

Transportation: Getting to where we're going

The Barrington area isn't an easy place to get around if you don't drive—and many seniors and disabled persons do not. BACOA has long been involved in transportation advocacy for our community, and this year, we're looking at a particular challenge.

As of July 1, the Village of Barrington will discontinue funding for Pace Dial-a-Ride. BACOA has worked with the Village and Barrington and Cuba townships to ensure continuation of the program until the end of 2009—and we will continue to work with the townships to explore options for 2010 and beyond.

To help determine the area's public transportation needs, we conducted a survey over the winter. The survey was posted on BACOA's Web site, and surveys were inserted into both township newsletters. Among the results:

Who took the survey: 267 people responded. 167 were female, 93 were male.

Age range: 44 were under 60 (16.9%), 43 were 70-74 & 80-84 (16.5%), 36 were 75-79 (13.8%), 33 were 60-64 & 65-69 (12.6% each), 29 were 85+ (11.1%), 6 skipped this question.

Where do people go? The greatest number of respondents—77—indicated that they need transportation to medical appointments. But a large percentage of respondents also needed transportation for basic, everyday activities: to go

grocery shopping, banking, to the drug store, to social or recreational activities, to church or other shopping or appointments.

How people get around now: The majority—80% (210 individuals)—reported driving themselves, but the remaining 20% reported using a variety of transportation options. 58 of the respondents currently use some form of transportation service, including Pace Dial-a-Ride, Good Shepherd Hospital vehicle, FISH, and taxi vouchers. 52 individuals (20.1%) indicated that they had someone else drive them. Some indicated they rarely go out because they have no way to go places.

While a vast majority of respondents drive themselves now, a number of respondents added

(Continued on page 3)

BACOA's new online guide has answers you need

Are you searching for information on healthy aging? Housing options for seniors? Support for caregivers?

BACOA has launched a new online resource guide on its Web site, www.bacoa.org. The Online Resource Center provides an extensive array of resources, services and information for older adults, family caregivers and the Barrington community.

The easy-to-use searchable guide features a local resources section that lists agencies, institutions and organizations that provide services to older adults, their families and caregivers in the Barrington area. It also includes a national resources section that includes 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.

In this issue

In the News	2
Education and Support	3
Things to Do	4
BACOA News	6

BACOA STAFF

Joyce Palmquist, *Executive Director*
Linda Avellon, *Program Coordinator*
Sarah Hoban, *Public Relations/
Marketing*
Penny LeNeveu, *Social Services
Coordinator*
Sue McNamara, *Administrative
Assistant*
Bonnie Scherkenbach, *Social Services
Coordinator*
Diane Vos Hansen, *Social Services
Coordinator*

BOARD OF DIRECTORS

Dr. James Wilson, *President*
Sue Grossinger, *Secretary*
Bob Koch, *Treasurer*
Rosemarie Mitchell, *Past President*
Amy Bash
Tom Broadfoot
Dominique Buttitta
Tony Dutter
Jill Hawkins
Harry Logue
Julie Parsons
Meg Peirce
Connie Schofield
Cathy Schulze
Barbara Tomasello

ADVISORY BOARD

Carol Beese
Dee Beaubien
Sylvia Boeder
Robert Bruns
Elizabeth Bodie-Gross
Kim Duchossois
Ronald Hamelberg
Peer Lykke
Pam McCord
Bob Miseyka
Jody Paine
Freddie Smith Pederson
Dave Sheppard
Diane Stephens
Cyndi Zurawski

YOUTH BOARD

Cassie Altenberger
Kimberly Arlington
Judy Chung
Meg Crowley
Hannah Gross
Aleksandra Petrovic
Alexandra "Ola" Pitcher
Michelle West
Lyndsay Wilcox

In the News

Hall of Fame honors six area seniors

Six Barrington-area senior citizens will be inducted into the fourteenth annual **Barrington Area Senior Citizens Hall of Fame** on May 20 at a recognition tea at Lake Barrington Woods.

The Hall of Fame, sponsored by the BACOA, honors outstanding older adults from the Barrington area for their service to enhance the quality of life in the community. Seniors are nominated by local service organizations for their contributions, activities and achievements.

This year's nominees are: Lyle Corson, nominated by Advocate Good Shepherd Hospital; Jan Goss, nominated by Friends of the Barrington area Library; Marcella McAllister, nominated by Hospice of Northeastern Illinois; Sylvia Mountsier, nominated by BACOA; and Carol Nelson, nominated by the Auxilliary of Good Shepherd Hospital. They have been active in a variety of areas including conservation, fundraising, hospital work and civic service.

Smart Card now necessary for free rides

Beginning April 1, all seniors aged 65 and over must carry the new **Smart Card** in order to receive free rides on Pace, CTA, and Metra.

The Smart Card replaces the RTA Senior Reduced Fare Card, which was used when the Seniors Ride Free program originally launched in March 2008.

After April 1, seniors not carrying the new Smart Card will be charged the reduced fare; (85 cents on Pace). To receive credit for the fare, users simply press the Smart Card against the touch-and-go units on Pace and CTA buses and the turnstyles at CTA rail stations. When used on Metra, the card should be presented to train personnel.

Current participants in the Seniors Ride Free program should have already received the necessary materials to receive the Smart Card, and all new applicants will automatically receive one. Anyone with questions about the program or transitioning to the Smart Card should contact the RTA at 836-7000 from any area code. More information regarding the transition is available on the RTA Web site.

Stimulus checks to be mailed in late May

The U.S. government will send out the \$250 economic recovery payments to people who receive Social Security and Supplemental Security Income benefits, beginning in late May. The one-time payment will be a separate payment, which will not be included in regular monthly benefit payments. Individuals who do not receive their payments by June 4 should call the Social Security Administration at (800) 772-1213.

Education and Support

Caregiver Support

Kathy Fine, a counselor from Hospice of North-eastern Illinois, will speak at the **May** meeting of BACOA's **Caregiver Support Group**. She will lead a discussion on managing stress as caregivers. The group will meet Wednesday, May 6, from 7-9 p.m. The group's **June** meeting will be an open forum on effective communication; it will meet Wednesday, June 6 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 welcome. Call Penny LeNeveu at BACOA at (847) 381-5030 with questions or to register.

Parkinson's Disease

BACOA's **Parkinson's Disease Education Group** will not meet in May, because of the Memorial Day holiday.

The **June** meeting will feature Om Johari, who will discuss meditation and its use with chronic illness. The group will meet Saturday, June 27, from 10-11:30 a.m. in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

The group is open to Parkinson's disease patients and family members who wish to learn more about the disease. For more information, or to register, call Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will host an open house for new members on Thursday, May 14, from 1-2:30 p.m. at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. Refreshments and information about the group and its members will be available. The group is open to persons of all ages and offers monthly informational meetings as well as resources and local educational trips to persons with

low vision. For more information, call Diane Vos Hansen at BACOA at (847) 852-3898.

In **June**, Polly Abbott, manager of adult rehabilitation services for Guild for the Blind, will show a DVD and lead a group discussion on "Independence Without Driving." The meeting will be Thursday, June 11, from 1-2:30 p.m.

The group meets on the second Thursday of each month at Lake Barrington Woods, and transportation is available via Pace Dial-a-Ride.

Alzheimer's and Memory Loss

Karen Desombre, research coordinator from the Miami Institute for Human Genomics, will discuss the genetic components of Alzheimer's disease at the **May** meeting of the **Alzheimer's Association Support Group**. The group will meet Thursday May 14, from 10:30-noon, a change from its normal meeting time. Registration is requested for the event; please call Bonnie Scherkenbach at BACOA at (847) 852-3890 for more details.

The group will resume its normal meeting time for its **June** meeting, Thursday, June 11 from 1:30-3 p.m. at St. Paul's United Church of Christ, 401 E. Main, Barrington. The meeting will be an open forum.

The group provides education, speakers and support for families and caregivers of Alzheimer's patients. There is no charge for this group, but registration is requested for first-time participants; please call BACOA at (847) 381-5030.

Transportation (*continued from page 1*) that they do have some limitations on driving—they don't drive at night, they don't go more than a few miles from home and they stay off of busy streets. Others need help getting in and out of vehicles, and some use walkers wheelchairs or canes.

The inability of seniors and the disabled to get around conveniently can lead to isolation and can greatly affect quality of life. BACOA appreciates all who took the time to take the survey, and we'll keep you apprised of ongoing developments.

Joyce

Things to Do

Senior Lunch and Activity Program

Monday: 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 \$5 per person unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

Monday, May 4 - Annual Spring Fling

Bingo and lunch. The Barrington Junior Women's Club will host "An All-American Spring Fling Celebration." Entertainment will be by the Banjo Buddies Dixieland Trio; 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.

Monday, May 11 - Older Americans Month Luncheon

Bingo and lunch. The program will celebrate Older Americans Month with music provided by Mike Knauf and Tom Steffens. They will perform old standards and Big Band songs. Cost for the lunch will be \$5; the entertainment will be sponsored by Whitehall of Deerfield Healthcare Center. For reservations, contact Linda Avellon by Tuesday, May 5.

Monday, May 18

Bingo and lunch. Laurie Buer, from American Taxi, will present a program about the company and its taxi services. May birthdays will be celebrated.

Monday, May 25

Closed for Memorial Day.

Monday, June 1

Bingo and lunch. Program to be announced.

Monday, June 8

Bingo and lunch.

Monday, June 15-Annual Flag Day Celebration

Bingo, lunch and the celebration of Flag Day. Members of American Legion Post #158 will provide and serve lunch. Music will be performed by Doug Saylor and Joyce Palmquist of "Second Wind." For reservations, contact Linda Avellon by Monday, June 8. Wear red, white and blue.

Monday, June 22

Bingo and lunch.

Monday, June 29

Bingo and lunch. Birthdays will be celebrated.

Thursday lunch at Greencastle of Barrington

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, for a suggested donation of \$5. Advance registration is required; call Linda Avellon at BACOA at (847) 852-3892.

Spend the day with Dino, Frank and the Pack

Join BACOA and the Barrington Park District to see "Kickin' Back with the Rat Pack," on Wednesday, June 3.

The show will be performed at Apple Holler Restaurant and Playhouse in Sturtevant, Wisc., just south of Racine. The exciting and nostalgic musical revue features four cabaret performers singing and performing hits from the era of Frank Sinatra, Dean Martin and Sammy Davis Jr.

Cost for the trip is \$55, which includes transportation by Park District van, a cider sampling, and lunch. Time will also be allotted for shopping at the country gift store and bakery. The bus will leave the Barrington Park District at 9:30 a.m. and return to Barrington around 4:30 p.m.

Seats are limited; for reservations, call Kurt at the Park District at (847) 304-5273.

Things to Do

That floating feeling: Set sail on river cruises

May: Milwaukee

Join BACOA and the Barrington Park District for a **Milwaukee river cruise** on Thursday, May 21.

The hour-and-a-half narrated cruise will spotlight the city's architectural highlights and historic sites. The trip will also include time for shopping after the cruise.

Cost for the trip is \$55, which includes transportation by Park District van, lunch and cruise. The bus will leave the Park District at 8:30 a.m. and return to Barrington around 4:15 p.m.

Seats are limited; for reservations, call Kurt at the Park District at (847) 304-5273.

June: Rock River

Join BACOA and the Barrington Park District for a **cruise on the Rock River** on Wednesday July 15.

The 15-mile cruise will leave from Oregon, Ill., aboard *The Pride of Oregon*, a 102-foot paddlewheel. Sightseeing highlights will include the famous Loreda Taft Blackhawk sculpture, as well as state parks and riverbank scenery. Lunch will be served on the boat as well.

Cost for the trip is \$35, which includes transportation by Park District van, lunch and cruise. The bus will leave the Park District at 8:45 a.m. and return to Barrington around 4 p.m. Registration deadline is July 1; for reservations, call Kurt at the Park District at (847) 304-5273.

Senior Celebration set

BACOA and the Barrington Park District will provide area seniors free transportation to the Lake County Forest Preserves' annual **Seniors Day Celebration**.

The celebration, on Wednesday, June 24, will feature food, giveaways, bingo and dancing at Independence Grove Forest Preserve in Libertyville. Attendees should bring their own lunch. A bus will leave Langendorf Park at 9 a.m. and return around 2:30 p.m.

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

Jump aboard the Culture Bus

There's still time to jump on the Culture Bus!

BACOA is partnering with CJE-Senior Life to offer the **Northwest Culture Bus**, a series of stimulating day trips designed specifically for people experiencing early memory loss.

The spring season will run through June 17. Cost for the program is \$75 per trip, which includes lunch, entrance or materials fees, and transportation. For more information, contact Bonnie at BACOA at (847) 852-3890.

Salute the season at the Summer Solstice dance

Dance the night away—and ring in summer.

BACOA, The Garlands of Barrington, the Barrington Park District and other local park districts will sponsor the **Summer Solstice Dance**, an evening of dancing, live music and dinner at The Garlands on Friday, June 19 at 5 p.m. Singles and couples are welcome; music will be provided by Vito Buffalo.

Cost for the evening is \$48, which includes a buffet supper. Beer and wine may also be purchased for an additional fee. Registration deadline is June 1; to register, call Linda Avellon at BACOA at (847) 852-3892.

Because of parking limitations at The Garlands, shuttle service will be provided from Citizens Park. For more information on the shuttle service, call Kent at the Park District at (847) 381-0687.

Friday bowling and bocce

Enjoy a fabulous Friday with four hours of free bowling and bocce ball at Pinstripes in the Arboretum of South Barrington.

Pinstripes is offering the event every first Friday. A continuous lunch will be served from 11 a.m.-3 p.m. Cost is \$15, which includes transportation via van from the Barrington Park District, or \$12 if you provide your own transportation.

For more information, call Kurt at the Park District at (847) 403-5273.

Act now!

Legislation extends your chance to make tax-free gifts

With the recent financial turmoil taking place in the market, you may have missed some good news regarding charitable contributions from your IRA.

Recent IRA legislation extends your opportunity to make tax-free gifts to a charity from your IRA through 2009.

You may contribute this way if:

1. You are 70 ½ or older.
2. Your gifts total \$100,000 or less each year in 2008 and 2009.
3. You transfer funds directly from an IRA or rollover IRA
4. You make the gift to a public charity (this includes BACOA but excludes gifts made to charitable trusts, donor advised funds, charitable gift annuities and supporting organizations)

We hope this is helpful as you plan your giving. Don't miss this second chance to make tax-free gifts from your IRA. Contact your IRA administrator for the necessary forms or for more information.

A gift like no other

Some people *are* hard to buy for. So for your next gift-giving occasion, consider an honor gift to BACOA. It's an ideal way to mark a special birthday, an important anniversary or a memorable holiday. When you give a gift in honor of someone special, you have the satisfaction of supporting BACOA's many programs and services that benefit seniors and family caregivers.

So don't stand in long store lines again - give BACOA a call, or go online to www.bacoa.org/donate.htm, and give a one-of-a-kind gift.

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 _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

- I would like to make a gift in honor of _____
- 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+

BACOA offers legal consultations for seniors

BACOA is offering free legal consultations to area seniors. Attorneys from Spagnolo & Hoeksema, LLC, in Hoffman Estates, will meet with seniors on Friday, June 12 at the BACOA office.

Half-hour appointments will be scheduled between 8:30 and 11:30 a.m. Seniors can discuss estate planning, wills, power of attorney or other legal issues.

To schedule an appointment, call BACOA at (847) 381-5030.

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. For more information or registration, call (800) 323-8622.

*June 2 and June 4
9 a.m.-1 p.m.*

Advocate Good Shepherd Hospital

Lakeview Room

\$12.00 fee payable to AARP (AARP members, must show card)

\$14.00 fee payable to AARP (non-members)

Restorative and diabetes management classes available at Good Shepherd

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 Bootcamp: Joseph Kiernan, MD, of Premier Eye Care will discuss diabetes and eye care. *May 14, 9-10:30 a.m.*

Benjamin Nager, MD, neurologist with The Center For Neurology, SC will be discussing the connection between sleep apnea and diabetes. *July 9, 9-10:30 a.m.*

Programs at **Good Shepherd Hospital Health & Fitness Center** include: *Living the Good Life*, a 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. For information, call (847) 620-4561; *Restorative Tai Chi, Healing Yoga* and *Warm Water Workout*. Restorative classes are held at Good Shepherd Hospital Health & Fitness Center, 1301 S. Barrington Rd., Barrington. To register, call (800) 323-8622.

Senior Breakfast Club

Good Shepherd Hospital

To register, call (800) 323-8622.

June 24

Understanding Durable Home Medical Equipment: What Products are Right for You

Daniel Doherty, Advocate Home Care Products operations manager, will discuss the home medical equipment maze. Learn how products work, which ones are right for your home environment and how equipment may be covered by your insurance.

9-10:30 a.m.; Prairie/Lakeview Room

July 22

Oh, My Achy Breaky Joints!

According to the Arthritis Foundation, arthritis affects more than 28 million people in this country and is one of the leading causes of disability. Monika A. Starosta, M.D., rheumatologist with Northwest Rheumatology Specialists, will discuss the different forms and how to diagnose and treat this common disease.

9-10:30 a.m.; Prairie/Meadow Room

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

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

IMPORTANT PHONE NUMBERS

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

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

Save the dates
for these upcoming BACOA
fundraisers:

The Barrington Brew Fest
Saturday, July 11
Downtown Barrington

Aged to Perfection
A Celebration of Life & Wine

Friday, September 18
Chicago Marriott Northwest
Hoffman Estates