



aging care
connections

Your Source For Senior Care

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Your Aging Community – Be Prepared!

A Message from Debra Verschelde, Executive Director

Do you know how many older adults 60 years of age or older are living in your community? 500? 1,000? 2,000? Well, depending upon the community, as many as 3,500 older adults live in just one of the villages within our service area. Currently more than 71,000 older adults 60 years and older live in 22 communities (this includes your community) within the near west/southwest suburbs. This number is expected to increase exponentially, especially as baby boomers – turn 60 years of age every 7 seconds – and looking at your smart phone, watch or clock, you will see that one minute adds up to a lot of older adults! Even more alarming, the largest growing population of older adults in Illinois are 75 years of age or older, which means that people are living longer and will be requiring a greater level of assistance. Is your family prepared?

What does this mean for you?

At the rate that your spouse, grandparent, parent, a loved one or even a neighbor are aging, those in their 30s, 40s, 50s (and even 60s!) are finding themselves in a difficult role reversal – helping or caring for their aging family members in addition to caring for or helping their own children. But what does this typical situation really look like? Let me paint a picture for you...

Sophia is 81 years old and lives alone. She has some ability to be independent with basic activities, but the responsibility of helping her with finances, health care and her long-term living situation requires the assistance of a family member or friend. It's almost a full-time job. Making sure one can attend to her/his own personal, social and family life, while helping an aging loved one like Sophia make her frequent trips to the doctors and other appointments or deal with the endless stack of paperwork for Medicaid and health insurance can be challenging. All of this, while keeping an eye on the bottom line to determine if Sophia is going to have any financial security in the long term, can be emotional for everyone involved.

The good news and the bad news...

As concerning as the above common scenario may seem, the good news is that no one ever has to age alone. An essential and critical community resource like Aging Care Connections not only is available to help the older adult connect with services and support systems ensuring a healthier aging process, but also help the families and caregivers involved in the process as

well. In addition, Aging Care Connections is fortunate to work with a multitude of aging partners within 32 communities to help families who are experiencing the trials and tribulations of aging – whatever that may be. From dementia care to respite, to access to benefits to creating a safer home environment, Aging Care Connections becomes the community’s “one call” to make when there is a question or situation involving an older adult.

Unfortunately (the bad news), economic changes such as the current recession cause funders to suddenly restrict vital dollars from supporting critical services to help older adults. In addition, federal fiscal policies like sequestration begin to take away the ability for hundreds of older adults to receive basic services such as meals and information and assistance. This does not even take into account the recent elimination of the essential community prescription assistance program (Illinois Cares Rx) or the fact that State payments to Aging Care Connections are still delayed by as many as 4-5 months! In the end, despite all of these challenges,

Aging Care Connections is certain we must preserve our mission of serving older adults and their families. This is where you, our readers, come in.

We’re in this together!

A strong demonstration of support by the community-at-large through volunteerism, advocacy in spreading the word and financial assistance is what it will ultimately take to keep older adults independent and valued members of our community.

Aging Care Connections has had a resilient 42-year history full of success. It is your aging spouse, grandparent, parent, family member, friend or neighbor that remains important to us; we need to continue to be there for them and for you well into the future.

As we approach Older Americans Month in May, I hope you will not only join us in celebrating our seniors, but also take time to think about “being prepared” and what your role is in the life of an older adult... then think of us – their (and your) connection to aging well.

CAREGIVER SUPPORT SERIES:

CARING FOR INDIVIDUALS IN THE LATE STAGES

Aging Care Connections announces a five-week informational seminar for caregivers of individuals in the late stages of Alzheimer’s disease or other chronic conditions. Topics scheduled for discussion are: medical concerns, legal considerations and

advance directives; care in home or in a facility, and hospice. Support and stress relief for the caregiver will also be covered. This seminar is provided at no cost to the participants.

Dates: Thursday April 18, 2013 to
Thursday May 23, 2013

Time: 1:00 pm until 2:30 pm

Place: Aging Care Connections
111 W Harris Avenue, La Grange

**For enrollment or additional information,
please contact:**

Ruth Folkening, Caregiver Specialist
708-354-1323, extension 228
rfolkening@agingcareconnections.org

RECENTLY PUBLISHED RESEARCH

BY AGING CARE CONNECTIONS STAFF

We are proud to note that the Journal of the American Society on Aging, *Generations*, published the work of Aging Care Connections' staff members in the Winter, 2012-13 issue focusing on Care Transitions in an Aging America. Former Program Manager of the Aging Care Connections Aging Resource Center, Caroline Ryan, who is now the ADRC Care Transitions Program Administrator at the Center for Disability and Aging Policy, U.S. Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C., and Louise Starmann, Aging Care Connections Director of Social Services, collaborated on an article entitled, "Safe Discharge Home: One Community's Response to Improving Transitions from Observation Care". The article describes the



Louise Starmann

patient-centered program partnership of Adventist La Grange Memorial Hospital and Aging Care Connections to ensure safe transitions home after observation stays in the hospital.

In addition, Ilana Shure, Program Manager of the Aging Resource Center, collaborated with fellow members of the Illinois Transitional Care Consortium, Susan Altfeld, Kristen Pavle, and Walter Rosenberg, to present "Integrating Care Across Settings: The Illinois Transitional Care Consortium's Bridge Model". The article introduces a collaborative, nationally-replicated model sensitive to the complex factors impacting older patients in the post-discharge transition which Aging Care Connections was instrumental in developing.



Ilana Shure

INTRODUCING THE TREASURER OF OUR BOARD OF DIRECTORS GREGORY J. PIERCE, CPA

Greg Pierce is a partner with Pierce, Riesbeck & Associates, LLP. He brings more than thirty years of experience in accounting, taxation and business valuation to his clients. Greg specializes in family businesses and small business taxation and succession. Included in his areas of concentration are estate and gift tax planning, individual taxes, and business structure. He has many years of experience working with not-for-profit organizations, manufacturers, the trucking industry, wholesalers, and professional service corporations. He has performed Peer Reviews of accounting firms for more than fifteen years, currently serves on one of the ILCPA Society Peer Review Acceptance Body Committees and served as Chairman of the ILCPA Society's Peer Review Executive Committee. In 2011, Greg was the recipient of the Distinguished Service Award from the Illinois CPA Society for his volunteer service.

Greg's professional affiliations include the American Institute of Certified Public Accountants (AICPA), Illinois CPA Society (IACPAS) Member, and Chairman of the Illinois CPA Society Executive Committee for Peer Review.

Greg has served on the Board of Aging Care Connections since January, 2008. He chairs the Finance Committee and is a member of the Executive Board. Greg has served in various capacities on the boards of charitable organizations and his church. Greg and his wife, Carol, live in Darien. They are the proud parents of Lauren (Tom) Krug and Lisa. He is an honors graduate of the University of Illinois at Chicago.

We are proud to introduce our Director, Greg Pierce!

CHRONIC DISEASE: THE LONG JOURNEY

Aging Care Connections hosted a full-day professional development program at Adventist La Grange Memorial Hospital (ALMH) on Thursday, March 7, 2013. Experts from different disciplines spoke to professionals in the field of aging about the complex options for care for their clients facing the long journey of chronic illness. Dr. Rajeev Kumar began the day by providing a description of palliative care and hospice care in chronic disease management and end of life care.

William Wilson, JD presented a comprehensive legal overview of the impact of chronic disease and quoted a study that put the illness into perspective: "Research indicates that people with chronic illnesses have increased vulnerability to civil, criminal and family law

problems and are less likely to resolve these issues."

Michael McGillicuddy CFP, LCSW identified the challenges families face in meeting the expenses for prolonged care, Kristen Pavle, MSW defined the federal and state initiatives impacting care coordination, managed care, and long-term services and Ruth Folkening, MA discussed support and guidance issues for older adults and their caregivers. Dana Bright, LSW from Rush University Medical Center presented an overview of self-management concepts while discussing the impact of chronic disease from a consumer perspective. Aging Care Connections thanks our sponsor, Belmont Village; ALMH; and our distinguished presenters for a stimulating and informative program.

CELEBRATING SENIORS WEEK—MARK YOUR CALENDARS NOW!

Aging Care Connections, in conjunction with other organizations and community leaders, will be hosting "Celebrating Seniors Week" May 16-23, 2013 (Older American's Month). Twenty-two communities in Lyons, Riverside and South Proviso Townships will come together to "Celebrate Seniors" through events, activities and programs that will serve to engage, inform, and, in some cases, entertain older adults and their families.

A Senior Resource Guide will be available which will contain valuable social service information, a listing of the "60 over 60" volunteers nominated for the difference they are making in their communities, and the calendar of events taking place that week. The Guide will be available at Aging Care Connections, village halls, libraries, park districts and other

locations throughout the 22 communities.

The ultimate goals of this week will be to:

- Raise awareness of older adults and their contributions to the community;
- Inform the community about programs and services that are available to older adults through local groups and businesses (for-profit and not-for-profit); and
- Facilitate cooperation and a stronger sense of partnership of the business community, government agencies and other organizations for the benefit of the older adult population

Checkout www.agingcareconnections.org for more information about the kick-off and closing events along with up-to-the minute information about this exciting initiative or call Linda Hussey, Celebrating Seniors Week Coordinator at 708-354-1323, extension 242.



Celebrating Seniors Week is generously sponsored by:



CHARLES "PEANUT" TILLMAN

TO HEADLINE AGING CARE CONNECTIONS SPORTS BALL



There are so many reasons you have to attend Aging Care Connections 12th Annual Sports Ball Benefit Gala this year! This one is creating the most buzz...outstanding Bears cornerback, Charles "Peanut" Tillman, has signed on to appear as a celebrity athlete at our event on Friday, May 17 at 6 pm.!

Another reason is the brand new venue, Pinstripes in Oak Brook. For the first time, we will have the chance to try our hands at bocce and bowling! The event will feature tailgate cocktails, skybox dining, auctions, bocce and bowling.

The best reason is the fact that Sports Ball is Aging Care Connections' major fundraising event held to support the organization's social service programs assisting those 60 years of age and older in suburban Cook County communities. With cuts to governmental and United Way funding, your support is desperately needed this year in order for our organization to continue to offer critically-needed help to seniors who are struggling to buy prescriptions and food, pay rent and live safely in their own communities.

The event will give guests the opportunity to meet celebrity athletes and WGN-TV sports anchor, Pat Tomasulo, who will sign autographs and answer questions about the outstanding careers they have enjoyed with major league teams. Auction items showcasing a Notre Dame package including a football autographed by alumnus and Heisman Trophy winner John Lattner who will attend Sports Ball, and the opportunity to "borrow" John Lattner's Heisman trophy for two weeks; sports memorabilia including a football signed by Heisman Trophy winners; and trips to the Ottawa Culinary Institute, Scottsdale, Napa Valley, Lake Tahoe and Blue Harbor Resort.

Sports Ball 2013 Planning Committee members include: Vicky Dawson, Linda Dishman and Cathy Macellaio, Burr Ridge; Ken Bruning and Liz Payne, Clarendon Hills; Lizzi Chibucos, Elmhurst; Lora Collins, Tracy Erwin and Candace Zanon, Hinsdale; Craig Balon, Steve Kneifel, LaVerne Loayza, Alea Olson, Karen Olson, Teri Pappas and Karen Westrick, La Grange; Christy Dolan, Pat Smurawski and Debbie Stangarone, Oak Brook; Mike Doepke and Mike O'Brien, Western Springs and Jim Pluta, Willow Springs.

Aging Care Connections is accepting auction items and sponsorships to support the event. Tickets are available for \$150 each, and information about Sports Ball is available by calling Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226. Please join us for an unforgettable evening!

AGING CARE CONNECTIONS

THE LEE BURKEY, SR. GIVING SOCIETY



The Lee Burkey, Sr. Society is a community of individuals who support the empowering and inspiring legacy of one of Aging Care Connections' finest volunteers and advocates for older adults. Lee Burkey, Sr. believed in access to aging services by all in need and he exhibited

that philosophy through his many gifts – his time as a pioneering Board member, his talents as a successful attorney and his treasures as the founder of the first major giving society of Aging Care Connections, formally – “The \$500 Club”. Most importantly, it was through Lee Burkey, Sr.’s unwavering and tireless passion that Aging Care Connections is housed where it is today and in the future.

A gift of \$1,000 (whether unrestricted or committed to a particular program) qualifies the donor for membership in “The Lee Burkey, Sr. Giving Society” benefiting Aging Care Connections. Inclusion in this Giving Society is our way of honoring this significant level of philanthropy.

Key benefits of membership include:

- Invitation to a special annual Lee Burkey, Sr. Giving Society donor recognition event.
- A Personalized Giving Report.
- Exclusive Giving Society donor communications and Aging Care Connections newsletters.
- Recognition in the Aging Care Connections Annual Report.
- Recognition on The Lee Burkey, Sr. Giving Society Donor Wall at Aging Care Connections.

Most importantly, your donation provides the satisfaction of helping Aging Care Connections continue to provide the most comprehensive, expert information, programs and services, enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives.

Please contact Kenneth Grunke for more information about the Lee Burkey, Sr. Society at 708-354-1323, extension 243 or kgrunke@agingcareconnections.org.

AGING CARE CONNECTIONS PROGRAM AND CAPITAL CAMPAIGN:

“LEADING THE COMMITMENT TO AGING WELL”

Our total to date is now \$937,000! The excitement is building as we inch closer to our goal. We are grateful to the many donors who have endorsed our mission by generously supporting the Program and Capital Campaign! Now is the time to join your friends and neighbors to ensure that the services Aging Care Connections offers to seniors in our community can be sustained.

Here’s how you can help:

- Host an event. In order for our campaign to be a truly broad-based community effort, we must bring our message to new donors. Please consider hosting an event to introduce Aging Care Connections and our Program and Capital Campaign to your friends and colleagues.

- Make a donation. Use our secure online donation system to make a monetary donation or mail a check. Gifts of stock are also appreciated. Please contact Ken Grunke, Director of Philanthropy and External Affairs, 708-354-1323, extension 243.
- Become a partner. In addition to making a monetary donation or a donation of stock to the “*Leading the commitment to aging well*” Campaign, we would appreciate in-kind gifts such as printers, a copier, furniture, window treatments, a flat screen TV and DVD and audio-visual equipment.

Our Goal: \$ 1 Million



Campaign contributions to date: \$937,000

Thank you very much for your consideration!

MONTHLY GIVING

SMALL GIFTS MATTER

Question: What is convenient, simple, “green” and saves money, yet has a GREAT impact in the community?

Answer: Recurring Donations!

Through a monthly, quarterly or annually recurring donation to Aging Care Connections, you can provide critical support to older adults, while making the donation process convenient and simple for YOU...

- no more appeal solicitations from us
- no more check writing hassles and
- no more worrying about being environmentally-friendly

PLUS, you'll be comforted to know that you've saved

Aging Care Connections the cost of sending out mailings to your home, rerouting those dollars to the clients who need our support more than ever.

Just think, a donation of only \$10 a month adds up to \$120 over the course of just one year. You simply set it up one time and let us take care of the rest.

Setting up a recurring donation

1. Complete an Aging Care Connections' remittance envelope (included in this newsletter) OR
2. Go to www.agingcareconnections.org and simply click on the [on our home page](#).

Make giving simple and start helping older adults in need right now!

For questions, call Linda Hussey, Annual Fund Coordinator, 708-354-1323, extension 242.

DONATE
Aging Care Connections



THANK YOU FOR CARING ABOUT OLDER ADULTS!

and Capital Campaign: *Leading the commitment to aging well.* Continental Toyota/Scion is committed to working

Aging Care Connections is proud to recognize Continental Toyota/Scion in Hodgkins for their generous support to the Aging Care Connections' Program

with partners such as Aging Care Connections to ensure a healthy community in which all can age well. Please check out their website at www.continentaltoyota.com or by stopping at their office located at 6701 S La Grange Rd in Hodgkins.



Westchester Community Action Team

Diana Roselli (left), Bernie Hiles (second from right), and Beverly Fotiadis, Westchester Aging Well Community Action Team members, presented the Aging Care Connections Community Service Traveling Trophy to Westchester President Sam Pulia at the December meeting of the Westchester Village Board.



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

WE CAN HELP! PLEASE ATTEND THIS PROGRAM!

Please call Aging Care Connections to register:
708-354-1323

Free of charge!

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



Connecting Older Adults with Community-based Resources and Options



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Your Source For Senior Care

VOLUNTEERS NEEDED!!!!

Community Nutrition Network Home Delivered Meals Programs is in desperate need of volunteers to deliver meals on wheels to **FRAIL, DISABLED** and **HOMEBOUND** seniors in the following communities:

LaGrange/LaGrange Park

Riverside

N. Riverside

Lyons/Lyons Riverwalk

Brook Field/Brookfield Park

Burr Ridge

Western Springs

Countryside

Hodgkins

McCook

Indian Head Park

Hinsdale

These areas are divided into six routes and two volunteers are needed for each route, one person as the driver, while the other person takes the meal to the door. Volunteers may commit to one day a week or more. Deliveries can take an hour to two hours. A gas mileage stipend is available, if needed. Anyone interested in donating time for this most-needed service can contact the Distribution Manager at the number listed below, or by visiting the on-site office:

Our Lady of Loretto Church

8925 S. Kostner

Hometown, IL 60456

Community Nutrition Network Home

Delivered Meals Distribution Center

Jennifer L Owen, Distribution Site Manager

(708) 422-5188 • jowen@cnnssa.org





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 \$10 per class. To register, please call Ruth Folkening, 708-354-1323, extension 228.

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.*

THE DOCTOR IS IN!

Did you know that Aging Care Connections has a health clinic on-site staffed by a physician who is Board-certified in geriatrics? Dr. Shahla M. Nyaeme, of Adventist Midwest Geriatrics Specialists, is available the second and fourth Thursday of the month from 9 a.m. until 12 noon to see patients by appointment. Appointments may be made by calling 708-245-4073.



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

AGING CARE CONNECTIONS IS GOING GREEN!



In an effort to cut down on printing and mailing costs, Aging Care Connections will begin to offer its annual reports exclusively as electronic documents on its website, beginning with our upcoming FY2012 Annual Report. This publication will be made available at the end of April on our website at www.agingcareconnections.org.

org. Our goal continues to be directing maximum funding to our programs, which provide critical services to seniors in our community. If you would prefer a hard copy of the Annual Report, please contact Niki Chibucos, Director of Development and Public Relations, at 708-354-1323 or via e-mail at nchibucos@agingcareconnections.org. Thank you!



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.