheon

Bingo and lunch. Chaplain Mark Grobner will perform on the hammer dulcimer.

### Monday, May 22

Bingo and lunch. May birthdays will be celebrated, and blood pressures will be taken.

### Monday, May 29

BACOA's lunch program will be closed due the Memorial Day holiday. The program will resume on Monday, June 5.

### Monday, June 5

Bingo and lunch. A special program on "Brain Aerobics" will be presented by Bonnie Scherkenbach, social services coordinator at BACOA, and Doug Saylor. Join us for this program to improve your brain cells.

### Monday, June 12- Annual Flag Day Celebration

Bingo, lunch and the celebration of Flag Day. Members of the **American Legion Post #158** will provide and serve lunch to the seniors at the Barrington Park District. They will also present a flag ceremony outside if weather permits.

### Monday, June 19

Bingo and lunch. A program on "Foot Care" will be presented by Dr. James A. Baird of Barrington. Dr. Baird is serving the seniors at Greencastle of Barrington and also Lake Barrington Woods.

### Monday, June 26

Bingo and lunch. June birthdays will be celebrated, and blood pressures will be taken by BACOA's social service coordinator, Diane Vos Hansen.

## 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. Suggested donation is \$3 per person.

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 and a Movie

Wednesday, May 3

"Something's Gotta Give" starring Jack Nicholson and Diane Keaton, will be shown. Lunch will be served at noon, and the movie will follow. Please call BACOA by noon on Monday, May 1 to register for lunch. The suggested donation for lunch is \$3 per person.

The movie will be shown on a large screen TV, and popcorn will be provided.

## Annual Spring Social

Saturday, May 13, from 2-4 p.m. at Barrington High School

Adopt-A-Grandparent students have planned this free event, which will feature live music and refreshments.

For more information or reservations, please call Don Wesemann, BHS club sponsor at (847) 842-6502 or BACOA's Diane Vos Hansen at BACOA.

## Education and Support Groups

### Alzheimer's & Memory Loss

Meetings will be held the third Thursday, of each month. Please call Bonnie at BACOA to pre-register.

### Arthritis

BACOA's new arthritis support group will meet the fourth Tuesday of each month from 1-2 p.m. at the Barrington Area Library. Please call Linda at BACOA to pre-register.

### Brain Aerobics

Michele Schmitz, Community relations manager from Barnes and Noble in Deer Park, will speak at the May Brain Aerobics meeting. She will talk about various resources for mental fitness available through Barnes and Noble.

This group meets the third Wednesday of the month from 10:30-noon at The Garlands of Barrington. Please call Bonnie at BACOA for information or to pre-register.

### Caregiver

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

*Wednesday, May 3.* Open forum with no specific topic or speaker. We will instead address the concerns of caregivers attending.

*Wednesday, June 7.* Joyce Palmquist as a guest speaker on the topic of Communicating with Healthcare Professionals. Joyce is the Executive Director of BACOA. We will also address the concerns of caregivers attending. Please feel free to join us and add to our discussion.

### 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. Transportation is available to residents of the Barrington area. Please call Diane at BACOA to pre-register. Transportation is available through Lake Barrington Woods.

*Thursday, May 11.* Polly Abbott from Guild for the Blind will present a workshop on Braille, Short-hand. This free, "hands-on" workshop will teach how Braille can be used for shopping lists, telephone numbers, and labeling. One person with low vision found the use of this short-hand Braille "liberating." Polly will dispel some myths you had about Braille! Please note the longer meeting time for this workshop.

*Thursday, June 8.* Bonnie Scherkenbach of BACOA's Social Service Department will be back for "Brain Aerobics" exercises. These activities were developed for people with low vision.

### "Powerful Tools for Caregivers" Course

Powerful Tools 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.

The 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. Pre-registration is required. Please call BACOA for start date.



### Senior Day at the Brat Tent

Friday, June 30 from 10:30 a.m.-2:30 p.m.

Discounted tickets for people age 65 and older will be .50 each with a limit of 200 tickets per person.

Tickets will be available at the BACOA office and lunch programs.

## 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 of either having grandchildren or grandparents who don't live nearby or don't have contact with family members as often as they would like. Call Diane at BACOA.

**Arthritis 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.

**Educational and Enrichment Programs:** BACOA offers programs on most Mondays at 12:30 p.m., following lunch at Langendorf Park. Additional programs are offered in conjunction with other community organizations and are held at various locations.

**Information and Referral:** Council staff provide 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 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 \$3.00 per meal. 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

## Body

### 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.

### *Fruit of the Month*

May - Limes

### *Vegetable of the Month*

June - Okra

### **Pineapple Limeade**

Makes 4 servings; each equals one 5 A Day serving

### *Ingredients*

1 medium pineapple, peeled  
2 medium limes, peeled and seeded  
2 Tbsp sugar  
3 cups club soda or sparkling water

Extract juice from the pineapple and limes, using a juicer or juice extractor. Mix juices and sugar; refrigerate until chilled. Just before serving, stir in the club soda or sparkling water and serve over ice. Garnish with lime slices if desired.

Nutrition information per serving:  
Calories 92, Protein 1g, Fat 1g,  
Calories from Fat 5%, Cholesterol  
0mg, Carbohydrates 24g, Fiber  
2g, Sodium 39mg.

## Mind and Spirit

A man went to a dermatologist with a rare skin disease. The doctor recommended he try a milk bath, so he went to the grocery store and told the dairy manager he needed enough milk to take a bath. The dairy manager asked, "Do you want that pasteurized?" "No", the man replied, "up to my chin should do it."



## Humor builds brain power!

Once when Red Skelton was being interviewed he was asked if he ever was at a loss for words. He hesitated a minute then said, "I dreamed I died and went to heaven. Just as I was taken before God, he sneezed...and I just didn't know what to say to Him!"

.....

Two adventurers were exploring the wide open prairie with the thought that if they found a good building site they would homestead. Nearby they saw two animals chasing each other and playing happily in the tall grass. "Did you ever see such scruffy looking beasts?" said one man. "No!" his friend replied. "They are really moth-eaten, aren't they!" Whereupon the antelope turned to the deer and said, "I do believe I've just heard a discouraging word!"

<http://seniors-site.com/funstuff/jokes97.html>

## Mind Stretchers

1. Name three balls that bounce well.
2. Name a state that has the same name as a river flowing through it.
3. Name something beautiful.
4. Name two of the continents on earth.
5. Name a dessert with chocolate in it.

(From Mind Stretchers by Beckie Karras)

## Lunch at the Gallery

Friday, May 19 from noon-2 p.m.

A light lunch will be served.

*Facets of Fiber 2006* features the work of 15 local and national fiber artists. Included in the show will be an array of wearable art, scarves, hand-painted clothing, soft sculpture and quilted wall art. For more information or reservations, call BACOA.

## Chicago Botanic Garden trip

Tuesday, June 20

The trip will feature a self-guided walk through the garden, accompanied by volunteers, as well as a Grand Tram tour.

Attendees will travel by motorcoach, which will leave from the BACOA office at 9 a.m. and return to Barrington around 3:30 p.m. Cost of the trip will be \$18 which includes transportation and entrance to the botanic gardens. Lunch will be on your own.

For reservations, call BACOA at (847) 381-5030. Reservation deadline is Wednesday, June 9.

## Trips

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

**“Land of Lincoln.”** Departure date: July 10. Tour landmarks from the life of Abraham Lincoln on this three-day motorcoach tour. Highlights include the Lincoln Log Cabin State Historical Site, New Salem and Springfield (including a visit to the new Abraham Lincoln Presidential Museum and Library.) Cost is \$399 per person (double), which includes transportation, four meals, lodging and museum admissions.

**“Trains Across Colorado.”** Departure date: September 10. Explore the mountains and history of Colorado on five historic train rides through the state. The eight-day tour includes trips on the Pikes Peak Cog Railway, the Royal Gorge Scenic Railway and the Durango & Silverton Narrow Gauge Railroad. Cost is \$1,379 per person (double) and includes lodging, 13 meals and train travel. Air travel from Chicago to Denver is available for an additional \$375.

**“Door County Autumn Foliage.”** Departure date: October 3. Enjoy breathtaking autumn foliage in Wisconsin’s Door County. This three-day motorcoach tour includes stops in Lake Geneva, a tour of the Door Peninsula and a stop at the Milwaukee Art Museum on the way home. Cost is \$499 per person (double) and includes transportation, four meals, and admissions to various sites.

**BACOA and The Garlands of Barrington** will offer five special tours through Collette Vacations:

**“Exploring Britain and Ireland.”** Departure date, July 21. This 15-day trip will take travelers through England, Ireland, Wales and Scotland; with stops that include a tour of London, a visit to Blarney Castle, and a ride through England’s Lake District. Cost is \$3,889 per person (double), which includes round trip air from Chicago, hotel transfers, and departure taxes and fees and 22 meals.

**“Alaska Discovery Land and Cruise.”** Departure date: August 10. This 12-day tour begins in Fairbanks, and includes a seven-night glacier cruise aboard Holland America’s *Veendam*. Travelers will also enjoy a scenic train ride through Denali National Park and day excursions highlighting Alaska’s spectacular scenery. Cost is \$3,699 per person (double), which includes round trip air from Chicago, hotel transfers, and departure taxes and fees and 26 meals.

**“Mozart’s Musical Cities.”** Departure date: October 11. Celebrate Mozart’s 250<sup>th</sup> birthday in three historic European cities. The 11-day tour begins in Salzburg, Austria—Mozart’s birthplace—and proceeds to Vienna and Prague, where Mozart lived, worked and performed. The tour includes concerts, walking trips and visits to magnificent castles and churches. Cost is \$3,349 per person (double), which includes round trip air from Chicago, hotel transfers, and departure taxes and fees and 15 meals.

**“Italian Masterpieces.”** Departure date: November 6. Travelers will see some of the world’s greatest works of art and architecture on this 11-day journey through Italy. Among the stops are Rome, Tuscany, Florence, and Sienna; included on the tour are education sessions with art historians and a Tuscan chef, as well as wine tastings and museum visits. Cost is \$2,759 per person (double), which includes round trip air from Chicago, hotel transfers, and departure taxes and fees and 15 meals.

**“Cruising the Yangtze River.”** Departure date: November 10. Experience the culture and sights of the People’s Republic of China on this 15-day tour. Among the highlights: stops in Shanghai, Beijing and Xian; a cruise on the Yangtze, and a stroll on the Great Wall. Cost is \$2,949 per person (double), which includes round trip air from Chicago, hotel transfers, and departure taxes and fees and 38 meals. (Cost does not include flights within China or trans-Pacific flights.)

## 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 information or to register, call (847) 620-4561.*

## Senior Breakfast Club

Good Shepherd Hospital  
Prairie Room. To pre-register, call  
(800) 323-8622.

*Osteoporosis: Prevention,  
Diagnosis & Treatment*

Dr. David Schneider, specialist in physical medicine and rehabilitation, will discuss ways to prevent and successfully treat osteoporosis.

**Wednesday, May 24**

9-10:30 a.m.

*Diabetes and the Metabolic  
Syndrome and their relationship  
to heart disease*

Learn about diabetes and the metabolic syndrome and their connection to increased risk of heart disease. Good Shepherd Hospital Cardiologist Dr. Robert Hendel, from Midwest Heart Specialists, will discuss treatment of risk factors in people with diabetes and treatments for coronary artery disease.

**Wednesday, June 28**

9-10:30 a.m.

## Congratulations to this year's Hall of Fame Honorees

### Name

Ted Carr

Dr. Walter Dalitsch

Dave Elms

Jean Elms

Larry Lincoln

Delores "Dee" McCarthy

Wayne Mitchell

Keith Pederson

Marie Schaack

Glenn Scoggins

John Wagner

Kathryn Wrubel

### Nominated by

Friends of the Barrington Library

Village of Lake Barrington

PADS

Lutheran Church of the Atonement

Village of Barrington

Auxiliary of Good Shepherd Hospital

Barrington Area Library

Barrington Area Council on Aging

Hospice of Northeastern Illinois

Barrington Area United Way

Citizens for Conservation

Good Shepherd Hospital Volunteer Services

## Making Life Easier

### 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

By law, nursing homes must evaluate and report the quality of care their residents receive.

Information collected includes:

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

Now you can find out how nursing homes in Illinois compare on their quality of care. Call (800) MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).

### Anti-Coagulation Clinic at Good Shepherd Hospital

The clinic uses the new finger-stick method for your blood test. Appointments are available through your doctor. Talk to Sally Sounhein for more information.

*Hours:*

Monday-Thursday:  
9 a.m. to 6 p.m.  
(847) 381-1230

Friday: 9 a.m. to 5 p.m.  
(847) 381-9600, ext. 5096

Saturday: 9 a.m. to 1 p.m.  
(847) 381-4589 (Fax)

### 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.

NOTE: First-time applicants can not be filed electronically.

### 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).

### Volunteers Needed

BACOA is in need of volunteers for the following positions:

*Meals With Wheels drivers* - 11:30-1:00 p.m. Monday-Friday or as needed.

*Volunteer drivers* needed to take seniors to personal appointments  
As needed.

*Tuesday, or Thursday lunch program.* 10:30-2:00 - Volunteers are needed to help set up, serve, & clean up. Choose one or both days.

*Office volunteer* - Flexible hours. Needed once a month.

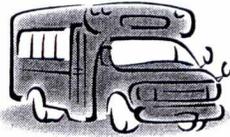
*One paid position available-* Lunch program coordinator for Greencastle. The position is 8-10 hours a week, primarily on Tuesdays and Thursdays. Applicant must have Food Service Certification from the Illinois Department of Public Health or be willing to take required training to obtain certification.

# Transportation Assistance

## Medical Transportation

### FISH

Call (847) 381-7474 between 7 a.m. and 5 p.m. to make arrangements for transportation. Drivers are available 8 a.m. - 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.

### 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 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.

### FISH

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

### 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).

### 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.

Thursday & Friday, May 11 & 12 from 9-1 p.m.

Meadow Room at Good Shepherd Hospital. Cost is \$10 payable to AARP.

Registration code is 3S03B.

# May 2006

June 2006

May 2006

S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
May 1 10:30am Lunch	2 11:30am Lunch - Greencastle	3 12:00pm Lunch & Movie 7:00pm Caregiver group	4 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle	5	6
8 10:30am Lunch	9 11:30am Lunch - Greencastle	10	11 9:00am Drivers class (GHS) 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:00pm Low vision group	12 9:00am Drivers class	13 2:00pm Spring Social
15 10:30am Lunch	16 11:30am Lunch - Greencastle	17 10:30am Brain Aerobics 1:00pm Hall Of Fame	18 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:30pm Alzheimer's group	19 12:00pm Lunch/Gallery	20
22 10:30am Lunch	23 11:30am Lunch - Greencastle 1:00pm Arthritis group	24 9:00am Breakfast club	25 10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle	26	27
29 10:30am Lunch	30 11:30am Lunch - Greencastle	31			28

# June 2006

June 2006							July 2006						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30	31	23	24	25	26	27	28	29

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
10:30am Lunch	11:30am Lunch - Greencastle	7:00pm Caregiver group	10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:00pm Low vision group	10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:30pm Alzheimer's group	
10:30am Lunch	11:30am Lunch - Greencastle		10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle 1:30pm Alzheimer's group		
10:30am Lunch	11:30am Lunch - Greencastle	10:30am Brain Aerobics	10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle		
10:30am Lunch	Botanic garden 11:30am Lunch - Greencastle 1:00pm Arthritis group	9:00am Breakfast club	10:30am Arthritis Exercise Class 11:30am Lunch - Greencastle		

## 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.*

**Platinum Patron: \$5000 +**  
Arthur Andersen Foundation,  
Barrington Area United Way,  
Barrington Township, Cuba  
Township, Retirement Research  
Foundation, Richard A. Perritt  
Foundation, Village of Barrington

**Gold: \$4,999-\$2,500**  
Paine Family Foundation

**Patron: \$999-\$500**  
Village of Lake Barrington

**Sponsor Gifts: \$499-\$100**  
Mr. & Mrs. Donald Bouseman,  
Mr. & Mrs. Robert Bush, Mr. &  
Mrs. James Hajost, Clara Kuznik

**Tribute Partner Gifts: \$99-\$50**  
Keith Cummings in honor of Sue  
Cummings, FUND, Inc. in  
memory of Keith Pederson, Joyce  
Palmquist & Doug Saylor in  
memory of Keith Pederson

**Friend Gifts: \$49-\$25**  
Lois Gaskill, Mr. & Mrs. Bob  
Murphy, Mr. & Mrs. Sam  
Carone, Mr. & Mrs. Richard  
Malinowski, Mr. & Mrs. David  
Sheppard, Constance Wilder,  
Women in Development

**Other**  
Mr. & Mrs. Calogera Agnello

## Upcoming Events

Wednesday, May 17  
Hall of Fame Tea

Saturday, July 8  
Village Garden Walk & Boutique  
10-3:00 p.m. Ticket donation \$20

Saturday, July 8 Brew Fest  
3-7:00 p.m. Ticket donation \$25

Friday, September 29 Wine Tasting  
6-9:30 p.m. Ticket donation \$75



We would like to thank the Senior Health Insurance Program volunteers Larissa Eliashevsky and Carol Kosner for their service to the Barrington community. They have been instrumental in helping seniors understand and apply for the Medicare D and Circuit Breaker programs.

Another big thanks goes to the AARP Tax Assistance Program volunteers. This year we completed approximately 119 electronic filings, which nearly doubles the electronic filings from 2005.

Tax volunteers:  
BACOA office: John Costello, Bill Decherd, and William Merci.  
Barrington Bank and Trust: Will Knapik and Richard Wokoum.

### 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

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

If you do not wish to receive this mailing, please call BACOA at (847) 381-5030.

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

## BACOA STAFF

Joyce Palmquist, Executive Director  
Linda Avellon, Program Coordinator  
Sarah Hoban, Public Relations/Marketing  
Penny LeNeveu, Social Services Coordinator  
Sue McNamara, Administrative Assistant & MWW's  
Bonnie Scherkenbach, Social Services Coordinator  
Joanne Sullivan, Development Director  
Diane VosHansen, Social Services Coordinator

## BOARD OF DIRECTORS

Pam Weinert, President  
Rosemarie Mitchell, Vice President  
Debra Kavalos-Delaney, Secretary  
Ted Tonneman, Treasurer

Syl Boeder	Jean Mason
Robert Bruns	David Nelson
Colleen Clare	Meg Peirce
Ann Cronin	Connie Schofield
Konda Dees	Freddie Smith-Pederson
Peer Lykke	Barbara Tomasello
Dr. James Wilson	

## ADVISORY BOARD

Carol Beese	Pamela A. McCord
Elizabeth Bodie-Gross	Bob Miseyka
Anna Bush	Dave Sheppard
Ronald Hamelberg	Diane Stephens

NON PROFIT ORG  
U.S. POSTAGE  
PAID  
Barrington, IL 60010  
Permit No. 262

Barrington Area Library  
Local History Department  
505 North Northwest Highway  
Barrington, IL 60010