



aging care
connections

Your Source For Senior Care

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The Weinberg Foundation Funds the "Older Adult Health Neighborhood"

By Louise Starmann, Director of Social Services



Aging Care Connections would like to extend our sincere gratitude to The Harry and Jeanette Weinberg Foundation for joining together with Community Memorial Foundation and Rush Health and Aging to support the enhancement of the "Older Adult Health Neighborhood." The Weinberg Foundation in Baltimore, Maryland is one of the largest private foundations in the United States. The Foundation has been helping low-income and vulnerable individuals and families through nonprofit funding for more than 50 years. The

Harry and Jeanette Weinberg Foundation allocates the largest portion of its grants budget to the support of older adults. No other American foundation of similar size has emphasized care for poor, older adults to this extent. The Weinberg Foundation's major goal emphasizes care for poor older adults by helping them live "dignified, meaningful, and engaged lives and to maintain their independence for as long as possible." The Weinberg Foundation is known for supporting non-profit agencies that strive for excellence by providing innovative programs and services to improve the lives of seniors.

Together, The Harry and Jeannette Weinberg Foundation and Aging Care Connections will support the mission of providing community-based services that assist older adults maintain and improve their health. Stabilization and improvement in physical and mental health is the cornerstone for this new initiative. Through the support of a multi-disciplinary team including physicians, nurses and social workers, older adults will receive assistance to better manage their health and wellness.

Through this patient-centered program, physicians are able to make direct referrals to social workers in order to increase the physical and mental health of their patients and patients' families. Aging Care Connections is currently established in the Prairie Medical Group office in Westchester as the first physician group to recognize the benefits of this program.


Aging Care Connections developed our ambulatory care services with the guidance and expertise of the professionals at Rush University Medical Center. The goal of the Rush Health and Aging program is to improve health and quality of life for older adults. The services offered through this program compliment 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."

The importance of this grant has been proven in studies that focus on the social determinants playing an important role in health management. It is known that older adults in Chicago's west suburban communities face daily challenges in meeting their


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We Did It...Together!




Aging Care Connections celebrated the successful completion of its capital and program campaign initiative, *Leading the commitment to aging well*, with a ribbon-cutting ceremony and receptions for the Lee M. Burkey, Sr. Society, the new major giving program, and the community held Thursday, November 21 at the building now known as Aging Care Connections at the Burkey Family Center.





More than \$1,200,000 in funds has been raised for much-needed refurbishing of existing facilities, specifically allowing for stricter compliance to ADA standards, as well as to expand programs to meet the increasing needs of older adults in the community.




At the reception for the community, State Senator Christine Radogno spoke about the initiative she helped to launch through a State of Illinois lead grant of \$200,000. The campaign involved raising the remaining funds required to ensure a more efficient, safer and functional facility, while strengthening our existing programs and services to serve the growing number of older adults and families who depend on Aging Care Connections for their aging needs.



Tours of the building showcased a facility better-positioned to serve older adults and more-effectively configured to provide help to seniors expediently and comfortably. Successful completion of the initiative enhances Aging Care Connections' position as a robust, vital organization continuing its 42-year history directed to ensuring the well-being and safety of older adults in the community. If you are interested in a tour, please contact the Advancement Department at 708-354-1323.



Aging Care Connections **thinks** all of the attendees and supporters of the event and the campaign for their belief in our 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.* **Thank you** for providing a healthy aging future for our communities!



THE WEINBERG FOUNDATION FUNDS THE “OLDER ADULT HEALTH NEIGHBORHOOD” continued from page 1

physical, emotional, and social needs. When psychosocial issues such as lack of food and transportation or lifestyle changes supersede an older adult's focus on their medical care, the individuals' overall health and well-being suffer.

In addition, research has shown that physicians are not allotted the time during a regular healthcare appointment to assist their patients with all their psychosocial needs. Further complicating these situations is the frequent lack of integration, effective communication, and common goals among health care and social service providers. By working together, the physician can concentrate on the medical needs of the patient while allowing the social worker to focus on the social service needs that often interfere with the patient's ability to maintain physical and mental health.

In practical terms, once a physician or healthcare professional makes a referral to the Aging Care Connections social worker, ACC will respond to the needs of the client. The social worker may communicate with the client and client's family via telephone or schedule an appointment in the physician's

office. The social worker will assist the client to identify his/her needs in order to establish goals that better synchronize the client's health and wellness with the social determinants. The social worker will assist the client in reaching the goals by providing community resources, caregiver supports, education, counseling, and other means necessary to enable the client to reach his/her goals. For example, a client may have difficulty managing his medications. The social worker can help by setting up in-home health services to prepare medications or simply develop an easy-to-follow schedule with the client. The main goal is to assist seniors become self-reliant administrators of their well-being.

In conclusion, Aging Care Connections is eager to expand the “Older Adult Health Neighborhood” to meet the needs of the many seniors residing in our service area. We are grateful to have partnerships with The Harry and Jeannette Weinberg Foundation, Community Memorial Foundation, Prairie Medical Group, and Rush University Medical Center. Together, we will enhance the lives of older adults in our community.

INTRODUCING CARE COORDINATOR/CHOICE FOR CARE JULIE HESLIN



Julie has been with our organization for 28 years! As you might imagine, she has run the gamut in terms of positions, from Volunteer Coordinator to Information and Referral Specialist to Chore Housekeeping Coordinator to Elder Abuse Case Manager to Benefits Advocate. At this time, Julie is

Care Coordinator/Choices for Care. In this position,

Julie completes the assessments required by the State of Illinois for older adults going into rehab at skilled nursing facilities. She also discusses the services that may be needed for discharge home.

Julie received her Bachelor of Science degree in Family Social Services at Northern Illinois University.

Her family, comprised of Pat, her husband; sons, Patrick, Jr. and Sean; and daughter, Ashley, is a major interest for her. A resident of La Grange, Julie enjoys golf, reading, bike riding, and snow skiing, in addition.

AGING CARE CONNECTIONS' 42ND ANNUAL LUNCHEON MOST SUCCESSFUL EVER

Aging Care Connections hosted its 42nd annual luncheon welcoming more than 200 guests on Thursday, October 17 at Ruth Lake Country Club, Hinsdale. Highlights of the event included the presentation of the Community Service Award to Jerry J. Burjan, Board member and chair of the organization's recent capital and program campaign; the presentation of the Community Partner Award to the Village of Hodgkins and a keynote speech by Linda Yu, ABC 7 Chicago news anchor.

In presenting the Community Service Award to Jerry J. Burjan, President of the Board of Directors Bill Wilson, gratefully acknowledged Jerry's dedicated leadership of the successful Program and Capital Campaign: *Leading the commitment to aging well* which exceeded the stretch goal of \$1,200,000 to benefit older adults.

The Village of Hodgkins was honored with the Community Partner award recognizing it as an essential resource to the local and extended community. Most recently, The Village committed to a long-term partnership with Aging Care Connections to ensure the health, safety and independence of seniors.

In her keynote remarks, Linda Yu emphasized the significant role older adults play in our society including influencing what is televised on television. She credited organizations like Aging Connections with preventing the often tragic incidents she has reported involving seniors.

Our many thanks to the Sponsors of our event: Adventist La Grange Memorial Hospital, Continental Toyota and First National Bank of La Grange.



Village of Hodgkins President Noel Cummings (center) with (from left) Dominick Misasi; Melody Salerno, Village Comptroller; Dee Benka; Don Cuttill, Village Trustee; and Alice Mikrut



Linda Yu of ABC 7 Chicago News



Community Service Honoree Jerry Burjan (second from left) with his family, son, Brad; wife, Carolyn; and daughter, Tracy Burjan-Held

EARLY STAGE MEMORY LOSS SEMINAR



Your Source For Senior Care

Dates and Times

Starting:

Wednesday, March 5, 2014

Ending:

Wednesday, April 23, 2014

1:00 pm until 2:30 pm

This is an eight-week program designed for individuals diagnosed with early stage Alzheimer's disease or another type of dementia, and their family members and friends.

Participants will learn how to:

- Cope with changes
- Maximize strengths
- Enhance communication
- Plan for the future

Participants will meet in two separate groups: those experiencing memory loss in one group, and family members and friends in the other.

The group provides education, emotional support, and social interaction in a safe and supportive environment.

An opportunity to give and receive support from those in similar situations

To enroll in the seminar, or to obtain further information, please call:

Ruth Folkening at
708-354-1323, x 228.

Pre-registration is required.

This group is provided
at NO COST.

www.agingcareconnections.org



Linda Yu of ABC 7 Chicago, keynote speaker; Niki Chibucos, Director of Development and Public Relations; and Debra Vershelde, Executive Director



Debbie Vershelde, Executive Director; Jerry Burjan, Community Service honoree; and Bill Wilson, President of the Aging Care Connections Board of Directors



Jerry Burjan, Community Service honoree; Debra Vershelde, Executive Director; Hodgkins Village President, Noel Cummings; and Bill Wilson, President, Aging Care Connections Board of Directors

HOLIDAY THANKS TO...



**American Legion Auxiliary
Robert E Coulter, Jr, Unit 1941**

Many Thanks to...

The American Legion Auxiliary, Robert E. Coulter Jr. Unit 1941 in La Grange, for providing 32 gifts for Aging Care Connections' clients through the Gifts to the Yanks that Gave program.



First Presbyterian Church of La Grange Gifts for Homebound Seniors

For more than 20 years, the First Presbyterian Church of La Grange has made certain that homebound seniors receive holiday gifts. This year, the Church donated 60 gifts from their annual Giving Tree to Aging Care Connections' clients who might not otherwise be on anyone's gift list. Please accept our thanks for bringing holiday cheer to our seniors!



Riverside Junior Woman's Charity's Gift to Grandparents Raising Grandchildren

Aging Care Connections is very grateful for the Riverside Junior Woman's Charity's partnership this holiday season! Their generous donation of gifts cards for members of the Grandparents Raising Grandchildren Support Group, facilitated by Ruth Folkening, Aging Care Connections Caregiver Specialist, is a wonderful treat for both the grandchildren and the grandparents who often struggle to provide any extras beyond the basics for their loved ones. We deeply appreciate the Riverside Junior Woman's Charity's generosity!





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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 Ruth Folkening, 708-354-1323, extension 228.

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.

Caregiver Support Group (New!): A support group for those who care for a loved one meeting the first and third Wednesdays of each month from 2:00 p.m. until 3:30 p.m. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36th Avenue, Melrose Park.

For information, please call Mattie Stevenson, 708-354-1323, extension 231.

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

(North): Meeting date and time to be determined. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36th Avenue, Melrose Park.

For information, please call Mattie Stevenson, 708-354-1323, extension 231.

Grandparents Raising Grandchildren Support Group

(South): 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: Ruth Folkening, 708-354-1323, extension 228.

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 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.

In Illinois, 183,000 seniors are using SNAP. Are you?

SNAP helps Illinois seniors 60+ purchase healthy food at the grocery store. If your income is less than \$1,915 per month, you may qualify for SNAP. You may still qualify if your income is higher but you have high medical and living expenses.

To apply or for more information please call:

**Aging Care Connections at
708-354-1323**

THIS PROJECT IS SUPPORTED BY THE NATIONAL COUNCIL ON AGING WITH FUNDING FROM THE ATLANTIC PHILANTHROPIES

AGE OPTIONS | family & support services | THE ATLANTIC Philanthropies | ncoa National Council on Aging

Serving Communities in
Leyden, Lyons, Norwood Park, Proviso
and Riverside Townships

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 remember . . .

The 2013 ~ 2014 Annual Fund

Help us to support seniors and their families by making a gift to this year's Annual Fund. With your help, Aging Care Connections assists more than 8,000 local older adults and their family members each year.

Your gift will make the New Year much brighter for older adults in our community.

Thank you!

Save the date!



*The Thirteenth Annual Sports Ball Benefit Gala
Friday, May 16, 2014, 6:00 p.m. – Pinstripes, Oak Brook*

 **Find 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.