

# BACOA Senior Advisor

Barrington Area Council on Aging, Inc.

November/December 2008

*Serving seniors, family caregivers, and the community*

## BACOA offers Medicare Part D enrollment help

Medicare Part D open enrollment will take place between November 15 and December 31. During this period, you can switch your Medicare Part D plan or enroll in a plan for the first time.

To help enrollees with the process, BACOA is now scheduling Medicare Part D consultation appointments from Monday, November 17 through Friday, December 5.

All Medicare Part D plans are required to send out an "Annual Notice of Change" to all of their members by October 31. This package has information about the upcoming changes each plan has in store for 2009. Among the things that enrollees should look for:

- How much will the premium be in 2009?
- How much will the deductible be in 2009?
- Are your drugs still covered by the plan?

The plan may have certain restrictions in 2009 that it may not have had in 2008

- Are you happy with the customer service you have gotten from your plan in 2008?
- Are you happy with your plan's mail-order policy?

If you are satisfied with the changes to your plan and you feel that your plan fits your needs

then you do nothing. Your plan will automatically renew January 1. If you feel your plan no longer fits your needs, you can look at other plans to find one that meets your needs. If you want to enroll online, Medicare's plan finder is at [www.medicare.gov](http://www.medicare.gov) and will help you choose among the plans offered in Illinois. To use this site, you will need your Medicare card and a list of your medications including the dosage and how often you take each drug.

If you need help paying for the cost of your medications and Medicare Part D, there are several programs available to help, including Illinois Cares Rx, offered by the state of Illinois, and Extra Help, offered by the Social Security Administration. There are age and income requirements for both programs.

If you need more assistance or have questions, give BACOA a call at (847) 381-5030. We can help you look at your current plan, pick a new one or even apply for assistance to pay for your drugs and Medicare Part D.

## Flu shots to be offered at Park District

BACOA and the Barrington Park District, along with the Pharmacy at Dominick's, will offer flu shots at the Park District, 235 Lions Drive, Barrington, on Thursday, November 6, from 10:30 a.m.-1 p.m.

Shots will be free for qualified Medicare Part B participants, and \$20 for cash customers. If you'd like to participate, please call Linda Avellon at BACOA at (847) 852-3892.

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## **From the Director**

**My thanks to everyone** who supported our annual wine tasting fundraiser "Aged to Perfection," held Friday, October 17. The event raised nearly \$62,000 to support BACOA's programs and services. Jim Daluga once again did a wonderful job as our master of ceremonies, conducting lively live and reverse auctions. Many thanks to our sponsors, Advocate Good Shepherd Hospital, Fifth Third Bank and The Garlands of Barrington for their support. Also, many thanks to the planning committee: Kathy Connolly, Tracey Gasparian, Sharon Lee, Mary Moy, Judi Musschoot, Mary Pahlke, Jody Paine, Meg Peirce, Karen Pfeifer, Connie Schofield, Sandy Stevens, Joyce Strout, Barbara Tomasello, and Lois Wollney.

**As you know, this is the time of year** we kick off our annual fundraising drive. I know times have been difficult for us all recently, but I hope that you will continue to think of us as you plan your year-end giving. Unfortunately, it is during challenging times that our services are needed more than ever by seniors and family caregivers. As you know, we receive more than 90 percent of our funding from private contributions, including businesses, foundations, service organizations, individuals, local governments and the Barrington Area United Way.

**As part of our Age-Friendly Initiative,** we have a couple of special programs coming up in November. The first is a fun ladies luncheon being held at The Garlands on November 7. The focus will be on aging well and also on increasing awareness of the services that BACOA provides to family caregivers. (See page 5 for details.) On November 15, we are sponsoring a half-day workshop at Harper College on exploring new career and life options in mid-life. (See page 6 for details.)

**We also have an article** on how you might want to respond to the recent turmoil in the financial markets. We have been in touch with AARP Financial, local bankers and financial planners to seek advice on how seniors and others should respond to what is happening; see page 6 for some helpful advice in this area. Number one is: don't panic – get good advice from a trusted financial advisor before taking any drastic action.

As always, I welcome your thoughts.

*Joyce*

## Education and Support

### Caregiver Support

The **November** meeting of BACOA's **Caregiver Support Group** will be an open forum. Caregivers attending can discuss information pertaining to their own situations. The group will meet Wednesday, November 5, from 7-9 p.m.

**December's** meeting will feature **Amy Bash**, a licensed counselor based in Barrington. She will talk about tips for enjoying the holidays as a busy caregiver. The group will meet Wednesday, December 3, 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 welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030 with questions or to register for the meeting.

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### Parkinson's Disease

BACOA's **Parkinson's Disease Education Group** will celebrate Caregiver Recognition Day at its **November** meeting, on Saturday, November 15, from 10-11:30 a.m. in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington. The group will celebrate all the caregivers who impact their lives.

The meeting is a week earlier than its usual date, and the group will not meet in December. It will resume its regular schedule again on January 24.

The group is open to Parkinson's disease patients and their 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.

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### Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will host an autumn get-together on Thursday, November 13, from 1-2 p.m. Attendees are asked to bring a treat to share.

The group will also go on a field trip to Kendall College's School of Culinary Arts, on Tuesday,

November 18. The trip will include a lecture and gourmet lunch featuring "superfoods" for eye and heart health. The group will leave Barrington at 10 a.m. and return at 2:30 p.m. Cost is \$23; for reservations, call Diane at BACOA at (847) 852-3898.

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

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### Alzheimer's and Memory Loss

Mary Ann Greene, LPC, bereavement counselor from Hospice of Northeastern Illinois, will present "Coping With the Holidays," at the **November** meeting of the **Alzheimer's Association Support Group**. The group will meet Thursday, November 20, from 1-3 p.m.

The group's **December** meeting will be an open forum; it will meet Thursday, December 18 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.

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### Meals With Wheels

Through BACOA's **Meals With Wheels** program, 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

### 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 \$3.50 per person unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

#### **Monday, November 3**

Bingo and lunch. Dominick's Pharmacy will present a program on shingles; we will have a sign-up sheet for the shingles vaccine.

#### **Monday, November 10**

Bingo and lunch. Program to be announced.

#### **Monday, November 17**

Bingo and lunch. Mary Lou Falk, health service coordinator from Life Line Screening, will present a program on the benefits of prevention.

#### **Monday, November 24- Annual Thanksgiving Luncheon**

Vocalist Chris Colletti will entertain. Call Linda Avellon at BACOA by November 19 for reservations.

#### **Monday, December 1**

Bingo and lunch. Caryl Derenfeld, of Learned Conversations, will present "Angels Among Us—Ordinary People Doing Extraordinary Things." Register by Tuesday, November 25 by calling Linda Avellon at BACOA.

#### **Monday, December 8**

Bingo and lunch. The Wauconda High School Chorus will perform.

#### **Monday, December 15**

Bingo and lunch.

#### **Monday, December 22- Annual Christmas Luncheon**

Christmas luncheon for BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington. Bingo and lunch; entertainment will be "Second Wind." (Joyce Palmquist and Doug Saylor). Call Linda Avellon at BACOA for reservations by December 17.

#### **Monday, December 29 - Closed for the holidays**

BACOA's lunch program will return on January 5.

### Thursday: Greencastle of Barrington

445 E. Main, Barrington

**11:30 a.m.-2 p.m.** Suggested donation for meals is \$3.50. Advance registration required; call Linda Avellon at BACOA.

### Hop on the Culture Bus

There's still time to jump aboard 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 program is an extension of an existing activity sponsored by CJE-Senior Life in Chicago, and offers socialization and recreation under the supervision of a trained and experienced professional leader and a group of volunteers.

Upcoming programs include:

*November 12:* Two indoor fine arts activities with violinist Mihai Vlad and artist/teacher Diane Wlzen.

*November 19:* Visit to the Jelly Belly Factory in Pleasant Prairie Wisconsin.

*December 3:* Cuneo Museum in Vernon Hills.

*December 17:* An interactive art experience at the Kaleidoscope School of Art in Barrington, followed by an afternoon of piano entertainment.

The trips leave from the Barn of Barrington at 9:45 a.m. and return at 3 p.m. Cost for the program is \$75 per trip, which includes lunch, entrance or materials fees, and transportation. BACOA will also need volunteers to accompany these trips. For more information, contact Bonnie at BACOA at (847) 852-3890.

## Things to Do

### BACOA offers upcoming trips for globetrotters

Pack your passport—BACOA has exciting travel opportunities in 2008 and 2009.

**BACOA, The Garlands of Barrington and Collette Vacations** are offering a variety of international tours in the coming year, including:

**Europe's Christmas Markets.** Departure date: December 5, 2008. Do your holiday shopping at world-famous Christmas markets in Austria, Germany, Switzerland and France. Nine days; cost is \$2,199 (double) and includes round-trip air from Chicago, hotel transfers, air taxes and surcharges of \$400, and 12 meals.

**BACOA and the Barrington Park District** have partnered with Mayflower Tours to offer a selection of U.S. tours. They include:

**Islands of the Palm Coast.** Departure date: March 6, 2009. Sunny beaches, ocean views, and historic vistas will be on the itinerary of this nine-day trip. The motorcoach tour will include visits to St. Augustine, Amelia Island and Fernandina Beach, as well as stops in Montgomery Alabama, and an optional trip to Orlando. Cost is \$1,149 (double), and includes 12 meals, round-trip motorcoach transportation, and \$45 in "Mayflower Money."

Mayflower offers a "Guaranteed Share Program," which can provide a roommate for tours. All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

### Luncheon to highlight food, fitness and fun

Fashion...food...fitness—after 40, they can all be fabulous.

BACOA will sponsor a luncheon and program Friday, November 7, that will help you look and feel good at every age.

Bring your friends or make some new ones over a healthy and delicious lunch at The Garlands of Barrington. An exciting array of speakers will discuss nutrition, fitness and fashion for women over 40.

The lunch will be held from 11 a.m.-2 p.m.; cost is \$35 for lunch and speakers. For more information or reservations, call BACOA at (847) 381-5030 or go to [www.bacoa.org](http://www.bacoa.org).

### Christmas market trip offered

Celebrate the holidays in an Old World way.

BACOA and the Barrington Park District are sponsoring a Wisconsin trip to the Osthoff Resort's traditional European Christmas Market on Wednesday December 12.

The trip will include a stop at the Wreath Factory, in Plymouth, Wisc., where attendees will participate in a wreath-making demonstration. A German luncheon will be served at the Osthoff, and after lunch, attendees can shop at the resort's European Christmas Market, which features gifts, toys, ornaments and food specialties from international and regional artisans.

A motorcoach bus will leave the Barrington Park District at 7 a.m. and return to Barrington around 8 p.m. Cost is \$75, which includes transportation and lunch. Registration deadline is November 19; to register, call the Barrington Park District at (847) 381-0687.

### Snow removal

Winter is fast approaching. If you're looking for assistance for snow removal, give the BACOA office a call at (847) 381-5030. Our staff has resources and will try to link you with some help.

### Money and markets: Proceed with caution

The recent turmoil in the economy has many people concerned—or even panicky—about their savings and investments. “The natural instinct is to pull all your money out of the market and put it under your mattress,” said Mac Hisey, president of AARP Financial. “This not a time to abandon your retirement plans or take drastic measures.” If you’re worried about your savings or your investments, it’s time to proceed carefully. Some tips:

*Don’t withdraw all of your cash from your accounts.* It’s dangerous to carry around large amounts of cash and risky to keep it hidden in the house.

More importantly, it’s probably unnecessary. If your bank is insured by the Federal Deposit Insurance Corporation (FDIC), your deposits are insured up to \$250,000. On October 3, President Bush signed the Emergency Economic Stabilization Act of 2008, which temporarily raises the basic limit on federal deposit insurance coverage from \$100,000 to \$250,000 per depositor. The increase in the deposit insurance limit will remain in effect until December 31, 2009. This includes savings and checking accounts as well as CDs and money market accounts. Joint accounts can also be insured up to \$250,000, as can IRAs and Keoghs. If you have more than those amounts in your accounts, consult your banker to find out your options for increasing your protection.

*Don’t make rash investment decisions*—particularly if it means placing your money with an investment, an individual or an institution you’re unfamiliar with. Instead, take a close look at your investments and your financial goals. If your investment goals, time horizon, and financial situation have not changed, you may not need to take any action at all. If you’re worried about your investments, talk to your financial advisor or banker, to discuss whether you should make changes in your plan. Discuss your concerns and request an assessment of the performance of your holdings. If you do not receive the guidance and information you need, or do not have a financial advisor, you can call BACOA for a list.

*Get informed.* If you’d like more information about financial terms and concepts, you can visit Web sites such as [www.aarpfinancial.com](http://www.aarpfinancial.com) to learn more about investing for the future.

*Establish an emergency fund.* Keep at least six months of living expenses easily accessible in savings or money market fund accounts.

*Review fees and expenses.* Take another look at the fees and expenses you’re paying on your financial products and services. For mutual funds, review expense ratios; for credit cards, scrutinize interest rates, and for banking products, transaction charges. Switching to a lower-cost product may save you money.

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### Planning for the future: Explore new career and life options at workshop

How do you want to spend your time, share your talents and experience in the next half of your life?

The BACOA Age-Friendly Initiative is sponsoring “Starting From the Middle: Changing Your Course Midlife,” a workshop on career and community options.

The half-day workshop will be held Saturday, November 15, from 8:30 a.m.-1:30 p.m. in the Wojcik Conference Center at Harper College, 1200 W. Algonquin Rd., Palatine.

The workshop will help participants explore their options for finding a meaningful new path at midlife—whether they want to start a business, make a move to the nonprofit sector, or use their skills as a volunteer. Speakers will help explore options and provide resources to get started. There will also be a resource area where attendees can meet representatives from local nonprofits, business development centers and employers interested in the older adult workforce.

Cost for the half-day workshop is \$45, which includes all workshop materials and lunch. For more information or a registration form, call BACOA at (847) 381-5030; registration is also available online at [www.bacoa.org](http://www.bacoa.org).

# BACOA News

## Act now!

### Legislation extends your chance to make tax-free gifts

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

Charitable IRA legislation was recently signed by President Bush, extending your opportunity to make tax-free gifts to a charity from your IRA through 2008 and 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 year-end 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.

## BACOA offers memory screenings

BACOA is offering free memory screenings on a routine basis.

The screening is designed to promote early detection and intervention for those concerned about memory loss. 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. There is no charge for the service; to schedule an appointment, call BACOA at (847) 381-5030.

Yes! I want to help the Barrington Area Council on Aging continue to provide its programs and services to older adults, family caregivers and the community.

Enclosed is my/our gift of \$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+

# 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.

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

*Good Shepherd Hospital*

*December 11-12*

*9 a.m.-1 p.m.*

*\$10 fee payable to AARP*

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## **RTA free transit reminder**

Residents age 65 and older living in the RTA service region 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. Applications are available at local township offices (Barrington, Cuba or Ela). To help complete your application you will need to bring a government-issued picture identification card that verifies your age and 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.

## Health and Education at Good Shepherd

### 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.

**Living Well With Diabetes Support Group:** Meets the last Thursday of the month from 7-8:30 p.m. For information, call Ed or Donna Church at (847) 854-9040.

### Diabetes Bootcamp

**Diabetes and Your Feet.** Robert Kipferl, DPM, of Tri-County Podiatry, will discuss the importance of screening your feet. *November 13, 9-10 a.m.*

**Diabetes and Endocrinology.** David So, MD, Good Shepherd Hospital endocrinologist, will talk about updates in your diabetes management. *January 8, 9-10 a.m.*

### Health & Fitness Center

**Living the Good Life:** This medically-based, 10-week exercise program is designed for individuals with diabetes and/or cardiac conditions. The program covers weight training and aerobics monitored by two adaptive personal trainers and a cardiac nurse. The class meets four days a week. Medical clearance is required. For dates, time and cost, or to register, call (847) 620-4561.

**Restorative Tai Chi.** This uplifting six-week restorative class uses 12 basic forms of meditation, self-acupressure, and self-healing skills to enhance the body's sense of well being. Meets Monday, 11 a.m.-noon. \$78 for six sessions.

**Restorative Healing Yoga.** A six-week restorative yoga class for people with joint issues or other life-altering conditions. Meets Tuesday from 10:45 -11:45 a.m. \$78 for six sessions.

**Restorative Warm Water Workout.** This class uses safe, gentle movements to improve flexibility and range of motion. It is perfect for people with joint problems, arthritis, and fibromyalgia. Meets Wednesday, 11 -11:45 a.m. \$78 for six sessions.

**Restorative classes 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.

#### November 26

*Let's Learn About Heart Failure*

Linda Sroka, Good Shepherd Hospital heart failure coordinator, will discuss how prevalent heart failure is, how to recognize the symptoms and then what you can do about it.

*9-10:30 a.m.*

*Prairie/Meadow Room*

#### December 19

*Winter Fitness*

Danielle Devine-Anderson, Good Shepherd Hospital Fitness Center personal/adaptive trainer will give easy examples of things to do at home and the gym during the winter months to maintain your fitness.

*9-10:30 a.m.*

*Prairie/Lakeview Room*

#### January 28

*I've Lost That Lovin' Feelin: Grieving Over Loss is Normal; Losing Hope and Joy is Not.*

Losing that sense of joy and humor as people get older is not a normal part of aging. It may mean someone is experiencing depression and/or anxiety. Dr. Katie Singer, Good Shepherd Hospital psychiatrist will discuss the causes and different signs, symptoms, and treatments for adults as they age.

*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
(ETS) Escorted Trans Svc	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](mailto:info@bacoa.org).

**Did you know...**

*...that your township office offers a variety of services:*

- LIHEAP applications (Low income home energy assistance program)
- Temporary Handicapped parking placards
- Food pantry
- RTA discount cards
- Half-fare taxicab subsidies (N/A Ela Township)
- Free Notary service
- Voter registration
- Lending closets (N/A Barrington Township)

*Township office phone numbers:*  
Barrington Township: (847) 381-5632  
Cuba Township: (847) 381-1924  
Ela Township: (847) 438-7823