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**CREATING A COMMUNITY OF CAREGIVERS****November is National Family Caregivers Month**

By Ruth Folkening, Caregiver Specialist

I have been inspired by the opportunity to visit seniors in their homes and meet with their families. Several years ago, I met an 80 year-old widow who had four grown daughters. My client had a **Community of Caregivers**. She was able to remain in her own home despite being weak, having macular degeneration, and receiving oxygen 24/7. The daughters worked full time, but each accepted a specific task such as managing the client's finances, setting up her medications and bathing her, visiting her on the way home from work, and socializing with her on the weekends. The daughters took turns cooking and bringing her food. I was able to supplement their support by authorizing a homemaker to come to assist the client for two hours each morning, five days a week. Not every family has this natural base of support.

Modern family caregiving is incredibly stressful. Often the caregiving responsibility falls on one member of the family. In some cases, family members share the responsibility of providing the attention and assistance needed by a loved one. Aging Care Connections supports all caregivers, whether an entire family or one primary caregiver. Support groups and caregiving seminars are offered on a regular basis. Aging Care Connections encourages the growth and recognition of a **Community of Caregivers**. During National Family Caregivers Month, Robyn L. Golden, Director of Older Adult Programs at Rush University Medical Center, will speak at Aging Care Connections' final 40th Anniversary Signature Lecture on

November 10, 2011 at 6:30 pm. Her presentation will address the dilemmas of caring for older family members and ways to find support for this work.

Also during November, Aging Care Connections will host the Second Annual Caregivers Luncheon to honor the caregivers who have been actively involved in our support groups and other programs. Research has shown that caregivers benefit from the opportunity to have a break from caregiving. One of our services utilized by many caregivers to obtain a break is **Respite**, provided on an occasional daytime, evening, or weekend basis to relieve caregivers of the responsibilities associated with 24-hour care. An in-home worker is provided to assist with the older adult's personal care and supervision. Aging Care Connections receives funding to provide this service (on a limited basis) without cost to the caregiver. In order for caregivers to maintain their own physical and mental health, **Respite** is a necessary service.

Unfortunately, due to the current economic crisis, funding for the **Respite Program** has been cut drastically. Aging Care Connections is seeking funding to continue to offer this critically-needed program to the community. If you are able to help, please use the remittance envelope enclosed with this newsletter to donate what you can. Please mark the envelope indicating that your donation is earmarked for the **Respite Program**. We deeply appreciate your generosity.

# HONORING OUR SOLDIERS AND OUR VETERANS

Geri Pasieka's La Grange Elementary District 102 summer school class had the opportunity to honor both soldiers and veterans in a unique project this past summer. Geri was inspired to ask students to write to soldiers in Iraq and Afghanistan because Park School secretary Boge Drake's son, Lt. Nathaniel Drake, has led a platoon in Iraq since May after doing his first tour of duty in Afghanistan.

Students were paired with veterans invited to participate by Linda Hussey, community relations coordinator at Aging Care Connections. Students met with the veterans on August 1-3 to hear their stories and draft letters to deployed soldiers.

The veterans emphasized how thrilled they were to receive letters even a couple times a month. Former Army medic Letty Santillo of Lyons served in Vietnam and said that had she received a letter from a classroom, "at least I would have known somebody was thinking of us and knew we were over there."

Geri Pasieka's goal in assigning this intergenerational project was to "show kids how to have great respect for the elderly and our soldiers. When I look at the kids' faces and hear the stories they learned, it's a wonderful lesson in life."



*Bill Harlander of Brookfield uses a map to describe his experiences in the military to Melanie Mesick.*

A seventh-grade student, Ava Stipanovich, summed up the experience this way, "I thought it was really interesting. I learned more than from a book in the library or a newspaper by talking to people who actually lived through it."

Aging Care Connections would like to thank the veterans who shared their stories, photos and memories with the students: Dr. Ted Giffords, La Grange Park; Bill Harlander, Brookfield; Al Krenz and Jerome Matuch, Countryside; Jim Matthews, La Grange, and Letty Santillo, Lyons. It truly was a once-in-a-lifetime experience for the students!



*Area veterans and local students discuss what it is like to be a soldier in preparation for writing letters to military personnel in Iraq and Afghanistan.*

## **The Aging Family: Negotiating the Difficult Decisions, Communication Issues, Opportunities and Strategies for Mediating**

**Thursday, November 10, 2011 6:30 pm – 8:30 pm**  
**Aging Care Connections, 111 W. Harris Avenue, La Grange**

**Speaker: Robyn L. Golden, MA, ACSW, LCSW**  
**Director of Older Adult Programs, Rush University Medical Center**

Two professional CEUs to be awarded \$10

Professionals in the aging field and all community members  
are cordially invited to attend.

**Refreshments will be served.**

*This lecture is made possible in part through the generosity of*



To register, please call 708-354-1323 or  
e-mail: [info@agingcareconnections.org](mailto:info@agingcareconnections.org).



### **Introducing Care Coordinator KATRINA CALHOUN**

Katrina has been a member of the Social Services Staff since 2005. She is a graduate of Hope College in Holland, Michigan, having earned a degree in Psychology. She finds that her background is helpful as she works with families' issues regarding aging.

Katrina is a pre-screener for skilled nursing home placement of patients at RML Specialty Hospital in Hinsdale. In addition, Katrina has a caseload of 110 clients. After completing initial assessments of clients, she is available to them to assist with issues that may come up between the regularly scheduled annual assessments. Care Coordinators keep in touch with clients at least every three months through a phone call to ensure that services put in place after the assessment are appropriate to the changing needs of aging. Complete case notes for each client are kept and updated with each contact. Katrina is the team specialist in understanding the public assistance system in Illinois. The entire department depends on her knowledge and ability to cut through the red tape of this complex system.

Katrina lives in Chicago and keeps busy with her son, Aedan, who just turned two, and enjoys travel and reading in her spare time.

It is a pleasure to introduce, Katrina Calhoun, Care Coordinator at Aging Care Connections!

# AGING CARE CONNECTIONS' STRATEGIC PLAN UPDATE

In the July-September edition of our newsletter, we announced an exciting future for Aging Care Connections through the implementation of a three-year strategic plan. Through this plan, Aging Care Connections will:

- set the standard for aging and elder care, serving as both a top-notch provider and expert resource in the field of aging;
- undertake a capital funding effort to create a working environment consistent and reflective of our status as “experts in the field”;
- enhance our staff experience, attracting and retaining high-caliber employees;
- increase awareness of our organization and mission in the communities we serve and beyond.

As we prepare to address a growing and complex aging society, please know that Aging Care Connections is committed to remaining a vital resource to older adults and their families, and to all of our partners in the community. It is very fitting that during our 40th anniversary year, we stand ready to position ourselves to be an even greater asset than we are today, and ensure our long-term standing in the community. This strategic plan is our road map for the future, guiding the organization for the next three years. Please watch for more information about this exciting opportunity as it unfolds.

## “TRANSFORMING TRANSPORTATION”

As we begin our new fiscal year October 1, Aging Care Connections will be rolling out a new transportation program replacing the senior bus system we have operated in the south Proviso and Riverside Township areas for many years. We are excited to report we will be partnering with PeopleCare, Inc. to offer a taxicab voucher program to those individuals 60+ who no longer drive and are in need of assistance with transportation issues.

More and more, we have discovered that the provision of a senior bus as a means of transportation for older adults is not meeting their needs in the best possible way. We are looking to the taxicab voucher program to offer not only

expanded days/hours of service, but a more customized form of transportation assistance to the older adults in our community. In addition, we will be working with other partner organizations serving seniors throughout our service area in developing a transportation partnership equipped to offer a variety of transportation options to those in need. More details will follow in the future on this concept.

In the meantime, should you have questions about our new taxicab voucher program, please contact our Information and Assistance Specialist at (708) 354-1323, extension 215.



# Fortieth Anniversary Annual Luncheon



*We cordially invite you to join us  
Thursday, October 20, 11:30 a.m. – 1:30 p.m.  
Ruth Lake Country Club, 6200 S. Madison, Hinsdale*

## Keynote Speaker



**Dr. Mary Ann Malloy**  
*NBC 5 TV "Living Well" Medical Contributor*

**2011 Community Service Award**  
**The Village of La Grange**

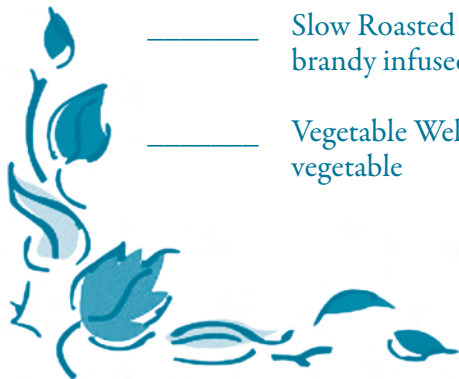
**\$35.00 per ticket**  
***Tickets will be held at the door.***

*For information or reservations, please contact Niki Chibucos, Director of Development and Public Relations,  
by calling 708-354-1323, extension 226, or e-mailing [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org)*

### Menu selections:

- \_\_\_\_\_ Slow Roasted Pork Loin - stuffed with caramelized apple dressing and topped with a light brandy infused gravy, served with chef's starch and vegetable or
- \_\_\_\_\_ Vegetable Wellington - vegetables encased in puff pastry, served with chef's starch and vegetable

***Thank you for your support!***



# EXPERT PRESENTS HOARDING BEHAVIOR PROGRAMS

Aging Care Connections sponsored two presentations by nationally-recognized expert on hoarding behavior, Christiana Bratiotis, PhD, LCSW, postdoctoral fellow and adjunct professor of Clinical Practice, adjunct lecturer in Social Welfare Policy, Mental Health Policy and Clinical Practice, Boston University, on Thursday, July 14.

The first program, **Interventions for Hoarding: A Housing, Service, Clinical and Enforcement Team Approach to Hoarding**, was tailored to information for clinicians and professionals who are typically first responders to reports of hoarding. Dr. Bratiotis defined hoarding as “the acquisition of, and failure to discard, a large number of possessions that appear to be useless or of limited value.” The situation precludes the use of living spaces for the purposes they were designed and causes significant distress or impairment in functioning.



Officer Ken Byars of the Northlake Police Department speaks with Dr. Bratiotis after her presentation.

The second program, **Hoarding Behavior: Intervention**, held later the same day, was a unique opportunity for family members or friends of persons with hoarding behavior to discuss their concerns and learn more about how to help.

About 5% of the US population exhibits hoarding behavior which usually begins around the age of 13. Individuals who are depressed, have social phobia, or anxiety disorder, are often likely to exhibit hoarding behavior. They may also have personality traits such as perfectionism, excessive focus on details and difficulty with emotions, trusting others and taking another’s perspective. Most individuals begin receiving treatment around the age of 50.

There are many social and economic results for those who exhibit hoarding behavior. Research has demonstrated that hoarders miss an average of seven work days in a month; they have difficulty paying bills; they are more likely to have mental or physical problems; they have been threatened with eviction and may have had a child or elder removed from their home.

In addition, there are many safety concerns for those who

hoard, such as fire hazard, sanitation, infestation, blocked access and crush hazard. Dealing with hoarders requires an integrated network of professionals from a variety of disciplines such as mental health, housing, fire, police, animal control, medical, public health and governmental officials.

Dr. Bratiotis has developed a Hoarding Task Force Model to deal with this often time consuming, expensive and difficult disorder. Utilizing this approach increases the skills or expertise required to deal with the problem and reduces the resources required when just one agency is involved.

Because inappropriate intervention will result in the re-accumulation of clutter, it is necessary to provide for a supportive reduction of clutter through behavioral coaching and mental health treatment such as specialized cognitive behavioral therapy. The goals are to keep people safe in their homes, minimize the acquisition of clutter, maintain organization and provide supportive monitoring for safety maintenance in a functional home. It is extremely important that the individual’s beliefs about the meaning of possessions be changed and improved organizing habits be learned to achieve success.

Dr. Bratiotis is an author of the recently-released *The Hoarding Handbook: A Guide for Human Service Professionals* published by Oxford University Press. It is the first publication to focus on hoarding and human service systems that encounter this frustrating social problem and includes recommendations for efficient use of fiscal and personnel resources in hoarding cases presenting a Hoarding Task Force Intervention Model useful to a wide range of service providers.

Dr. Bratiotis’ presentations were part of Aging Care Connections’ 40<sup>th</sup> Anniversary Signature Lecture Series sponsored by Burcor Properties, First National Bank of La Grange and Adventist La Grange Memorial Hospital partnering with the First Congregational Church of Western Springs.



Dr. Bratiotis (second from left) with Aging Care Connections’ staff members, Ilana Shure, Louise Starmann and Sue Murphy, at the Adventist La Grange Memorial Hospital presentation.

# AGING CARE CONNECTIONS AT THE LA GRANGE SIDEWALK SALE

On Saturday, September 10, Aging Care Connections took part in the La Grange Business Association's First Annual Sidewalk Sale. Along with the Aging Care Connections' bus transporting shoppers to locations in the shopping district, we provided program information to shoppers and enticed them with handcrafted plates made by former benefits advocate, Linda Carey, now a volunteer at Aging Care Connections. Proceeds from plate sales benefit Aging Care Connections' emergency fund for area seniors' daily necessities.

The emergency fund helps seniors with daily living necessities such as insulin lancets, winter coats, clothing, taxi fare, medication, help with moving expenses, grocery certificates, gas money, and help in covering the cost of insulin and food has been the sale of handmade plates. The emergency fund for needy seniors is totally funded by the sale of plates.

Aging Care Connections invites those interested in purchasing plates to view the collection weekdays between the hours of 8:30 a.m. and 4:30 p.m. Themes include professional sports teams, college logos, holidays, and a variety of other designs. Cost of the plates, which make great hostess gifts, ranges from \$7 to \$15 depending on size. Please call 708-354-1323 with any questions.



*At the first annual La Grange Sidewalk Sale, Linda Carey, Aging Care Connections volunteer, displays the handcrafted plates she makes to benefit the emergency fund for area seniors.*



# MEDICARE PRESCRIPTION DRUG COVERAGE

## (PART D) – 2012 UPDATES

The Annual Enrollment Period for switching, dropping, or enrolling in a drug plan begins October 15 and ends December 7, 2011. The change will be effective January 1, 2012.

If you are enrolled in a drug plan that coordinates with Illinois Cares RX (ICRX), your coverage should continue without any action on your part. If your eligibility with ICRX has not changed (you filed an ICRX/Circuit Breaker application based on your 2010 income), you should not have to pay a premium.

If you have lost your ICRX eligibility as of September 1, due to the new income limit, you will be responsible for the plan premium. You should review plan options for 2012 since the coordinating plan might not be the most economical plan for your medications. Each participant in the Illinois Cares RX program was informed by mail if their eligibility was terminated.

### AGING CARE CONNECTIONS CAN HELP YOU DETERMINE IF YOUR ENROLLMENT IN ICRX HAS TERMINATED.

Aging Care Connections' Senior Health Insurance Program

(SHIP) Counselors will be available to assist you with Medicare Drug Plan questions. Please call Aging Care Connections to speak with a SHIP counselor or to make an appointment; have a list of your current medications and your plan's membership card. If you do not have a plan, a counselor can enroll you in a plan. This sometimes can be accomplished over the phone, however, appointments are suggested.

If you have not enrolled in ICRX/Circuit Breaker for this year, or are applying for the first time, a SHIP counselor or benefits advocate can help complete your application. We will need documentation of your 2010 income, the rent (including landlord's information) or property tax you paid in 2010, your assets (checking account, savings, pensions/IRAs) and your Medicare card.

For more information, please call Aging Care Connections, 708-354-1323.

## HOME ENERGY ASSISTANCE PROGRAMS

### LIHEAP ENROLLMENT DATES:

Seniors and Disabled Individuals  
September 1, 2011

Emergency Furnace, Reconnection  
Assistance and Households with  
Children under 5 years old  
October 1, 2011

General Enrollment  
November 1, 2011

### DOCUMENTS NEEDED TO APPLY:

- Proof of gross income from all household members for the 30-day period to the application date.
- Copy of most recent heat and electric bills (if you pay for your home energy directly)
- Proof of Social Security Numbers of all household members
- If a member of your household receives TANF, you must bring their Medical Eligibility Card
- Applicants that have their utilities included in the rent must bring proof of rental agreement stating 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).

### INCOME GUIDELINES (EFFECTIVE SEPTEMBER 1, 2011)

Family Size	*Gross Income for 30 Days Prior to Application Date
1	\$1,361
2	\$1,839
3	\$2,316
4	\$2,794
5	\$3,271
6	\$3,749

\*For each additional person, add \$477.50

Expect Longer Wait Times in September and November.  
Programs end when funds are exhausted.

**For More Information Contact: CEDA Energy Hotline (800) 571-CEDA (2332)**  
**For information, please call Aging Care Connections, 708-354-1323.**



# Just Hang Up!

## The Best Way to Avoid Telephone Scams Is Also the Easiest.

Every day, seniors throughout Illinois fall prey to smooth-talking con artists who call them up and tell all kinds of convincing stories to get their money.

The Office of the Illinois Attorney General wants you to know that it's shrewd, not rude, to hang up the phone when a stranger asks you to send them money or give out your personal information.

The following are some common warning signs of telephone scams. If you spot any of these signs while on the phone, don't think twice:

## Just Hang Up!

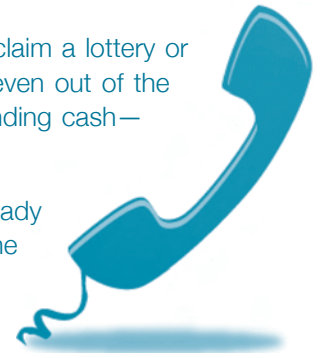
**THEY CONTACT YOU.** When you look up the number of a reputable business on your own and call to place an order, you have a good idea who's on the other end of the deal. But when the tables are turned and someone calls you, you have no way of knowing who the person really is, where they're calling from, or what they want from you. **Just Hang Up!**

**THEY WANT YOUR PERSONAL INFORMATION.** Any time a stranger asks you for your bank account number, Social Security number, or other sensitive information, you should be on high alert. This is a sure sign of identity theft. **Never** give personal or financial information to someone you do not know. **Just Hang Up!**

**THEY PROMISE A BIG AWARD.** Scammers try to lure you in with promises of unexpected riches such as a large sum of money, a vacation, or a "get rich quick" investment scheme. Remember: If it sounds too good to be true, it probably is. **Just Hang Up!**

**YOU MUST PAY THEM FIRST.** It is illegal for someone to require an up-front payment to claim a lottery or sweepstakes prize. Scammers will often tell you that you must wire money out of state, or even out of the country, to obtain your winnings. Never wire money to stranger. Wiring money is just like sending cash—scammers will get the money quickly, and you won't get it back.

Consider placing your phone number on the National Do Not Call Registry, if you haven't already done so. This will block most unwanted telemarketing calls. So, once your number is on the registry, you'll know that any telemarketer who does call you is probably up to no good. You can register your home phone or cell phone online at [www.donotcall.gov](http://www.donotcall.gov) or by calling **1-888-382-1222 (TTY: 1-866-290-4236)** from the phone number you wish to register.



If you've fallen victim to or want to report a telephone scam, please contact the **Illinois Attorney General's Consumer Fraud Hotline** at 1-800-386-5438 (TTY: 1-800-964-3013) or **Senior Fraud Helpline** at 1-800-243-5377 (TTY: 1-800-964-3013). For more information, please call Aging Care Connections, 708-354-1323.



**LISA MADIGAN**  
ILLINOIS ATTORNEY GENERAL

# AGING WELL COMMUNITY ACTION TEAM EVENTS

## Western Springs/Indian Head Park and La Grange/La Grange Park presents: “Eat for Your Health” – exhibits, demonstrations, and expert speakers.

Tuesday, October 18 – 10:00am-2:00pm  
The Grand Avenue Community Center  
4211 Grand Avenue, Western Springs  
Admission is FREE

## Hinsdale/Burr Ridge presents:

### “Ask the Expert: Alzheimer’s - Know the 10 Signs: Early Detection Matters”

Tuesday, November 1 – Program 10:00am-12:00pm  
Memory screening--by appointment only, 8:30am – 10:30 am  
Burr Ridge Park District  
15W400 Harvester Drive, Burr Ridge  
\$10 payable at door includes lunch  
To register call the Hinsdale Parks & Recreation Dept. (630)789-7090



*McCook Mayor Jeffrey Tobolski , Mary Ann Sobus, Elsie Heavrin and Don Cuttill, McCook/Hodgkins Aging Well Community Action Team Leaders, pose with the Aging Care Connections Community Service Award which was presented to them at the July McCook Village Board meeting.*

## Senior Discount Day Begins

On Wednesday, October 5, Senior Discount Day in La Grange and La Grange Park will kick-off for those aged 60+. The La Grange/La Grange Park Aging Well Community Action Team in conjunction with the La Grange and La Grange Park Business Associations and their respective Villages have been working toward this day all summer! The partnership was formed to encourage area seniors to shop locally to benefit the businesses dedicated to serving the communities. It is a win-win situation for all.

On Wednesdays, businesses which have joined this initiative will offer special senior discounts. Offers vary by merchant. All participating merchants will have a small Aging Well decal in the window of their business or near the cash register to indicate that they are participating in the program. Seniors should inquire about the discount or special offer.

For a complete list of participating businesses, please visit the Aging Care Connections website at [www.agingcareconnections.org](http://www.agingcareconnections.org), and click on the Senior Discount Day link. Please patronize these community-minded businesses and tell them Aging Care Connections sent you! Also, businesses are still joining the program, so be sure to visit our website often for an updated list. Enjoy your discount!



## REGULAR MONTHLY EVENTS

### **Alzheimer's Caregivers Support Group:**

A support group for caregivers of someone diagnosed with Alzheimer's disease meeting the first Tuesday of the month from 1:30 – 2:30 p.m.

**Please contact: Sue Murphy, 708-354-1323, extension 221 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 228 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 221.**

**Memories—Gone But Not Forgotten:** A group for older adults experiencing early stages of memory loss who enjoy the company of others. Group meets at the same time as the Alzheimer's Caregivers Support Group the first Tuesday of the month from 1:30 - 2:30 p.m.

**Please contact: Intake Office, 708-354-1323, extension 215 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 215 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.**

**Sensible Fitness for Older Adults:** A six-week fitness program for older adults and their caregivers offered in partnership with Right - Fit Sport Fitness Wellness, LLC, Willowbrook that meets from 10:00 a.m. - 10:45 a.m. on Friday. Research has shown that regular exercise improves brain function as well as increases stability, mobility, strength and endurance; improves balance, coordination, digestion, and circulation; improves mood, sleep, and blood pressure; helps prevent falls; and provides socialization and enjoyment. Cost for six sessions is \$56 at the time of registration.

**Please call: Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 228, for questions or to register.**

**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 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.**





111 W. Harris Avenue La Grange, IL 60525  
Phone: 708/354/1323 Fax: 708/354/0282  
E-mail: info@agingcareconnections.org  
www.agingcareconnections.org

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**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**

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



# Leaving 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 \$ please 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 further information on how to leave a lasting legacy to Aging Care Connections, please contact Ken Grunke, Director of Philanthropy and External Affairs at 708-354-1323, extension 243.

**HELP US SAVE  AND  !!!**

Please contact Niki Chibucos at 708-354-1323, extension 226 or via e-mail at [nchibucos@agingcareconnections.org](mailto:nchibucos@agingcareconnections.org) if you would like to receive this newsletter electronically. Help us to live GREEN! Thanks!

**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.