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aging care  
connections

Your Source For Senior Care

## Adult Protective Services at Aging Care Connections

### A Message from Louise Starmann, LCSW, Director of Social Services

Beginning July 1, 2013, the Elder Abuse program will be expanded to include abuse to adults aged 19 and older having a disability that impairs their ability to seek relief from abuse, neglect or exploitation. The Elder Abuse and Neglect program has been renamed ADULT PROTECTIVE SERVICES.

Aging Care Connections is proud that our work in the elder abuse and neglect program has been recognized along with elder abuse providers across the State of Illinois. The quality of our work is the primary reason for the expansion of the abuse program. Reports of elder abuse or abuse to a disabled adult should be made to the Elder Abuse Hotline, now the Adult Protective Services Hotline, at 1-866-800-1409.

July has traditionally been elder abuse awareness month. We are now working toward building awareness of abuse, neglect and exploitation for all populations that may be vulnerable due to age, mental health issues, intellectual disabilities and/or physical disabilities. Adult Protective Services is a new responsibility for Aging Care Connections. As always, we will be reaching out to our community partners to assist in providing their expertise to meet the diverse needs of adults with disabilities. Lessons learned through 24 years of working with abuse, neglect and exploitation have taught our team of investigators that we need the community to be aware, to report and to build support for victims. Aging Care Connections is committed to providing the same level of community integration and support we have fostered in working with elders.

Abuse is most often unreported in the disabled and older adult populations due to several factors: fear of reprisal, fear of the consequences of "telling" that could include loss of support from family, institutionalization, or simply the unknown. Victims are often isolated and have less access to support systems that could assist in offering solutions. Finally, victims often feel intense shame in being "a victim". The silence that pervades domestic abuse is a significant barrier to victims realizing that they indeed have options and that their community is ready and willing to support their decisions. We know that only one in ten incidents of elder abuse is ever reported; we expect the same is true for incidents of abuse to a disabled adult. Aging Care Connections once again asks our community of consumers and professionals to BREAK THE SILENCE and reach out if you suspect that a vulnerable adult living in the community is being abused, neglected or exploited.

Finally, Aging Care Connections wishes to honor the fine work of our Adult Protective Services team led by Elizabeth Rivera, MSW. Anna Bartoszek, Heather O'Hara, Valderes Pou and Ghada Zahdan demonstrate the highest quality of professionalism making a difference in the lives of victims of abuse, neglect and exploitation.

## HEALTHY EATING FOR SUCCESSFUL LIVING

**Healthy Eating™** is a program for people who want to learn more about how nutrition and lifestyle changes can promote better health. Join us to discover how you can make small changes that can make a BIG difference in your health.



**Workshops meet on Friday  
once a week for seven weeks:**

July 12, 2013 – August 23, 2013  
9:30 a.m. – 11:30 a.m.

**St. Barbara's Church**  
4009 – 15 Prairie Ave, Brookfield

**SPACE IS LIMITED!!!**

To register, please call:  
708-354-1323



## TAKE CHARGE OF YOUR HEALTH!

### Six-Week Session

Wednesdays, July 10 - August 21  
10 a.m. - 12:30 p.m.

**Park District of La Grange**  
**536 East Avenue, La Grange**



### Do you suffer with a disease such as:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Weight Issues
- COPD
- Depression
- Chronic Pain



**AGEOPTIONS**

Connecting Older Adults with Community-based Resources and Options

### WE CAN HELP! PLEASE ATTEND THIS PROGRAM!

Please call Aging Care Connections  
to register:

**708-354-1323**

*Free of charge!*



This series is based on the Chronic Disease Self-Management Program developed by Stanford University. Research has demonstrated the effectiveness of the program in improving health outcomes of participants over time. The series is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

### Topics to be covered include:

- Coping with fatigue, frustration and pain
- Exercising to maintain and improve strength
- Using medications
- Practicing good nutrition
- Evaluating new treatment options

## LA GRANGE BUSINESS ASSOCIATION SUMMER ART PROJECT

When you're in downtown La Grange, please check out our submission to the La Grange Business Association Summer Exhibit Bag Toss Boards. In a nod to our signature fundraising event, the Sports Ball Benefit Gala, our artist Margaret Prescott of Prescott Art Studio, Western Springs, created "Crosstown Classic - North Side Cubs vs. South Side Sox". The Boards will be displayed throughout the summer and will be auctioned September 6 at the La Grange Village Hall. Our many thanks to Margaret for her "sportingly" great artwork!



## INTRODUCING OUR OFFICE MANAGER SANDY ARELLANO



Sandy has been the Office Manager at Aging Care Connections since January, 2009. Her responsibilities include accounts payable and receivable, building maintenance and supervision of the front desk staff and volunteers. During our recent and upcoming renovation phases,

Sandy has taken on the extra responsibilities of coordinating moving staff offices and common areas. She is truly the "go-to" person at Aging Care Connections.

Prior to joining our team, Sandy worked with financial advisors, a construction company, a travel agency, Ironworkers Local #1, and a dermatologist. In addition, she and her husband, Andy, are the parents of two daughters, Angie and Andrea.

Sandy, who lives in Lyons, enjoys traveling, exercise, and spending time with her family. Angie lives in Boulder, Colorado with her husband, Brad, and Andrea lives in Chicago with her husband, Mike.

It is a pleasure to present our Office Manager, Sandy Arellano.

## RECORD-BREAKING AGING CARE CONNECTIONS' SPORTS BALL BENEFIT GALA RAISES FUNDS TO SERVE SENIORS



Aging Care Connections' Twelfth Annual Sports Ball Benefit Gala, held Friday, May 17 at a brand-new venue, Pinstripes in Oak Brook, raised more than \$96,000 to benefit services offered to older adults. Pat Tomasulo, sports anchor at WGN-TV, emceed the event that attracted a capacity crowd. Charles "Peanut" Tillman, Chicago Bears cornerback, was guest of honor for the evening.

Nearly 300 guests enjoyed tailgate cocktails, skybox dining, bocce, bowling and bidding on fabulous auction items. The outdoor deck provided a wonderful spot to relax around the firepit and play bocce.

A highlight of the event was the auction of a jersey "Peanut" Tillman autographed especially for the winner. Other live auction items included trips to Lake Tahoe; the Napa Valley; Le Cordon Bleu Culinary Institute in Ontario, Canada; Blue

Harbor Resort and Scottsdale, in addition to "The Heisman Experience" giving the winner the opportunity to "borrow" John Lattner's trophy for two weeks and enjoy a Notre Dame football game; and "Zamboni!" featuring a ride during a Blackhawks game and an autographed Jonathan Toews jersey.

Sports Ball proceeds fund the professional case management, transportation assistance, elder abuse intervention, benefits assistance and support groups (Alzheimer's Caregiver, Grandparents Raising Grandchildren, Senior Men) Aging Care Connections has offered for 42 years. We serve more than 8,000 local residents each year. The proceeds realized through Sports Ball are critically necessary to continue our work in 32 communities.

Please mark your calendars now for Sports Ball 2014. It will be held Friday, May 16, 2014 at Pinstripes in Oak Brook. We look forward to seeing you there!



# Sportsball 2013 Sponsors

## Platinum Sponsorship

UPS



## Gold Sponsorship

BMO Harris Bank  
Tri-Meats Incorporated, Oakbrook Terrace

## Silver Sponsorship

Active Rx Chicago Center, Hinsdale  
Adventist La Grange Memorial Hospital, La Grange  
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Cantata Adult Life Services, Brookfield  
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MB Financial Bank, N.A.  
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Mr. and Mrs. Peter M. Shannon, Jr., Western Springs  
The Community Bank of Western Springs

## Bronze Sponsorship

Lifecare Innovations, Inc., Burr Ridge  
Plymouth Place Senior Living, La Grange Park  
Sassetti LLC, Oak Park

Law Offices of Wilson & Wilson, The Center for Estate  
Planning & Elder Law  
WNA Wealth Advisors, Inc., Hinsdale

**We gratefully acknowledge your support!**

## AGING CARE CONNECTIONS AND RUSH HEALTH AND AGING PARTNER TO PROVIDE OLDER ADULT HEALTH NEIGHBORHOOD

Aging Care Connections has been invited by Rush Health and Aging to provide an Older Adult Health Neighborhood in the west suburban area to ensure that all aspects of older adults' health, wellness and quality of life are addressed by and with their community. The project is funded by Community Memorial Foundation.

The model was developed by and tested at Rush University Medical Center. It is based on the fact that older adults face challenges everyday in meeting their physical, emotional, and social needs, especially when psychosocial issues such as not having enough food, transportation, finances and social support displace their focus and energy from attending to their medical care.

The Health Neighborhood project provides the ground work for the development of the flow of information between providers and patients. This involves using the social-work based model of identifying and supporting older adults with psychosocial issues impacting their health within a primary care setting and establishing a network of community-based social service providers to

serve as the foundation of the older adult health neighborhood encouraging communication and coordination for older adults.

As a result of partnership with Rush Health and Aging and funding by Community Memorial Foundation, Aging Care Connections has placed a social worker at Prairie Medical Group, Westchester, on a part-time basis to provide patient engagement, assessment and care plan management, and telephonic case management to patients identified as having psychosocial issues impacting their health care. Aging Care Connections will link patients to chronic disease self-management programs, community resources and financial assistance programs to improve patient outcomes.

The goals of the project are to provide improved patient self-care, reduced hospitalization and emergency room visits, and cost savings in physician time. Ultimately, the success of the project will help to develop a vigorous health neighborhood for older adults providing enhanced communication, integration and continuity of care at the community level.




## Celebrating Seniors Week a HUGE success!

Aging Care Connections, in conjunction with other community organizations and leaders, hosted “Celebrating Seniors Week” May 16-23, 2013 during Older Americans Month. Twenty-two communities in Lyons, Riverside and Proviso Townships came together for a week-long celebration of older adults.


The celebratory week opened with a luncheon held at La Grange Country Club recognizing the “60 over 60” volunteer honorees for the amazing difference they made in their communities throughout the year. Guest speakers included Supervisor William Mundy, Township of Lyons; Supervisor Michael Corrigan, Proviso Township; Mayor of McCook and Cook County Commissioner Jeffrey Tobolski and Mr. Greg DiDomenico, President and CEO of Community Memorial Foundation.

During the week, more than 600 older adults representing more than 30 communities participated in at least one of 47 programs focused on informing, educating and, in some cases, entertaining older adults and their families. Programs included “Safe Senior Bicycling,” “Laughter Yoga” and “Brunch on Broadway.” Two free admission tickets to Brookfield Zoo were given to one older adult at each of the programs through a fun raffle prize drawing. Thanks to Brookfield Zoo for their support!

More than 20,000 Senior Resource Guides featuring the “60 over 60 Honorees,” the calendar of events and a section dedicated to resources





for older adults were distributed throughout the 22 communities during the week. Thanks to Lyons Township High School for partnering with us to make the distribution a simple and successful process!



A thank you closing event was held on Thursday, May 23 at the William Tell, Countryside. Mary Beth Hardy, System Director for Trinity Health and keynote speaker for the event, thanked those in attendance for their part in making Celebrating Seniors Week a huge success and also challenged the audience to continue to tirelessly work to make all communities *great places to age well*.

And, finally, we would like to extend a great big thank you to the sponsors of the Celebrating Seniors Week. We could not have done this without YOU!



**Township of Lyons**  
**Proviso Township**  
**Proviso Mental Health Commission**  
**Community Memorial Foundation**  
*The Doings*  
**The Brookfield Zoo**

Senior Resource Guides are still available at Aging Care Connections, 111 W. Harris, La Grange. Please contact Linda Hussey, Annual Fund Coordinator, for your copy of the guide. She can be reached by phone (708)354-1323 or email [lhussay@agingcareconnections.org](mailto:lhussay@agingcareconnections.org).

# One of 8,000 Lives Changed



**Ruth Folkening, Caregiver Specialist**, has been with our organization since May, 1999. She came to us after teaching sixth grade for 15 years. During the course of Ruth's teaching career, she determined that she would love to work with seniors. She wanted to offer seniors the opportunity to stay in their own homes with the help of friends and family, as her parents did. Understandably, she particularly enjoys the teaching aspect of her work at Aging Care Connections.

Ruth works with caregivers and also has a caseload involving more complex situations, such as significantly cognitively impaired clients, those requiring refined care plans and those whose needs are rapidly changing. She teaches educational programs, such as the Early and Late Stage Memory Loss Groups, facilitates some caregiver support groups and manages the financial piece of the respite program which provides relief for caregivers. Following are Ruth's reflections on a most memorable caregiver...

## A Caregiver's Gratitude

Although Sonia's husband had been diagnosed with dementia five years earlier, Sonia was searching for information to prepare her for what was to come. As a retired teacher in the field of special education, her background and strategies for helping students learn in non-traditional ways had been helpful in dealing with her husband's decline. But she needed more...

In the fall of 2010, when Robert was 82 years old, Sonia enrolled in Aging Care Connections' Early Stage Memory Loss Seminar for Caregivers and those with an early stage diagnosis. She was eager to learn about Robert's condition and, having the goal of keeping him in their home, to find resources to make this possible.

As Sonia soon learned, in-home care coordination makes a significant difference in the lives of dementia patients by extending independence at home. According to Johns Hopkins University research, 70 percent of dementia patients who received in-home care coordination with follow-up visits were still living at home at the end of the 18-month study. Of the patients in the control group, who received an initial consultation and usual care, but no in-home care coordination, only 50 percent remained at home. The other 50 percent of the control group had moved into a nursing home, hospital or assisted-living facility, or had died.

Sonia read the material provided in the Early Stage Seminar and listened intently as a geriatric physician and elder law attorney made presentations. Sonia began to consider enrolling Robert in adult day care to provide socialization for him and much-needed respite for herself. She updated their Advance Directives and made sure their medical information was in order. Sonia especially appreciated the File of Life coordinated by Aging Care Connections' Aging Well initiative. The File of Life program facilitates the work of paramedics called to a senior's home in an emergency situation. The older adult's medical profile and critical contact information are gathered in a convenient packet adhering magnetically to the refrigerator. Emergency personnel are trained to look for the packet, so that vital information can be transmitted immediately to the hospital to expedite treatment. The results can be truly lifesaving.

After the eight-week seminar was completed, Sonia attended two Aging Care Connections' support groups: the Lunch Bunch, which met monthly at a local restaurant to give caregivers a break from their tedious routines, understanding, and the opportunity to share resources, and the Alzheimer's Caregiver Group. The groups offered not only coping strategies for easing the grief and tedium, but invaluable information on hospice care and medical services which Robert would need in the future.





A recent study found that caregivers who used coping strategies, specifically a problem-focused approach (i.e. problem solving), saw a slower rate of decline in those with dementia than those who reported using this strategy less. The more they used these approaches, the better the results for the person with dementia.

Good social support and changing how one looks at a situation were also found to be helpful. Positive coping strategies also led to less caregiver stress. The study concludes with the recommendation that caregivers research how the dementia may progress and when to get professional help from such resources as a local social service organization serving older adults and a support group. "Don't wait until you're in the thick of it." Sonia's instincts had been right on.

Sonia frequently turned to me with questions and concerns as Robert became increasingly impaired. One day, Sonia frantically called to describe his very unusual behavior. I advised her to call the physician and the paramedics. Robert was hospitalized and eventually went to rehab. As his condition worsened, he was placed on hospice and died peacefully in a rehab facility.

Sonia shared that she was "at peace with Robert's passing." All of the information and support she had received from Aging Care Connections had "prepared her for this journey." She confided that while Robert was in the hospital and in rehab, she re-read the information she had received in the seminar and through the support groups at night when she returned to their home. She made the decision to donate all of the memorial contributions for Robert to Aging Care Connections--the place where she found solace, education and understanding through their long journey. She did not face their situation alone...with Aging Care Connections, she found the strength to help not only Robert, but herself.



My husband died on December 21, 2011. He had Alzheimer's. I was fortunate to read an article in the local paper about Aging Care Connections and contacted them. They immediately gave me information about their many programs and I started attending the Early Stage meetings. It was amazing the amount of information I was given...then late stage, ongoing and adult day care information. **I felt that I was not alone.** There are many self-help books and information out there, but this was a personal support group with professionals who gave you information to help you and help you make important decisions for your loved one. Many of us have friends and family, but it is not enough. Unless you live with the Alzheimer's person, you cannot understand the enormous responsibility of the day-to-day situation. The professionals at Aging Care Connections do.

I hope that Aging Care Connections will be able to help hundreds more and also be able to expand and reach out to others. With support from organizations like this, they can be in the comfort of their homes.

I will forever be grateful for the help that I received and especially to Ms. Ruth Folkening who is the heart of Aging Care Connections. **Thank you!**

Sincerely, *Sonia Laurentz*

## HELP US REACH OUR STRETCH GOAL!



We are extremely pleased to announce that we have surpassed our original \$1 million dollar goal thanks to the generosity of our community and are well on our way to our “stretch goal” of \$1.2 million dollars! The excitement is building as we inch closer with our current contributions at \$1,192,500. We are extremely grateful to the many donors who have championed older adults by generously supporting the **Program and**

**Capital Campaign: *Leading the commitment to aging well.***

Now is the time to join your friends and neighbors to ensure that the older adults in our communities remain safe, healthy and independent. **Please help us close our \$7,500 gap by making a donation today by calling Kenneth Grunke at 708-354-1323, ext. 243 or by going to our secure website at [www.agingcareconnections.org](http://www.agingcareconnections.org).**

You can also learn more about our Program and Capital Campaign by going to our website or calling Kenneth Grunke for more information. Thank you for helping us ***lead the commitment to aging well!***



**Our Original Goal:  
\$1 Million**



**Our Stretch Goal:  
\$1.2 Million**



**Capital Contributions  
to date: \$1,192,500**

*Dennis Pecho, General Manager of Continental Toyota, presents a check to Ken Grunke, Director of Philanthropy and External Affairs at Aging Care Connections, in support of services for older adults through the **Program and Capital Campaign: *Leading the commitment to aging well.****



REGULAR MONTHLY EVENTS

Alzheimer's and Related Dementia Caregivers Support Group: A support group for those who care for someone who has been diagnosed with Alzheimer's disease or dementia meeting the first Tuesday of the month from 1:30 p.m.- 3:00 p.m. For information, please contact Sue Murphy, 708-354-1323, extension 221.

Arthritis Exercise: A class that meets Tuesdays and Thursdays from 9:30 a.m. - 10:30 a.m. for those with arthritis and those who want to keep their bodies limber. Instructors: Pat Michet and Shelley Anderson. Fee: \$4.00 per class or \$32.00 for nine classes. Please call: 708-354-1323 to register.

Friday Morning Regulars: Support group for men related to aging issues. For information, please contact: Intake Office, 708-354-1323, extension 215.

Grandparents Raising Grandchildren Support Group: Group meets at the Summit Public Library, 6233 S. Archer Road, Summit, the last Thursday of the month from 10:00 a.m. - 11:30 a.m. For information, please contact: Sue Murphy, 708-354-1323, extension 221.

Health Clinic: Dr. Nyaeme, a geriatric physician with Adventist Midwest Geriatric Specialists, sees patients on selected Thursday mornings by appointment. Please call: 708-245-4073 to make an appointment.

Sensible Fitness for Older Adults: An ongoing fitness program offered by Right-Fit Sport Fitness Wellness, Willowbrook, for older adults and their caregivers. Classes meet from 10:00 a.m. - 10:50 a.m. every Friday. Fee: \$64 per couple for six classes or \$8 per class. To register, please call 630-850-4050.

Will and Estate Planning: Attorney Erik Peck is available the second Thursday of the month for consultation on matters pertaining to estate planning. There is no fee for the consultation. Please contact: Intake Office, 708-354-1323, extension 215 to make an appointment.

PROVISO TOWNSHIP TRANSPORTATION PROGRAM

Proviso Township offers many services to residents. One of them is a Free Ride Program for Senior Citizens who may need transportation to and from medical and other pre-scheduled locations.

If you are interested, please call the Proviso Township Senior Service Program at 708-449-4307 to determine eligibility.



**Communities Served**

Bedford Park	La Grange
Bridgeview	La Grange Highlands
Broadview	La Grange Park
Brookfield	Lyons
Burr Ridge	McCook
Countryside	North Riverside
Hickory Hills	Riverside
Hinsdale	Summit Argo
Hodgkins	Westchester
Indian Head Park	Western Springs
Justice	Willow Springs

**Elder Abuse, Neglect, and Exploitation Services Only**

Elmwood Park	Northlake
Franklin Park	Park Ridge
Harwood Heights	River Grove
Melrose Park	Rosemont
Norridge	Schiller Park

**Aging Care Connections' Mission**

.....to enrich the quality of life of older adults and their families through a range of programs and services that enhance their well being and independence

***Please save the date!***



*Aging Care Connections' 42nd Annual Luncheon*  
*Thursday, October 17, 2013*  
*11:30 a.m.*  
*Ruth Lake Country Club, Hinsdale*

 **Like us on Facebook**

**Statement of Non-Discrimination**

Aging Care Connections does not discriminate in admission to programs or treatment or employment in programs or activities in compliance with the Illinois Human Rights Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For information, call Aging Care Connections at 708-354-1323.