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## “SOMETIMES, THE ONLY THINGS VISIBLE ARE THE TEARS...”

By Louise Starmann, Director of Social Services

Each year, July is acknowledged as Elder Abuse Awareness month. Aging Care Connections is committed to **BREAKING THE SILENCE THAT SURROUNDS ELDER ABUSE IN OUR COMMUNITY.**

Elder abuse is a serious problem, affecting hundreds of thousands of elderly people across the country. From our service area alone, Aging Care Connections received 264 reports of abuse in the last calendar year. Each year, this number increases, as does the seriousness of the allegations. However, despite the growing number of reports, elder abuse is still largely hidden under the shroud of family secrecy; elder abuse is grossly under-reported. Experts believe that only 1 out of 14 elder abuse incidents come to the attention of agencies like Aging Care Connections. This means that as many as 3,696 older adults may be victims of abuse in our community, but have not come to the attention of our Elder Abuse Unit. We need to BREAK THE SILENCE that surrounds this dangerous issue. One example of a case we worked on may help to demonstrate how elder abuse can happen. (Identities have been changed to protect the confidentiality of the victim.)

Mr. J, age 85, has four grown children; three live out of town and one grown daughter lives in Mr. J's home. Mr. J's daughter has hoarding behavior that has threatened Mr. J's health and safety. The home has only a small path amid the clutter of magazines, papers, spoiled food and clothing that has been gathered from garage sales, etc. Mr. J's other children are angry that Mr. J does not evict his daughter and clean up his home; his children have “washed their hands of the situation.” Mr. J's mobility has declined due to Parkinson's disease causing increased risk because of the clutter that surrounds him. Mr. J's daughter becomes irate when he attempts to make any changes in the home and

makes threats to leave him. Mr. J relies on this daughter for shopping assistance and meals.

This case came to our attention twice. The first time the police informed our agency that the home was unsafe and asked for help in relocating Mr. J and his daughter. The home was cleaned up by family from out of state who agreed to help as they began to understand the complexities of the hoarding behavior. Both Mr. J. and his daughter were able to return to the home eventually, however, the same threats and hoarding resumed soon after. The family again felt betrayed by their father who chose to allow his daughter to “call the shots.”

A few months ago, Mr. J's daughter fell in the home and was not able to get up amid the piles that surrounded her. Mr. J called the paramedics and his daughter was ultimately diagnosed with an advanced cancer. Our elder abuse team was contacted again and began working with Mr. J and his family to consider options, make a safe plan and prevent his daughter from returning home. He now receives assistance with shopping and meals. After Mr. J made the decision that his daughter cannot return to the home, our staff arranged for him to see his daughter as often as he likes using a volunteer organization for transportation. His home has remained clean and clutter free for the past six months.

This case illustrates how family dynamics complexly impact elder abuse. There is hope for change in each victim. Professional intervention is critical to the outcome. With your support, Aging Care Connections can continue to offer the intervention necessary to protect the growing numbers of frail, vulnerable adults involved in the increasingly dangerous incidence of elder abuse. Thank you for caring!

## EXPERT TO EXPLORE HOARDING BEHAVIOR



Christiana Bratiosis, Ph.D., LCSW

A popular television series is fascinating many of us by portraying the disorder commonly known as hoarding. It seems remote and strange. The reality is that hoarding behaviors often affect neighbors in our own communities. Collections and

having a “junk drawer” are common to most people. Difficulty with clutter, however, is when one collects too many items, experiences great difficulty discarding items, and finds organizing possessions challenging. Police and social service professionals are increasingly working with individuals who have difficulty with clutter. Hoarding often leads to cramped living conditions in homes filled to capacity with only narrow pathways winding through stacks of clutter.

Aging Care Connections will sponsor two presentations by nationally-recognized expert on hoarding, Christiana Bratiosis, 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 **Hoarding Intervention: A Housing, Service, Clinical and Enforcement Team Approach to Hoarding** will be held Thursday, July 14 from 9 am – 12 noon at the First Congregational Church of Western Springs, Plymouth Hall (second floor), 1106 Chestnut Street. This program is tailored to information for clinicians and professionals.

Professionals in social service fields may earn three professional continuing education units for a cost of \$10.

Many times, first responders are startled to find an individual who has crammed a living space to the extent that it is a serious situation. It often takes the cooperation of professionals from several social service disciplines to deal with the resulting wide range of problems including health concerns, fire threat, human welfare, and housing violations. Dr. Bratiosis’ primary area of research is the formation and operation of multi-disciplinary community hoarding task forces. She will outline the Hoarding Task Force Intervention Model useful to a wide range of service providers.

The second program **Hoarding Behavior: Intervention** will be held later in the day on Thursday, July 14 from 6:30 pm – 8:30 pm in the Dixon Education Center, Adventist La Grange Memorial Hospital, 5101 S. Willow Springs Road, La Grange. The community is invited to attend free of charge and two professional continuing education units will be available to social service professionals for \$10.

Dr. Bratiosis will discuss the opportunities for communities to develop a coordinated response to hoarding behavior.

For more information on these presentations, please contact Louise Starmann at 708-354-1323, extension 211. To register, please call 708-354-1323, or e-mail [info@agingcareconnections.org](mailto:info@agingcareconnections.org). The presentations are made possible by Adventist La Grange Memorial Hospital, First National Bank of La Grange and Burcor Properties, La Grange.

## YOUTH AND SENIOR PARTNERSHIPS THRIVE!

On a sunny Friday in May, an enthusiastic group of students from Lyons Township High School's Interact Club came together to assist seniors in the Lyons Township area with yard work. Almost 20 students worked as a team to assist eight seniors with weeding, grass cutting, flower planting, hedge trimming and basic outdoor clean-up...all tasks too difficult for seniors to do on their own. Michael Liccardi, LTHS club sponsor, summed up the day this way..."Friday was a big success. We had a great group of kids come out and tackle some really big lawns and projects. ...the kids worked hard and we got a lot accomplished in about seven hours. It was really a pleasure working with them." The seniors were very grateful for the assistance and look forward

to partnering with the students in the future!

Another group of students from the St. John of the Cross 7th grade Youth Catechesis Home Group program, spearheaded by Laura Knowles of Western Springs, wanted to recognize the service many seniors have given to keep America free. She and three friends packaged a variety of snack treats in patriotic red and blue gift bags for veterans in our community. The gifts were distributed by Aging Care Connections' staff members to veterans as a small token of appreciation at Memorial Day. The men and women who received the gifts were touched by the recognition and appreciation for the sacrifices they made!



### ***Introducing Board Member JERRY BURJAN***

Jerry Burjan has been on the Aging Care Connections Board since 2003. Jerry chairs the Facilities Committee and serves on the Executive Committee. Professionally, he owns a commercial real estate management and development business in La Grange where he is very involved in organizations such as the Rotary, the La Grange Business Association, the West Suburban Chamber of Commerce and Industry, the Pets and Pals Charity Board, and formerly the Adventist La Grange Memorial Hospital Foundation Board and the Harris Bank

District Board. Jerry and his wife, Caroline, live in Burr Ridge and have a son and a daughter. He is the proud grandfather of Sara Kate, born in December.



### ***Introducing Board Member DAN PANCAKE***

Dan Pancake has been on the Aging Care Connections Board since 2003. Dan chairs the Personnel Committee and serves on the Executive and Development/Public Relations Committees of the Board.

Professionally, he is an insurance consultant and Senior Vice President of USI Insurance Services Corporation after having owned and operated the Dewey Insurance Agency in La Grange for forty years.

He is extremely involved in the community through his work on the Adventist La Grange Memorial Hospital Foundation Board, the YMCA Board, as a member of the La Grange Rotary, and as a Board member emeritus of Plymouth Place Board.

Dan and his wife, Raedell, raised five children in Western Springs before moving to Willow Springs. They enjoy spending time with their seven grandchildren. Most recently, Dan is looking forward to the opening of his son's restaurant, "Another World," in Berwyn.

It is a pleasure to introduce our Board members, Jerry Burjan and Dan Pancake.

# AGING CARE CONNECTIONS UNVEILS EXCITING FUTURE

On Monday, June 6, a new strategic plan developed by Laurus Strategies was presented to the entire Aging Care Connections staff. The plan will span three years and was created after Laurus representatives Mike Bruni, Partner, and Meredith Regan, Senior Consultant, met with the Board of Directors and management staff in visioning sessions followed by individual meetings with agency staff and stakeholders. More details will be shared in the first quarter newsletter of the new fiscal year (October-December).

## PLEASE SAVE THE DATE!



### 40TH ANNIVERSARY SIGNATURE LECTURE SERIES

**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.

*These lectures are made possible in part through the generosity of*



*For more information, please contact Louise Starmann at 708-354-1323, extension 211.*

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

## APPRECIATION EVENT CELEBRATES VOLUNTEERS

On Wednesday, April 20, more than 65 volunteers came together to celebrate the difference they make at Aging Care Connections each day of the year! Debbie Verschelde, Executive Director, opened the afternoon program with thanks to the volunteers for all they do to make Aging Care Connections “the” premier social service agency serving seniors in Lyons, Riverside and south Proviso Townships.

Keynote speaker, Greg DiDomenico, Vice President of the Community Memorial Foundation, highlighted the importance of volunteers to not-for-profit organizations, especially during these difficult economic times. Volunteers help to ensure that critically-needed services continue to be provided to the most vulnerable elderly in our communities. He also spoke from his experience of the personal satisfaction volunteering provides, “It is in giving that we receive.” He closed his comments with a quote from Sherry Anderson which summed up the afternoon... “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”

Aging Care Connections would like to thank the following supporters who helped make the Volunteer Appreciation event possible...Community Memorial Foundation, Western Springs Garden Club, From Scratch Bakery, Nickson’s Eatery, and the Hope Chest.



*(Top) Greg DiDomenico, Vice President, Community Memorial Foundation, and Debbie Verschelde, Executive Director of Aging Care Connections, share some thoughts before the program begins at the Volunteer Appreciation Event.*

*(Bottom) Elaine Terp and Norm Schnauffer enjoy conversation and refreshments at the Aging Care Connections Volunteer Appreciation Event held Wednesday, April 20. Norm and Elaine were the first Aging Well volunteers representing Indian Head Park in 2006.*

## LOOK FOR AGING CARE CONNECTIONS IN “LA GRANGE ROCKS!”

Aging Care Connections is participating in the La Grange Business Association’s (LGBA) “La Grange Rocks” project this summer. You may have noticed the brightly-colored rocking chairs decorated by local businesses around the village. Our chair, entitled “Summertime in Good Old La Grange,” is located about one-half block to the east of our building. It was designed and painted by Marie Novotny of Indian Head Park, a member of the La Grange Art League.

The chairs will add a colorful touch to the landscape until September 9 when they will be auctioned at the La Grange Village Hall with the proceeds benefiting local charities and LGBA projects. Please support this initiative and strengthen the not-for-profit organizations which make our village a better place to live and work.



# AGING WELL COMMUNITY ACTION TEAM EVENTS

## July

**7/20 Westchester CAT**  
**1-2 pm Wellness House (Hinsdale) Presentation**  
Mayfair Recreation, 10835 Wakefield St., Westchester  
FREE

## September

**9/21 Summit CAT**  
**1-1:45 pm Aging Care Connections Programs and Services**  
Summit Task Force Building, 6450 S. 76th Avenue, Summit  
FREE



Ruth Folkening, Caregiver Support Specialist at Aging Care Connections, shares memory screening information with Chris Winters of the Hodgkins/McCook Aging Well Community Action Team (CAT) during the Hodgkins/McCook Senior Health Fair. The Countryside AWCAT co-sponsored the event this year.

Ken Grunke, Aging Care Connections Director of Philanthropy and External Affairs, presents Hickory Hills CAT Leader, Dolores Miklos and other members of the team, with the “traveling” Aging Well Community Service Award for its month-long stay in Hickory Hills.



Hodgkins Village President Cummins and Hodgkins Aging Well Community Action Team Leaders Don Cuttill and Dominic Misasi pose with the Aging Care Connections Community Service Award which was presented to them at the June Village Board Meeting.

# ANNOUNCING

## THE LEE BURKEY, SR. SOCIETY



In 1996, during our 25th Anniversary, The \$500 Club was created to help meet the growing needs of our aging community. In honor of our **40th Anniversary**, we are revitalizing The \$500 Club as the Lee Burkey, Sr. Society in memory of Lee Burkey, Sr. who helped to create the original \$500 Club.

Members of this major giving society commit to making an annual leadership gift at a selected level. Gifts can be unrestricted, restricted to a program, made in honor of or made in memory of someone special.

If you are interested in becoming part of this extraordinary group of donors, dedicated to sustaining the mission of Aging Care Connections, or for more information, please contact Ken Grunke at 708-354-1323, ext. 243 or visit our website at [www.agingcareconnections.org](http://www.agingcareconnections.org) and click on the Lee Burkey, Sr. Society link.

# TENTH ANNUAL SPORTS BALL BENEFIT GALA SURPASSES ALL GOALS!

Aging Care Connections hosted its Tenth Annual Sports Ball Benefit Gala on Friday, May 20 at Harry Caray's at The Westin in Lombard. The event was the highlight of Aging Care Connections' Fortieth Anniversary year.

As always, the excitement generated by the celebrity athletes and emcee was at a fever pitch. We had the tremendously good fortune to welcome Brent Sopel of the Championship Blackhawks who generously donated a live auction package which included skating with him and partying afterwards for ten guests.

Also attending were Kurt Becker, Dutchie Caray, Ken Geiger, Ron Kittle, John Lattner and Troy Murray. Emcee Pat Tomasulo of WGN-TV interviewed each of the celebrities asking questions

about the careers they enjoyed. John Lattner graciously donated his Heisman Trophy to be "borrowed" by lucky winners, Board member Rick Shanley and Brent Sopel. In addition, he brought along an official Heisman football signed by all living winners at their annual conference which garnered \$1,700 for Aging Care Connections.

A lively auction followed a "Best of the Live" raffle won by Terri and Tim Whiting of Kildeer and a raffle of a state-of-the-art television won by Joan O'Brien of Western Springs. Auction items including a trip to the Grammy Awards in Los Angeles, sailing on the America's Cup in San Diego, touring the Napa Valley wine country and basking in Acapulco helped to raise the nearly \$90,000 netted at Sports Ball making this the most successful and best attended event with more than 300 guests in our history.

All proceeds benefit the social service program Aging Care Connections offers to 8,000 older adults and their family members each year. With State funding comprising one-third of

our budget delayed this year, the money couldn't be more critically-needed by the growing population of seniors the organization seeks to help. We are most grateful to our Sponsors and guests for their enthusiastic support!

Debbie Vershelde, Executive Director, lifts a glass of champagne to toast Aging Care Connections' 40th Anniversary at the highlight of the year-long celebration, the Tenth Annual Sports Ball Benefit Gala. Joining her are celebrities, Kurt Becker of the 1985 Super Bowl Championship Bears, Brent Sopel of the 2010 Stanley Cup Championship Blackhawks, Dutchie Caray, emcee Pat Tomasulo of WGN-TV, Ron Kittle of the White Sox, and Troy Murray of the Chicago Blackhawks.



Former Chicago Blackhawk Brent Sopel, celebrity guest, and Jo Salerno, CountrySide, Aging Care Connections volunteer, at the Tenth Annual Sports Ball Benefit Gala.





## **SPORTS BALL 2011 SPONSORS**

### **PLATINUM SPONSORSHIP**

UPS, Aurora

### **GOLD SPONSORSHIP**

Golden Years Retirement Home, Lyons  
Windsor Place Retirement Home, La Grange  
Tri-Meats Incorporated, Oakbrook Terrace

### **SILVER SPONSORSHIP**

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Burgess Square Healthcare and Rehab, Westmont  
First National Bank of La Grange, La Grange  
Home Helpers, Hinsdale  
Independence-4-Seniors, Hinsdale  
Lexington Health Care Center of La Grange  
Life Care Innovations, Inc., Oakbrook Terrace  
Lyons Township Mental Health Commission, Countryside  
Bob Nyberg, Edward Jones, Western Springs  
Mr. and Mrs. Peter M. Shannon, Jr., Western Springs  
The Community Bank of Western Springs

### **BRONZE SPONSORSHIP**

Meadowbrook Manor, La Grange  
Wilson & Wilson Law Offices—The Center for Elder Law, La Grange  
WNA Wealth Advisors, Inc., Hinsdale

**We gratefully acknowledge your support!**

## MEN HAVE HEALTH ISSUES, TOO!

### FREE PROSTATE SCREENING - PSA Blood Test

Including a short informational presentation

**Thursday, July 7, 2011**  
**9:30 a.m. - 11:30 a.m.**

Aging Care Connections  
111 W Harris Avenue  
La Grange

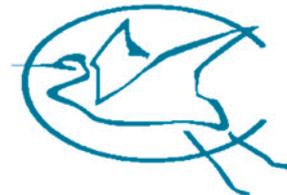
**To register, please call 708-354-1323**

*No fasting or preparation needed*

Participants must be at least 50 years of age or older (40 if African American, or in the case of family/personal history of prostate cancer) to receive free screening. Screening is limited to the first twenty men to register.



**WHITE CRANE WELLNESS CENTER**



## WISDOM AND AGING STUDY

You are invited to participate in a **focus group** to take place at Aging Care Connections, located at 111 W. Harris, La Grange in August or September. You will meet one time in a small group of up to 10 people. We would like to hear your views about wisdom. Are there different types of wisdom? How do you see wisdom expressed in everyday life? How do you know if someone is wise? These are the types of questions you will be asked. To thank you for your participation and about 1.5 hours of your time, you will be given a gift certificate. Please contact Linda Hussey at 708-354-1323, extension 242, to provide your name and contact information if you are interested in learning more about this project. Dr. Holly Nelson-Becker, Loyola University Chicago School of Social Work, will contact you with more information. The study is pending approval through Loyola University Chicago Research Board.



## REGULAR MONTHLY EVENTS

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

A support group that meets monthly 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.*

**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.*

**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.*

**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.*

### **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.*

**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.*

**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.*

**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.*



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Hinsdale	Summit Argo
Hodgkins	Westchester
Indian Head Park	Western Springs
Justice	Willow Springs

### 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.