



aging care
connections

Your Source For Senior Care

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A Message from Leadership...

Aging Care Connections is pleased to announce our organization has expanded our program offerings. AgeOptions, our Area Agency on Aging, has awarded Aging Care Connections the grant award to provide comprehensive caregiver support to caregivers residing in Lyons, Riverside, Proviso, Leyden and Norwood Park Townships beginning October 1, 2013. Aging Care Connections appreciates the confidence expressed by AgeOptions in the expansion of our current grant. Caregiver support is funded through the Older Americans Act under Title III-E; Area Agencies around the country are responsible for selecting provider agencies and establishing what services are funded through this grant.

The Caregiver Support program in suburban Cook County consists of one-on-one counseling and support for caregivers caring for an older adult or grandchild; support groups; respite care and educational programs. Aging Care Connections will be working with approximately twice the geographic area and twice the number of potential caregivers we currently served in the expanded area. According to the U.S. Census completed in 2010, the number of adults older than the age of 65 with some limited ability to manage daily activities is more than 9,000 in these five townships. Clearly, there will be many challenges as we expand the service area. However, Aging Care Connections has been providing Caregiver Support since 1997 beginning with a grant project funded by the Community Memorial Foundation. Our Caregiver Specialist, Ruth Folkening has been leading the Caregiver Program at Aging Care Connections for several years and brings a wealth of experience and insight into the issues that confront caregivers each day.

Aging Care Connections approaches the expansion of our grant award with three major goals: quality programs and service to caregivers throughout the area, intensive outreach and education in Proviso, Leyden and Norwood Park Townships to be sure that caregivers residing in these areas are aware of the resources available through the caregiver project, and lastly, to work with the established community providers to offer coordination of resources and all community assets in order to best serve caregivers. We invite any suggestions and feedback as we move forward in this exciting project.

Effective October 1, Aging Care Connections will add Salerno's **Congregate Dining Program** to its comprehensive range of programs and services. We will assume responsibility for the daily operation and administration of the program in cooperation with the Village of Hodgkins. We look forward to offering benefits assistance, health and wellness and educational programming in what will be an outpost location for our organization. We are gratified to sustain this important program for seniors.

Finally, we have been given the grant award to be designated as an **Aging and Disability Resource Network Agency** to older adults and individuals with disabilities aged 18-59 in Norwood Park Township communities. We will offer information, referral and assistance, including options counseling and benefits assistance.

We wish to thank AgeOptions for the opportunity to meet these new challenges. We approach each with a long history of excellence in delivering quality services to seniors. Expanding our reach to younger individuals with disabilities over a larger geographical area offers new and exciting prospects of sharing our expertise. For further information, please contact a member of our senior leadership team, Debra Vershelde, Louise Starmann or Ken Grunke at 708-354-1323.

HOME ENERGY BILL PAYMENT ASSISTANCE

LIHEAP DIRECT VENDOR PAYMENT

LIHEAP DVP is designed to assist income-eligible households with energy services, in the form of a one-time benefit payment to the utility companies that is applied directly to the household's energy bills. The amount of the payment is determined by income, household size, and fuel type.

LIHEAP PERCENT OF INCOME PAYMENT PROGRAM

LIHEAP PIPP provides a monthly benefit payment to the utilities based on household utility usage and monthly income. Customers are required to pay a reduced amount on their utility bills each month to get the benefit payments. PIPP participants who make their utility payments on time will receive credits towards their outstanding balance. Disconnected households are not eligible.

ENROLLMENT DATES:

September 3, 2013
Seniors and Disabled Individuals

October 1, 2013
Emergency Furnace, Reconnection Assistance and Households with Children under 6 years old

November 1, 2013
General Enrollment

Documents Needed to Apply:

- Proof of gross income from all household members for the 30-day period prior to the application date.
- Copy of most recent heat and electric bills if you pay for your home energy directly. (Must provide entire bill)
- Proof of Social Security Numbers of all household members
- If a member of your household receives TANF, you must bring their Medical Card
- Applicants that have their utilities included in the rent must bring copy of rental agreement which states monthly rental amount, that utilities are included, and landlord contact information. (Rent costs must be greater than 30% of household gross income for 30 days prior to application.)

Family Size		1	2	3	4
Gross Income for 30 days Prior to Application Date	**LIHEAP	\$1,436	\$1,939	\$2,441	\$2,944

Appointments are necessary. Preference will be given to older adults and individuals with disabilities. For more information, please contact Aging Care Connections: 708-354-1323.

MEDICARE OPEN ENROLLMENT

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. Please call Aging Care Connections at 708-354-1323 to make an appointment to discuss the plan that is best for you.

Enrollment Period
October 15–December 7
Medicare Open Enrollment Period
(Changes will take effect on January 1.)

What you can do

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare prescription drug coverage completely.

AGING CARE CONNECTIONS GOES SOCIAL



Thanks to the expertise of Nancy Payne of Clarendon Hills, a sophomore at the University of Wisconsin majoring in Strategic Communication, we were able to successfully launch our official Facebook page, publicizing various programs, events, adding

statuses and posting photos. As aging information is accessed more and more online, it is critical that we strengthen our connection to our communities through social media. We hope that you will continue to support our ongoing social media efforts by finding and “liking” our Facebook page today!



INTRODUCING BOARD MEMBER ANNE M. SHANNON



Representing consumers of Aging Care Connections services, Anne M. Shannon joined the Board of Directors in 2011. As the primary caregiver for a family member with dementia, Anne recognized the need to learn what is available in our community to meet the chal-

lenging and ever-changing needs of seniors and their families.

Anne and her husband participated in the eight-week Early Stage Memory Loss Seminar and she spoke at the 2013 Sports Ball Benefit Gala on behalf of families.

Anne is no stranger to Board involvement. She has served on the following Boards: Community Support Services, The Management Association of Illinois, SEASPAR and Almost Home Kids, as well as the Western Springs Recreation Commission and the Fire and Police Commission. Additionally, she was appointed Chair of the Illinois In-

teragency Council on Early Intervention where she served for eight years under three governors.

As President and CEO of Aspire for eleven years, Anne has worked with families, grant funders, community leaders and state officials. Since her retirement seven years ago, Anne has served as Governor Quinn’s Independent Consultant on the closure of Howe Developmental Center in Tinley Park, Ombudsperson and Family Liaison in the closure of Jacksonville Developmental Center in Jacksonville, and is currently in that position in the closure of Murray Developmental Center in Centralia.

Anne received her BA in Education from St. Xavier University in Chicago, her MA in Education focusing on health care across the lifespan from Trinity College in Washington, D.C., and did graduate work in Liberal Arts at Manhattanville College in New York.

Her award winning 5K medals are impressive, particularly to her grandchildren. A woman always on the go, Anne loves to jog and to read, though not at the same time.

ILLINOIS INSURANCE MARKETPLACE OPENS OCTOBER 1

Aging Care Connections is partnering with local organizations to inform residents of Lyons and Proviso Townships about options that will be available through the Illinois Insurance Marketplace Exchange opening on October 1, and to provide trained and certified assisters for online enrollment.

There are more than 35,000 people who will qualify to purchase insurance on the Illinois Exchange, or to enroll for expanded Medicaid for low-income adults. They will be able to review the options available through the new health care marketplace to compare prices and plans to receive coverage. The new plans will cover preventive care and also help individuals avoid the high out-of-pocket expenses when they are ill or injured. There will also be affordable optional dental plans available on the Exchange.

Aging Care Connections looks forward to working with Adventist La Grange Memorial Hospital, Arab American Family Services, BEDS Plus Care, Inc., Community Nurse Health Center, Helping Hand Center, Mujeres Latinas en Accion, and Pillars to register 5,000 people in the Marketplace. Additional collaborating organizations include the Arthur Foundation, Community Memorial Foundation, West Suburban Chamber of Commerce and Industry, Westlake Health Foundation, and the Townships of Lyons and Proviso.

For information or enrollment through the Marketplace for obtaining health insurance, please visit healthcoverage4u.org, or call 708-818-0150, or e-mail info@healthcoverage4u.org.

AGING CARE CONNECTIONS RECEIVES GRANT FROM MILLION DOLLAR ROUND TABLE FOUNDATION



Sanford A. Schmidt, CLU, CFP, of Northbrook, Illinois, secured a \$3,000 grant from the MDRT Foundation on behalf of Aging Care Connections, La Grange. Schmidt, a 27-year MDRT member, is a supporter of Aging Care Connections. The MDRT Foundation grant will support the organization's Safe-

Home Meals Program. This year, the MDRT Foundation will award almost \$1 million in grants to more than 100 charities.

Aging Care Connections' Safe-Home Meals program serves older adults with specialized dietary restrictions that cannot be accommodated through current meal programs such as low-sodium, diabetic-appropriate, and gluten-free. In partnership with Cantata Adult Life Services, these meals are prepared and delivered to the homes of clients who are unable to cook for themselves due to illness, physical limitations, lack of knowledge, an inability to learn preparation techniques, or without family or friends to address their nutritional needs. In addition, an indirect benefit of the program is the deliv-

ery serves as a means of well-being check as often clients live alone. The program is funded solely by donations to Aging Care Connections and the grant funds awarded by the MDRT Foundation will help to maintain the program as a viable option for older adults in need.

The MDRT Foundation was created in 1959 to provide MDRT members with a means to give back to their communities. Since its inception, the Foundation has donated more than \$28 million to more than 70 countries throughout the world and in all 50 states. The majority of these funds were raised by MDRT members from MDRT members.

The MDRT Foundation is the philanthropic arm of the Million Dollar Round Table, The Premier Association of Financial Professionals®. MDRT is an international, independent association of nearly 38,000 of the world's best life insurance and financial services professionals from more than 76 countries. MDRT members demonstrate exceptional product knowledge, strict ethical conduct and outstanding client service. MDRT membership is recognized internationally as the standard of sales excellence in the life insurance and financial services business.

VOLUNTEERS NEEDED!



Aging Care Connections participates in the AARP Income Tax Assistance Program, which offers free income tax preparation to taxpayers with low and moderate income, with special attention to those 60 years of age and older. AARP Tax Aide Foundation is looking for volunteers to help prepare tax returns

for the upcoming filing season. If you use a computer and have some knowledge in the preparing of tax returns, they can use your help. Training classes will be held to update you with the current tax laws. Sign up at aarp.org/taxaide.

AGING CARE CONNECTIONS REACHES MILESTONE GOAL THANKS TO YOU!

First off, a big THANK YOU to ALL of our supporters (and believers) who have made Aging Care Connections' Program and Capital Campaign: Leading the commitment to aging well a reality and a success. It's hard to believe just two years ago, this agency embarked on one of the most challenging projects in its history, setting a goal of raising \$1 million dollars to secure a better future for older adults and families in our community.

It is with great humility, pride and gratitude that we announce to all of you, our readers, supporters and community, that not only have we reached our \$1 million dollar goal, but we have SURPASSED our "stretch goal" of \$1.2 million dollars!! Of course, as we continue to face funding challenges, every dollar is critical to helping seniors and their families in need.

Again, we could not have done this without our many donors who have endorsed our mission by generously supporting this milestone campaign. In addition, not only was this the first capital campaign in the agency's history, but it was also one of the most exciting and rewarding experiences for all involved – bringing together donors, volunteers, staff and agency leadership. We've been

saying that it does, in fact, "take a village" to make a true impact in our communities and in our case, it took the hearts and souls of many villages to help us continue providing critical services for older adults and their families.

While we continue to meet the challenges of the economy and the evolving complexity of needs of seniors, we know that we will always have all of you, right alongside us, helping to make this the best community to age well.

Thank you again for your generosity and for believing in Aging Care Connections. Now it's time to celebrate! A formal closing event will be scheduled in the next month. Please watch your mailboxes for your invitation.





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.

Arthritis Exercise: 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.

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:

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 Erik Peck is available the second 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.

PROVISO TOWNSHIP TRANSPORTATION PROGRAM

Proviso Township offers many services to residents. One of them is a Free Ride Program for Senior Citizens who may need transportation to and from medical and other pre-scheduled locations.

If you are interested, please call the Proviso Township Senior Service Program at 708-449-4307 to determine eligibility.





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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

Save the date!



The Thirteenth Annual Sports Ball Benefit Gala
Friday, May 16, 2014, 6:00 p.m.
Pinstripes, Oak Brook

 **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.