



SUMMER 2017

AGING WELL MATTERS

Aging Well in Your Neighborhood

We all want to live in a community that promotes and fosters healthy living, including aging well as we get older. That is why Aging Care Connections along with 12 nonprofit groups that serve the Greater Lyons Township area, formed the Aging Well Neighborhood (AWN) Program with financial support from Community Memorial Foundation. The vision of the AWN is to transform the health and healthcare services of aging adults through the creation of a “health neighborhood” that assists the whole person and affirms the benefits of a life-long process of wellness and prevention. We accomplish this by joining medical and social service providers to deliver coordinated care by

tapping into our community assets and resources to address social determinants of health (how we live, work, grow and age) in the Greater Lyons Township area.

The AWN is composed of a Steering Committee that oversees the Business Community Alliance, Health Programming and High Utilizers priorities. The AWN works to recognize older adult friendly businesses, increase participation in evidence-based health workshops for older adults and work directly with older adults who frequently use hospital services to stabilize their health and reduce their hospital use through coordinated community resources.

To identify an older adult friendly business, just look for an Aging Well Neighborhood Decal on their window. These businesses provide a high level of customer service and do a little extra to show their aging patrons that they are valued.

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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 Program
- Benefits Assistance
- Caregiver Support Program
- Chore Housekeeping
- Community Care Program
- Comprehensive Care Coordination
- Congregate Meals Program
- Home Delivered Meals
- Grandparents Raising Grandchildren
- Information & Assistance
- Transitional Care

Aging Care Connections

Phone: 708-354-1323

Email: info@agingcareconnections.org

Website: www.agingcareconnections.org

111 W. Harris Avenue, La Grange, IL 60525



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.

Community Resource Network

Partners in the journey to age well in the community



Photo: Comfort Keepers, a Community Resource Network partner, participates in a resource fair at Aging Care Connections as part of the La Grange Business Association's Girlfriends Getaway in May.

As we grow older, we face many unexpected challenges. When an older adult or family member calls Aging Care Connections or walks into our office in downtown La Grange, we are prepared with resources to tackle any challenge they may be facing. One of the ways we are able to do this is through strong community partnerships built through Aging Care Connections' Community Response Network, or CRN.

The CRN is a group of

nonprofit organizations, local businesses, and volunteer agencies that have come together with the goal of helping older adults alive and continue to live safely and independently

in their own homes in the community.

Thanks to the CRN's streamlined referral process, we are able to quickly connect older adults to services from home healthcare, to home remodeling and accessibility, to transportation, to in-home hair styling. By bringing all of these community partners together, we are able to provide older adults with access to the resources they need, when they need them.

Community Resource Network

- Addus Healthcare
- Age Well Solutions
- All Trust Home Care
- Cantata Adult Life Services
- Caring Transitions
- CapTel Captioned Telephone
- Comfort Keepers
- Crystal Klear Cleaning
- Debra Anthony, Estate Planning Attorney
- Eileen Fitzgerald, Elder Law Attorney
- Hairs To You Too
- Heartfelt Solutions for Seniors
- Home Helpers Home Care
- Home Instead Senior Care
- HyLife Oral Care
- Independence-4-Seniors Home Care
- Independent Living Solutions
- Interfaith Community Partners
- Kate's Comfort Foods
- KAT Organizing and Relocation Solutions
- Kopicki Family Funeral Homes
- My Life Home Health Care
- Nancie Dorjath, Elder Law Attorney
- Nutriworld Inc.
- People Care
- ReMax Real Estate
- Resource 55 & America's Finest Real Estate
- Right at Home
- Senior Living Advisors
- Senior Living Experts
- Senior Solutions
- Slip-Proof Safety/AmeriGlide
- Standard Bank and Trust Company

events

Join Us and Comedian Mike Toomey at Sports Ball



There is no other event quite like Aging Care Connections' annual sports-themed gala— Sports Ball. Attendees don their finest sports regalia and mingle with celebrity athletes while bidding on highly sought after live and silent auction packages and experiences—geared towards both sports fanatics and non-sports fanatics alike. Now in its 16th year, Sports Ball has become the premier event for a

casually elegant evening where attendees band together to support the needs of older adults in the community.

Last year, the event raised nearly \$93,000 to help older adults receive services such as care coordination, adult protective services, nutritious meals and caregiver support. This year the event will be held Friday, September 15th at 6:00 pm at the Chicago Marriott Burr Ridge. Special thanks to our Most Valuable Premier sponsor The Community Bank of Western Springs. The night will include stand-up comedy by Comedian



and WGN regular, Mike Toomey, celebrity athlete appearances, dinner, and silent and live auctions.

Tickets are \$150 each and can be purchased online at www.agingcareconnections.org or by calling Nancy Grah at 708-603-2243.

Volunteers Going the Extra Mile

Over 140 guests gathered at the La Grange Country Club on Tuesday, May 2 to kick-off Aging Well Month and to recognize, honor and celebrate 69 Community GEMs (going the extra mile).

The Community GEMs Volunteer Recognition Program recognized older adults 60+ who are actively volunteering in their communities and making a

difference in the lives of others. Volunteers honored ranged in age from 60-89 years old.

The guest speaker for the kick-off was 97-year old Sister Jean Dolores Schmidt, chaplain of the Loyola University Chicago's Ramblers, the men's basketball team. She engaged attendees with her inspirational speech about how she has aged well.



Photo: Sister Jean Dolores Schmidt, BMV speaks at the Community GEMs Luncheon.

Photo by: Glenn Kaupert

Volunteer Spotlight: Lois Wagner



If you walk into our office on a Tuesday afternoon, you will be greeted by a warm smile from one of Aging Care Connections' most dedicated volunteers.

As a Front Desk Volunteer, Lois Wagner answers calls and schedule appointments. You can count on Lois to connect visitors to just the right staff person who will be able to meet their needs.

Lois says she began volunteering more than 10 years ago because she had a special affinity for older adults.

"I like talking with the people who come in. I find seniors interesting, I like to hear their stories, and I like to make them smile."

Caregiver Corner: Are You a Savvy Caregiver?

A "savvy" caregiver is someone who is knowledgeable and capable, but can also stand back from a situation and develop strategies for success.

The Savvy Caregiver workshop is a training series for people caring for a family member who is living at home and has Alzheimer's disease or another form of dementia. It recognizes that caregiving is a role (different from a relationship) with a job description that requires specialized training.

Through this series, participants learn what to expect at each stage of the disease and how to:

- keep the person content and involved
- help him or her remain calm and secure
- identify family and other resources for care
- and (most importantly) manage their own well-being.

Participants will meet other savvy caregivers, receive individualized suggestions, and take home a Caregiver's Manual to refer to in the future.

A recent participant shared: "This program has given me more confidence that I am on the right track and has validated the choices I have made in the past."

The Savvy Caregiver workshop is free-of-charge (a suggested donation of \$15 is requested for materials) and offered several times throughout the year. Please contact Kathleen McKenzie, Caregiver Support Program Supervisor, at (708) 603-2328 or kmckenzie@agingcareconnections.org for further information.

support

Foundation Spotlight: Community Memorial Foundation



For over two decades, Community Memorial Foundation has partnered with Aging Care Connections to improve the quality of life of older adults in our community. From supporting our case management services to helping us launch the Aging Well Neighborhood program, the Foundation has been responsive to the emerging needs of the aging population. The Foundation has also supported us through various capacity building grants that have strengthened our organization throughout our growth—ranging from strategic planning to executive coaching.

Our current partnership, our most ambitious to date, embarks on the goal to build a health neighborhood where all older adults can age well in the Greater Lyons Township area. Through this collaborative effort, the Aging Well Neighborhood program is uniting with social service organizations, for profit businesses and healthcare provider agencies to deliver coordinated care and support built upon existing community assets that address the social determinants of health in the older adult population.

Community Memorial Foundation's mission is to measurably improve the health of people who live and work in the western suburbs of Chicago.

New Grant Partner

We are excited to announce a new partnership with the **Lyons Township Mental Health Commission!** In June, the Commission awarded Aging Care Connections a \$33,750 grant to support our Complex Care Coordination program, Caregiver Support program, Adult Protective Services program and our Sports Ball Benefit Gala. The Commission's mission is to enhance through coordination, evaluation, intervention, planning and funding, a comprehensive community-based system of mental health, developmental disabilities, substance abuse and prevention services for people who reside in Lyons Township.

Partner Highlight: Young at Heart

Young at Heart (YAH) has been a vital part of our community since 2011. At its Adult Day Center, older adults receive individualized care and benefit from social interaction including spa days, bingo, and recent field trips to Navy Pier, Drury Lane, local parks and restaurants. YAH also provides

in-home care to older adults throughout our service area, based on an assessment of their needs.

YAH is a respite care provider for Aging Care Connections' Caregiver Support Program, which allows caregivers to take time for their own needs. YAH extends high

quality care to those who might not otherwise be able to afford it. In the next year, Aging Care Connections will partner with YAH to host Memory Cafes, which encourage people with dementia and their families to get together in a safe, supportive and engaging environment.

recognition

Donors Making a Difference: Lee M. Burkey, Sr. Society

Lee M. Burkey, Sr.
Society



The Lee M. Burkey, Sr. Society is a community of individuals who support the critical work of Aging Care Connections at the \$1,000+ level. Their support helps to ensure that programs and services are available to over 8,000 older adults and their families throughout 38 suburban communities each year.

Lee M. Burkey, Sr. was one of Aging Care Connections' finest volunteers and advocates for older adults. He believed in access to

aging services for everyone who needed them. He exhibited that philosophy through his many gifts – his time as a board member, his talents as a successful attorney and his treasures as one of the founders of the first giving society of Aging Care Connections. Most importantly, it was through Lee M. Burkey, Sr.'s unwavering and tireless passion that Aging Care Connections is housed where it is today and for the future.

With a cumulative annual gift of \$1,000 or more (whether unrestricted or committed to a particular program) a donor is recognized as a member of the Lee M. Burkey, Sr. Society. Inclusion in this Society is our way of honoring the members contributions to our older adult community. To learn more about becoming a member and the associated benefits contact Linda Hussey, Philanthropy Associate at 708-603-2342 or lhussey@agingcareconnections.org.

In-Kind Donations Needed

In-kind donations help us to be more efficient and provide better service. All donations can be dropped off at Aging Care Connections. To set up a time, contact Nancy Grah at 708-603-2243. Below are some of the items needed:

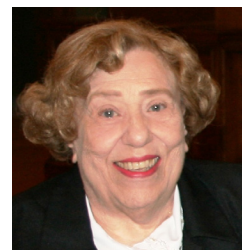
For clients:

- Grocery or retail store gift cards
- Postage Stamps
- Plastic gloves, take out containers, flavored tea

For general office use:

- Bottled water, Folgers coffee
- Desktop auto folding machine (Example: Martin Yale P7200)
- Portable printers for care coordination visits

Silver Linings: Rosemary Suchor



Rosemary's words to live by are: "Get up and go!"

Save the Date!

September 15, 2017
Chicago Marriott
Southwest Burr Ridge
6 - 11 p.m.

Tickets available at:
www.agingcareconnections.org

events

Mark your calendars!**Better Breathers Club**

August 23
10:00 a.m. - 11:00 a.m.
La Grange Hospital, Dixon A
5700 S. Archer Rd, Summit
For information, call 708-245-3608

**Confused About Utility
Choices?**

August 24
10:30 a.m. - 12:00 p.m.
Aging Care Connections
111 W. Harris Ave, La Grange

Walk For Health

Third Wednesday of the month
10:30 a.m. - 12:00 p.m.
La Grange Recreation Center
536 East Ave, La Grange

Sports Ball 2017

September 15, 6:00 p.m.
Marriott Southwest at Burr Ridge
1200 Burr Ridge Pkwy, Burr Ridge
Tickets: www.agingcareconnections.org

Pulmonary Support Group

Fourth Wednesday of the month
10:00 a.m. - 11:00 a.m.
AMITA Health La Grange Hospital
5101 Willow Springs Rd, La Grange

Better Breathers Club

October 25
10:00 a.m. - 11:00 a.m.
La Grange Hospital, Dixon A
5700 S. Archer Rd, Summit
For information, call 708-245-3608

**Congregate Meals
Halloween Party**

October 31, Noon
Salerno's Pizzeria & Sports Bar
9301 W 63rd St, Hodgkins
To register, call 708-354-1323

**Congregate Meals
Thanksgiving Day Dinner**

November 16, Noon
Salerno's Pizzeria & Sports Bar
9301 W 63rd St, Hodgkins
To register, call 708-354-1323

Better Breathers Club

November 22
10:00 a.m. - 11:00 a.m.
La Grange Hospital, Dixon A
5700 S. Archer Rd, Summit
For information, call 708-245-3608