



# aging care connections

Your Source For Senior Care

## in this issue

- **pg. 2** John and Evelyn Kilker's Legacy
- **pg. 4** Grandparents Face the Back to School Drill
- **pg. 10** Mental Health First Aid
- **pg. 11** Regular Monthly Events

## A Note from the Executive Director, Debra Verschelde

As we approach the month of October, we anticipate what to expect for the upcoming fiscal year. At Aging Care Connections, the new year begins October 1st rather than January 1st, and ends September 30th, rather than December 31st. It is a busy time for us as we wrap up the previous year and modify plans for the next fiscal year. It is also a very important time to look back on what we have accomplished, a time to evaluate how we can improve and a time to prepare for all of the challenges and opportunities a new year brings.

Thus, Happy New Year to our staff, Board of Directors, volunteers, participants and friends. It is our commitment to serve you with care, respect and professionalism. We further commit to be recognized as the premier, aging resource expert and point of entry for aging services in our community, dedicated to meeting the needs of older adults and providing support for their families through a comprehensive range of information, programs and services in which we bring an unbiased, objective perspective as a trusted nonprofit organization.

It takes many people to accomplish our mission - from our Board of Directors, to our staff, to our volunteers and community partners, to the older adults and family members we serve. Each and every one of you plays an important role in what makes Aging

Care Connections succeed. Our clients and their families are at the center of everything we do. Every action we take is aimed at championing their interests and meeting their individualized needs.

As we rededicate ourselves to providing high quality services to the older adult community in the new year, we encourage you to become better informed consumers while planning ahead for your own future as an older adult adapting to change. For we all know, change is inevitable; it is our job (and our mission) to join with you and your families in making that change a positive experience for all involved in the process.

Aging Care Connections has been a vital resource in our community for more than 43 years. When looking for answers to the many questions that may arise regarding care for an older relative, friend, neighbor, congregation member (the list goes on), please reach out to us. As you will see throughout our newsletter, we offer a continuum of care for those experiencing the many, varied stages of aging. Whether you are looking for basic information and referral, or guidance for an older adult at risk of abuse, neglect or exploitation, trained professionals sensitive to the needs of older adults are here to help.

We welcome the opportunity to serve you well, and again say, Happy New Year!



## John and Evelyn Kilker's Legacy to the Community

Aging Care Connections is deeply appreciative of the endorsement of our mission evidenced by the \$600,000 bequest left to our organization by John and Evelyn Kilker. The Kilkers were long-time Southwest Suburban Center on Aging (as we were known prior to May, 2009) members who participated in programs and services while supporting our efforts as donors as well. Most recently, the couple lived at Plymouth Place. John passed way in 2010 and Evelyn in 2013.

John Kilker was one of the founders of Indian Head Park and served as the Water Commissioner there. Evelyn was a homemaker. During the 1940's, John, an engineer who attended Marquette University, and his father-in-law founded a company that perfected the manufacture of curved automobile windshields. A huge order by the Ford Motor Company charted the company's course for tremendous success and the impetus to amass significant wealth that will, with the Kilkers' foresight, provide for the needs of older adults into the future. We are profoundly grateful.

### Attorney Consultation at Aging Care Connections

Attorney Michael-Anne Peck is available the third Thursday of the month for consultation on matters pertaining to estate planning. There is no fee for the consultation. Please call the Intake Office, 708-354-1323, extension 215, to make an appointment.



### A Gift in Your Will

Maybe you've experienced how uplifting Aging Care Connections' support can be when we provided answers as you were navigating the challenges of aging. Please help us to ensure that our programs, services, support and respite are available to older adults and their families in our community by including Aging Care Connections in your estate plans.

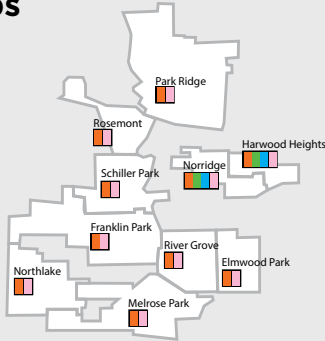
Just a few sentences in your will or trust are all that is needed. The official bequest language for Aging Care Connections is: **"I, [name], of [city, state, ZIP], give, devise and bequeath to Aging Care Connections [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."**

When you include Aging Care Connections in your estate plans through a bequest, you leave a legacy for generations to come. For information, please contact Beth VanDeWoestyne, Director of Philanthropy and External Affairs, at 708-354-1323, extension 243, or via e-mail at [bethv@agingcareconnections.org](mailto:bethv@agingcareconnections.org).

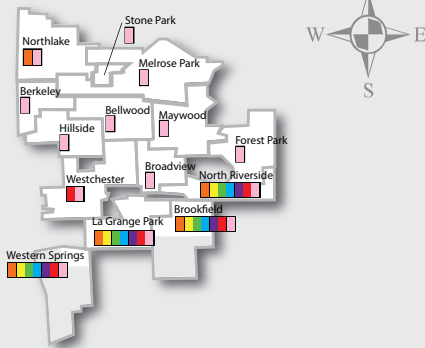
## Programs and Services by Township

Aging Care Connections' programs and services are offered only in the areas of each community that fall within their respective Township below.

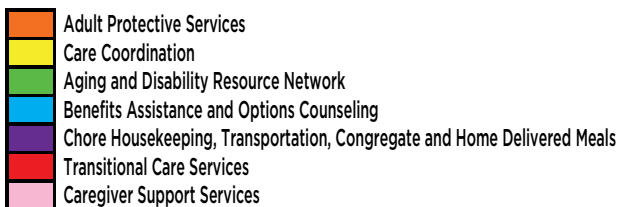
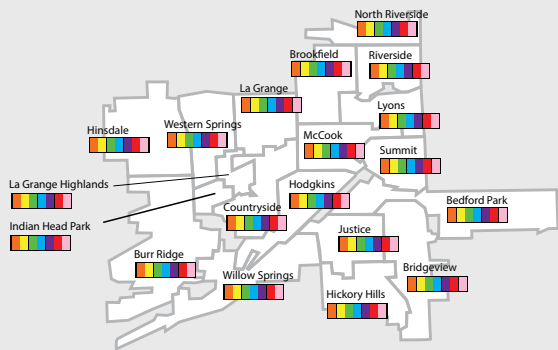
### Norwood Park and Leyden Townships



### Proviso Township



### Lyons and Riverside Townships



## Introducing Caregiver Support Program Supervisor Jennifer Nagy

Jennifer Nagy came to Aging Care Connections one year ago as the social worker assigned to primary care physicians offices at the Prairie Medical Group and Adventist La Grange Memorial Hospital Family Medicine Residency Practice to help older adults and caregivers to manage health and wellness by completing assessments, linking to community resources, and investigating benefits and housing options.

Jennifer completed the Bachelor of Science degree in Elementary Education and taught for eight years in the Oak Brook school system. After being at home raising two children for ten years, she completed the Master of Social Work program at Aurora University in 2012. She worked as Caregiver Specialist at West Suburban Senior Services in Bellwood and was hired at Aging Care Connections when WSSS' service area for Caregiver Support was transitioned to our organization.

In her current position, Jennifer facilitates the early and late stage dementia caregiver groups, the caregiver support group at Gottlieb Hospital and the Grandparents Raising Grandchildren Support Group held in Summit. In addition, Jennifer develops programming for the Aging and Disability Resource Network assisting adults with disabilities aged 18+ and all adults aged 60+ residing in Norwood Park Township.

In her spare time, Jennifer enjoys spending time with her two children, Chloe and Clayton, and husband, Mike, and their rescue Bichon, Rudy.

It is a pleasure to introduce,  
Jennifer Nagy.



# Grandparents Face the Back to School Drill

In Illinois, there are 220,088 children under the age of 18 living in a grandparent-headed home and more than 100,000 grandparents caring for their grandchildren. Preparing to return to school is both a financial and emotional challenge for these families.

Aging Care Connections sponsored a Back to School Party for participants in its Grandparents Raising Grandchildren support groups on Thursday, August 21 at the Sharp Community Center in Melrose Park. Backpacks outfitted with the appropriate school supplies for each grandchild were donated by Grace Lutheran Church in La Grange. A picnic dinner and games rounded out the evening planned by Mattie Stevenson, Aging Care Connections Caregiver Specialist.



Do you know someone who might benefit from the support we can give to older adults raising grandchildren? We offer:

## **Grandparents Raising Grandchildren Support Group (North)**

Group meets the 3rd Thursday of each month from 5:30 p.m. - 7:00 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.

Mrs. Martha Brown spoke on the behalf of the grandparents who attended saying, "we would like to acknowledge our gratitude for the wonderful book bags, school supplies, and gift cards. The children were extremely excited; we could barely calm them down. What a joy to see the smiles and excitement all over the room! They were overwhelmed. We are extremely thankful for Mattie Stevenson and Aging Care Connections for orchestrating the entire program. A big thank you to Pastor Dave Hulse and the congregation at Grace Lutheran Church of La Grange. We are extremely grateful!"



## **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 Jennifer Nagy, 708-354-1323, extension 228.

Aging Care Connections will offer a special holiday party with gifts for the grandchildren in December and an Easter party in the spring. Perhaps you are interested in getting involved by donating gifts or refreshments for these events. Please contact Mattie Stevenson at 708-354-1323, extension 231, or via e-mail at [mstevenson@agingcareconnections.org](mailto:mstevenson@agingcareconnections.org).

# Aging Well Appreciation Day Enjoyed by ALL!

by Linda Hussey, Aging Well Coordinator

On Wednesday, September 10, Aging Care Connections' congregate meal nutrition site at Salerno's Pizzeria & Sports Bar, Hodgkins, transformed into a celebration to honor Aging Well Community Action Teams throughout the area. More than 100 older adults came out to enjoy a nutritious lunch, special surprise dessert and bingo! Aging Well teams work hard throughout the year assuring that quality educational programs of interest and significance to older adults are held in their respective communities--hoping to assure that their communities remain great places to age well.



Louise Zartmann, Brookfield, and Tony Munno, Country Financial, Countryside, celebrate her bingo win.

The day recognized and celebrated all of their efforts. A special thanks to Bob Jankowski, Inland Bank, Countryside and Tony Munno, Country Financial, Countryside, for providing dessert, bingo and prizes. A great time was had by all and Tony and

Bob were invited back to be special monthly guest hosts! Look for further details on the monthly menus available [www.agingcareconnections.org](http://www.agingcareconnections.org).

## BOARD OF DIRECTORS

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Lina Modestas  
Mattie Stevenson

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Julie Heslin  
Amanda Keenan  
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Grace Thornton  
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Loretta Malec

### Finance

Jason Yamashita, **Fiscal Manager**

### Information and Assistance

Linda Tomko

### Medical Home Social Worker

Heather O'Hara

### Office Administrative Support

Sandy Arellano, **Manager**  
Kathy Ostrowski  
Donna Rybicki

### Program Administrative Support

Rojean Carlson

# *You're invited!*

## Issues to Consider as You and Your Disabled Child Age

Adult children with disabilities will most likely outlive their parents. A plan must be ready in case of a sudden death or other circumstances that would directly affect your child. Join Aging Care Connections and BMO Harris Bank as they present a panel of experts to guide you as you create a vision for what life will be like for your child as he/she ages.

Panelists include:

- Kathy Marshall – Vice President of Estate Management at BMO Private Bank
- Bill Wilson – Attorney specializing in estate planning for families with special needs at Wilson & Wilson Law Offices
- Representatives from Aspire and Helping Hand Center – Agencies that serve adults and children with disabilities

**Date:** October 7, 2014 Time: 6:30 p.m.

**Place:** North Riverside Public Library, 2400 S. Des Plaines Avenue, North Riverside, IL  
Refreshments will be available.

**To RSVP or for more information, please contact:**

Lisa Jarmoszka 708-873-1633  
lisa.jarmoszka@bmo.com

*If you have a specific question you would like the panel to address, please let us know when you RSVP!*



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## *Farewell, Ruth!*

It is always bittersweet to bid farewell to a colleague who has touched so many lives—in this case, Ruth Folkening, who served most recently as

Supervisor of the Caregiver Support Program during her 15-year tenure at Aging Care Connections.

Ruth worked with caregivers and also had a caseload involving more complex situations such as significantly cognitively impaired clients, those requiring refined care plans and those whose needs were rapidly changing. She taught educational programs such as the Early and Late Stage Memory Loss Groups and facilitated caregiver support groups. In addition, she managed the financial piece of the respite program which provides relief for caregivers through the GAP Program for unmet needs of clients, a Title III program.

During the course of Ruth's previous 15-year career as a sixth grade teacher, she determined that she

would love to work with seniors.

A factor in this decision was her appreciation of the fact that her parents were able to stay in their own home with the help of friends and family.

At our organization, Ruth began as a case manager and elder abuse worker staffing the Outpost at Riverside Township weekly. She was available to help walk-in visitors get services, to make referrals and to complete intakes. In 2002, Ruth became Assistant Director of Social Services and Elder Abuse Supervisor in 2006, finally Caregiver Specialist, and Supervisor of the Caregiver Support Program.

As Ruth begins a new chapter in her life, our staff and certainly her many clients wish her well. She made a significant impact in many lives.



## Volunteers are Appreciated Everyday



*Maria Marciniac and Debra Vershelde.*



*Judy Jackson, of UPS, a volunteer at Aging Care Connections' congregate dining site, enjoyed the Volunteer Appreciation Ice Cream Social with her mother.*

On Thursday, August 7, they were especially honored for their dedication and service as Aging Care Connections held an old-fashioned ice cream social hosted by Maria Marciniac, owner of Tate's Ice Cream, La Grange, to acknowledge the volunteers who help us realize our mission everyday.

About 75 volunteers, past, present and future, joined us to savor Tate's incomparable ice cream in multiple flavors with all the sundae fixings. Debra Vershelde, Executive Director, and Anne Shannon, representing the Board of Directors, thanked the volunteers for all they do to help seniors. Last year, we were deeply grateful that more than 90 volunteers gave their time and talent to Aging Care

Connections, donating 4,618 hours of service. Given the value of a volunteer hour in Illinois is \$24.08, this translates to \$111,201.44 of in-kind support donated to Aging Care Connections. There is no end to our appreciation!

If you are interested in volunteering, we have an array of possibilities for you to consider: benefits assistance, data entry, front desk reception, educational programming, income tax preparation, special events, and congregate dining. Please contact Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226, or via e-mail at [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org).



## Follow-up: Assignment to Managed Care Organizations by Louise Starmann, Director of Social Services

Aging Care Connections previously presented information on the changes to healthcare options that will affect older adults and disabled adults who receive their healthcare under both Medicare and Medicaid. As a follow up message, Aging Care Connections has been informed that letters will begin arriving in the next few months informing people that they have been assigned to one of seven Managed Care Organizations (MCOs). It is important to read these letters carefully, as they offer options regarding your MCO choices. There are a few easy steps to take

when making a decision regarding your plan.

Seniors are automatically enrolled in an MCO which will be indicated in the letter received. If you like that plan, do nothing and you will be enrolled. It may be a good idea to check with your physician to be sure he or she is a provider under the plan.

If you are enrolled in a plan that you would like to change, you **MUST** call an enrollment broker and request a change. Contact information for enrollment brokers is detailed in the

letter. You should call quickly if you wish to change your plan.

If you are unsure which plan would suit your needs best, the enrollment broker can discuss the plans available. Also, Aging Care Connections' SHIP Counselors can discuss the differences among the plans and help connect you to an enrollment broker. Appointments are required to see a SHIP Counselor. Please call 708-354-1323 to schedule an appointment.

### Intergenerational Inspiration

In 2011, Aging Care Connections began a partnership with Geri Pasioka, a teacher at Park Junior High School, who teaches a summer school course pairing students with seniors culminating in the creation of letters to soldiers deployed abroad.

The goals of the course are to help students with writing skills, to encourage the interaction of students with seniors to foster understanding, to support our troops, and to increase awareness of Aging Care Connections.

In July, Aging Care Connections was represented by Dr. Ted Gifford, Bill Harlander, Jim Matthews and Albert Bastyr, who according to Geri, "were amazing and they give

our students a long-lasting wonderful experience that will last a lifetime!"

If you may be interested in participating in this program next summer, please contact Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226, or via e-mail at [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org).



*Dr. Ted Gifford, La Grange Park, and students*



## Mental Health First Aid

*by Louise Starmann, Director of Social Services*

September is NATIONAL RECOVERY MONTH for the thousands of our neighbors and family members who are in recovery from an addiction or mental illness.

Aging Care Connections is proud to continue spreading the word throughout the year as part of the Mental Health First Aid program.

As part of the Community Memorial Foundation's initiative to train a cohort of Mental Health First Aid trainers, Aging Care Connections has co-led three classes to help educate, destigmatize and create a community investment with a goal of helping those who are affected by mental illness get the help they need. Aging Care Connections is committed to continuing to emphasize the issue of mental illness and to celebrate the achievement of those in recovery.

The National Alliance on Mental Illness "I will Listen Campaign" reminds us that the simple act of listening non-judgmentally can make a difference. The need for our participation in supporting our friends and neighbors is clear; nearly 1 in 12 adults has had an addiction and 1 in 5 has had a mental illness.

Mental Health First Aid Training Classes are offered throughout the community by many organizations. Aging Care Connections will train in January, 2015. If you are interested, please call 708-354-1323 for a reservation.



## 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. at Aging Care Connections.

**For information, please contact Lina Modestas, 708-354-1323, extension 260.**

### **Caregiver Support Group**

The needs and demands of someone with dementia can be tiring and time-consuming. Caring for yourself is just as important. Led by aging care experts, caregivers share stories, exchange ideas and learn more about living with the disease and the resources available. The group meets the third Tuesday of every month from 2:00 p.m. – 3:30 p.m. in the Professional Office Building, Lower Level, Rooms E, Gottlieb Memorial Hospital, 701 W. North Ave., Melrose Park.

**For information, please call Jennifer Nagy at Aging Care Connections, 708-354-1323, ext. 228.**

### **Caregiver Support Group**

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. – 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 the Intake Office, 708-354-1323, extension 215.**

### **Grandparents Raising**

#### **Grandchildren Support Group (North)**

Group meets the 3rd Thursday of each month from 5:30 p.m. – 7:00 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.**

### **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 Jennifer Nagy, 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 Michael-Anne Peck is available the third Thursday of the month for consultation on matters pertaining to estate planning.

There is no fee for the consultation.

**Please call the Intake Office, 708-354-1323, extension 215 to make an appointment.**

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

 **Find us on Facebook**



We Cordially Invite You To Join Us At Our  
**ANNUAL LUNCHEON**

**MERRI DEE**, Philanthropist & Author, Keynote Speaker  
**Ruth Lake Country Club, 6200 S. Madison, Hinsdale**

As an award-winning broadcaster and author of a new memoir, LIFE LESSONS ON FAITH, FORGIVENESS & GRACE, Merri Dee is head of a consulting practice, a motivational and inspirational speaker, a panelist, moderator and master of ceremonies, a career coach, a fundraising strategist, and an advocate for violence prevention.

Her career has included being a newscaster, talk show host, and staff announcer. Later, she served as Director of Community Relations at WGN-TV and as advisor to other Tribune-owned TV stations.

Merri Dee has raised tens of millions of dollars for college scholarships and, through the McCormick Foundation, more than \$31 million for Chicago Children's Charities. She advocates for organizations addressing critical social needs including

adoption and foster care, violence prevention, education, and women's issues.

In recognition of her professional and civic accomplishments, Merri Dee is the recipient of numerous awards. Ms. Dee is currently the Illinois State President, AARP, which has 1.7 million Illinois members.



**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.