



SPRING 2017

AGING WELL MATTERS

A Mission for the Future

Last year, as we celebrated our 45th anniversary, we took the time to reflect on everything we've accomplished and where we want to be in the future. We looked back at our history — why our organization was established, how our mission has evolved, and how far we've expanded geographically.

The Aging Care Connections' board of directors and leadership team revisited our mission statement and tagline to ensure it reflects our current work and efforts. We found that they needed to more fully reflect our role and the work we do for those we serve. We are delighted to share with you our updated mission statement: 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.

Our updated tagline, "Because Aging Well Matters," better reflects our efforts to address aging for everyone no matter where they are in the aging continuum, as well as our Adult Protective Services for the adult disabled. What we do is all encompassing. We are a resource for individuals who may just need information, or require comprehensive assistance. We want to ensure that everyone is planning for their best future because aging well is important to how you experience your later years.

With these changes in mind, we

took on the task of redesigning and changing the name of our newsletter to better reflect our work for and with older adults and to showcase the many people and organizations who make our work possible. Effective this issue, we renamed the newsletter to *Aging Well Matters*.

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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 Program

Benefits Assistance

Caregiver Support Program

Chore Housekeeping

Community Care Program

Comprehensive Care Coordination

Congregate Meals Program

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



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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.

Paying it Forward

Tomas Albarran, massage therapist, donates time to Aging Care Connections



Photo: Tomas Albarran provides massages for caregivers at the Caregivers Appreciation lunch.

In November of 2016, caregivers from our Caregiver Support Program lined up one-by-one to have their stress and tension whisked away with the help of Tomas Albarran, a masseuse at Broken Nail Boutique. Tomas donated his time to give the caregivers in our support groups something they can't always do for themselves, time to relax and recharge.

While Tomas was also recently at our office donating his time again

to as part of a staff appreciation day, his story with Aging Care Connections began several years ago when he required help and assistance for his father, Cipriano Albarran, who lived with him. Cipriano needed somewhere to go while Tomas worked. Aging Care Connections helped him by finding a senior care center where Cipriano could attend during the day. Aging Care Connections also provided annual evaluations to ensure Tomas' father had the information and resources he required to age well.

“This agency did wonderful things for me.”

“Aging Care Connections is tremendous in the way they helped to find the right resources for quality care for my dad,” Tomas said.

As time passed, his father needed in-home care, and again Tomas

reached out to Aging Care Connections.

“I was so grateful to know that someone of quality was watching and taking care of him while I was at work,” Tomas said. “That was huge.”

Although Cipriano passed away in August 2015 at the age of 94, Tomas said his quality of life was greatly improved by Aging Care Connections. As a way to thank Aging Care Connections, Tomas has donated his time to provide our staff and those in our Caregiver Support Program with the opportunity to destress with free massages.

“This agency did wonderful things for me,” said Tomas. “I was just glad I could thank them in my own way.”

Broken Nail Boutique is located at 108 W Burlington Ave, 2nd Floor, La Grange.

Join Us for Lunch at Salerno's Pizzeria & Sports Bar

Older adults face many challenges as they age. Access to nutritious meals can be one of them.

Aging Care Connections runs a Congregate Meals Program that provides hot, freshly prepared, and nutritionally balanced meals throughout the week to older adults, age 60 and over, looking for a delicious meal, socialization and educational and fun activities. Lunch is served each weekday at 11:30 a.m. at Salerno's Pizzeria & Sports Bar at 9301 W. 63rd St. Hodgkins, IL 60525.

The menu and list of activities



changes each day but some of the favorite meals are Sweet and Sour Chicken, Taste of Salerno's and Chicken Parmesan. Bingo is held at least once a week along with other activities, events and presentations. From September through April, the Pleasantview

Fire Department does blood pressure checks and glucose draws.

To make reservations, please call 708-354-1323 by Noon the day before attending. A donation of \$2.50 is suggested, but not required.

Aging Well in Your Neighborhood

November 3rd marked the beginning of our Aging Well Neighborhood's (AWN) Partner Program Aging Care Connections, in partnership with Community Memorial Foundation and the Aging Well Neighborhood Program, launched one of the most important initiatives in its 45-year history of serving older adults. The Business Community Alliance, a component of AWN, was created

to better serve older adult patrons and continually assess where each business stands when it comes to meeting the needs of older adults.

If you'd like more information about how to join the Partner Program, contact Alyson Scanlon, Aging Well Neighborhood Program Coordinator at ascanlon@agingcareconnections.org or 708-603-2259.



Photo: (Left to right) Steve Palmer, Palmer Place, with Mike and Joan O'Brien, AWN Committee, place an Aging Well Neighborhood decal on the front window of Palmer Place. Palmer Place joins 17 businesses that are already in the Aging Well Neighborhood Partner Program.

Photo courtesy of:
Bob Briskey Photography

Volunteer Spotlight: Joan Sessions



Joan Sessions volunteers on the Aging Well Neighborhood Committee (AWN), which helps businesses become more older adult friendly. Joan is on the Business Community Alliance and goes door-to-door to help businesses become more older-adult friendly and join the AWN Business Partnership Program. Prior to serving on AWN, Joan was Moderator of the Presbytery of Chicago's Peacemaking Task Force and was an adjunct faculty member in Loyola University Chicago's School of Education.

Joan has an impressive background. For eight years, Joan managed the University of Chicago's AmeriCorps Tutoring Program. She served the Chinese Foreign Ministry in Beijing, China for the United Nations Development Program, and later for the United Nations Population Funds, where she held a diplomatic position.

Caregiver Corner

Did you know that:

- Each year, more than 65 million people provide 20-40 hours per week of unpaid care for chronically ill, disabled, and older adult family members
- About 15 million family caregivers care for someone with Alzheimer's disease or other dementia diseases
- The total value of these "free" services is estimated to be \$470 billion a year
- 73% of family caregivers have made adjustments to their work life, including giving up work entirely
- 47% report that caregiving expenses have used up all or most of their savings
- 72% report not going to the doctor as often as they should
- 63% report poor eating habits; and 23% who have been caregiving for 5 or more years report their health as fair or poor
- 40%-70% of family caregivers have clinically significant symptoms of depression; 25%-50% of these meet the criteria for major depression

Family caregiving can be rewarding, but is also challenging. Fortunately, you are not alone! Our Caregiver Support Specialists are here to provide the information, resources, and assistance you need. We also help you connect with other caregivers in your community. To get started, call Kathleen McKenzie, Caregiver Support Supervisor, at (708) 603-2328 or email at kmckenzie@agingcareconnections.org.

Statistics for this article have been compiled from AARP, Alzheimer's Association, Family Caregiver Alliance, National Alliance for Caregiving and Evercare.

support

Donor Spotlight: Velaine Carnall



Velaine Carnall has lived in the La Grange area for more than 70 years and has been supporting Aging Care

Connections for more than two decades. Her involvement began while participating in china painting and square dancing classes, when Aging Care Connections had a senior center. This, plus the mission of the organization is why Velaine decided to contribute to us.

“There was a need to expand services for seniors and I admired the people guiding the organization,” said Velaine.

Velaine has been involved with many

community efforts, including helping to establish the referendum for the 708 Mental Health Board and serving as the President for the League of Women Voters. She has also been the Countryside Aging Well Team leader since 2006, which has, among many other things, created welcome kits for older adults moving into Countryside Senior Apartments and provided annual leaf raking support.

She shared that Aging Care Connections is important to her because of what it does for older adults, which will eventually include her.

“I’m approaching the time of need for services and I’m glad to know they are there for me,” said Velaine.

Foundations in Action

Two foundations energized our annual fundraising campaigns through matching and challenge grants. The Community Memorial Foundation invited us to be part of their Leadership Challenge Grant, which helped us secure \$52,510 in new and increased gifts from our supporters and board! Upon meeting the challenge, we were awarded a \$9,500 matching grant. The Retirement Research Foundation matched \$5,000 in GivingTuesday gifts, which helped us secure \$13,160 in gifts from the community.

Partner Highlight: Plymouth Place

Aging Care Connections recently partnered with Plymouth Place, a senior living community in La Grange Park, to provide assistance for individuals safely transitioning from their skilled nursing unit back to their homes. Our collaboration is focused on supporting these older adults in

every way, including their social and emotional needs, as a part of Aging Care Connections’ Bridge Transitional Care program. Care Coordinators work with each client to develop an individualized plan to meet their personal goals, which includes visiting them at Plymouth Place, and when



needed, in their homes. Bridge is designed to reduce preventable re-hospitalizations and emergency department visits, improve satisfaction, and improve quality of life for both clients and caregivers.

recognition

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Save the Date!

Aging Well Month

Engaging, Learning and Serving

May 2017

A month of activities and
events for older adults.

(formerly known as Celebrating
Seniors Week)

events

Mark your calendars!

Take Charge of Your Diabetes

March 23 - April 27
Thursdays, 11:00 a.m. - 1:30 p.m.
(6-week workshop)
Summit Park District
5700 S. Archer Rd, Summit
To register, call 708-603-2259

Walk For Health

Third Wednesday of the month
10:30 a.m. - 12:00 p.m.
La Grange Recreation Center
536 East Ave, La Grange

Congregate Meals Easter Lunch

April 13th, Noon
Salerno's Pizzeria & Sports Bar
9301 W 63rd St, Hodgkins
To register, call 708-354-1323

Person-Centered Planning for Your Best Future

April 26th, 11:00 a.m. - Noon
Summit Park District
5700 S. Archer Rd, Summit
To register, call 708-603-2259

Congregate Meals Mother's Day Lunch

May 11th, Noon
Salerno's Pizzeria & Sports Bar
9301 W 63rd St, Hodgkins
To register, call 708-354-1323

Sports Ball 2017

September 15th, 6:00 p.m.
Marriott Southwest at Burr Ridge
1200 Burr Ridge Pkwy, Burr Ridge
Save the Date.