

Barrington Area Council on Aging, Inc.

September/October 2008

Serving seniors, family caregivers, and the community

“Aged to Perfection” set for October 17

BACOA’s 13th annual wine tasting will be held Friday, October 17, from 6-9 p.m., at La Strada Ristorante, 2380 Lakewood Blvd., Hoffman



Estates.

“Aged to Perfection: A Celebration of Life & Wine,” is presented by returning sponsors Advocate Good Shepherd Hospital, Fifth Third Bank, The Garlands of Barrington and Barrington Cellars.

Guests will be able to sample a selection of more than 50 kinds of wines while enjoying a buffet supper and bidding on

an array of live and silent auction items, including a Caribbean cruise for six on a private yacht, lunch with Barrington firefighters, packages for sporting events and a variety of fine dining opportunities.

The wines, provided by Barrington Cellars, will offer guests the chance to taste favorite varieties and try new vintages. Wines will be available for purchase, and BACOA will receive 20 percent of the sales generated.

Tickets are \$95 per person and include valet parking. For advance tickets or more information, call BACOA at (847) 381-5030 or visit BACOA’s Web site at www.bacoa.org.

“When I’m 64” helps with the rules of retirement

BACOA and the Barrington Area Library are sponsoring “When I’m 64,” a four-part workshop that will help guide imminent sixtysomethings as they look toward retirement. The workshops will be on Tuesdays from September 16 through October 7, from 7-9 p.m. at the library, 505 N. Northwest Highway, Barrington.

Workshop 1 will cover the basics, such as Social Security, Medicare, and the Senior Health Insurance Program (SHIP).

Workshop 2 will feature state and federal programs related to age and income, including veterans benefits.

Workshop 3 will cover finances, including long-term care insurance, estate planning, and financial planning issues.

Workshop 4 will cover post-retirement career options, including volunteering, working for a non-profit and starting a business.

The workshops are free and may be attended separately, but registration is required. For more information, call BACOA at (847) 381-5030.

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From the Director

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Although summer is generally a quiet time here at BACOA, we have been hard at work on a number of exciting upcoming events.

As you can see from the front cover, "Aged to Perfection," BACOA's annual wine tasting fundraiser will be held Friday, October 17, from 6-9 p.m. at La Strada Ristorante. This is the thirteenth year for the wine tasting, which is our primary fundraiser, and the money it raises sustains our many services for seniors, caregivers and the entire Barrington community. As always, the evening will also be a chance for us to celebrate BACOA, the community we serve, and most importantly, our many supporters who help make our programs possible.

Also on page 1, you'll see news of our "When I'm 64" program, a four-part workshop that will cover financial and other planning issues related to retirement. The workshops, to be held at the Barrington Area Library, begin September 16.

Farther ahead, we have two exciting new programs slated for November. On November 7, a luncheon at The Garlands of Barrington will celebrate food, fitness and fun after 40. See page 6 for more details. And in November, BACOA's Age-Friendly Initiative will sponsor "Starting From the Middle," a half-day workshop dedicated to exploring career and community options at midlife. Details are on page 6.

As always, I welcome your thoughts.

Joyce

"Powerful Tools" to start September 10

BACOA will begin its next six-week "Powerful Tools for Caregivers" class on Wednesday, September 10 from 6:30-9 p.m. The class will be held at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

The course 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. This 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 course, which will run through October 15, consists of six weekly sessions and is conducted on an ongoing basis throughout the year. 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. For more information or to register, please call BACOA at (847) 381-5030.

Education and Support

Alzheimer's and Memory Loss

Speakers from three different adult day care facilities will address the **September** meeting of the **Alzheimer's Association Support Group**. Virginia Garberding from The Wealshire, Donna Boyd from Northwest Community Hospital and Vickie Schloman from Cherished Place will discuss the services offered by each of their respective facilities. The group will meet Thursday, September 18, from 1-3 p.m.

Edith Maynard will present "Retrieving Forgotten Memories" at the **October** meeting. The group will meet Thursday, October 16 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.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will not meet in September; meetings will resume in October.

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.

Caregiver Support

A speaker from Trinity Hospice in Arlington Heights will address the **September** meeting of BACOA's **Caregiver Support Group** on Wednesday, September 3, from 7-9 p.m.

Brenda Streiker will speak about long-term care insurance at the October meeting. The group will meet Wednesday, October 1, from 7-9 p.m.

The Caregiver Support Group provides ongoing education and support for caregivers; meetings are

held on the first Wednesday of each month 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

The **September** meeting of the **Parkinson's Disease Education Group** will feature a discussion on Nia—neuromuscular integrative action—a fitness-based program that emphasizes mind-body wellness and combines fitness disciplines such as yoga, tai chi and modern dance. The group will meet Saturday, September 27, from 10-11:30 a.m.

The **October** meeting will be an open forum to discuss issues about Parkinson's and share experiences and solutions. The meeting will be held Saturday, October 25 from 10-11:30 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.

Early-Stage Memory Loss

BACOA, in partnership with the Alzheimer's Association, Alexian Brothers Neurosciences Institute and Barrington Youth and Family Services will begin a new support group for people experiencing early memory loss and for their families.

The program meets for 10 weekly sessions and covers pertinent topics, including an overview of early-stage memory loss, medical information, legal and financial planning, social and family relationships, driving and other considerations. The group will be held from Thursday, September 18 through Thursday, November 20. There is no charge for this program, but registration is required. Please call Bonnie at (847) 381-5030.

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, September 1

The lunch program will be closed due to the Labor Day holiday.

Monday, September 15

Bingo and lunch. Michael A. Bearce, executive director of Fall Prevention Clinics of America, will present a program.

Monday, September 15

Bingo and lunch.

Monday, September 22

Bingo and lunch. VanNess Chiropractic of Barrington will present a program.

Monday, September 29

Bingo and lunch. The Barrington Park District preschoolers will perform autumn songs and do fall crafts with the seniors. September birthdays will be celebrated.

Monday, October 6

Bingo and lunch. BACOA social service coordinator Penny LeNeveu and Alyse Cohen Burman, from Philips Lifeline, will present a program on emergency in-home response systems.

Monday, October 13

Closed for the Columbus Day holiday.

Monday, October 20- Octoberfest Party

Bingo and lunch. Octoberfest menu; entertainment will be provided by Die Musik Meisters. Cost per person will be \$9. Call Linda Avellon at BACOA at (847) 852-3892 by October 14 for reservations.

Monday, October 27-Halloween Party

Bingo and lunch. October birthdays will be celebrated. Dressing up for Halloween is optional; prizes will be given.

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.

Tour Rockford gardens, museum

BACOA and Triple R Tours are sponsoring a trip to Anderson Japanese Gardens and the Tinker Swiss Cottage Museum in Rockford on Friday, September 26.

The trip will include a self-guided tour at the Anderson Gardens; a hosted lunch at Cliffbreakers Riverview Restaurant; and a tour of the Tinker Swiss Cottage.

A motorcoach will leave the Barrington Park District at 8:30 a.m. and return to Barrington around 5:30 p.m. Cost is \$61, which includes transportation, lunch and admission fees. Registration deadline is Friday, September 19; to register, please call Linda Avellon at BACOA at (847) 852-3892.

A day of art: Senior Celebrations

BACOA and the Barrington Community Associates Art Institute of Chicago will sponsor a daylong trip to the Art Institute of Chicago's 14th annual Senior Celebrations on Wednesday, September 3. Programs throughout the day will include informal talks in the galleries, music and demonstrations.

Transportation and lunch will be included in the \$25 fee. The motorcoach bus will leave BACOA at 9 a.m. and return around 4:30 p.m. For more information, contact BACOA at (847) 381-5030.

Things to Do

Cruise the Fox River on a paddle wheel

Enjoy travel from the era of Mark Twain with a paddle wheel cruise on the Fox River.

BACOA and the Barrington Park District are sponsoring a scenic Fox River cruise at Pottawatomie Park in St. Charles on Wednesday, September 24. The hour-and-a-half tour will include a fried-chicken picnic lunch and the chance to take in the scenery from the boat's upper deck.

A Park District van will leave the Barrington Park District at 10:15 a.m. and return to Barrington around 4 p.m. Cost is \$35, which includes transportation, lunch and the cruise. To register, please call the Barrington Park District at (847) 381-0687.

Horses, Halloween and the Headless Horseman

BACOA and the Barrington Park District are sponsoring a trip to see "The Legend of Sleepy Hollow" at the Noble Horse Theatre in Chicago on Wednesday, Oct. 29. The show is performed entirely on live horses in the oldest indoor performing riding hall in North America, and combines daring Cossack stunt riders, magnificent white stallions, powerful trick horses and the Headless Horseman on his steed. Afterward, attendees can take a carriage ride around the arena and see the horses up close.

A motorcoach bus will leave the Barrington Park District at 9:30 a.m. and return to Barrington around 3:30 p.m. Cost is \$73, which includes transportation, lunch and the show. Registration deadline is October 10; to register, please call the Barrington Park District at (847) 381-0687.

Hop on the Culture Bus

BACOA will partner with the Council for Jewish Elderly-Senior Life this fall to offer the Northwest Culture Bus. It will provide 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.

The program will begin on September 24 and will take place on alternating Wednesdays through the fall season. BACOA will need volunteers to accompany these trips. Contact Bonnie at BACOA at (847) 852-3890 for additional information.

All the right moves: "Dirty Dancing" trip offered

You can have the "time of your life."

BACOA and the Barrington Park District are sponsoring a trip to see "Dirty Dancing" at the Cadillac Palace Theatre in Chicago on Wednesday, Oct. 8. The musical, based on the 1987 movie, features new songs and scenes—and, of course, lots of spectacular dancing.

A motorcoach bus will leave the Barrington Park District at 10:15 a.m. and return to Barrington around 6:30 p.m. Cost is \$103, which includes transportation and ticket to the show. To register, please call the Barrington Park District at (847) 381-0687.

Ice cream in the treetops

Join BACOA and the Barrington Park District for a treetop social. Enjoy ice cream and bingo while overlooking Cuba Marsh at the Pepper Family Accessible Tree House in Barrington's Citizens Park.

The event will be Tuesday, September 19 from 1-3 p.m. Fee is \$7; for more information and reservations, please call the Barrington Park District at (847) 381-0687.

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 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. Participants can opt to take the Strong Interest Inventory—an assessment tool—before the workshop for an additional \$25. 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.

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.

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.

BACOA offers 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 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.

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. There is no charge for this service. To schedule an appointment, call BACOA at (847) 381-5030.

Help still available for stimulus check filing

There's still time to file for an economic stimulus check.

Most taxpayers are eligible for rebates of as much as \$600 per person; however, some 5.2 million people who are eligible have not yet filed to receive a check. Many people who do not file tax returns were not aware that they were eligible for the checks—that were mailed out this summer—or did not file to receive one. If you do not file a return, you must still go through a special filing process to receive a check.

If you have not yet filed, BACOA's social services staff can help with the process. For more information, call BACOA at (847) 381-5030.

BACOA offers Brain Fitness program

BACOA has become an authorized reseller of two Posit Science products: **Brain Fitness Program** and **Insight**. The Brain Fitness 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 program includes six listening exercises performed on a computer. The exercises are simple, and no prior computer experience is necessary.

Insight targets visual processing and memory. It has five training exercises that aim to speed up and sharpen the brain's visual system.

For more information or to set up a demonstration of the programs at BACOA's office, please call Joyce Palmquist 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

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

Are You Experiencing Numbness and Tingling? Benjamin Nager, MD, Good Shepherd Hospital neurologist, will discuss neurological complications that may occur with diabetes. *September 11; 9-10 a.m.*

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.*

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 three 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.

September 24

Home Safety and Fall Prevention

Good Shepherd Hospital statistics show that falls account for the largest percentage of trauma admissions. Kathy Phelan, RN, trauma coordinator, will discuss how to keep your home safe to prevent falls and injury.

9-10:30 a.m.

Prairie/Meadow Room

October 22

Social Security and Medicare for Baby Boomers and Beyond

Transitioning from the working world into retirement can be confusing and intimidating at any age. Representatives from the Senior Health Insurance Program (SHIP) and the Social Security Administration will discuss what you need to know about Medicare and Social Security. Be prepared for retirement and beyond.

9-10:30 a.m.

Prairie/Lakeview Room

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

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U.S. POSTAGE
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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.

See you there!
BACOA's wine tasting fundraiser

Aged to Perfection
A Celebration of Life & Wine



Friday, October 17
6-9 p.m.
La Strada Ristorante
2380 Lakewood Blvd.
Hoffman Estates