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**aging care connections**

Your Source For Senior Care

**Volunteers are the Lifeblood of our Organization**

by Sandy Illian Bosch



Aging Care Connections could use more people like Rosemary Suchor. A former employee of the agency, Rosemary returned last year – this time, as a volunteer. “I like to work,” Suchor said of the simple reason she spends two mornings a week at the Aging Care Connections facility. Rosemary also enjoys knowing that she is helping the organization to keep costs in check.

As a non-profit organization that relies on the government, United Way, foundation and private donations for financial support, volunteers are vital to Aging Care Connections. “In

2013, volunteers devoted 4,618 hours to Aging Care Connections. Given that the value of a volunteer hour in Illinois is \$22.17, this translates to \$102,381.06,” said Niki Chibucos, Director of Development and Public Relations. Niki said the agency’s employees just can’t do all that needs to be done. For example, volunteers allow Aging Care Connections to put out mailings that inform people of their services and solicit financial help. “That’s critical,” Niki said.

Niki said volunteers are needed to perform office tasks such as filing, copying and data entry. Also needed are people to work the front desk. Front desk receptionists are asked to work one four-hour shift each week, while those performing office tasks will work between 2 and 4 hours each week. Yet another group of volunteers is busy working on the 13th Annual Sports Ball Fundraising Gala, set for May 16. The volunteers are busy putting the details together for another successful event.

As a senior citizen herself, Rosemary isn’t alone among the volunteers at Aging Care Connections and other area organizations. In its Feb. 24 newsletter, the *NonProfitTimes* reported that in 2012, Americans 65 and older donated nearly twice as many hours per person than the population as a whole. At nearly 86, Rosemary said it is important to keep the mind and body active. By helping out at Aging Care Connections, she not only is keeping herself active, she also is helping others to get the help they need. This time of year, Rosemary helps by greeting those who come to have their taxes done by AARP volunteers. She’s performed plenty of other jobs, too. “They call me ambidextrous,” she said, because she’s willing and able to help out wherever she is needed.

Rosemary, who lives just a short walk from Aging Care Connections, said the organization is a good neighbor to so many seniors, pairing them with the services and benefits they need. “Our organization helps people to cope,” she said. “Aging Care Connections cares about seniors, and so do I.”

To offer your time to Aging Care Connections, please contact Niki at 708-354-1323, extension 226. Volunteers must be 18 and older and available to work on weekdays at the La Grange facility.

*April is National Volunteers Month. Aging Care Connections salutes its dedicated, talented volunteers and acknowledges their generous service. Thank you very much!*

## MENTAL HEALTH FIRST AID TRAINING IS NOW AVAILABLE IN THE WESTERN SUBURBS!

Could your organization, business, practice, restaurant, school, or place of worship benefit from learning about maintaining good mental health and wellness?

Would information about how to recognize signs and symptoms of mental illness help your employees, management team, and staff?

Would an up-to-date resource guide listing 24-hour hotlines and local mental health counseling and treatment be an asset for you and your team?

If you answered yes to any of the above questions, we can help.

Twenty-nine community members from across the western suburbs are now certified instructors in Mental Health First Aid. MHFA has gained popularity in the United States over the last decade as professionals have recognized the need to identify and address symptoms of mental illness as they occur in everyday situations.

“Much like training instructors in CPR or first aid, the program certifies participants to train the public to identify, understand and respond to symptoms of mental illness,” said Greg DiDomenico, President/CEO of Community Memorial Foundation, one of the partners bringing the training to the local community.

Joint funders of the effort with Community Memorial Foundation are The Rotary Club of La Grange, Lyons Township Mental Health Commission, and Proviso Township Mental Health Commission. Over the next year, the certified instructors will provide at least 45 trainings for local human services providers, first responders, health providers, faith-based organizations, educators and workplaces. As a result, more than 1,000 individuals will be trained over 12 months.

Mental Health First Aid is a program of the National Council on Behavioral Health and addresses the growing need for mental health services in our region by strengthening the mental health and well-being of our communities, decreasing the stigma associated with mental illness, and providing awareness of local mental health resources.

According to the National Alliance on Mental Illness (NAMI), one in four adults in the U.S. experience a mental health disorder in a given year. One in 17 people live with a serious mental illness such as major depression or bipolar disorder. Anxiety disorders affect about 18.7 percent of adults. Suicide is the third leading cause of death for people ages 10 to 24. Fewer than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year.

If you are interested in having a certified Mental Health First Aid instructor provide an eight-hour training (one full-day or two half-days) to a local group, contact Gale Christoff at [gchristoff@cmfdn.org](mailto:gchristoff@cmfdn.org) or 630-654-4729. There is no cost for training or the materials. Spanish-speaking instructors and materials are also available.

Please join us for the...

## Grandparents Raising Grandchildren Forum

Tuesday, April 15, 2014 5:30 pm – 7:00 pm  
Leyden Family Services  
10200 W Grand Ave, Franklin Park



For information, please call 708-354-1323, ext. 228 Grandparents and others raising grandchildren in Proviso, Leyden, and Norwood Park Townships are invited to attend.

### Panel members include:

#### **Adrian Charniak**

*Grandmother raising a grandchild*

#### **Pastors Bill Ressler and Penny Taylor**

Timothy United Church of Christ, Berwyn  
*Grandparents Raising Grandchildren Ministry*

#### **Colleen A. Connelly**

Staff Attorney, Children and Families Practice Group,  
*Legal Assistance Foundation, Chicago*



### We plan to:

- Meet grandparents raising grandchildren in Proviso, Leyden, and Norwood Park Townships
- Provide resources for grandparents raising grandchildren
- Publicize existing Grandparent Raising Grandchildren Support Group in Proviso Township
- Establish a new Grandparent Raising Grandchildren Support Group serving Leyden and Norwood Park Townships



**Looking forward to seeing you there!**

## INCOME TAX ASSISTANCE AT AGING CARE CONNECTIONS

AARP-trained tax volunteers have been available by appointment for those aged 60+ who would like assistance preparing their simple income tax returns. To schedule an appointment, which is required, please call 708-354-1323. Appointments will be scheduled for Mondays, Tuesdays and Wednesdays from 9 am to 1 pm through Wednesday, April 9.



*Mary Cass, volunteer tax preparer, works with Janet Clark to complete her tax return.*



*Volunteer tax preparer Susan Portland assists Marilyn Carter at Aging Care Connections.*



*Jo Salerno and Carol Bonkowski (above), participants in the Walk for Health program.*

The Aging Well Community Action Team of La Grange and La Grange Park holds its monthly Walk for Health from 10:30 a.m. until noon on the third Wednesday of each month at the Park District of La Grange's Recreation Center located at 536 East Avenue in La Grange. Walk for Health is held on the indoor track at the Recreation Center. The program encourages people, especially those aged 50 or older, to walk to maintain a healthy life style. There are no distance requirements; people are encouraged to do what they can and to enjoy the companionship of the other walkers. No registration is required and participation is free. Refreshments are served.

Aging Well, a program of Aging Care Connections, is dedicated to working with communities to create an

environment in which people can age well. Serving 20 communities in the Lyons, Riverside and South Proviso Townships, the program is composed of hundreds of older adults and more than 130 community-based organizations working together to address aging issues in their local communities. For more information about Aging Well, please contact Linda Hussey at 708-354-1323, ext. 242, or by email at [lhusssey@agingcareconnections.org](mailto:lhusssey@agingcareconnections.org).

## Save the Date! Aging Care Connections 43rd Annual Luncheon



### Merri Dee

We are thrilled to announce that Merri Dee, philanthropist and former television journalist, will give the keynote address at Aging Care Connections' 43rd Annual Luncheon to be held Thursday, October 16, 2014 at Ruth Lake Country Club, Hinsdale. From 1972 to 2008, Ms. Dee was an anchor/reporter at WGN-TV, and later served as the Director of Community Relations. Ms. Dee currently serves as President and member of the Leadership Council of the Illinois Chapter of the American Association of Retired Persons (AARP). Please join us for a wonderful afternoon!



# Holy Cow! What an Event!



## Aging Care Connections' 13th Annual Sports Ball Benefit Gala Friday, May 16, 2014, 6:00 p.m.

at the exciting venue

**PINSTRIPES™**  
BOWLING  BOCCE  BISTRO

7 Oakbrook Center Mall, Oak Brook



**Peanut Tillman at Sports Ball 2013**

Enjoy a great evening of food, bowling and bocce!  
Mingle with celebrity athletes. Bid on fabulous auction packages.  
All proceeds support older adults in our community.

\$150/Ticket (includes beer and wine). For information,  
please call Niki at 708-354-1323, extension 226.  
Casual attire (wear your favorite sports jersey)!

## OUR THANKS TO ST. BARBARA PARISH

In reflecting on our wonderful partners in delivering the very best services to seniors in the community, we often think of St. Barbara Parish. Their kind welcome in hosting a variety of our programs has been so appreciated.

We hear from our older adults that St. Barbara's offers a warm, hospitable setting for meetings, classes and support groups. We are very grateful for their "open arms" welcome

to our seniors. We could not ask for a more wonderful partner in our mission to ensure the well-being and independence of older adults in our community.

We would like to thank Angela Lawler and Reverend Casey for facilitating our programming at St. Barbara's. It is a pleasure to work with you!

## CLERGY BREAKFAST

On February 28, Aging Care Connections hosted an informational coffee for clergy leaders in our service area. The purpose of this meeting was to inform church leaders about the often critically-needed services our organization offers to seniors and their families. Partnership among community organizations is the best way to ensure that residents learn and take advantage of the helpful programs available to provide a safety net in times of crisis.



*Board member Anne Shannon greets Danny Enright, LaGrange Bible Church, and Lee Benisek, First Presbyterian Church of LaGrange.*



*Director of Philanthropy and External Affairs and Board member Saranne Milano welcome Rev. Robert G. Casey of St. Barbara Parish, Brookfield, to the Clergy Breakfast*



*Pastor Said Ailabouni of Grace Lutheran Church, La Grange, and Rev. Dr. Rich Kirchherr, First Congregational Church of Western Springs, chat with Board member Catherine McCrory at the Breakfast*



Your Source For Senior Care

## 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.*

### 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. 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)

Group 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 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 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 contact: Intake Office, 708-354-1323, extension 215 to make an appointment.*



## Our Appreciation to UPS!

Our thanks to UPS, Hodgkins, for their donation of \$10,000 to benefit Aging Care Connections' programs and services. The donation acknowledges UPS volunteers' commitment to Aging Care



Connections' Congregate Meals Program held at Salerno-Pincente Ristorante, Hodgkins. Pictured above, left to right, are: Robin Phillips, UPS Security Manager; Aging Care Connections Director of Philanthropy and External Affairs; Noel Cummings, President of the Village of Hodgkins; Diane Brown, Aging Care Connections Nutrition Site Supervisor; Bob Difino, UPS Area Human Resources Manager; Judy Jackson, UPS Overgoods Administrative Assistant; and Niki Chibucos, Aging Care Connections Director of Development and Public Relations.



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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



Lee M. Burkey, Sr.  
*Society*

The Lee M. Burkey, Sr. Society was created in memory of Lee M. Burkey, Sr., an Aging Care Connections Board member, donor and community leader. Burkey created our first giving society to help meet the growing needs of our aging community. Today, the society is made up of loyal donors who support Aging Care Connections with an annual gift of \$1,000 or more.

You can help continue Burkey's legacy by investing in Aging Care Connections. A major gift gives you the chance to make a profound difference in our agency and the opportunity to meet other dedicated philanthropists working toward the same goal. Your gift will change the quality of care aging adults receive in the five townships we serve.

As you consider how to designate your gift, our staff is here to assist. We can help you explore how your generosity can make a difference in the lives of older adults and their families through community-based services that promote dignity, self-respect and independence. You can also make your gift unrestricted--Aging Care Connections will then use your donation in the area of our greatest need.

**Become a member today.**

By joining the Lee M. Burkey, Sr. Society, you can play a vital role in ensuring excellence in the information and care older adults receive. Please contact \_\_\_\_\_ at 708-354-1323 extension 243 for more information.

**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.