



SPRING 2018

AGING WELL MATTERS

Engage at Every Age:

A Letter from the Executive Director

Every May our country recognizes Older Americans Month to celebrate the value of older adults in our communities. For 55 years, the month has given Americans the opportunity to reflect on the wisdom and experience that older people bring to future generations. This year, the U.S. Administration on Aging declared the month's theme to be: *Engage at Every Age*. When our staff at Aging Care Connections learned of the choice, we couldn't have agreed more. *Engage at Every Age* emphasizes the importance of planning for our futures as we age, no matter where we are in life. You are never too young (or too old!) to start equipping yourself with the information and skills

you need to age well—physically, emotionally, and financially! So often in our work at Aging Care Connections we meet adults in their 50's, 60's, and even 70's, who don't think our services are for them. After all, they don't feel old! But if you wait to get engaged, you may miss out on support that can help you live your best life throughout your later years. Don't wait until an aging-related crisis, such as a fall, hospitalization, or the onset of dementia, occurs. During Older Americans Month, we are challenging everyone in our community—whether you are an older adult, or have an older adult loved one—to get actively involved in educating yourself about what it takes to overcome challenges you

might face to age well. And Aging Care Connections has the tools you need to help through a month-long series of events entitled Aging Well Month, offering fun and free ways to get involved!

Debbie Louschelde

IN THIS ISSUE

Grandparents Raising Grandchildren	3
Better Balance	4
Caregiver Corner	5
Supporter Spotlight	6
Partner Spotlight	6
Volunteering	7

board of directors

President

Michael D. Doepke

Vice President

Edward P. Gervain, Jr.

Treasurer

Gregory J. Pierce

Secretary

Jerry J. Burjan

Directors

Dennis Foley

Tamara Jurgenson

Shannon Kutchek

Dale Lilburn

Beth McCormack

Catherine McCrory

Saranne Milano

Frank Munaretto

Nick Pann

Mark Ptacek

Dan Voss

William S. Wilson

Emeritus Member

Lee M. Burkey, Jr.

executive staff

Executive Director

Debra Vershelde

Director of Social Services

Desiree Scully

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
- 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.

Support for Grandparents Raising Grandchildren

Aging Care Connections' Grandparents Raising Grandchildren program provides counseling, education, resources, and support groups to grandparents raising one or more of their grandchildren. Currently, 19 grandparents and 34 youth are involved with the program. Grandparents raising grandchildren face many challenges in meeting the housing, education, emotional, and health needs of their grandchildren, who often suffer from feelings of grief, loss, or abandonment due to the absence of a parent. "Children are placed in the care of their grandparents for many reasons, but the most common circumstance is a parent with substance abuse or mental health problems," says Mattie Stevenson, who facilitates the program, "that why our support groups are so important. It's a compassionate environment to learn and share with others with similarly complex situations."

If you are a grandparent raising a grandchild, get involved in a support group by contacting Mattie Stevenson at 708-603-2331.

Last Thursday of the Month
10:00 – 11:30am
Summit Public Library
6233 S. Archer Rd, Summit

Third Thursday of the Month
5:30 – 7:00pm
Sharp Community Center
169 N 36th Ave, Melrose Park



Sports Ball 2018

Mark your calendars! Aging Care Connections' annual SPORTS BALL GALA will take place on Friday, September 14, 2018 at the Chicago Marriott Southwest in Burr Ridge. Last year, we raised over \$104,000 to support our programs that enrich the lives of older adults in our community. We hope to see you there!

Interested in

becoming a sponsor?

Sports Ball would not be possible without our sponsors! We offer sponsorship packages with a variety of benefits to meet your marketing needs. Contact our Advancement Department at 708-354-1323 to learn more!

Better Balance

As we age, the fear of a fall can become overwhelming. Falls are the leading cause of injury among older adults and one in five leads to serious injury, such as broken bones or head injuries. This fear may lead you to limit your participation in activities or social events. Not only does this negatively affect the quality of your life, but a lack of physical activity can cause even greater declines in flexibility and coordination, leaving you more vulnerable.

But at Aging Care Connections, we know that getting older does not mean you have to feel helpless! What many older adults don't realize is that there are steps you

can take to improve your balance and feel safer and more confident throughout your day. This year, Aging Care Connections is offering Better Balance: a free, 30-minute class that teaches exercises to help prevent falls. The class meets every Tuesday from 10:30 – 11:00am at the Congregate Meals lunch program at Salerno's in Hodgkins.

"The exercises are gentle, but challenging" says Jeanne Penton, who leads Better Balance each week. "We practice simple movements to improve strength, balance, flexibility, coordination, and even circulation." Participants move at their own pace, completing the exercises in a seated or standing position.

Barbara Simmons always looks forward to the class every week. "All of us have some sort of problem with our bodies—for me it's my knees. I have a cane, but since we started exercising with Jeanne, I don't use it much anymore. It really makes a difference."

If you are interested in attending Better Balance, please register with Jeanne at 708-603-2337. Please wear loose fitting, comfortable clothes and shoes that offer safety and support. Drink plenty of water before, during, and after exercise, and check with your doctor before starting any new exercise program.



Volunteer Spotlight: Sheila Mulholland



Sheila Mulholland is the volunteer you can always count on. Since getting involved with Aging Care Connections Congregate Meals lunch program nearly five years ago, she has made a big impact on the older adults, staff, and other volunteers she works with.

“Volunteering at Congregate Meals takes all my best skills,” says Sheila, “I’ve been a people person all my life, and I like the people I meet here.” Sheila does a little of everything: prepping food in the morning, making coffee, serving, and cleaning up.

“Sheila is truly an asset to the Congregate Meals program,” says Diane Brown, who manages the program, “she comes every day and gives 110%. We are so fortunate to have her.”

Caregiver Corner: Healthy IDEAS

Do you feel sad, bad, or just not yourself? Do you enjoy life less than you used to?

These can be symptoms of depression, which affects many older adults and their caregivers. Fortunately, you do not need to suffer. You CAN feel better!

Aging Care Connections now offers a proven program called Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) that can help you get back on track. And, you don’t have to do it alone! One of our trained staff will support you each step of the way as you re-engage in activities you used to enjoy and achieve the goals you set for yourself. They will follow your progress for up to six months while providing you with information and tools you can continue to use on your own. They can also connect you to other community programs and resources to expand your support system as you move forward.

If you are over age 60, and interested in learning more about this program for yourself or the person you care for, please contact Kathleen McKenzie at (708) 603-2328 or kmckenzie@agingcareconnections.org.

support

Supporter Spotlight:



Aging Care Connections is grateful for the longstanding support of the United Way of Metro Chicago. United Way provides funds to support our programs under the agency's Safety Net focus area. United Way believes, "stabilizing individuals and families during times of crisis is absolutely critical in order for households to thrive." By supporting Aging Care Connections' Adult Protective Services, Congregate Meals, and Home Delivered Meals programs, United Way plays an important role in providing these critical services to those we serve.

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."

For additional information, please contact Nancy Grah, Director of Philanthropy and External Affairs at 708-603-2243.

Partner Spotlight:

First Congregational Church of Western Springs

One of Aging Care Connections' longest standing community partners is the First Congregational Church of Western Springs. Founded in 1887, the congregation has been present in Western Springs for over 130 years.

Over the years, members of the First Congregational Church of

Western Springs have provided generous support to the older adults we serve in many ways, from volunteering their time, to supporting holiday collections, to donating school supplies to the children in our Grandparents Raising Grandchildren program. The Congregation also provides grants to support our programs.

"The First Congregational Church of Western Springs has been happy to support Aging Care Connections for several years," says Reverend Meredith Onion, "We recognize how important it is to have ACC in our community to support older individuals with such an extensive offering of programs and services."

Donor Spotlight: Bob and Karen Westrick



Bob and Karen Westrick love living in La Grange and it is with Aging Care Connections that they have each found a special way to give back. Bob, as an investment advisor, has offered his professional guidance, while Karen has volunteered and co-

chaired the Sports Ball Committee. The couple continues to look forward to attending Sports Ball every year. “We love supporting an organization that helps so many aging people in the area,” says Karen. Bob adds, “It’s a bonus when you can have lots of fun doing it.”

When asked why they are passionate about supporting our local aging community, Karen talks about her grandmother. “She was a very strong woman, but it became difficult for her to maintain the independent lifestyle she loved as she aged. I’m thankful my family lived nearby to help, but with many families more

mobile these days, it is easy to feel helpless as a caregiver. This is where the kind people at Aging Care Connections can step in to help so our elderly loved ones can lead more dignified and independent lives.”

Growing up in La Grange Park, Bob notes, “Supporting Aging Care Connections is consistent with our love of supporting our community.” Bob is a member of the YMCA Men’s Club and a board member of the Ministry Formation Program and Karen is a volunteer at Hope Chest and a Kitchen Angel with St. Francis Xavier.

Seeking Front Desk Volunteer

Do you enjoy working with older adults? Do you have excellent phone skills? Are you very reliable?

If this sounds like you, please consider getting involved with Aging Care Connections as a front desk volunteer!

We are seeking volunteers to answer phones, greet visitors, and schedule appointments. Volunteers must be able to commit to a weekly schedule. We are currently seeking help on Monday afternoons and Tuesday morning.

Interested? Contact Linda Hussey at 708-603-2245 or lhussay@agingcareconnections.org.

Silver Linings: Anna Marek



“Staying involved for as long as you can enriches your life and the lives of others.”



Because Aging Well Matters

111 W. Harris Avenue, La Grange, IL 60525

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
PERMIT NO. 74
LA GRANGE, IL

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

 <https://twitter.com/agingcareconns>

events

Mark your calendars!

Aging Well Month

May 2018
Free program and activities are happening throughout the month.

Memory Café

Second Friday of Each Month
10:00 – 11:30 am
Young At Heart Adult Day Services Center
6504 Joliet Rd, Countryside, IL
To RSVP, call 708-603-2266

Friday Morning Regulars (Men's Group)

Every Friday
8:30 – 10:00 am
St. Barbara's Parish Center
4008 Prairie Ave, Brookfield, IL
For info, call 708-354-1232, Ext. 215

Congregate Meals - Cinco de Mayo Celebration

Friday, May 4 at 11:00 am
Salerno's Pizzeria & Sports Bar
9301 W. 63rd St, Hodgkins, IL
To register, call 708-354-1323

Congregate Meals - Mother's Day Celebration

Thursday, May 10 at 11:00 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 24 at 10:30
Salerno's Pizzeria & Sports Bar
9301 W. 63rd St, Hodgkins, IL
To register, call 708-354-1323

Seminar and Snack - Downsizing and Hoarding

Thursday, June 14
10:00 – 11:00 am
Aging Care Connections
111 W Harris Ave, La Grange, IL
To register, call 708-603-2337

Seminar and Snack - Senior Housing

Thursday, June 28
10:00 – 11:00 am
Aging Care Connections
111 W Harris Ave, La Grange, IL
To register, call 708-603-2337

SAVE THE DATE!

Sports Ball Gala
Friday, September 14, 2018
Chicago Marriott Southwest
at Burr Ridge