



aging care  
connections

Your Source For Senior Care

## BOARD OF DIRECTORS

**President** William S. Wilson  
**Vice President** Michael D. Doepke  
**Treasurer** Gregory J. Pierce  
**Secretary** Lee Burkey, Jr.

### Directors

Jerry J. Burjan  
Edward Gervain  
Richard J. Haley  
Dr. Rajeev Kumar  
Saranne Milano  
Daniel C. Pancake  
Richard Shanley  
Anne M. Shannon

### Advisory Members

Catherine McCrory  
Thomas J. Walsh

## STAFF

### Executive Director

Debra Vershelde

### Director of Social Services

Louise Starmann

### Advancement

Kenneth Grunke, **Director of Philanthropy and External Affairs**

Niki Chibucos, **Director of Development and Public Relations**

Linda Hussey  
Margaret Pretkelis

### Aging Resource Center

Ilana Shure, **Manager**  
Lyndsey Anton  
Denise Shin

### Benefits Assistance

Bob Spain  
Gladys Thurmond

### Caregiver Support

Ruth Folkening

### Care Coordination

Colleen Hill, **Supervisor**  
Katrina Calhoun  
Sara Carlock  
Anna Frantz  
Julie Heslin  
Jennifer Mugnaini  
Sue Murphy  
Melanie Plews  
Mattie Stevenson  
Zoe Thompson

### Elder Abuse

Elizabeth Thompson, **Supervisor**  
Anna Bartoszek  
Heather O'Hara  
Valderes Pou  
Annaliese Spalink

### Information and Assistance

Linda Tomko

### Office Administrative Support

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

### Program Administrative Support

Rojean Carlson

## LEADING THE COMMITMENT TO AGING WELL CAMPAIGN

Many of you have been waiting patiently with anticipation for the details of our upcoming Major Program and Capital Campaign, which was announced in last quarter's newsletter. We are privileged to finally be able to share this exciting information with you as the Chair and Honorary Chair of this critical initiative. Our *Leading the commitment to aging well* Campaign is Aging Care Connections' response to expanding our outreach, sustaining our programs and addressing our facility needs to accommodate the ever-increasing demand for our services in the next 10 years.

With a \$1 million dollar goal, we've already received a lead gift of \$200,000 through the generous support of our dear friend and advocate, Illinois Senator Christine Radogno. This means that **we will need to raise the remainder of the \$800,000** through a broad-based community campaign supported by individuals and community, corporate and foundation partners. The \$1 million Campaign goal is broken out for you as follows:

### \$400,000 needed for client program sustainability and growth needs:

- Ensuring current services are delivered, while facing drastic cuts
- Enhancing our programs and services to prepare for the growing needs of older adults and their families in our communities who will need to turn to Aging Care Connections
- Strengthening our business and fundraising infrastructure to generate increased private funding to support our growing client base and programs/services

### \$600,000 needed for facility improvements to best serve older adults and their families:

- Improving accessibility, efficiency and optimum service delivery, including: a multi-purpose community room; new client intake and program service delivery rooms; a client records room; kitchen and restrooms; and other offices to best serve the increased needs of our clients
- Repairing our building to include an accessible entrance and ADA-compliant ramp; energy efficient features and additions; tuckpointing and installing awnings

We have had a rich history filled with serving thousands of older adults and families and have been a vital part of your community, celebrating growth and development with you for more than four decades. This new chapter in our organization has evolved dramatically over the last five years and this campaign, the latest step in our evolution, needs you more than ever.

It has been said that "an aging America is everyone's business" and we think you would agree that "an aging La Grange, Summit, Riverside...list *your* community... is **our** business" and we want to come together to do whatever we can to make our community a place where older adults can age well.

Please join us in this important campaign by contacting Ken Grunke at 708-354-1323 for more information. We invite you to stop by Aging Care Connections to see firsthand the initial work that has been performed in the building and our plans for the remaining capital repairs over the coming months. Additional details and updates will be shared in our "Campaign Edition" newsletter in January, 2013.

We thank you again for your continued support, partnership and friendship.

Jerry J. Burjan  
**Chair**

Dan Pancake  
**Honorary Chair**

## MFP SUCCESS STORY

We would like to share a “Money Follows the Person” success story provided by Sue Murphy, Aging Care Connections Care Coordinator responsible for the “Money Follows the Person Program.” The “Money Follows the Person” Rebalancing Demonstration Program (MFP) helps States rebalance their long-term care systems to transition people with Medicaid from institutions to the community. From spring 2008 through December 2010, nearly 12,000 people have transitioned back into the community through MFP Programs.



When Dorothy was hospitalized in March 2011, her family realized her time on earth was ending. Dorothy weighed less than ninety pounds, had advanced heart disease, and dry gangrene was taking over her fingers. Dorothy also prepared for her impending future by giving away all her belongings, including her most prized possessions. After a week in the hospital, she was admitted to a local skilled nursing facility to spend her final days.

Dorothy was in pain due to her complex medical condition, but eventually her urinary tract infection and anemia were under control. She refused to have her fingers amputated and was an advocate for her care at the nursing facility. In spite of her diagnosis, she was doing better every day. She began cataloguing books in the library and always had kind words for the other residents. Dorothy accepted she would spend the rest of her life in a three-bed room in the nursing home.

Due to collaboration and the relationships formed through the Aging Care Connections' Aging Resource Center (ARC) program and MFP, a nursing home social worker contacted Aging Care Connections about Dorothy's potential to participate in an effort to help relocate nursing home residents who wished to return to the community; the program is called MFP. Using social work skills, community resource knowledge, and care coordination, Aging Care Connections was able to facilitate a move from the nursing home for Dorothy.

She now resides in a supportive living facility in her own apartment. The move involved the purchase of furniture and other supplies needed to live on her own. Every time her Aging Care Connections' Care Coordinator visits Dorothy, she expresses her thanks and awe that such help even exists. She has a full life with the dignity and respect she deserves. She goes to the local library, attends social functions, and has developed strong relationships. Without Aging Care Connections and the MFP program, vulnerable older adults would remain in nursing homes because navigating the complex systems in aging is overwhelming to even the savviest of seniors.

## MEDICARE PART D OPEN ENROLLMENT

Aging Care Connections will be offering Medicare Part D plan comparisons and assistance with enrollment at all of our Benefit Stations in the greater Lyons Township area. Beginning October 14, older adults should evaluate their Medicare D prescription drug plan and make changes to their carrier and plan, if needed. This open enrollment period ends December 7, 2012. After this date, seniors can no longer change their Medicare D plans until the next open enrollment period. Aging Care Connections is a SHIP site (Senior Health Insurance Provider) and our volunteer counselors and staff are SHIP-certified to provide objective counseling and information on the drug plans currently available under Medicare Part D. Aging Care Connections does recommend that seniors look at their drug plans each year, but especially this year due to the loss of the Illinois Cares Rx program. There may be plans more beneficial to seniors who have lost their State coverage. Please call for an appointment 708-354-1323, or check the following web sites to compare plans: [www.medicare.gov](http://www.medicare.gov) or [www.medicareinteractive.org](http://www.medicareinteractive.org).

## AGING CARE CONNECTIONS

### ELDER ABUSE STAFF RECOGNIZED

Anna Bartoszek, Elder Abuse Case manager, was recognized as Outstanding Elder Abuse Caseworker of the Year at the Illinois Department on Aging's (IDoA) 26th Annual Elder Rights Conference in Schaumburg in July. She was selected from a group of nominees from around the State who exemplify commitment and service in the area of elder rights.

Anna has worked at Aging Care Connections for four years. Her ability to advocate was demonstrated in a case involving an elderly man who was being exploited by a female friend. Anna was able to work with attorneys, police, and the man's family for a financial exploitation conviction. The woman is now serving a three-year sentence. Anna's ability to be resourceful was also highlighted. Her professionalism and skill have impacted the safety and well-being of many victims.

"The 2012 Elder Abuse and Ombudsman Awardees represent the network of service providers and advocates who are the critical component to helping elders both in long-term care facilities and those still residing in their communities. We are grateful and encouraged by your willingness to ensure the health and safety of older adults in Illinois", said IDoA Director John K. Holton, Ph.D.

Aging Care Connections is the local organization charged with the investigation of elder abuse which may be any of the following types of mistreatment of an adult aged 60 or older: physical, sexual, or emotional abuse, confinement, passive neglect, deprivation, and financial exploitation.

Also recognized at the conference with an honorable mention was Heather O'Hara, who has worked at Aging Care Connections almost three years.



*Anna Bartoszek (center), IDoA elder abuse case manager of the year, is congratulated by IDoA Director John K. Holton, Ph.D. and Lois Moorman, IDoA Office of Elder Rights program administrator.*



### **Introducing our Elder Abuse Case Manager ANNA BARTOSZEK**

It is a pleasure to introduce Anna Bartoszek, one of Aging Care Connection's Elder Abuse Case Managers and, as you may have read in the preceding article, the Illinois Department on Aging's Outstanding Elder Abuse Caseworker of the Year.

Anna was born in Poland and emigrated from Nowy Sacz in 1996. After taking English as a Second Language classes at Moraine Valley Community College, Anna completed a Bachelor of Arts degree in Social Work at Lewis University. She worked at the Guardian Angel Domestic Violence Shelter in Joliet and in the Science Library at the University of Chicago before joining our organization in 2008.

Anna has recently been accepted to pursue a Master's Degree on a part-time basis at the University of Chicago School of Social Service Administration. She is completing a field placement in the Social Services Department of the Circuit Court of Cook County in Bridgeview where she works with defendants in driving under the influence, domestic violence and battery cases who have been ordered by the Court to complete treatment and/ or community service.

Elder abuse work involves a variety of socio-economic and geographic settings. As the elder abuse provider agency in 32 communities, Aging Care Connections is involved with every level of society; elder abuse knows no boundaries. In recent years, we have experienced more complex cases complicated by the financial pressure on families and increased drug and firearm availability. Our elder abuse team often uses the services of our police departments, legal system and medical professionals to provide safe and appropriate interventions to all victims. Some cases are very complex and require hours and hours of work. Aging Care Connections averages about 30 elder abuse reports of all types, physical, sexual, or emotional abuse, confinement, passive neglect, deprivation, and financial exploitation every month.

"There is a lot of work that needs to be done...a lot of policies that need to be developed to make society aware of these issues because it takes the entire community to address aging concerns," Anna observed.

Anna's outside interests include her family, a son, Joey, and her husband, Chris. She also enjoys traveling, gardening, reading, and being outdoors.

# AGING WELL COMMUNITY ACTION TEAM EVENT CALENDAR

## La Grange/La Grange Park CAT

### Walk for Health

3rd Wednesday of each month  
Park District of La Grange  
536 East Avenue, La Grange  
10:30am-12noon

*Free to all older adults*

## Western Springs/Indian Head Park CAT

### Eat for Your Health

Tuesday, October 16  
Grand Avenue Community Center  
4211 Grand Avenue, Western Springs  
10am-1pm

Exhibits, speakers, food samples

*Free admission to all older adults*

Questions? Contact Mic Cagney 708-246-3299

## Hinsdale/Burr Ridge CAT

### Ask the Expert: Who says games are just for kids?

Wednesday, November 7  
Burr Ridge Park District  
15W400 Harvester Drive, Burr Ridge  
9:30am-12noon

Workshop on Brain fitness with entertainment

Registration is required. 630-789-7090

*Fee \$10 includes a buffet lunch.*



Summit Mayor Joseph Strzelczyk (from left), Clemmie Tolmaire and Gerrie Ballard accept the Aging Care Connections Community Service Traveling Trophy on behalf of the Summit Aging Well Community Action Team.

## Countryside CAT

### Leaf raking for Countryside Seniors

Saturday, November 10  
10am-1pm

*The service is free*

You must register to participate and be home the day of the raking. Call 708-354-1323, ext. 242 to register.



## PRESS RELEASE

### RIVERSIDE POLICE DEPARTMENT

31 Riverside Road  
Riverside, IL 60546

August 31, 2012

FOR IMMEDIATE RELEASE

Contact: Chief Tom Weitzel 708.447.2127 [tweitzel@riverside.il.us](mailto:tweitzel@riverside.il.us)

### SERGEANT RECOGNIZED FOR SERVICE TO SENIOR CITIZENS

*Sgt. David Krull Received Attorney General Award for Service to Seniors*

Riverside, IL

The Riverside Police Department is proud to announce that Sergeant David Krull has been selected as the 2011/2012 Outstanding Elderly Service Officer of the Year. This award is a statewide competitive process and Sergeant Krull was selected as one of five to receive this award throughout the State. Sgt. Krull was nominated by Chief Tom Weitzel for his outstanding work with the senior citizen population in Riverside and the western suburbs.

The award ceremony took place on Tuesday, August 28, 2012 in Joliet, Illinois and is sponsored by Attorney General Lisa Madigan.

Chief Tom Weitzel stated, "Sgt. Krull's was an outstanding officer who works with the elder population in Riverside and surrounding communities for nine years and always expressed integrity and ethics when dealing with senior issues."

Chief Weitzel traveled to Joliet to assist with the presentation of the award.



Aging Care Connections Aging Well Community Action Team member, Riverside Police Sergeant David Krull (left), is congratulated by Chief Tom Weitzel after being selected Outstanding Elderly Service Officer of the Year.

# Annual Luncheon

We cordially invite you to join us  
Thursday, October 18, 11:30 a.m. – 1:30 p.m.  
Ruth Lake Country Club, 6200 S. Madison, Hinsdale

## Keynote Speaker



**Mary Schmich**  
*Chicago Tribune Columnist*

*Mary Theresa Schmich was born in Savannah, the oldest of eight children, and spent her childhood in Georgia. She attended high school in Phoenix then earned a B.A. at Pomona College in California.*

*After working in college admissions for three years and spending a year and a half in France, she attended journalism school at Stanford. She has worked as a reporter at the Peninsula Times Tribune in Palo Alto, California, at the Orlando Sentinel and, since 1985, at the Chicago Tribune. She spent five years as a Tribune national correspondent based in Atlanta.*

*For three years starting in 1992, Mary wrote a column for the Tribune. She left for a year to attend Harvard on a Nieman fellowship for journalists, then returned to the column in July 1996. In May, 2012, she won the 2012 Pulitzer Prize for Commentary.*

*It is our pleasure to present our Annual Luncheon Keynote Speaker, Mary Schmich!*

## 2012 Community Service Award

*Linda Carey*

## 2012 Community Partner Award

*Grace Lutheran Church, La Grange*

Please contact Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226, or e-mail: [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org) to make reservations.

Thank you for your support!





**QUESTION:** What is convenient, simple, “green” and saves money, yet has a GREAT impact in the community?

**ANSWER:** RECURRING DONATIONS!

Through a monthly, quarterly or annual recurring donation to Aging Care Connections, you can provide critical support to older adults, while making the donation process convenient and simple for **YOU... no more appeal solicitations from us, no more check writing hassles and no more worrying about being environmentally-friendly. PLUS, you’ll be comforted to know that you’ve saved Aging Care Connections the cost of sending out mailings to your home, rerouting those dollars to the clients who need our support more than ever.**

**How do you set up a recurring donation?** *Two simple options:*

1. Complete an Aging Care Connections’ remittance envelope (included in this newsletter). Check the box on the inside flap of the envelope which indicates you would like to make a recurring donation and indicate how often (monthly, quarterly or annually). Then immediately following that box, circle or write in the amount you want debited from your credit card each month. Fill out the contact information and return the envelope to Aging Care Connections.
2. OR, go to [agingcareconnections.org](http://agingcareconnections.org) and simply click on the green DONATE button on our home page, click or enter the amount of the gift you’d like to make and click on the recurring box to tell us how often you would like your gift to be automatically made.

It’s that simple. Please make your gift today and start helping older adults in need right now!

*Thank you to those of you that have already set up recurring donations! We really appreciate your support and hope you enjoy the convenience!*

For questions, please call Linda Hussey, Annual Fund Coordinator, 708-354-1323, ext. 242.

## WE’RE COMING TO A LOCATION NEAR YOU!!!

### HAVE YOU EVER WONDERED IF YOU ARE RECEIVING ALL THE BENEFITS YOU SHOULD?

**Aging Care Connections is coming to your community monthly to answer your questions and ensure that you are receiving the benefits for which you qualify.**

Adventist La Grange Memorial Hospital  
 Aging Care Connections  
 Bridgeview Community Center  
 Brookfield Village Hall

Hodgkins Park District  
 La Grange Park Public Library  
 Summit Public Library  
 Summit Senior Housing

Village of North Riverside  
 Westchester Public Library

#### YOU MAY BE ENTITLED TO BENEFITS FOR:

Food (SNAP)  
 Transportation

Medicare Savings Plan  
 Prescription Resources  
 Circuit Breaker

Property Taxes  
 Benefits Checkup

Appointments required, please call:  
**708-354-1323**

**Don’t miss this great opportunity! Register today!**

*Our thanks to Community Memorial Foundation for making this program possible*

## 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 Sue Murphy, 708-354-1323, extension 221.**

**Arthritis Exercise:** A class that meets Tuesdays and Thursdays from 9:30 a.m. - 10:30 a.m. at Grace Lutheran Church, 200 N. Catherine Avenue, La Grange, 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 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, on the third Thursday of the month at 11:30 a.m. Each participant pays for his or her lunch.

**For information, please contact: Ruth Folkening, 708-354-1323, extension 228.**

**Friday Morning Regulars:** Support group for men only related to aging issues. Meets every Friday at 9:00 a.m. at Grace Lutheran Church, 200 N. Catherine, La Grange.

**For information, please contact: Intake Office, 708-354-1323, extension 215.**

### Grandparents Raising Grandchildren Support

**Group:** 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: Sue Murphy, 708-354-1323, extension 221.**

**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.**

**Sensible Fitness for Older Adults:** An ongoing fitness program offered by Right-Fit Sport Fitness Wellness, Willowbrook, for older adults and their caregivers at Grace Lutheran Church, 200 N. Catherine, La Grange. Classes meet from 10:00 a.m - 11:00 a.m. every Friday. .

**Fee: \$56 per couple for seven classes or \$10 per class. To register, please call Ruth Folkening, 708-354-1323, extension 228.**

**Will and Estate Planning:** Attorney Erik Peck is available the second Wednesday 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.

*Please note that groups meet at Aging Care Connections unless otherwise noted in the description.*

## TRANSPORTATION... HOW DO YOU GET AROUND???

Did you know...Aging Care Connections and PeopleCare partner to offer a taxicab voucher program for those individuals 60+ who no longer drive and are in need of assistance with transportation issues?

For more information about the taxicab voucher program, please call (708) 354-1323, extension 215.

*This program is made possible by the Older Americans Act funded through AgeOptions.*



**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

**Elder Abuse, Neglect, and Exploitation Services Only**

Elmwood Park	Northlake
Franklin Park	Park Ridge
Harwood Heights	River Grove
Melrose Park	Rosemont
Norridge	Schiller Park

**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



*Aging Care Connections hosted a workshop for seniors and family members presented by The Center for Disability & Elder Law, Inc. (CDEL), Chicago, Legal Services and Power of Attorney for Healthcare, Property and Living Will Declarations on August 7 at the La Grange Village Hall. In a second session held August 22, seniors met one-on-one with volunteer attorneys who explained and drafted the documents at no charge. The documents were then witnessed, notarized, copied and presented to the senior, with CDEL and its law firm and corporate partners providing the notaries and paralegals to serve as witnesses. At this meeting, attorneys and support staff from McDonald's Corporation assisted seniors.*

Debra Verschelde, Executive Director, 708-354-1323, extension 213, [dverschelde@agingcareconnections.org](mailto:dverschelde@agingcareconnections.org)  
Louise Starmann, Director of Social Services, 708-354-1323, extension 211, [lstarmann@agingcareconnections.org](mailto:lstarmann@agingcareconnections.org)  
Kenneth Grunke, Director of Philanthropy and External Affairs, extension 243, [kgrunke@agingcareconnections.org](mailto:kgrunke@agingcareconnections.org)  
Niki Chibucos, Director of Development and Public Relations, extension 226, [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org)

**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.