

Circuit Breaker and Illinois Cares Rx Update

Application forms for the Illinois Department on Aging's Circuit Breaker/Pharmaceutical Assistance program will not be mailed to individuals this year. Applications are available online now to current recipients; go to www.state.il.us/aging, and click on "Circuit Breaker Application Form."

New applicants can apply for Circuit Breaker and the Federal Low Income Extra Help Program starting March 1st. If you would like assistance please call the Barrington Area Council on Aging to make an appointment.

For qualifying seniors and disabled persons, the Circuit Breaker program provides relief from property and mobile home taxes, rent or nursing home charges; provides assistance in paying for designated prescription medications; and offers a vehicle license discount. Income guidelines of the Illinois Senior Care program are: single, \$19,140, couple, \$25,660. Illinois Circuit Breaker guidelines are: single, \$21,219; couple, \$28,480.

In this issue

From the Director	2
Medicare Part D	3
Seminars	4
Things To Do	5
Education & Support Groups	6
BACOA Services	7
Mind, Body, & Spirit	8
Trips	9
Diabetes Education	10
Making Life Easier	11
Transportation	12
Calendar of Events	13-14
Acknowledgments	15

Once approved, Illinois will automatically enroll you in either of the following Part D plans:

- PadifiCare Saver Plan
- United MedicareRX

With either of these plans, Illinois will pay your monthly premiums, coinsurance and deductibles. Your plan will mail new member information directly to you.

You may switch to a different Medicare drug plan than the one Illinois enrolled you in. However, if you do not choose one of the above plans, Illinois will only pay your monthly premium. You will be responsible for the deductible and coinsurance for the plan you choose.

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 Twnshp)
- Free Notary service
- Voter registration
- Lending closets (not Barrington)

Township office phone numbers:

Barrington Township: 847/381-5632

Cuba Township: 847/381-1924

Ela Township: 847/438-7823

From the Director

Welcome to the March/April issue of *Senior Advisor*. On March 31, BACOA will mark the close of its 20th year of service to the Barrington area. The board of directors and I want to thank everyone who has contributed toward our success this past year.

We also want to invite you to attend our annual meeting which will be held on Wednesday, April 26 in the Performing Arts Center at The Garlands of Barrington. Our theme this year will be "The Challenge of Caring." Our speaker will be challenging us to examine what "caring" means to each of us as we care for a parent or a spouse or as service providers caring for older adults.

As spring approaches, we will once again offer special programs for seniors and caregivers. On March 1, we will hold a program at the Barrington Area Library entitled, "Taking Away the Keys." This program will focus on the difficult task of determining whether or not an older adult should stop driving. On March 2, we will hold another five-part seminar on "Making Sense of Memory Loss." This seminar is for persons caring for someone with early memory loss. Also on March 2, we will begin another six-week "Powerful Tools for Caregivers" class.

We will partner once again with the Barrington – Inverness Police Department, Barrington Township and the Village of Inverness to hold a program on March 11 on "Avoiding the Pitfalls of Hiring a Home Builder or Remodeler: What you need to know." And finally, on Saturday, April 1, we will hold a half-day seminar on "Transitions: Life without a partner." This educational program is for individuals who are dealing with the loss of a partner, through death or divorce, or who have found themselves as the primary caregiver for their partner.

Finally, don't forget that we are working with AARP to once again provide income tax assistance to seniors.

Joyce

Nominations Sought for Senior Citizens Hall of Fame

The Hall of Fame honors outstanding seniors from the Barrington area for their service to our community. Nominees will be honored at a recognition tea on Wednesday, May 17 at Lake Barrington Woods. Corporate sponsors of this year's event are Barrington Bank and Trust, Wayne Hummer Investments and Asset Management and Davenport Family Funeral Home.

Local service organizations are encouraged to nominate a deserving senior from their organization to be recognized at the Hall of Fame. To be considered, the senior must have celebrated his or her 60th birthday by December 31, 2005. In addition, selections should take into consideration the senior's contribution and active participation in the organization, outstanding service to the community, the years and nature of service in a specific area, and other past recognition or achievements.

Nomination forms should be returned to the BACOA office at 6000 Garlands Lane, Suite 100, Barrington, IL 60010 by March 15. Call BACOA for information or an application.

Prescription Drug Coverage: Things to Consider

To get Medicare coverage for your prescription drugs, you must choose and join a Medicare drug plan. Regardless of how a Medicare drug plan decides to offer this coverage, there are some key factors that may vary. Some of these factors might be more important to you than others, depending on your situation and drug needs. These factors are:

Cost

Premium

This is the monthly cost you pay to join a Medicare drug plan. Premiums vary by plan.

Deductible

This is the amount you pay for your prescriptions before your plan starts to share in the costs. Deductibles vary by plans. No plan may have a deductible more than \$250 in 2006.

Copayment/Coinsurance

This is the amount you pay for your prescriptions after you have paid the deductible. In some plans, you pay the same copayment (a set amount) or coinsurance (a percentage of the cost) for any prescription. In other plans, there might be different levels or "tiers," with different costs. (For example, you might have to pay less for generic drugs than brand names. Or, some brand names might have a lower copayment than other brand names.) Also, in some plans your share of the cost can increase when your prescription drug costs reach a certain limit.

Coverage

Formulary

A list of drugs that a Medicare drug plan covers is called a formulary. Formularies include generic drugs and brand-name drugs. Most prescription drugs used by people with Medicare will be on a plan's formulary. The formulary must include at least two drugs in categories and classes of most commonly prescribed drugs to people with Medicare. This makes sure that people with different medical conditions can get the treatment they need.

Prior Authorization

Some drugs are more expensive than others even though some less expensive drugs work just as well. Other drugs may have more side effects, or have restrictions on how long they can be taken. To be sure certain drugs are used correctly and only when truly necessary, plans may require a "prior authorization." This means before the plan will cover these prescriptions, your doctor must first contact the plan and show there is a medically-necessary reason why you must use that particular drug for it to be covered. Plans might have other rules like this to ensure that your drug use is effective.

Coverage Gap

If you have high drug costs, you may consider which plans offer additional coverage until you spend \$3,600 out-of-pocket. In some plans, if your costs reach an initial coverage limit, then you pay 100% of your prescription costs. This is called the coverage gap. This "gap" in coverage is generally above \$2,250 in total drug costs until you spend \$3,600 out-of-pocket. Some plans might offer some coverage during the gap. Even in plans where you pay 100% of covered drug costs after a certain limit, you would still pay less for your prescriptions than you would without this drug coverage.

Convenience

Drug plans must contract with pharmacies in your area. Check with the plan to make sure your pharmacy or a pharmacy in the plan is convenient to you. Also, some plans may offer a mail-order program that will allow you to have drugs sent directly to your home. You should consider all of your options in determining what is the most cost-effective and convenient way to have your prescriptions filled.

Peace of Mind Now and in the Future

Even if you don't take a lot of prescription drugs now, you still should consider joining a drug plan in 2006. As we age, most people need prescription drugs to stay healthy. For most people, joining now means you will pay a lower monthly premium in the future since you may have to pay a penalty if you choose to join later. You will have to pay this penalty as long as you have a Medicare drug plan. If you reach the point where you have spent \$3,600 out-of-pocket for drug costs during the year, the plan will pay most of your remaining drug costs. This protection could start even sooner in some plans.

Seminars

Taking Away the Keys

One of the hardest jobs a caretaker can face is convincing an older person to stop driving.

The Barrington Area Council on Aging and the Barrington Area Library are co-sponsoring "Taking Away the Keys," an insightful seminar that will give suggestions and guidance to caregivers dealing with this difficult task.

The seminar will be held **Wednesday, March 1** from 7-9 p.m. in the Zimmerman Room at the Barrington Area Library, 505 N. Northwest Highway, Barrington.

Speakers will include Catherine Prusko, associate director of program services for the Greater Illinois Chapter of the Alzheimer's Association; Dr. Denise Fiducia, clinical psychologist with Advocate Lutheran General Hospital in Park Ridge; and representatives from Alexian Brothers Driver Evaluation Program. Call Penny at BACOA to register.

Transitions: Life Without a Partner

This seminar is designed for men and women who are dealing with the loss of a partner, through death or divorce, or who have found themselves as the primary caregiver for their partner. Speakers will address financial planning, insurance, legal issues and estate planning, as well as social and emotional issues that accompany the loss of a partner. The program will include breakout sessions to allow participants to ask questions and share information. **Saturday, April 1** from 1-4 p.m. in the Main Meeting Room at the Barrington Area Library, 505 N. Northwest Highway, Barrington. Registration deadline is March 17. Call Bonnie at BACOA to register.

Making Sense of Memory Loss

"Making Sense of Memory Loss," is a five-part educational program to help family members of persons in the early stages of memory loss. The program was developed by the Mather Institute on Aging and the

Greater Illinois Chapter of the Alzheimer's Association.

The program will be presented on **Thursdays from March 2 through March 30**. Each class will meet from 9:30 a.m.-noon at the Barrington Area Library, 505 N. Northwest Highway, Barrington.

The topics will include: An overview of memory loss and related symptoms (March 2); communication strategies (March 9); dealing with changing roles and relationships (March 16); planning for the future (March 23) and effective ways of coping and caring (March 30).

Cost for the class and materials—including a book—is \$20. Registration is required at least a week in advance, and participants are encouraged to attend all five sessions. Call Penny at BACOA to register.

Home Repair Seminar

BACOA, Barrington Township, and the Village of Inverness will sponsor "Avoid the pitfalls of hiring a home builder or remodeler: what you need to know," on **Saturday, March 11** from 2-4:00 p.m. at the Barrington Area Library, 505 N. Northwest Highway, Barrington.

Officer James McNamee, of the Barrington/Inverness Police Department, will lead the seminar, which will help educate homeowners to make informed decisions as they undertake a building or remodeling project. Scheduled speakers include building inspectors for the villages of Barrington and Inverness, as well as a representative from a homebuilders' organization. Attendees will also receive information and handouts from the Better Business Bureau, the Federal Trade Commission, and other organizations.

For further information, contact Officer James McNamee of the Barrington/Inverness Police Department at (847) 304-3300 or BACOA at (847) 381-5030.

Things To Do

Lunch and Activities

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

Wednesday, March 1 - Movie - "The Notebook"



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.

Monday, March 6 - Nutrition Month

Bingo and lunch. March is Nutrition Month, and there will be a discussion about healthy snacks and eating for the new year. Bring in your favorite snack food.

Monday, March 13 - St. Patrick's

Bingo and lunch. You don't have to be Irish to celebrate the "Wearing 'of the Green." BACOA and the Barrington Park District will be celebrating St. Patrick's Day with a traditional Irish feast. The festivities will include live music, games and prizes. Reserve your space by March 9 by calling Linda Avellon at BACOA at (847) 381-5030.

Monday, March 20 - Rehabilitation Program

Bingo and lunch. Michelle DeVilbiss from Accelerated Rehabilitation Centers of the Chicago area will present the program. March birthdays will be celebrated, and blood pressures checked

Monday, March 27 - NO LUNCH - Spring Break

Monday, April 3 - Travel Program

Bingo and lunch. Learn about BACOA/Barrington Park District's 2006 travel plans.

Monday, April 10 - Easter celebration

Bingo and lunch. The Barrington Park District preschool students will come to color Easter eggs with the seniors. Wear your Easter bonnet and come to our annual Easter Luncheon.

Monday, April 17-Tuneful Twosome

Bingo and lunch. "The Tuneful Twosome," Daralene Horslev and Carolyn Roussel will present "Songs of Spring."

Monday, April 19 - Lunch & Movie - "Forever Young"



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.

Monday, April 24

Bingo and lunch. April birthdays will be celebrated, and blood pressures will be checked.

Greencastle

Lunch is served at Greencastle of Barrington on Tuesdays and Thursdays from 11:30 a.m.-2 p.m. A "Senior Social" follows lunch. Suggested donation is \$3 per person.

Advance registration required; call Linda at BACOA.

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

"Lunch on the Prairie"

Students from Barrington Middle School Prairie Campus will entertain area seniors at "Lunch on the Prairie," Friday, April 7 from 9-11:30 a.m., at Prairie's campus, 40 E. Dundee Rd., Barrington.

Prairie's student council, as well as its music and home economics departments, have sponsored the event since 1998. Students provide entertainment and brunch for seniors who attend.

Seating is limited. Call BACOA no later than Friday, March 31, for your reservations.

Education and Support Groups

Alzheimer's & Memory Loss

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

Arthritis

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

Brain Aerobics

Please join us for ninety minutes of fun and laughter at "Brain Aerobics." Humor is a proven brain builder! This group meets the third Wednesday of the month from 10:30-noon at The Garlands of Barrington.
Please call Bonnie at BACOA for information or to pre-register.

Caregiver

Meetings are held at the BACOA office, 6000 Garlands Lane, Suite 100 the first Wednesday of every month from 7-9 p.m.

Please call Penny at BACOA for information or to pre-register.

Wednesday, March 1. Discussion on "Taking Away the Keys."

Meeting will be held at the Barrington Area Library-Zimmerman Room.

Wednesday, April 5. Support component only.

Low Vision

Meetings are held at 1 p.m. on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

Transportation is available to residents of the Barrington area.

Please call Diane at BACOA to pre-register. Transportation is available through Lake Barrington Woods.

Thursday, March 9. Len Lechniak from Low Vision Products for the Visually Impaired will update the group on new LED magnifiers and demonstrate his new tabletop CCTV. Participants will be able to try out the products.

Thursday, April 13. An occupational therapist from Alexian Brothers Older Adult Institute will present "Successful Living with Low Vision" and talk about low vision services offered by the Alexian Brothers Hospital Network.

"Powerful Tools for Caregivers" Course

A six-week evening class is being planned for Thursday, March 2 from 6:30-9 p.m. at the BACOA office.

Powerful Tools is designed for the nonprofessional caregiver who is helping to care for a parent, spouse, or friend who lives at home, in a nursing home, or across the country. The program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay. Pre-registration is required.

BACOA Programs and Services

Adopt-A-Grandparent program: Seniors share interests, hobbies and/or conversation with participating Barrington High School students. This program promotes intergenerational friendships which may fill the void of either having grandchildren or grandparents who don't live nearby or don't have contact with family members as often as they would like. Call Diane at BACOA.

Arthritis Exercise Program: This eight-week program provides gentle movements and activities. Pre-registration is required. Call Linda at BACOA

Benefits Check Up: This program helps thousands every day to find programs for people ages 55 and over that may pay a portion for some of their costs of prescription drugs, health care, utilities, and other essential items or services.

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.

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

Information and Referral: Council staff provide callers with information on services such as housing, home care and transportation, as well as social and recreational opportunities.

In-Home Emergency Response Systems: BACOA provides information on emergency response systems.

Meals With Wheels: A hot, nutritionally balanced noon meal is available for delivery Monday through Friday to homebound seniors living in the Barrington area. A home visit and assessment, along with a doctor's written order, is required prior to participation in the program.

Outreach and Support: BACOA staff can make home visits to assess seniors' needs and assist them in linking them to appropriate services.

Powerful Tools for Caregiving: Class consists of six 2 ½ hour sessions. It helps participants reduce stress, improve self-confidence, better communicate feelings, balance their life, increase their ability to make tough decisions and locate helpful resources. Call BACOA.

Senior Lunch & Activity Program: A hot noon meal is served on Mondays at Langendorf Park and on Tuesdays and Thursdays at Greencastle of Barrington for a suggested donation of \$3.00 per meal. Call Linda at BACOA.

Senior Health Insurance Program (SHIP): Counselors are available to answer your health insurance questions; for an appointment, call BACOA. The counselors provide personal guidance in resolving problems related to Medicare Updates and other issues.

Speakers Bureau: BACOA staff is available to provide programs on a wide variety of issues related to seniors and caregiving.

Mind, Body, and Spirit

Body

Arthritis Foundation Exercise Program

This ten-week program provides gentle movements & 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.

The class meets Thursdays from 10:45-11:45 a.m. at Greencastle of Barrington. Cost is \$22 for a ten-week class. Pre-registration is required; call BACOA for more information.

Mind and Spirit

Knock, knock
Who's there?
Dawn.
Dawn Who?
Dawn sit under the apple tree with anyone else but me.....



**Humor builds
brain power!**

BACOA annual meeting to focus on caregiving

The Barrington Area Council on Aging will hold its 21st annual meeting on Wednesday, April 26, from 6:30 to 10 p.m. at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

This year's theme, "The Challenge of Caring," will focus on issues related to caregiving for older adults. "This year, the first of the Baby Boomers will turn 60," says Joyce Palmquist, BACOA's executive director. "As our population ages, there's an ever-increasing need for support and resources for caregivers of parents, spouses or other family members." Among BACOA's programs and services for caregivers are several support groups; the "Powerful Tools for Caregivers" class, held several times each year; and information and resources for those caring for older family members.

The meeting is open to the public; cost of dinner is \$40 per person. For more information or to make a reservation, call BACOA by Wednesday, April 19.

"Frank's Way"

Wyn Mainzer and Sal Barbarito will perform jazz classics on Sunday, March 26, at The Garlands of Barrington, 1000 Garlands Lane, Barrington. Lunch will be included with the show.

Mainzer and Barbarito's repertoire ranges from swing to romantic jazz to ballads performed in the style of favorite performers such as Frank Sinatra, Sarah Vaughn and Steve Lawrence and Edie Gorme.

A cash bar will begin at 12:30 p.m.; lunch will be served at 1 p.m., and the performance will begin at 2:15. Tickets are \$28.

For more information or to register, call Linda Avellon at BACOA.

"Twelfth Night"

BACOA and the Barrington Park District will co-sponsor a trip to see "Twelfth Night" at the Pheasant Run Resort, St. Charles on Wednesday, April 5.

William Shakespeare's comedy features identical twins, a dashing duke, a heroine in disguise and a pirate king.

The group will leave from the Park District at 11 a.m., enjoy lunch and a 2 p.m. performance and return to Barrington at approximately 5:15 p.m. Total cost is \$48; reservation deadline is March 20.

For more information or to register, call BACOA.

Trips

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

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

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

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

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

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

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

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

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

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

Diabetes Education

Advocate/Good Shepherd Hospital offers a Diabetes Self-Management Program.

Individual Education Counseling: Comprehensive assessment of individual needs; self-monitoring of blood glucose, nutrition, diabetes care techniques, medication & more.

For information or to register call (847) 842-4130.

Comprehensive Diabetes Overview: Three two-hour classes over three consecutive days. (Classes held monthly.) Medicare-approved program covers topics such as healthy eating, foot care, stress management, coping, changing behavior and exercise. For information or to register, call (847) 842-4130.

Diabetes Support Group: Bimonthly. 90 minutes of sharing and education. For information or to register call (847) 842-1752.

Exercise and Diabetes

Living the Good Life: 10-week exercise program.

Medically based and designed for individuals with diabetes or heart conditions. The program covers weight training and aerobic exercise with supervision from two adaptive personal trainers and a cardiac nurse.

Lift & Be Fit: Meets two times a week

Focus is on weight training. Blood sugar levels and blood pressures will be monitored as needed.

Move to Improve: Meets weekly

Low impact aerobics, floor work and stretching.

Medical clearance is required.

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

Senior Breakfast Club

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

Medication Safety

Good Shepherd Pharmacist, Doug Samuelson will review some common errors in taking medication and how you can get the most from your medications.

Wednesday, March 22,

9-10:30 a.m.

How to Prevent Diabetes

Virginia Menzimer, Good Shepherd diabetes educator, will explain the many ways a healthy lifestyle can reduce your risk factors.

Wednesday, April 26,

9-10:30 a.m.

Personal Emergency Response Systems

Signaling your need of assistance in an emergency is a lifesaver.

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

Meals With Wheels

A nutritious mid-day meal is provided Monday through Friday, to senior citizens who are unable to cook for themselves and **do not** live with a paid caregiver. The suggested donation is \$5 per meal. However, if you have special circumstances, the cost of the meal may be reduced. A home visit and assessment are required prior to program participation. Call BACOA for more information.

Quality Information for Nursing Homes in Illinois

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

Information collected includes:

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

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

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

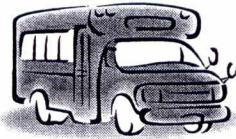
For a copy of the catalog, call (800) 752-3238 or visit the store's Web site at www.alzstore.com.

Transportation Assistance

Medical Transportation

FISH

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



Good Shepherd Hospital:

(888) 574-5700

Call between 8 a.m. and 4 p.m. Monday through Friday. You MUST call at least 24 hours in advance. \$5 per round trip for persons 55+ or \$5 each way for those under 55.

Service includes transportation to the Good Shepherd Fitness Center, the Cary Medical Office, the Smith Office Building, doctors' offices in Fox River Grove at Rtes. 22 and 14, Algonquin, Cary, Crystal Lake, Island Lake, Lake Zurich, McHenry, Palatine, and Wauconda.

Driving Assessment and Rehabilitation Programs

Advocate/Lutheran General Hospital, Park Ridge.
(847) 723-5542

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

Marianjoy Rehabilitation Center, Wheaton. (630) 588-7826

Drivers Evaluation Lecture

If you or a loved one has physical or cognitive problems and wonder if it is safe to drive, contact Alexian Older Adult Institute and the Driver Rehabilitation Program for a talk on driver evaluations.

For more information and lecture dates, call 847 640-3119

General Transportation

PACE Dial-A-Ride

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

PACE Dial-A-Ride

Discount Tickets

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

FISH

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

Half-Fare Taxi Subsidy

Available from both Barrington and Cuba townships for residents 65 and over. Call (847) 381-5632 (Barrington) or (847) 381-1924 (Cuba).



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.

Palatine Senior Center

Mon 3-27 - Noon

Tue 3-28 - 2:00 p.m.

847-991-1112

Must pre-register

March 2006

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		March 1	2	3	4
		12:00pm Lunch & Movie 7:00pm Taking Keys	9:30am Memory Loss 10:30am PACE class 11:30am Lunch 6:30pm PTC class		
6	7		8	9	10
1:30pm Lunch (Park)	10:30am PACE class 11:30am Lunch		9:30am Memory Loss 10:30am PACE class 11:30am Lunch 1:00pm Low Vision grp. 6:30pm PTC class	2:00pm Home Repair	
13	14	15	16	17	18
1:30pm Lunch (Park)	10:30am PACE class 11:30am Lunch	10:30am Brain Aerobics	9:30am Memory Loss 10:30am PACE class 11:30am Lunch 1:00pm Alz. Grp. 6:30pm PTC class		
20	21	22	23	24	25
1:30pm Lunch (Park)	10:30am PACE class 11:30am Lunch	9:00am Diabetes Boot Camp	9:30am Memory Loss 10:30am PACE class 11:30am Lunch 6:30pm PTC class		
27	28	29	30	31	
1:30pm NO LUNCH	9:30am Lunch/Prairie 10:30am PACE class 11:30am Lunch 1:00pm Arthritis grp.		9:30am Memory Loss 10:30am PACE class 11:30am Lunch 6:30pm PTC class		
					26
					12:30pm Frank's Way

Acknowledgments

We want to thank the many individuals and organization who has so generously supported BACOA's 2006 annual fund drive. Your support is critical to our success. *In an effort to protect the privacy of our donors, we no longer include donor names when the newsletter is posted on the BACOA website.*

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Consider a lasting gift.

BACOA participates in Legacy Alliance of the Barrington Area, a planned giving collaboration between local nonprofit organizations and professional financial and estate advisors. Legacy Alliance provides education and information to individuals who are interested in leaving bequests or other types of gifts from their estate to nonprofit organizations.

Planned gifts come in all sizes, and are a lasting way to support a cause close to your heart. If you're interested in learning more about BACOA's planned giving program, please contact Joyce Palmquist at (847) 381-5030 or visit www.LegacyBarrington.org. If you have already named BACOA as a beneficiary in your estate, do let us know – and thank you!

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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, please call BACOA at (847) 381-5030.

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6000 Garlands Lane Suite 100
Barrington, IL 60010

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

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