

Brain Aerobics

Wednesday, 9/7 & 9/21

Page 3

End of WW II

Anniversary Presentation

Friday, 9/16

Page 2

Annual Wine Tasting

Friday, September 30.

Page 2

Medicare Part D Seminar

Wednesday, 10/12 & 10/19

Page 2

Putting Your House in Order

Saturday, 10/29 & 11/5

Page 3

Entertainment Books \$20

Now available

Page 15

Table of Contents

From the Director	1
BACOA Upcoming Events	2
Workshops & Seminars	3
Things To Do	4
Mind, Body, & Spirit	5
Medicare Extra Help	6
BACOA Services	7
Pharmaceutical Assistance	8
Education & Support Groups	10
Diabetes Education	11
Making Life Easier	12
Transportation	13
Expand Your Mind	14
Calendar of Events	15-16
Acknowledgments	17

From the Director

Much as we hate to see summer end, the cooler temperatures of fall will definitely be welcomed this year. At BACOA, we were very busy this summer holding our 10th annual garden walk in July. Many thanks to the Barrington real estate community for their support. Also in July, we held our 2nd annual Micro Brew Fest in downtown Barrington.

We now shift our focus to the activities of fall. The first program we would like to highlight is a new program called "Brain Aerobics." This program is being provided through a grant received from the Barrington Area Community Foundation. (See page 3 for details). On Friday, September 16 we will hold a special program, "Churchill in War and Peace," in recognition of the end of World War II. We hope all of you WWII vets will attend and reminisce together. (See page 2 for details).

For caregivers, BACOA will be offering another six-week "Powerful Tools for Caregivers" program starting Tuesday, September 13 from 10 to 12:30 pm.

For both seniors and caregivers, we will be holding two educational programs in October on the new Medicare Part D prescription drug program. The Part D program is one of the most significant changes to the Medicare program in recent years. Even if you can't attend this program, please give us a call so we can help answer your questions.

Another issue of interest to many of us is "Putting Our House in Order" and planning for end-of-life issues. BACOA has planned two sessions in late October and early November. (See page 3 for details.)

BACOA and the Barrington Area Arts Council have collaborated on a special very special project called "Lives with Passion." This exhibit of black and white interpretive portraits, by Thomas Balsamo, captures the spirit of mature adults whose lives are influenced by a personal passion. The exhibit will be on display in September at the Arts Council Gallery and at The Garlands in September and October. (See page 14 for details.)

Finally, BACOA's wine tasting fundraiser "Cool Night... Hot Jazz" will be held on September 30. Please join us as we sample a variety of fine wines and specialty martinis, and listen to the "Hot Jazz" of the John Mose quartet.

As always, I welcome your thoughts.

Joyce

BACOA Upcoming Events

Seminar-Medicare Changes

For Barrington-area residents interested in learning more about Medicare Part D and other Medicare changes on the horizon, the Barrington Area Council on Aging and the Barrington Area Library will offer two informational sessions at the library. The sessions will be conducted by Senior Health Insurance Program (SHIP) counselors who will provide an overview of the changes and answer questions.

A evening session will be held Wednesday, October 12 from 7-9 p.m. and the day session will be held Wednesday, October 19 from 10-Noon. Both will be held in the library's Meeting Room A.

For more information and registration, call BACOA at (847) 381-5030.



10th Annual Wine Tasting and Specialty Martinis

BACOA's premier fundraising event, "Cool Night...Hot Jazz" Annual Wine Tasting will be held on Friday, September 30 from 6-9:30 p.m. at The Garlands of Barrington's Performing Arts Center. Advocate Good Shepherd Hospital and UBS Financial Services, Inc. are the title co-sponsors of the event, and Ken and Sandy Wodek, owners of Armanetti's Barrington Cellars, are providing the wine.

While listening to the music of the John Mose Quartet & enjoying John Mate's modern magic laced with comedy, guests can enjoy hors d'oeuvres & bid on an array of silent auction items.

60th Anniversary of the End of World War II

Commemorate the 60th anniversary of the end of World War II with **Churchill in War and Peace**, a presentation by Jerome M. O'Connor, Chicago journalist and historian. The 90-minute program, presented at The Garlands of Barrington's Performing Arts Center will include video and slides of Churchill's wartime London as well as his country home in Kent. *Friday, September 16.* The \$20 fee includes lunch before the presentation. Lunch will be served at noon; the program will begin at 1 p.m. Reservation deadline is September 9. For more information and registration, call BACOA at (847) 381-5030.

Trips

Senior Celebrations at the Art Institute of Chicago

Wednesday, September 7. Immerse yourself in a day of art at the Art Institute of Chicago. A variety of programs throughout the day will include small informal talks in the galleries, live music and sketch classes. Transportation and lunch in the Chicago Stock Exchange Trading Room will be included in the \$25 fee. The motorcoach bus will leave BACOA at 8:30 a.m. and return around 4:30 p.m.

Lunch with Dr. Joyce Brothers—*Thursday, October 27.* The North/ Northwest Senior Directors present lunch with Dr. Joyce Brothers at Allgauer's at the Hilton in Northbrook. The \$50 fee includes transportation by motorcoach, lunch, speaker, entertainment and a raffle. Seating is limited, so call early—reservation deadline is September 2, 2005. The motorcoach will leave BACOA at 10 a.m. and will return at 3:30 p.m.

Costa Rica: Nature's Museum—*November 3-November 12.* Explore the beautiful natural wonders of Costa Rica on a ten-day tour conducted by Smithsonian Journeys Travel Adventures. The trip will include visits to three of the country's nature reserves, as well as a tour of its capital, San Jose; a trip on a rain forest aerial tram; a stop at a thermal spa resort and even a walk through a butterfly farm. Rates begin at \$1,999 per person, double occupancy. An optional three-night jungle adventure post-tour excursion will also be offered. Please call BACOA for a detailed brochure on this exciting travel opportunity. Space is limited, so call today.

A performance not to be missed!!!!

Sunday, September 25. Join us for an afternoon of Spanish music and dance in performance with South Indian Classical dancer, Siri Sonty as Clinard Dance Theatre and The Guitars of Spain present: "Unraveling Rhythms." Transportation and dinner at Tapas Barcelona will be included in the \$68 fee. The motorcoach bus will leave BACOA at 1:30 p.m. and return around 8:00 p.m.

Workshops & Seminars

“Brain Aerobics” Workshop

Due to a generous grant from the Barrington Area Community Foundation, BACOA has partnered with Advocate Good Shepherd Hospital and Mather LifeWays to present this two-part workshop, which is designed to increase brain activity through logic exercises, imaginative exercises, opinion exercises, reminiscence and more.

Brain Aerobics classes cover these six areas:

- How you learn: Discovering the strengths within your brain.
- Humor as a brain builder (You may be surprised!).
- Using the eye to stimulate the mind: Visual puzzles, optical illusions and more.
- Tapping both left and right brains with facts and fantasy
- Listening as a brain enhancer: Expressing opinions and reminiscing in a new context.
- Words for the wise: Non-crossword puzzle word games to make you think and laugh.

Workshop meets Wednesday, September 7 and 21 from 9:30-1:00 p.m. There is no charge for this workshop and includes a continental breakfast and lunch. Call BACOA, at (847) 381-5030 to make your reservation.

Challenge the Left Brain

In most people, the left side of the brain deals with adding, subtracting, multiplying and dividing. Since mathematics is one of the skills that seems to fade the most rapidly as we age, doing some exercises with numbers will help refresh the left brain.

Jane walks a half mile in 15 minutes. How far will she have gone in 1.5 hours?

Sara was five feet, six inches tall. When she weighed herself one day, she weighed 170 pounds. She was disturbed and put herself on a diet for 10 weeks. She lost 3 pounds each week. How much did she weigh at the end of the 10 weeks?

Ken was raising money to help build a children’s playground. His neighbor gave him \$20, his cousin gave him \$40, his four children each gave him \$15 and he added \$75 from his own savings. How much did Ken collect?

Answers: Jane-3miles; Sara-140 lbs; Ken-\$195

“Putting your House in Order”

Two- part series

The Barrington Area Council on Aging and Barrington Area Library will be sponsoring “Putting Your House in Order,” a two-part seminar on end-of-life and estate planning and issues, on Saturday, October 29 and Saturday, November 5, from 9 a.m. to noon, at the library.

The October 29 session will cover end-of life issues such as: when you need a living will, designating a durable power of attorney for health care, completing the “five wishes,” along with samples of these documents. The session will also include a personal perspective on end of life planning, as well as case studies on real life situations. Speakers will include: attorney Colleen Clare; cancer survivor Ann Cronin, and the Reverend Mark Mallinger, Mission and Chaplain Services at Advocate Good Shepherd Hospital.

The November 5 session will focus on the importance of having a will and estate plan. Our presenter, attorney Irene Clarke David will explain how an effective estate plan considers the creation, preservation and distribution of your estate to maximize your family’s welfare. She will also touch briefly on estate taxes, probate, and property ownership.

Things To Do

Lunch & Activities

On Monday at Langendorf Park. Bingo is at 11 a.m. with lunch at 12 noon. Suggested donation is \$3 per person unless noted otherwise. Registration required. Call BACOA at (847) 381-5030.

Monday, September 5

BACOA's Bingo and Lunch Program will be closed due to the Labor Day holiday.

Monday, September 12

Bingo, lunch and a very special program. Jane Thomas, the local delegate to the 2005 White House Conference on Aging, will be meeting with the seniors to discuss concerns and issues of seniors. The 2005 White House Conference on Aging will take place December 11-14 in Washington, D.C.

Monday, September 21 - Food Safety Month

Bingo and lunch. To mark September as Food Safety Month, a program on food safety will be presented by Catholic Charities of Lake County.

Wednesday, September 12 - Lunch & Movie "Shall we Dance"



Lunch will be served at noon, and the movie will follow. The movie will be shown on a large-screen TV, and popcorn will be provided. \$3.00.

Monday, September 26 - Community Police Officer

Bingo, lunch, Officer James McNamee of the Barrington /Inverness Police Department will discuss current safety issues. There will be a visit from the Assisi Foundation and blood pressures will be taken. September birthdays will also be celebrated.

Monday, October 3

Bingo and lunch.

Monday, October 10 - Sock Hop

Bingo, lunch and a very special musical program—a 1950s Senior Sock Hop, featuring Dave Mehner. The program will be co-sponsored by BACOA, the Barrington Park District and Barrington Youth Services. Call BACOA at (847)381-5030 for reservations.



Wednesday, October 12 - Lunch & Movie "Spanglish"

Lunch will be served at noon, and the movie will follow. The movie will be shown on a large-screen TV, and popcorn will be provided. Cost is \$3.00

Monday, October 17- Octoberfest Party

Bingo and lunch. Our special entertainment will be Ron Vaughan, pianist and singer. We will be having an Octoberfest menu. Cost of the lunch and entertainment will be \$8.00. Call for your reservations by October 13 at (847-381-5030)

Monday, October 24 - Community Officer

Bingo and lunch. October is "Protecting Older Americans Fraud Month." Officer James McNamee, of the Barrington/Inverness Police Department will be presenting a program for the seniors on "Telemarketing Fraud".

Monday, October 31- Halloween Party

Bingo, lunch, a visit from the Assisi Foundation. Blood pressures will be taken. October birthdays will be celebrated. "Express Your Independence," presented by Phyllis Custer, Business Development Manager of Friendship Village At Home.

Tuesdays & Thursdays at Greencastle

Lunch & Senior Social at Greencastle of Barrington on Tuesdays & Thursdays from 11:30 a.m. to 2:30 p.m. Suggested donation is \$3 per person. Advance registration required. Call BACOA at (847) 381-5030.

Parking is available at the First Church of Christ Scientist; all spaces at Greencastle are reserved for residents. Lunch is open to the public.

September

Tuesday: 6, 13, 20, 27

Thursday: 8, 15, 22, 29

October

Tuesday: 4, 11, 18, 25

Thursday: 6, 13, 20, 27



Home Again

The Barrington-Inverness Police Department has launched "Home Again," a program to help family caregivers of persons with diminished cognitive abilities. The program helps police identify and return persons who have wandered from their home and are unable to remember their names or addresses. Families can register the person's name and photo with the department, ensuring an easier return home. To register, contact Officer James McNamee at (847) 304-3300.

Body

Blueberry Health Benefits: From research labs all across the country and the world, there is growing evidence that blueberries could be powerful little disease fighters. Here is what we have learned so far.

Antioxidants:

Researchers at the USDA Human Nutrition Center (HNRCA) have found that blueberries rank #1 in antioxidant activity when compared to 40 other fresh fruits and vegetables. Antioxidants help neutralize harmful by-products of metabolism called “free radicals” that can lead to cancer and other age related diseases. Anthocyanin — the pigment that makes the blueberries blue — is thought to be responsible for this major health benefit.

Anti-Aging.

In another USDA Human Nutrition Center (HNRCA) lab, neuroscientists discovered that feeding blueberries to laboratory rats slowed age-related loss in their mental capacity, a finding that has important implications for humans. Again, the high antioxidant activity of blueberries probably played a role.

Disease Prevention

Blueberries may reduce the build up of so-called “bad” cholesterol that contributes to cardiovascular disease and stroke, according to scientists at the University of California at Davis. Antioxidants are believed to be the active component.

Prevention of Urinary Tract Infections - Researchers at Rutgers University in New Jersey have identified a compound in blueberries that promotes urinary tract health and reduces the risk of infection. It appears to work by preventing bacteria from adhering to the cells that line the walls of the urinary tract.

Blueberries and Eyesight - A number of studies in Europe have documented the relationship between bilberries, the European cousin of blueberries and improved eyesight. This is thought to occur because of the anthocyanin in the blue pigment which is also available in the blueberry. One study in Japan documented that blueberries helped ease eye fatigue.

<http://www.blueberry.org/recipes.htm>

PACE Exercise Program

This eight-week program provides gentle movements & activities under the guidance of trained personnel to help increase joint flexibility, range of motion & muscle strength, while improving your overall health by giving you more energy.

Thursdays from 10:45-11:45 a.m. at Greencastle. Cost is \$22 for a ten-week class. Pre-registration is required. Please call Linda at (847) 381-5030.



Tai Chi Ch'uan

Coming in 2006

Total body, mind and spirit workout.

Mind & Spirit

Nothing contributes so much to tranquilize the mind as a steady purpose— a point on which the soul may fix its intellectual eye.

Mary Shelley

Medicare Application for Extra Help with Medicare Prescription Drug Plan Costs



If you need help filling out your application, call BACOA to make an appointment with one of the social service coordinators. 847-381-5030.

Other phone numbers to call for help with your application:

Medicare:	800-855-486-2048	www.medicare.gov
Social Security:	800-772-1213	www.socialsecurity.gov

Everyone will need the following information prior to completing their EXTRA HELP application.

What information will you need?

To determine if you could be eligible for help with prescription drug plan costs, Social Security needs information about your and your spouse's, if married and living together, income and resources. Documents that may help you prepare include:

- bank account statements, including checking, savings, and certificates of deposit
- Individual Retirement Accounts (IRAs), stocks, bonds, savings bonds, mutual funds, other investment statements
- tax returns
- payroll slips
- your most recent award letters or statements for Railroad Retirement income, Veterans benefits, pensions and annuities
- the cash value and face value of any life insurance policies you have. Check with your insurance agent for the exact amount you would get if you cashed in your life insurance policies today.

If you do not have these documents, provide your best estimate so that Social Security can tell you whether you are likely to qualify for extra help with your prescription drug costs. This information is to help you complete the application. You will not have to submit the documents unless contacted by a Social Security representative.

Medicare Part D Seminar

For Barrington-area residents interested in learning more about Medicare Part D and other Medicare changes on the horizon, the Barrington Area Council on Aging and the Barrington Area Library will offer two informational sessions at the library. The sessions will be conducted by Senior Health Insurance Program (SHIP) counselors who will provide an overview of the changes and answer questions.

A evening session will be held Wednesday, October 12 from 7-9 p.m. and the day session will be held Wednesday, October 19 from 10-Noon. Both will be held in the library's Meeting Room A.

For more information, call BACOA at (847) 381-5030.

BACOA PROGRAMS and SERVICES

- **Educational and Enrichment Programs:** BACOA offers programs on most Mondays at 12:30 p.m., following the lunch that is served at Langendorf Park. Additional programs are offered in conjunction with other community organizations and are held at various locations.
- **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.
- **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.
- **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.
- **Outreach and Support:** The Council has staff who can make home visits to assess seniors' needs and assist them in being linked to appropriate services.
- **In-Home Emergency Response Systems:** BACOA provides information on Emergency Response Systems.
- **Caregiver Support Group:** Support and informative programs are provided the first Wednesday of each month for caregivers. Meetings are held from 7 to 9 p.m. at BACOA's office 6000 Garlands Lane, Suite 100.
- **Caregiver Education:** The course uses the "Powerful Tools for Caregiving" curriculum and 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.
- **Low Vision Support Group:** Support and informative programs are provided the second Thursday of each month. Meetings are held at Lake Barrington Woods, 22330 Classic Court, Lake Barrington from 1-2:30 p.m.
- **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.
- **Care 2 Share 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.
- **Speakers Bureau:** BACOA staff is available to provide programs on the aging network, community caregiving resources that can support older adults, housing options for seniors, the normal aging process, etc.
- **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. To register, call (847) 381-5030.
- **Senior Health Insurance Program (SHIP):** Counselors are available to answer your health insurance questions. The counselors are trained to provide personal guidance in resolving problems related to Medicare Updates and other issues.
- **Arthritis Education and Support Group:** Fourth, Tuesday, of each month from 1-2 p.m. at the Barrington Area Library. This group will meet the fourth Tuesday of each month.

Widow/Widower Workshop Focus Group

BACOA is in the process of putting together a workshop for recently widowed individuals who are looking for information on initial concerns such as: navigating medical bills and insurance claims, social security, life insurance and tax issues. There will also be a component on future planning.

In order to meet the needs of workshop members, we would like to begin this process with a focus group. The group will consist of people who have been widowed in the past three years and would like to contribute ideas on topics they feel would be pertinent to the workshop. If you would be interested in participating in this group, which will meet at 9 a.m. on September 15. Please call BACOA 847-381-5030 by September 9.

Medicare & Pharmaceutical Assistance

Seminar-Medicare

For Barrington-area residents interested in learning more about Medicare Part D and other Medicare changes on the horizon, the Barrington Area Council on Aging and the Barrington Area Library will offer two informational sessions at the library. The sessions will be conducted by Senior Health Insurance Program (SHIP) counselors who will provide an overview of the changes and answer questions.

An evening session will be held Wednesday, October 12 from 7-9 p.m. and the day session will be held Wednesday, October 19 from 10-Noon. Both will be held in the library's Meeting Room A.

For more information and registration, call BACOA at 847-381-5030.

Illinois Senior Care

This program builds on the Circuit Breaker program to extend relief for prescription medication to low-income seniors. The program became available on June 1, 2002 to eligible seniors age 65 or older. Those with annual incomes up to \$21,218 for a single person and \$28,480 for a couple can qualify without being subject to an "asset test" or "spend down" requirement. Participants should have an average co-pay of \$3 per prescription. For information, call BACOA at 847-381-5030.

Senior Health Insurance Program

BACOA has SHIP (Senior Health Insurance Program) counselors available to help seniors with Medicare and other health insurance questions. The counselors are trained to provide personal guidance for seniors in resolving problems relating to Medicare, Supplements, retiree health plans, claims processing, long - term care, etc. **at no cost!** The SHIP program is sponsored by the Illinois Department of Insurance. For more information, call BACOA at 847-381-5030.



A Senior Dilemma

Should I take a short vacation?
Or pay for my medication?
I could stay at home and read
with new glasses-which I need.
I could listen to the Beatles-
every song they ever played.
I'd like to hear them once again
if I had a hearing aid.
Of course I can still cook
with culinary ventures-like
steak, roast and lobster tails
but-I forgot I need new dentures.
So here they are-my "Golden Years"
not rebel, hippy, or yuppie-
Just me-just here-with
love and tears,
and possibly-a puppy.

Lady Jane



BenefitsCheckUp Prescription Drug Guide

Call to make an appointment with one of our staff to learn what pharmaceutical programs, health care, utilities & other essential items or services you may be missing. You may also call to have a questionnaire sent to you. Call 847- 381-5030 to make an appointment, or visit BACOA's Web site at www.bacoa.org for a direct link.

The Web site includes unique state-specific **Prescription Drug Savings Guides** that provide an overview of federal and state government and pharmaceutical company savings programs available to residents. It also offers an enrollment center that contains forms, many of them fillable online, not offered anywhere else. A "Promising Practices" section offers case studies on outreach programs targeted to lower income audiences.

This site also offers a powerful Web-based decision support tool, BenefitsCheckupRx. In a few minutes online, those who use it can find out what prescription savings programs they qualify for, including the Medicare-approved discount card program.

Barrington Area Council on Aging

presents...

Hot Night...Cool Jazz

10th Annual Wine Tasting

plus

Specialty Martinis

Friday, September 30



Corporate Sponsors

 Advocate Good Shepherd Hospital

 UBS

Armanetti's
Barrington Cellars,
Wine Provider

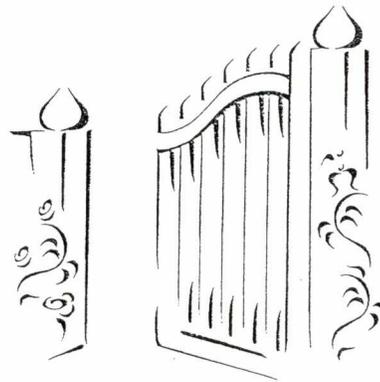
All proceeds from this event will support the programs and services provided by the Barrington Area Council on Aging to senior citizens, and their family caregivers.

Save This Date

.....

Thank you to the Barrington Real Estate community, sponsors of this year's garden walk, and generous contributions by volunteers for making this year's event the most successful of any other year.

Baird & Warner Real Estate - Robbie Epperson
Barrington Realty - Carol McGregor
Century 21 Care Real Estate - Margitta Stark
Coldwell Banker Real Estate - Sherl Wheeler
Keller-Williams Real Estate - Cassie Hillinger, Kathy Matthews
Re/Max of Barrington - JoAnn Snell, Sharon Vogel, Pam Weinert
Starck Real Estate - Helen Edwards
Village Square Real Estate - Marilyn Wetterquist
Advocate Good Shepherd Hospital
Bill Aldrich - *Chicagoland Gardening*
First Horizon Home Loans - John Cashner
Harris Barrington - Bob Erker
Pioneer Press
m Frech
Doug Saylor
Supreme Cuisine Catering



Education & Support Groups

Alzheimer's

The first meeting will be on Thursday, October 20 from 1-3 p.m. Future meetings will be held the third Thursday of each month. Please call Bonnie at 847-381-5030 to pre-register.

Arthritis

BACOA's new arthritis support group will meet the 4th Tuesday of each month from 1-2 p.m. at the Barrington Area Library. All Barrington-area residents are invited to attend. Pre-registration is required. Please call Linda (847) 381-5030.

Caregiver

Wednesday, September 7

This month's meeting will focus on hiring paid caregivers. There will be a formal presentation followed by an open discussion with time for questions.

Wednesday, October 13

Support component only

Meetings are held at the BACOA office, 6000 Garlands Lane, Suite 100. For questions, please call BACOA at (847) 381-5030.

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. For more information, or to register call Diane at (847) 381-5030. Transportation is available.

Thursday, September 8 & October 13

Support component only

Managing Transitions Support Group

For seniors who are delaying with loss and life transitions, BACOA would like to begin a support group. This group will assist older adults who are experiencing life transitions and changes such as; having low vision, no longer being able to drive, having a debilitating medical condition, having close friends move or pass away.

Caregiving

There are only four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers. That pretty much covers all of us.

By Rosalynn Carter

"Taking Care of You:" Powerful Tools for Caregivers

Next class will be Tuesday mornings 9/13-10/18, 10:00-12:30 at The Garlands of Barrington. To register, please call BACOA at (847) 381-5030.

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.

This 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.

Fall Cleanup Help

Willow Creek Community Church and BACOA have teamed up to give area seniors a hand with fall cleanup. Teams of volunteers from the church will help area seniors with outdoor cleanup chores such as raking leaves, cleaning gutters, installing storm windows and cleaning up gardens. The teams will work on Saturdays from October 22 through November 20. Seniors should call BACOA to discuss chores to be done; BACOA staff will arrange a home visit to determine the scope of the jobs and work with the Willow Creek teams to coordinate scheduling. Call BACOA Social Services at 847-381-5030.

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 & 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 & exercise. For information or to register call 847-842-4130.

Diabetes Boot Camp - Bi monthly community education series. For information or to register call 847-323-8622.

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 & is designed for individuals with diabetes or heart conditions. Program covers weight training and aerobic exercise monitored by two adaptive personal trainers and a cardiac nurse.

Lift & Be Fit - Meets twice per week
Focus 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. To register or for information call, 847-620-4561.

Diabetes Boot Camp

Good Shepherd Hospital
Register by calling 1-800-323-8622, or register on-line at <https://my.advocatehealth.com>

“Managing Your Diabetes.”
Endocrinologist, Daniel So, MD, will review the American Diabetes Association’s recommendations for managing your diabetes. Learn what tests best monitor your diabetes.

September 14
9:00 a.m. to 10:30 a.m.
Good Shepherd Hospital/
Lakeview Room

Senior Breakfast Club

“Understanding Medicare Part D-Prescription Drug Coverage”

There’s much information about the new Medicare Prescription Drug coverage. Join us for a presentation covering these changes and helping you understand what they mean to you.

October 26
9:00 a.m. to 10:30 a.m.
Good Shepherd Hospital/Lakeview Room

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 information at (847) 381-5030.

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.

Prescription Delivery Center

Good Shepherd Hospital has an outpatient pharmacy that will over-night mail your prescriptions at no charge. The outpatient pharmacy accepts most prescription drug cards. For more information, please call the phone numbers listed below.

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)

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 Allen or 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. 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

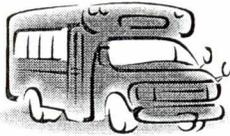
- A no-start car disconnect switch (to keep a person from driving) that can be reversed as needed.
- A wall clock with day & date
- Various controlled medication dispensers
- A lost items finder
- A telephone hanger-upper
- A memory phone (touch the picture of the person you want to call)
- A stovetop fire fighter that automatically puts out fires caused by pots left on the stove.

For a copy of the catalog, call (800) 359-0390 or visit the stores website at www.geriatric-resources.com.

Transportation Assistance

Medical Transportation

FISH, at 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.



Good Shepherd Hospital
888-574-5700, 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 55+ or \$5 each way for those under 55.

Service includes transportation to the following areas including the Fitness Center, Cary Medical Office, Smith Office Building, Doctors offices in Fox River Grove at Rte. 22 & 14, Algonquin, Cary, Crystal Lake, Island Lake, Lake Zurich, McHenry, Palatine, & Wauconda.

Driving Assessment and Rehabilitation Programs
Advocate/Lutheran General Hospital, Park Ridge, IL
847-723-5542

Alexian Brothers Older Adult Institute and the Driver Rehabilitation Program, Hoffman Estates, IL 847-640-3119

Marianjoy Rehabilitation Center, Wheaton, IL 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

General Transportation

PACE Dial-A-Ride

Monday through Friday from 9 a.m. to 4 p.m. PACE provides service anywhere in Barrington and Cuba Townships as well as selected destinations in Fox River Grove & Lake Zurich. You **MUST** call 24 hours in advance. Call 800-273-5939 to reserve your time.

PACE Dial-A-Ride Discount Tickets

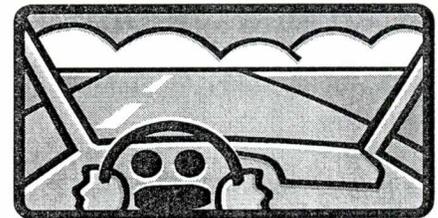
Tickets can be purchase at the BACOA office in person or through the mail. Send us a check made out to BACOA for the number of tickets you would like, and we'll mail them to you. Tickets can also be purchased on Mondays at the Senior Activity & Lunch Program at Langendorf Park. One book of tickets costs \$10. You still pay for 10 rides and get the 11th ride free.

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 to residents 65 and over. Call 847-381-5632 (Barrington) or 847-381-1924 (Cuba).



AARP Driver's Safety Course

Formerly known as "55 Alive", this two-session course helps driver's 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.

December 1 & 2
9 a.m - 1:00 p.m.
Good Shepherd Hospital
\$10.00 fee payable to AARP

Education

Barrington Library

My Kind of Town... Chicago!
With its rich tapestry of ethnic diversity, cultural treasures, vibrant history, and lively entertainment, Chicago is our kind of town. Join us this fall as we sample some of the delights Chicago has to offer.

Second Fridays: Sounds of Chicago: Blues to Go: Friday, September 9, 8:00 p.m.

Scene of the Crime: Infamous Places on the Chicago Crime Map: Tuesday, September 20, 7:00 p.m.

Chicago Cubs: A Photographic View: Thursday, September 22, 7:00 p.m.

Dan Keding's Tales from the South Side: Saturday, September 24, 10:00 a.m.

The Chicago Sounds of Jimmy Niteclub: Tuesday, September 27, 2:00 p.m.

The Golden Era of Frank Lloyd Wright: Thursday, September 29, 7:00 p.m.

Chicago River Tour in Slides: Tuesday, October 4, 7:00 p.m.

Second Fridays: Sounds of Chicago: Die Lustigen Musikanten: Friday, October 14, 8:00 p.m.

Chicago Improv Festival Presents Storybox: Saturday, October 15, 10:00 a.m.

Finding Your Chicago Ancestors: Wednesday, October 19, 7:00 p.m.

Millennium Park: Defining Chicago Today: Monday, October 24, 7:00 p.m.

Unless otherwise noted, registration begins Monday, August 29. Call 847-382-1300 or register online at www.barringtonarealibrary.org.



Expand Your Mind

Roosevelt University

Institute for Continued Learning
Examine Classic Films, Jazz, & Shakespearian Dramas. Learn how to write or to write your family story & much more. Call Roosevelt at (847) 619-4854 or www.roosevelt.edu/icl for exact dates.

Harper College

Continuing Education

For personal assistance (847) 925-6300

Monday through Thursday 8:30 a.m.-7 p.m.

Friday 8:30 a.m. - 4:30 p.m.

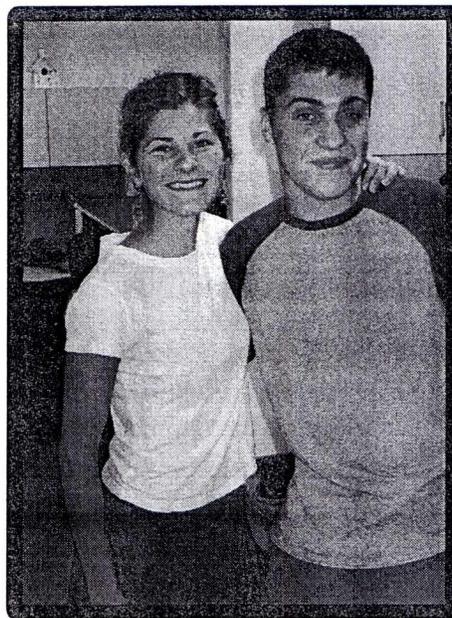
On Campus New Student Services and Art Center, Room C103

Monday through Thursday 8:30 a.m.-7 p.m.

Friday 8:30 a.m. - 4:30 p.m.

<http://www.harpercollege.edu/ce/index.html>

Live, Love, & Laugh Often



Summer Interns

Christel Ryndak & Ryan Sullivan

Thank you for all your hard work this summer. We will miss your energy, enthusiasm & laughter. Good luck during the upcoming school year.

Arts

Thomas Balsamo

Lives with Passion

Do passion and caring have the power to make us ageless?

Lives with Passion is a collection of interpretive portraits that capture the spirit of mature adults whose lives are influenced by a personal passion to create or to give back to others.

Each portrait reveals an individual who is driven to create. Some express themselves through the arts or handcraft; others use their gifts and their vision to strengthen and shape communities.

The striking black-and-white images, accompanied by narratives, challenge us to reflect upon the powerful impact that passion, creativity and caring can have on the quality of one's life and community.

The Barrington Area Arts Council & Barrington Area Council on Aging have joined together to present this exhibit.

9/2-10/20

BAAC Gallery & BAAC at The Garlands

Mon-Fri 10-5:00pm

9/9 Opening Reception 6-9:00p.m.

BAAC Gallery at The Garlands

10/7 Opening Reception 5-7:00p.m.

Portraits shown as one body of work. BAAC Gallery at The Garlands

The exhibit is underwritten by a generous Friend of BAAC and BACOA

September Activity Calendar

N. day

Tuesday

Wed. day

Thursday

Friday

				1	2
5	Office Closed Labor Day			8	9
6	11:45 Lunch Senior Social Greencastle	9:30 a.m. Brain Aerobics Workshop 8:30 a.m. Senior Celebrations 7-9:00 p.m. Caregiver support group	7	Exercise Class 10:45-11:45 PACE Lunch & Senior Social 11:45 a.m. Greencastle	
12	10:30 a.m. Langendorf Park Bingo, lunch, lecture	10 a.m. PTC 11:45 Lunch Senior Social Greencastle	14	9 a.m. Widow/Widower 10:45-11:45 PACE Exercise Class 11:45 a.m. Greencastle Lunch & Senior Social 1:00-2:30 Low Vision Support Grp.	16
19	10:30 a.m. Langendorf Park Bingo, lunch,	10 a.m. PTC 11:45 Lunch Senior Social Greencastle	21	10:45-11:45 PACE Exercise Class 11:45 a.m. Greencastle Lunch & Senior Social	23
26	10:30 a.m. Langendorf Park Bingo, lunch, Community Officer, birthdays	10 a.m. PTC 11:45 Lunch Senior Social Greencastle 1-2:00 p.m. Arthritis support group	28	10:45-11:45 PACE Exercise 11:45 a.m. Greencastle Lunch & Senior Social	30
					Wine Tasting 6-9:30 p.m. Garlands
					Sunday, 9/25 1:30 p.m. Dance Theatre Trip

5

October Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

<p>10:30 LangendorfPark Bingo, lunch</p>	<p>3</p> <p>10 a.m. PTC 11:45 Lunch Senior Social Greencastle</p>	<p>4</p> <p>7-9:00 p.m. Caregiver support group</p>	<p>5</p> <p>11:45 Lunch Senior Social Greencastle 10:45-11:45 PACE Exercise Class</p>	<p>6</p> <p>7</p>
<p>10:30 LangendorfPark Bingo, lunch, Sock Hop</p>	<p>10</p> <p>10 a.m. PTC 11:45 Lunch Senior Social Greencastle</p>	<p>11</p> <p>Noon Lunch & a Movie Medicare Seminar 7-9 p.m Library</p>	<p>12</p> <p>11:45 Lunch and Social Greencastle 1-2:30 p.m. Low Vision Support Grp.</p>	<p>13</p> <p>14</p>
<p>10:30 LangendorfPark Bingo, lunch, Octoberfest</p>	<p>17</p> <p>10 a.m. PTC 11:45 Lunch Senior Social Greencastle</p>	<p>18</p> <p>Medicare Seminar 10-Noon Library</p>	<p>19</p> <p>1 p.m. Alzheimer's group 10:45-11:45 PACE Exercise Class 11:45 Lunch-Greencastle</p>	<p>20</p> <p>21</p>
<p>10:30 LangendorfPark Bingo, lunch, Community Officer</p>	<p>24</p> <p>11:45 Lunch Senior Social Greencastle</p>	<p>25</p> <p>9-10 a.m. Senior Breakfast Club GSH</p>	<p>26</p> <p>10:00 a.m. Dr. Joyce Brothers 10:45-11:45 PACE Exercise Class 11:45 Lunch Senior Social Greencastle</p>	<p>27</p> <p>28</p> <p>Saturday 10/29 9-noon Library Putting your house in order</p>
<p>10:30 LangendorfPark Bingo, lunch, Halloween party, blood pressure check, birthday celebration</p>	<p>31</p>			

Acknowledgments

With sincere gratitude we thank all of you who have generously given gifts to BACOA's 2006 annual fund, especially those tribute gifts in honor of friends and family. *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

Silver Patron: \$2499-\$1000

Barrington Junior Women's Club,
Inc., McGraw Foundation, St.
Anne Women's Club, Village of
Deer Park

Patron Gift: \$999-\$500

Fidelity Charitable Gift Fund, Mr.
and Mrs. Richard Withrow

Sponsor Gifts: \$499-\$100

Barrington Women's Club, Ruth
Bruch, Community Church of
Barrington, Konda Dees & Cliff
McConville, Lake Barrington
Woods, Our Town Barrington
Volunteers, The Presbyterian
Church of Barrington,

Sponsor Tribute Gifts: \$499-\$100

John Cifonelli & Sally Deniston in
memory of Dr. Joseph A.
Cifonelli, Mr. & Mrs. Dan
Johnson in memory of Grace
Barcikowski, Margaret Reddy in
honor of Ruth Anderson

Sponsor Matching Gift: \$499-\$100

W. W. Grainger on behalf of Susan
Kelley

Partner Gifts: \$99-50

Irene Wheeler in honor of
Catherine Uhrig Prunte

Friend Gifts: \$49-\$25

Mr. & Mrs. John Biederer, Mr. &
Mrs. Roy Carlson, Mr. & Mrs.
James Carr, Rose Franks, Jeanne
Harles, Mr. & Mrs. David
Sheppard

Friend Tribute Gifts: \$49-\$25

Mr. & Mrs. William Ames in
memory of Tessie Brooks, Donna
Moore in memory of Fred Reber

Other Gifts:

Mr. & Mrs. Walter Colterjohn

2006 North/Northwest Entertainment Books



The books allow buyers to enjoy savings at local restaurants, attractions, as well as at thousands of hotels worldwide. Entertainment Books are available at the BACOA office for \$20 each and are valid now through November 1, 2006. Call BACOA at 847-381-5030 or come by the office at 6000 Garlands Lane, Suite 100, Barrington, to purchase your book. You can also get a head start on your holiday shopping—Entertainment Books make excellent gifts.

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
Church Women United – Food Pantry 382-9050
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, please call BACOA at (847) 381-5030.

BACOA STAFF

Joyce Palmquist, Executive Director
Linda Avellon, Program Coordinator
Sarah Hoban, Public Relations/Marketing
Lorraine Kunetka, Lunch Program - Support Services
Penny LeNeveu, Social Services Coordinator
Sue McNamara, Administrative Assistant I & R
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
Robert Bruns
Colleen Clare
Ann Cronin
Konda Dees
Peer Lykke
Dr. James Wilson
Jean Mason
David Nelson
Meg Peirce
Connie Schofield
Freddie Smith-Pederson
Barbara Tomasello

ADVISORY BOARD

Philip Bash
Carol Beese
Elizabeth Bodie-Gross
Anna Bush
Dave Sheppard
Diane Stephens
Pamela A. McCord
Dr. Richard McDonough
Bob Misyka
Lisa Davenport
Ronald Hamelberg

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

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