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# aging care connections

Your Source For Senior Care

Formerly Southwest Suburban  
Center on Aging

Vol. 12 No. 4

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## AGING CARE CONNECTIONS CARES... AT EVERY STAGE OF THE AGING CONTINUUM

### The Continuum of Care

What comes to your mind when you think of the word "care"? Do you picture having someone to go to when you need help? Being active and fit? Receiving support to maintain a level of independence? Ensuring access to information? Maybe feeling comforted and appreciated versus abandoned and ignored?

Whatever images come to mind, at Aging Care Connections, we specialize in addressing the **"care" of an individual - more specifically, the continuum of care as it relates to aging.** Aging is a process, not an event, with changes in our body, mind and environment occurring over an extended period of time. Aging Care Connections is proud to offer a full range of services to help you through your continuum of care, no matter how you define it.

Oftentimes, the process of care starts with a simple phone call to our agency to ask a question that may result in referral to a resource. Other situations may require more comprehensive assessment of the unique needs of the older adult completed in the home, in a rehab facility or in the hospital. The result is a plan of care utilizing public and private resources, family support, and the older adult's preferences.

Care coordinators assist with the implementation of the plan by making

referrals and linkage (**connection**) to services. Continued coordination of services and ongoing care management are provided to ensure that services are adequate and appropriate to the changing needs of the older adult. Needless to say, family members and other caregivers play an important role in this process.

Our support groups and respite programs offer emotional support, education about the older adult's changing situation and behavior management, and actual physical relief, so that the caregiver can take care of personal needs and re-energize.

Other support groups we offer reach out to caregivers of those afflicted with Alzheimer's disease or mental illness, those experiencing the early stages of memory loss, grandparents raising grandchildren, and issues affecting older men.

For older adults requiring physical activity, we offer an exercise program endorsed by the Arthritis Foundation for seniors to maintain flexibility and facilitate mobility. In addition, Aging Care Connections has partnered with Right-Fit of Willowbrook to offer an exercise program for individuals in the early or mid-stage of dementia and their caregivers.

(...continued on page 3)

## IN MEMORIAM — FRED “FRITZ” PLOEGMAN, 1923-2010



Recently, Aging Care Connections lost a strong leader, a committed advocate of elder rights and a good friend. At 86 years of age, Fred Ploegman, better known in the community as “Fritz”, passed away on Monday, July 5 at his home in Indian Head Park. With 39 years of service on the Aging Care Connections’ Board of Directors, Fred

was the only remaining original Board member left serving. He chaired the Transportation Committee and sat on the Personnel and Facilities Committees. According to Debbie Verschelde, Executive Director, Fred was very instrumental in securing the agency’s bus, currently operated to help transport seniors daily to medical appointments, to pick up medications and groceries, and to access other critical services. Always looking for an opportunity to help, Fred consistently championed the interests of staff, believing that strengthening the core of an agency results in the delivery of the most effective services. He was a panel member for “Embracing the Change”, serving as an example of how older adults can age well. Fritz also made a tremendous contribution to the success of Sports Ball, the agency’s premier fundraising event, by being instrumental in inviting celebrity athletes he met throughout his career to appear at the gala as honored guests. In 2008, Fred was honored with the prestigious Community Service Award at the Annual Luncheon.

Fritz’s passion for ensuring that older adults remain independent in their communities contributed to our mission living on, strong and true. Fred “Fritz” Ploegman will be truly missed by all of us.

Following is an excerpt from the Chicago Tribune obituary on Thursday, July 8, 2010:

“Even in high school, Fred “Fritz” Ploegman was a closer. The only junior starter on the team, Mr. Ploegman sank a free throw with seven seconds left in the game to lift Morton High School’s basketball team to the 1941 state title, 32-31, over Urbana High School.

Mr. Ploegman, who was elected to the Illinois Basketball Hall of Fame in 1986, went on to oversee parks and recreation departments in Berwyn and La Grange for a combined 37 years. Mr. Ploegman, 86, died Monday, July 5, in his Indian Head Park home after a struggle with myeloma.

After high school, Mr. Ploegman served with the Army infantry during World War II. He fought in Italy, the invasion of southern France and crossed the Rhine River under heavy fire, in the process earning two Purple Hearts. His war injuries required two surgeries — one at a field hospital and a second aboard a hospital ship — and resulted in a nearly yearlong stay at a U.S. Army hospital.

Mr. Ploegman was head of parks and recreation for Berwyn and later La Grange during periods of growth for both communities. During his 15 years in Berwyn, Mr. Ploegman led the drive for a city swimming pool. His La Grange tenure, from 1967 to 1989, saw the creation of new parks and major improvements to existing facilities. In 1990, a field at Sedgwick Park in the west suburb was renamed Fritz Ploegman Field.” To read the full obituary, please visit: [www.chicagotribune.com](http://www.chicagotribune.com).

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Early Stage Memory Loss Support Group is an eight-week program designed for individuals diagnosed with early stage Alzheimer’s disease or another dementia, and their family members and friends. Group sessions will offer participants the opportunity to explore what memory loss means to them and to learn ways to: cope with changes, maximize strengths, enhance communication, and plan for the future. The groups provide education, emotional support, and social interaction in a safe and supportive environment. Participants will meet in two separate groups –those experiencing memory loss in one group, and family members/friends in another. Individuals will have the opportunity to give and receive support from those in situations similar to themselves.

**DATE:**

Wednesday afternoons  
beginning in mid-September

**REGISTRATION:**

An interview is required prior to registering. For more information, contact Ruth Folkening at 708-354-1323 x 28

**LOCATION:**

Aging Care Connections  
111 W. Harris Avenue  
La Grange, IL 60525

# EVENING CAREGIVER SUPPORT GROUP

If you are interested in attending an evening support group for caregivers, please contact Ruth Folkening, the Caregiver Specialist at Aging Care Connections, at 708-354-1323, extension 28. A new caregiver support group will be formed if enough caregivers are interested in attending an evening group. Aging Care Connections has several active support groups for caregivers, but none of these groups meet in the evenings. Aging Care Connections recognizes that not all caregivers are available to attend a support group which meets during the day. We are committed to supporting all caregivers.

## AGING CARE CONNECTIONS CARES (...continued from page 1)

Older adults finding themselves in a more critical stage of the continuum of care, such as in a hospital or skilled nursing facility setting, will find an Aging Resource Specialist available on-site to meet with them and their family, exploring community care options and discussing what is needed for their return home.

At times, it's a reality that seniors find themselves victims of Elder Abuse (physical, sexual, or emotional abuse, confinement, passive neglect, depri-

vation, or financial exploitation). Fortunately, Aging Care Connections provides immediate help in these difficult situations.

From serving active older adults to the frail, vulnerable elderly, Aging Care Connections offers a range of services developed and tailored to address the variety of needs individuals have as they age—the continuum of care. Give us a call. **Our business is to care for you.**



### *Introducing the Vice President of our Board of Directors* **WILLIAM S. WILSON**

Bill Wilson has been on the Aging Care Connections Board of Directors since 2003. He is Chairman of the Governance Committee and serves on the Development and Facilities Committees. He has practiced law for more than 27 years, concentrating in the areas of Elder Law, Estate Planning, Medicaid Planning, Estate Planning for Families that have Children with Disabilities, Probate and advising not-for-profit corporations.

Bill is a member of the National Academy of Elder Law Attorneys and the Chicago Bar Association Committees on Trust Law, Asset Protection and Elder Law. He is the past president of Helping Hand Rehabilitation Center, an agency for persons with disabilities, and also of the local chapter of the American Cancer Society. Additionally, he is a member of Aging Well, a La Grange area partnership interested in furthering the resources of senior citizens in the community.

Bill is a charter member of the Academy of Special Needs Planners and a member of the National Academy of Elder Law Attorneys.

Bill Wilson received his B.A. in history at the University of Texas at Austin, with high honors, and graduated from Northwestern School of Law. He continues to present seminars on Elder Law, Estate Planning and Asset Protection. He has also written several articles on these topics and has been quoted in US News and World Report.

Bill lives in LaGrange with his wife, Julie, and son, Glenn. He enjoys coaching basketball, training hunting dogs and is a member of the Civil War Roundtable.

We are proud to introduce the Vice President of our Board!

# AGING WELL COMMUNITY ACTION TEAMS PLAN FOR A BUSY FALL!



## Hinsdale/Burr Ridge

### Ask the Experts:

#### Options for Living Well

Tuesday, October 26 – same program offered morning and evening

**Part One** – Retirement Planning

**Part Two** – Home Care Options

**Part Three** – Senior Residential Communities

## The Community House

Eighth and Madison  
Hinsdale

**Morning Session:** Doors open at 9:30 am. Program begins at 10:00 am – A light lunch will be served at noon. Cost for lunch is \$5, to be paid at the door.

**Evening Session:** Doors open at 5:30 pm. Program begins at 6:00 pm – FREE

To register, please call  
(630)323-7500, ext.0.

## La Grange/La Grange Park Walk for Health

Presentation pertaining to Aging Well and then time to walk the track Every 3rd Wednesday of the month

## La Grange Park District

536 East Avenue  
10:30 am  
FREE

No registration required.

## Lyons/North Riverside/ Riverside

**TBA**  
Tuesday, September 28

## Village of Lyons Municipal Building

4200 S. Lawndale  
11:00 am

Refreshments and entertainment will follow the program

To register, please call  
(708)442-4856.

## Westchester

### Aging Care Connections- Presentation of Program and Services

Wednesday, September 15

## Mayfair Recreation Center

10835 Wakefield Street  
Westchester  
1:00 – 2:00 pm  
FREE

No registration required

## Western Springs/ Indian Head Park Senior Scenes – an entertaining afternoon of play reading

Thursdays, Sept. 16 & 23 –  
*Sleuth by Anthony Shaffer*  
Thursdays, Oct. 21 & 28 – *Dinner  
with Friends by Donald Margulies*  
Thursdays, Nov. 11 & 18 –  
*Waiting in the Wings by Noel  
Coward*

## Grand Avenue Community Center

4211 Grand Avenue  
Western Springs  
1:00 – 3:00 pm  
FREE

To register, please call (708) 246-  
3299.

## SAVE THE DATE!

Aging Care Connections will participate in the Alzheimer's Foundation of America's "National Memory Screening Day" to be held on Tuesday, November 16, 2010 from 10 am to 2 pm at Aging Care Connections and at Adventist La Grange Memorial Hospital, Dixon Education Center, Room B. There is no cost. For more information, please call 708-354-1323.

# AGING WELL COMMUNITY ACTION TEAMS RECEIVE 2010 ANNUAL COMMUNITY SERVICE AWARD!

Aging Care Connections is pleased to announce the Aging Well Community Action Teams have been selected as this year's recipients of the 2010 Annual Community Service Award to be presented at the Annual Luncheon on Thursday, October 14 at 11:30 a.m. at Ruth Lake Country Club, Hinsdale (please see the Annual Luncheon invitation on page six). This award is presented annually to honor those who significantly enrich the quality of life of older adults and their families. Through the Aging Well Community Action Teams' grass-roots, volunteer efforts, a positive impact has been made in terms of creating communities where seniors can "age well". Congratulations and thank you for all of your efforts!

## AGING WELL PARTNERS RESPOND TO THE FLOODS

While many older adults and their families found themselves overwhelmed by the torrential rains and severe flooding on July 23 and 24, many partners of the Aging Well program immediately reacted, stepping in to ensure their safety and well-being:

- The British Home in Brookfield took in residents from other residential facilities that had been flooded, providing them with emergency housing. Without power for 24 hours, the British Home even had to use a back-up generator to keep their facility up and running. In addition, the British Home successfully responded to all calls that came in for their community Handyman Services program to help those who found themselves with flood damage.
- Plymouth Place in La Grange Park provided similar housing services to seniors who needed to be transported to safety by boat from their Westchester homes.
- Home Helpers of Hinsdale successfully served their homebound clients despite their caregivers having to navigate the flooded streets in Westchester.
- Aging Care Connections of LaGrange, in partnership with West Suburban Senior Services of Bellwood, immediately responded to a call by the Westchester Village President, Sam Pulia, asking for emergency assistance. The clinical teams from both agencies were available to assist seniors and their families as needed.

Thank you to all of our Aging Well partners for your ongoing efforts in supporting older adults and their families!



**Westchester Aging Well Community Action Team leaders Bernie Hiles and Barbara Callahan with Aging Care Connections Community Relations Coordinator, Linda Hussey (center)**

## LA GRANGE BUSINESS ASSOCIATION RAIN BARREL PROJECT

You may have noticed a lovely rain barrel displayed to the east of the Aging Care Connections' building. We are participating in the La Grange Business Association Rain Barrel Project this year. Rain barrels have been displayed throughout town this summer and will be auctioned September 10 to benefit the Pets and Pals Charity.

Our artist, Marie Novotny, is a member of the La Grange Art League and a supporter of Aging Care Connections. The captivating scene she painted on the rain barrel is entitled "My Secret Garden." Please stop by to take a look and remember it can be yours if your bid is the winner!

# Annual Luncheon

*Township of Lyons  
Mr. Russ Hartigan, Supervisor  
Event Sponsor*

*You are cordially invited to join us Thursday, October 14 at 11:30 a.m.  
at Ruth Lake Country Club, 6200 S. Madison, Hinsdale*

*Celebrating Our 2010 Community Service Honorees  
The Aging Well Community Action Teams*

*Keynote Speaker ~ Martha B. Holstein, Ph.D.  
Center for Long-Term Care Reform  
Health and Medicine Policy Research Group, Chicago*



*\$30.00 per ticket — Tickets will be held at the door.*

*Menu selections:*

*Slow Roasted Pork Loin*

*stuffed with caramelized apple dressing and topped with brandy infused pork gravy,  
served with chef's starch and vegetable*

*-or-*

*Vegetable Wellington*

*vegetables encased in puff pastry and served with chef's starch and vegetable*

*For information or reservations, please contact Niki Chibucos,  
Director of Development and Public Relations, by calling 708-354-1323, extension 26, or  
e-mailing [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org)*

## REGULAR MONTHLY EVENTS

**Alzheimer's Caregivers Support Group:** A support group that meets the first Friday of the month from 11:00 a.m.-12:30 p.m. for caregivers of someone diagnosed with Alzheimer's disease.

*Please contact: Intake Office, 708-354-1323, extension 15 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.*

**Caregivers for Mentally Ill Adults:** A support group that meets the first and third Wednesdays of the month from 10:00 a.m. – 11:30 a.m.

*Please contact: Christine Bumgardner, 708-354-1323, extension 34 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 first 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 28 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 21.*

**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.*

**Legal Assistance:** Attorney Erik Peck is available the second Wednesday of the month for consultation on matters pertaining to estate planning and legal issues. There is no fee for the consultation.

*Please contact: Intake Office, 708-354-1323, extension 15 to make an appointment.*

**Memories—Gone But Not Forgotten:** A group that meets the first Friday of the month from 11:00 a.m. – 12:30 p.m. for older adults experiencing early stages of memory loss who enjoy the company of others and reminiscing about “old times.”

*Please contact: Intake Office, 708-354-1323, extension 15 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 15 for questions or to register.*

**Early Dementia Exercise:** A six-week fitness program for those with early to mid-stage dementia and their caregivers offered in partnership with Right-Fit Sport Fitness Wellness, Willowbrook, that meets from 10:00 a.m. -10:45 a.m. on Friday. Cost for six-weeks is \$56 at the time of registration.

*Please call: Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 28, for questions or to register.*

Monthly calendars will no longer be mailed. Please check with Aging Care Connections at 708-354-1323 if you have a question about a particular program or event. Thank you.

### 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

### 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



## *Leaving a Lasting Legacy* to Aging Care Connections

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 \$ \_\_\_\_\_ or \_\_\_\_\_% 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."

For further information on how to leave a lasting legacy to Aging Care Connections, please contact Ken Grunke, Director of Philanthropy and External Affairs 708-354-1323, ext. 43.

### 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.