



SPRING 2019

# AGING WELL MATTERS

## Connect, Create, and Contribute in May

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. In April 1963, a meeting between President John F. Kennedy and members of the National Council of Senior Citizens led to the designation of May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Every president since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons. This year, the Administration on Aging, which leads our nation’s observance of Older Americans Month, has chosen the theme, *Connect, Create, Contribute*, which

encourages older adults and their communities to connect with friends, family, and services that support participation; create by engaging in activities that promote learning, health, and personal enrichment; and contribute time, talent, and life experience to benefit others.

Aging Well Month is our annual celebration of Older American’s Month. In May, we invite you to participate in this month-long series of programs, events, and activities created specifically for older adults. By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. Everyone

benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May and throughout the year. More information about Aging Well Month’s Calendar of Programs is on page three.

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## **Director of Philanthropy and External Affairs**

Nancy Grah

# Our Mission

Our mission is to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well. We do this by providing comprehensive programs and services for older adults and their families. Below is a list of some of our programs and services:

Adult Protective Services

Aging Well Neighborhood

Benefits Assistance

Caregiver Support

Comprehensive Care Coordination

Congregate Meals

Grandparents Raising Grandchildren

Information & Assistance

Options Counseling

Special Diet Home Delivered Meals

Support Groups

Transitional Care

Transportation Assistance

## **Aging Care Connections**

**Phone: 708-354-1323**

**Email: [info@agingcareconnections.org](mailto:info@agingcareconnections.org)**

**Website: [www.agingcareconnections.org](http://www.agingcareconnections.org)**

**111 W. Harris Avenue, La Grange, IL 60525**



[www.facebook.com/agingcareconnections](https://www.facebook.com/agingcareconnections)



<https://twitter.com/agingcareconns>

### **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.

## Aging Well Month:

Free Programs for Older Adults  
Planned Throughout the Area



Be on the lookout! The Aging Well Month calendar of events is scheduled to arrive in April. You can find them in your local newspaper, in the Aging Care Connections office and around town. This year will mark the 7th annual Aging Well Month, a month-long celebration offering free programs tailored for older adults that are engaging, educational, and social.

Last year, over 611 individuals from 51 communities participated in over 68 Aging Well Month programs—a record amount. Some of the most popular programs were *Lunch and Music That Stirs the Soul*, chair yoga, and a talent show. With over 75 diverse programs planned for this year, we expect Aging Well Month to be another success. Programs include topics, such as home safety, emotional wellness, film discussions, brain boot camp, and Bingocize.

Aging Well Month programs are scheduled to begin May 1 and continue through May 31—with no planned programs on Monday, May 27 in observance of Memorial Day. For questions about Aging Well Month, contact Linda Hussey at 708-603-2342 or [lhusssey@agingcareconnections.org](mailto:lhusssey@agingcareconnections.org).



## Meet New Board President Edward P. Gervain, Jr.

In October 2018, Ed Gervain became Aging Care Connections' new board president. Ed has served on the board since April 2010, when he was Chief Operating Officer at Adventist LaGrange Memorial Hospital. He joined the board to foster an improved relationship between the two organizations. In 2014, he retired from the Hospital, but had developed a fondness for Aging Care Connections, and a passion for the mission and, therefore, remained on the board.

## Adult Protective Services Expands Coverage Definition

On January 1, 2019, the Illinois Department on Aging amended the Adult Protective Services Act expanding the definition of “eligible adult” to include individuals who reside in a licensed facility (i.e. skilled nursing facility, assisted living, etc.) and whose alleged abuse or neglect occurs outside the facility where the individual resides.

The expansion of the public act creates a safety net for individuals who might not otherwise have their abusive situations brought to light. Abuse of older adults and adults with disabilities is the least recognized form of violence

and could be an intentional or unintentional action caused by economic or emotional dependence by the victim or abuser, or unfortunately accepted by the family as a way of life. Aging Care Connections’ Adult Protective Services program helps vulnerable older adults and adults with disabilities experiencing abuse, neglect, or exploitation.

According to the Illinois Department on Aging, financial exploitation, neglect, and abuse take many forms, and in most cases, victims are subjected to more than one type of mistreatment. In Illinois, during FY 2017, 52% of

adult abuse reports alleged financial exploitation; approximately 23% alleged physical abuse; 40% alleged active or passive neglect; and 40% alleged emotional abuse. Abuse is not relegated to specific socio-economic, geographic, or ethnic groups. The greatest predictor of abuse in families is financial dependence, mental illness, and/or substance abuse.

Abuse of older adults and the disabled is chronically under reported. Reports can be made 24-hours a day, seven days a week by calling 1-866-800-1409. All reports are anonymous and confidential.



**REPORT ABUSE**  
**24-Hour Hotline:**  
**1-866-800-1409**  
**Local: 708-354-1323**

ALL reports are confidential  
Anonymous reports  
are accepted

## Volunteer Spotlight: Norman Nodulman



Fifteen years ago, Norm Nodulman, a long-time resident of the area, was looking for opportunities to volunteer when he retired. At the time, a position opened at Aging Care Connections as an AARP Tax Aide to assist older adults with income tax preparation. Since then, he has helped older adults complete their tax returns and volunteered with our Benefits Department to clarify the many complexities of today's benefits forms to older adults.

When asked about volunteering Norm shared, "Volunteering keeps me busy and my mind sharp and it is satisfying to do something for people who need the services that we can provide."

## Caregiver Corner: The Impact of Caregiving

As caregivers, one of the most significant things you can do—both for you and for your family member—is to take care of yourself. Because there are many challenges that come with caregiving, a caregiver's self-care is often overlooked. Some of the problems associated with a lack of self-care include: sleep deprivation, an increased risk of depression, poor eating habits, failure to exercise, ignoring one's illness, and postponing personal medical treatment. During the month of November, which is designated National Family Caregiver Month, Aging Care Connections hosted a Caregiver Wellness event where caregivers were acknowledged and provided amenities such as manicures, massages, dinner, and even respite for the evening. Activities and amenities such as these, which others may take for granted, may become difficult to schedule for the primary caregiver.

Recognizing that when you take care of yourself, everyone benefits, the Powerful Tools for Caregivers program will once again be offered in July. The six-week session will present topics of self-care, reducing personal stress, communicating feelings, needs and concerns, communicating in challenging situations, learning from emotions, and mastering caregiving decisions. For more information please contact Colleen Pelikant, Older Americans Act Programs Supervisor at 708-603-2328 or [cpelikant@agingcareconnections.org](mailto:cpelikant@agingcareconnections.org).

# support

## Ways to Support Aging Care Connections

Aging Care Connections raises funds throughout the year to benefit our programs and services, which are aimed at helping older adults age well in their homes—in the community. There are many ways that you can support our work.

**Make a Donation** – Make a donation right now or set up an automatic monthly donation. Contact Jan Walch at 708-603-2245 to learn more.

**Join the Lee M. Burkey, Sr. Society** – Individuals who make donations of \$1,000 or more annually are recognized as Burkey Society members. Contact Linda Hussey at 708-603-2342 to learn more.

**Make a Tax-Free Charitable Distribution** – Support Aging Care Connections by making a federal tax-free charitable distribution from your IRA (up to \$100,000 per year) or naming Aging Care Connections as the beneficiary of your IRA. Call Nancy Grah at 708-603-2243 with any questions about this unique strategy that can benefit you and ACC.

### We Need You! Donate Your Time

Do you enjoy working with older adults? Are you interested in legislative issues affecting older adults in our communities? Would you be interested in learning a new skill and then teaching that skill to our clients? Want to work in a fun atmosphere and participate in social activities? Aging Care Connections is looking for volunteers to meet with community groups, churches, and schools to share information and flyers about the Aging Well Neighborhood Program. For more information, contact Jan Walch at 708-603-2245 or [jwalch@agingcareconnections.org](mailto:jwalch@agingcareconnections.org).

### Leave a Lasting Legacy

Have you considered leaving a meaningful legacy for older adults by making a bequest to Aging Care Connections? When establishing or reviewing your will with your attorney, we hope you will consider Aging Care Connections as part of your charitable giving. Your gift will help us help thousands of older adults today and in the future. It's as simple as asking your attorney to include language in your will or trust as follows: "I bequeath the sum of \$(enter the amount or percentage) of my estate to Aging Care Connections, La Grange, Illinois, to be used for the general support of the organization or as its Board of Directors deems appropriate." If you have questions, contact Nancy Grah, Director of Philanthropy & External Affairs at 708-603-2243 or [ngrah@agingcareconnections.org](mailto:ngrah@agingcareconnections.org)

## SAVE THE DATE:

### 18th Annual Sports Ball Gala Planned



Aging Care Connections' annual fundraising event, the Sports Ball Gala, will be held Friday, September 13, 2019 at the Chicago Marriott Southwest in Burr Ridge. We

are happy to share that Dionne Miller, ABC 7 Sports Anchor and Reporter, will once again serve as the Mistress of Ceremonies. Last year, we raised over \$116,000 thanks to the support of several sponsors and donors. Our sponsorship packages offer a variety of marketing benefits. The silent auction is a key part of the Gala's success and provides recognition to its donors. Contact Dawn Dina at 708-603-2326 or [ddina@agingcareconnections.org](mailto:ddina@agingcareconnections.org) to learn more about our sponsorship packages and/or donating an item for the silent auction.

## Silver Linings: Gina Millette



“Keep moving,  
you don't have to act  
your age.”

## Partner Spotlight: La Grange Garden Club



Did you ever wonder how the Village planters spring to life in one day? The answer is The La Grange

Garden Club. Founded in 1924, one of the La Grange Garden Club's prime objectives has been the beautification of the Village.

The Club considers community service a year-round endeavor. During the summer they make 30 floral arrangements per week for senior housing residents. They affectionately refer to this as Garden Therapy.

Each Fall, members can also be seen painstakingly arranging sports-themed table centerpieces, just hours before the Sports Ball Gala so that they are fresh and perfect. “We always want to do something special and different, because Aging Care Connections does such wonderful things and we want to help support that as best as we could”, says Jan McFarland, President, La Grange Garden Club.

## CONNECT WITH US ON SOCIAL MEDIA!

Stay in touch and keep up-to-date with all our latest news. Follow and like our social media pages today!

 [www.facebook.com/agingcareconnections](http://www.facebook.com/agingcareconnections)

 <https://twitter.com/agingcareconns>

**amazon smile** - Amazon donates 0.5% of the price of your eligible Amazon purchases. Go to [smile.amazon.com](http://smile.amazon.com) and search for Aging Care Connections to support us.

# events

## Mark your calendars!

### Friday Morning Regulars (Men's Group)

Every Friday  
8:30 am – 10:00 am  
St. Barbara's Parish Center  
4008 Prairie Ave, Brookfield, IL  
For info, call 708-354-1323, Ext. 215

### Congregate Meals - Book Club

Every Wednesday at 10:30 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Aging Well Month

May 2019  
Free program and activities are happening throughout the month.

Calendar of Activities available after April 22, 2019. For more information call 708-603-2342

### Memory Café - Morton Arboretum Trip

Thursday, May 9  
Morton Arboretum - Lisle, IL  
To register and for information on travel assistance call 708-603-1323

### Congregate Meals - Mother's Day Celebration

Thursday, May 9 at 10:30 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Congregate Meals - Memorial Day Celebration

Thursday, May 23 at 10:30 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Memory Café - Art Institute of Chicago Trip

Thursday, July 11  
Art Institute of Chicago  
To register and for information on travel assistance call 708-603-1323

### Sports Ball Gala

Save the Date!  
Friday, September 13, 2019, 6 pm  
Chicago Marriott Southwest at Burr Ridge