



aging care
connections

Your Source For Senior Care

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THE EPIDEMIC OF SELF-NEGLECT by Louise Starmann, Director of Social Services

Aging Care Connections is very grateful for support received from Proviso Township Mental Health Commission (PTMHC) to assist in working with older adults who self-neglect. The grant is the first funding received by Aging Care Connections to work with this issue. Self-neglect is increasingly reported to our Elder Abuse program, but is currently not funded by the Illinois Department on Aging.

The proposal funded by PTMHC establishes a broad community response to the needs of older adults who live in our community and who present a serious risk to themselves due to patterns of self-neglect. The goal of the project is to reduce the risk posed by self-neglecting behaviors, encourage support of self-neglecting clients within their community and to enhance awareness. Aging Care Connections frequently encounters these clients in the emergency room, through code enforcement, family members seeking help, or through the complaints of neighbors who fear for the older adult and the effect on their property.

Currently, each community attempts to deal with complexities of self-neglect using a single-faceted approach. Despite the growing number of these cases, professionals must grapple with the complex legal and ethical issues presented by this phenomenon with no organized program or funding source for the intensive care management required. An integrated community response offers the opportunity to utilize code enforcement, legal assistance and medical resources based on the assessed need and individual level of risk. A cohesive team approach, integrated and based on the older adult's right to self-determination, is consistent with the best practices found in current literature. The concept of a partnership is essential to the success of

the program. Support for an individualized care management approach is needed in order to sustain the lengthy process of relationship-building and assessment required prior to any effective intervention. Older adults who self-neglect are generally isolated, disengaged and highly resistant to any intervention. Aging service providers, such as Aging Care Connections, can offer a unique opportunity to gain insight into the underlying causes of the neglect over time. However, the unique facets of the problem suggest that care managers will benefit from enhanced and targeted training and multi-disciplinary consultation.

Initiated by a lecture offered as part of Aging Care Connections' 40th Anniversary Signature Lecture Series by Dr. Christiana Bratiotis of Boston University, a national expert in the area of hoarding, a task force has been established with representation from mental health, legal, law enforcement and code enforcement professionals. The inaugural meeting in December was the first step in putting together a team for case consultation and community awareness to cope with self-neglect, a mysterious and dangerous pattern of behavior. Aging Care Connections hopes to increase support for this project in other locations within our service area and to use the lessons learned to formulate an effective intervention for all older adults who need assistance with this problem. If you are aware of an older adult who may need this type of assistance, please contact our Social Service Department for information or to make a referral. In addition, community support in the form of monetary donations is critical to the future sustainability of this important program. Please consider making a donation today with the remittance envelope enclosed in this newsletter.

AGING CARE CONNECTIONS HOSTS 40TH ANNIVERSARY ANNUAL LUNCHEON

Aging Care Connections hosted its 40th anniversary annual luncheon on Thursday, October 20 at Ruth Lake Country Club, Hinsdale. We were pleased to welcome a capacity crowd. Highlights of the event included the presentation of the Community Service Award to the Village of La Grange and a keynote speech by Dr. Mary Ann Malloy, NBC 5 TV's Living Well medical contributor. A surprise recognition was given to Jim Durkan, retiring president and CEO of Community Memorial Foundation, Hinsdale, for his years of service and dedication to providing access to coordinated health and human services necessary to ensure a healthy, aging community.

"Honoring Jim Durkan upon his impending retirement from Community Memorial Foundation is very fitting in our 40th anniversary year given his long-time support of services to seniors in our community and the Foundation's endorsement of our mission," said Debra Verschelde, executive director of Aging Care Connections.

We gratefully acknowledge the Sponsors of the Luncheon: Adventist La Grange Memorial Hospital, Belmont Village, First National Bank of La Grange and The British Home.

Sponsors



In addition, the following premier program book advertisers were instrumental to the success of our event:

Premier Advertisers



Aging Care Connections Aging Well Community Action Team members, Velaine Carnall (left), Don Cuttill, and Gerrie Ballard present a gift to Jim Durkan, retiring President and CEO of Community Memorial Foundation, recognizing his years of dedicated leadership and service.



Greg DiDomenico, President and CEO, Community Memorial Foundation, and Saranne Milano, President, Aging Care Connections Board of Directors.



Board member Dan Pancake and his wife, Raedell.



Saranne Milano (left), Aging Care Connections Board President, presents the Annual Community Service Award to Liz Asperger, Village of La Grange President.

Photo 1 – Aging Care Connections Board members, Mike Doepke (left), Cathy McCrory, and Jerry Burjan at the 40th Anniversary Annual Luncheon at Ruth Lake Country Club, Hinsdale.



Photo 2 – Don Cuttill (left), Hodgkins trustee, and Jeffrey R. Tobolski, Jr, Cook County commissioner and McCook mayor, enjoy Aging Care Connections' 40th Anniversary Annual Luncheon.



DIRECT DEPOSIT: THEFT PROTECTION FOR YOUR FEDERAL BENEFIT PAYMENTS

Help safeguard your money from financial crimes by switching from paper checks to electronic payments today

Source: U.S. Department of the Treasury, Financial Management Service

If you receive federal benefit payments by paper check, did you know that criminals can steal your check from the mailbox, making you a victim of financial crime?

Last year alone, more than 540,000 Social Security and Supplemental Security Income checks were reported lost or stolen. Despite the risks, millions of senior citizens, people with disabilities and others still receive their payments by paper check.

Ensuring you get your money the safest way possible is one reason why the U.S. Department of the Treasury is getting rid of paper checks for federal benefits. Payments instead will be made electronically, which eliminates the risk of stolen checks and helps protect you from financial crime.

If you are about to apply for federal benefits, you will receive your payments electronically from day one. If you already get federal benefit payments by check, you must switch to an electronic payment method by **March 1, 2013**.

Don't leave your money at risk by waiting for the deadline. It's fast, easy and free to switch to one of the two electronic payment options recommended by the Treasury Department:

- **Have a bank or credit union account?** Sign up to get your money by **direct deposit** to a checking or savings account. Your federal benefit payment will go straight into your account on payment day each month.
- **Prefer a prepaid debit card?** Switch to the **Direct Express®** Debit MasterCard® card. Your money will be posted to the card account on payment day each month. You can make purchases and get cash back with purchases at no charge anywhere Debit MasterCard® is accepted. There are no sign-up fees, overdraft fees or monthly fees. Some fees for optional services may apply. For information on card fees and features, visit www.GoDirect.org. No bank account or credit check needed.

To switch to **direct deposit** or the **Direct Express®** card, contact your federal benefit agency office, visit the Treasury Department's **Go Direct®** campaign website at www.GoDirect.org, or call the U.S. Treasury Electronic Payment Solution Center at **(800) 333-1795**. **For direct deposit to a checking or savings account, you can also make the switch at your local bank or credit union.**

Direct deposit offers you theft protection for your federal benefit payments. Don't wait – make the switch today.



Introducing Board Member RICK SHANLEY

Rick Shanley is a Certified Financial Planner and is a partner in the La Grange-based financial planning and investment firm, Horizon Wealth Management, LLC. Rick has served on the Board of Aging Care Connections since 2006. He is a member of the Executive and Finance Committees and co-chairs the Development Committee. Rick has other philanthropic involvement with the Kiwanis Club of Western Springs where he is past-president, as a member of the Business Education Council for the West Suburban Chamber of Commerce and Industry, and as a member of the Financial Planning Association. Rick resides in La Grange with his wife, Stefani, and three young children, Abigail, Matthew and Benjamin. He is a graduate of Indiana University.

We are proud to introduce our Director, Rick Shanley!

AGING CARE CONNECTIONS HOSTS CAREGIVER LUNCHEON

Aging Care Connections hosted thirty caregivers of older adults at a luncheon in their honor on Tuesday, November 8. Caregiver Specialist Ruth Folkening coordinated the event to provide respite and enjoyment to caregivers who face the often daunting responsibility of caring for a loved one. The event was sponsored by Moraine Court, Bridgeview.

Caregivers were treated to a lunch and time to relax in the company of others in similar situations. In addition, techniques for stress relief and resources for assistance were shared.

National Family Caregivers Month is observed in November to thank, support, educate, and celebrate more than 50 million family caregivers across the country. It is nationally recognized to draw attention to the many challenges facing family caregivers, to advocate for stronger public policy to address family caregiving issues, and to raise awareness about community programs that support family caregivers. Giving support to caregivers is an issue warranting



public attention because virtually every person will at some time in his or her life assume this role.

Aging Care Connections is dedicated to providing respite and relieving the stress that can often accompany caregiving. "We are your partner in caregiving, providing respite, education, guidance, and peace of mind," said Ruth Folkening. "A major focus of our work is supporting caregivers of older adults who may be children, spouses, friends, or neighbors."

VOLUNTEERS NEEDED!!!!

Community Nutrition Network Home Delivered Meals Program is in desperate need of volunteers to deliver meals on wheels to our communities:

La Grange/La Grange Park
Riverside
N. Riverside
Lyons
Brookfield
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 can commit to one day a week or more. Deliveries can take between an hour to two hours. A gas mileage stipend is available if needed. Anyone interested in donating their time for this most needed service can contact Regina or Jackie at the numbers listed below or visiting the on-site office listed.

OARS Adult Daycare
712 East. Elm Street
La Grange, IL 60625

Community Nutrition Network Home Delivered Meals Distribution Center
Regina A. Overstreet, Distribution Site Manager
(708) 547-5600 ext. 303 or (708) 234-1853
roverstreet@cnssa.org

SENIOR DISCOUNT DAY PROGRAM CONTINUES TO GROW!

On Wednesday, October 5, the La Grange/La Grange Park Community Action Team kicked-off its Senior Discount Day Program and it has been growing rapidly ever since. Currently, more than 35 businesses are participating in the program in both communities. Beginning January 3, two additional Aging Well Community Action Teams representing Countryside, Indian Head Park and Western Springs will launch Senior Discount Day Programs. We are pleased to announce the businesses in the inaugural group of participants:

Countryside

Flagg Creek Golf Course
 Infinity Signs & Printing
 Old Country Buffet
 Westfield Ford
 William Tell Restaurant

Western Springs/ Indian Head Park

Casey's
 Dye Hard Salon
 Edward Jones
 John Montalto
 Snackers Café

Thanks to all the participating businesses. We appreciate your commitment to your communities and the older adults among your residents.

New businesses are added every week. Please visit www.agingcareconnections.org for the full list.



Sally Mitchell of Western Springs visits Casey's Market in Western Springs on Senior Discount Day.



La Grange Park Village President, Dr. Jim Discipio; Village Manager, Julia Cedillo; and Village Treasurer and La Grange/La Grange Park Community Action Team Leader, Dick Zeiler, pose with the Aging Care Connections Traveling Trophy Community Service Award which was presented at the November Village of La Grange Park board meeting.



Eunice Becker, Westchester, and John Benedikt, Lyons, won the most total laps completed at the La Grange Park District Recreation Center's indoor track as part of Aging Well's Walk for Health monthly program for January-October 2011. Congratulations!



Velaine Carnall, Countryside Aging Well Community Action Team Leader works with Lou Crotty, team member, to finalize plans for the annual Countryside Leaf Raking Program. Groups of volunteers from churches, Gurrie Middle School and community organizations came together to make the project a major success by raking 30 lawns to help Countryside seniors!

OUTSTANDING ELDERLY SERVICE OFFICER RECOGNITION

As the organization charged with investigating elder abuse in 32 communities, we have the opportunity to nominate candidates for the Outstanding Elderly Service Officer recognition. Liz Thompson, Elder Abuse Program Supervisor, nominated Detective Corporal Brian Loughran of the Norridge Police Department, and he was successful in earning the distinction.

Detective Corporal Loughran was recognized at the National TRIAD Conference on October 4. He is pictured with Liz Thompson, left, and Heather O'Hara, Care Coordinator/Elder Abuse. Congratulations!



Gurrie Middle School "Makes a Difference"

Students from Gurrie Middle School's "Every Monday Matters" Club contacted Aging Care Connections in September to partner with us to assure that needy seniors in the area did not have to worry about who would rake their lawns in the fall. Ten students and four staff members dedicated their Tuesday afternoons for five weeks to seniors in the area who needed this assistance. The lawns were raked and friendships initiated. Thank you, Gurrie Middle School!

SAVE THE DATE

SATURDAY, MAY 5, 2012
6:00 PM

ENTER GATE 1
 SECTION 201
 ROW 3
 SEAT 4

SUPPORT AREA SENIORS

CASUAL ATTIRE

SPONSORSHIP OPPORTUNITIES AVAILABLE

To learn more about sponsorship, or to order tickets, contact Niki at 708-354-1323 ext. 226.

ONLY 350 TICKETS AVAILABLE!

Dinner! Dancing! Live and Silent Auctions!

Harry Caray's at the Westin, Lombard

Mingle with Dutchie Caray and Celebrity Athletes!

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Rafer Weigel
WSL-TV, Chicago

TO BENEFIT

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www.agingcareconnections.org



REGULAR MONTHLY EVENTS

Alzheimer's Caregivers Support Group:

A support group that meets monthly for caregivers of someone diagnosed with Alzheimer's disease meeting the first Tuesday of the month from 1:30 – 2:30 p.m.

Please contact: Sue Murphy, 708-354-1323, extension 221 for questions or to register.

Caregivers Support Group: "The Lunch Bunch" is a group of caregivers who chat over lunch. The group meets at Bakers Square Restaurant, 942 S. La Grange Road, La Grange the third Thursday of the month at 11:30 a.m. Each participant pays for his or her lunch.

Please contact: Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 228 for questions.

Grandparents Raising Grandchildren Support

Group: A support group that meets the last Thursday of the month from 10:00 a.m. - 11:00 a.m. at the Summit Public Library, 6233 S. Archer Road, Summit.

Please contact: Sue Murphy, 708-354-1323, extension 221.

Memories—Gone But Not Forgotten: A group for older adults experiencing early stages of memory loss who enjoy the company of others. Group meets at the same time as the Alzheimer's Caregivers Support Group the first Tuesday of the month from 1:30 - 2:30 p.m.

Please contact: Intake Office, 708-354-1323, extension 215 to register.

Men's Support Group: The Friday Morning Regulars is a group of men that meets on Fridays at 9:00 a.m. to discuss issues related to aging.

Please contact: Intake Office at 708-354-1323, extension 215 for questions or to register.

Arthritis Exercise Class:

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.

Sensible Fitness for Older Adults: A six-week fitness program for older adults and their caregivers offered in partnership with Right - Fit Sport Fitness Wellness, LLC, Willowbrook that meets from 10:00 a.m.-10:45 a.m. on Friday. Research has shown that regular exercise improves brain function as well as increases stability, mobility, strength and endurance; improves balance, coordination, digestion, and circulation; improves mood, sleep, and blood pressure; helps prevent falls; and provides socialization and enjoyment. Cost for seven sessions is \$56 at the time of registration.

Please call: Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 228, for questions or to register.

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.

Will and Estate Planning: Attorney Erik Peck is available the second Wednesday 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.

Please note that groups meet at Aging Care Connections unless otherwise noted in the description.

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

*Happy New Year
Holiday Appeal*

Please mail your Holiday Appeal donation in the envelope you received or contact Niki Chibucos at 708-354-1323, if you have not received it. We need YOUR help to continue to deliver quality services to the older adults in our community. Thank you!

HELP US SAVE  **AND**  **!!!**

Please contact Niki Chibucos at 708-354-1323, extension 226 or via e-mail at nchibucos@agingcareconnections.org if you would like to receive this newsletter electronically. Help us to live GREEN! Thanks!

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.