

**BOARD OF DIRECTORS**

**President** Saranne Milano  
**Vice President** William S. Wilson  
**Treasurer** Richard Haley  
**Secretary** Catherine McCrory

**Directors**

Jerry Burjan  
 Lee Burkey, Jr.  
 Michael D. Doepke  
 Dr. Anne Donnersberger  
 Edward Gervain  
 Mary Beth Hardy  
 Dr. Rajeev Kumar  
 Daniel C. Pancake  
 Gregory J. Pierce  
 Richard Shanley  
 Anne M. Shannon

**Advisory Member**

Thomas J. Walsh

**STAFF**

**Executive Director**

Debra Verschelde

**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**  
 Mayra Anaya  
 Krista Ziegenhorn

**Benefits Assistance**

Bob Spain  
 Gladys Thurmond

**Caregiver Support**

Ruth Folkening

**Care Coordination**

Colleen Hill, **Supervisor**  
 Christine Bumgardner  
 Katrina Calhoun  
 Sara Carlock  
 Danielle Gunther  
 Jennifer Mugnaini  
 Sue Murphy  
 Shari Nova  
 Melanie Plews  
 Mattie Stevenson

**Elder Abuse**

Elizabeth Thompson, **Supervisor**  
 Anna Bartoszek  
 Patricia Marchman  
 Heather O'Hara

**Information and Assistance**

Heather Crockett

**Office Administrative Support**

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

**Program Administrative Support**

Rojean Carlson

**Transportation**

Pete Alinder



**A MESSAGE FROM THE CO-CHAIRS OF THE 40<sup>TH</sup> ANNIVERSARY COMMITTEE**

In March, 1971, a group of dedicated community leaders came together to consider the fact that the growing population of their senior neighbors needed support to remain independent and safe in their own communities. **Aging Care Connections** was born forty years ago to respond to this need.

For four decades, **Aging Care Connections** (formerly Southwest Suburban Center on Aging) has tirelessly pursued its mission of *enriching the quality of life of older adults and their families through a range of programs and services that enhance their well being and independence.* We are proud of our long tradition as the premier, aging resource expert and the point of entry for aging services in our community, dedicated to meeting the needs of older adults and providing support for their families through a comprehensive range of information, programs and services.

Many individuals including our deeply committed Board of Directors, professional staff, generous volunteers and donors, and seniors who benefit from services provided have contributed to the history of our great organization. **At this time, we would**

like to invite you as a member of the **Aging Care Connections' family to join us in recognizing this significant milestone of service to the community!** It is important that together, we acknowledge the past to endorse and give impetus to the success of our future. Please look for details of events to celebrate our **40th Anniversary** in the newsletter as well as checking out our website throughout the year at [www.agingcareconnections.org](http://www.agingcareconnections.org).

**Thank you** again for your commitment and support to older adults in our community. We look forward to celebrating our **40th Anniversary** with you!

Sincerely,

**Lee Burkey**  
 40th Anniversary  
 Co-chair



**Bill Wilson**  
 40th Anniversary  
 Co-Chair

# PAULA FARIS TO HOST TENTH ANNUAL SPORTS BALL BENEFIT GALA



NBC 5 Chicago sports reporter Paula Faris will host Aging Care Connections' Tenth Anniversary Sports Ball Benefit Gala to be held Friday, May 20, 2011 at 6:30 pm at Harry Caray's at The Westin Hotel, Lombard. Celebrity athletes representing major

league teams will headline an evening of tailgate cocktails, skybox dining, auctions and dancing to the music of J.P. and the Cats. Sports Ball is Aging Care Connections' major fundraising event held to support the organization's social service programs to assist those 60 years of age and older in suburban southwest and west communities.

The event will give guests the opportunity to meet celebrity athletes who will sign autographs and answer questions about the outstanding careers they enjoyed with major league teams. Auction items showcasing a Notre Dame package including a football autographed by alumnus and Heisman Trophy winner John Lattner who will attend Sports Ball, and the opportunity to "borrow" John Lattner's Heisman trophy for two weeks; sports memorabilia; trips to Siesta Keys, Florida, Scottsdale, Arizona, Galena, and Lake Tahoe; and a racing package complete with the opportunity to ride the track with an experienced driver will make for exciting bidding.

Sports Ball 2011 Planning Committee members include: Vicky Dawson, Linda Dishman, Burr Ridge; Katie Maley, Chicago; Chrisy Banakis, Downers Grove; Lizzi Chibucos, Elmhurst; Lora Collins, Hinsdale; LaVerne Loayza, Cathy McCrory, and Karen Westrick, La Grange; Steve Kneifel, La Grange Park; Christy Dolan, Margaret Mary Mallon, Oak Brook; Jeanne Martin, Prospect Heights; Mike Doepke, Susan Druffel, Saranne Milano and Mike O'Brien, Western Springs; Sue Tutt-Parsons and Alec Parsons, Portage, Wisconsin; and Tom Adams, Westmont.

Tickets are available for \$125 each and information about Sports Ball is available by calling Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226. Please check our web site, [www.agingcareconnections.org](http://www.agingcareconnections.org), during the month of April to view auction packages and to make reservations for Sports Ball. For the convenience of guests, overnight accommodations at The Westin are available. Please call 888-627-9031 to reserve.

Please join us in celebrating not only the tenth anniversary of our Sports Ball Benefit Gala, but also the highlight of our 40<sup>th</sup> anniversary celebration of Aging Care Connections!

**SAVE THE DATE**  
FRIDAY, MAY 20, 2011  
6:30 PM

**SAVE THE DATE**  
FRIDAY, MAY 20, 2011  
6:30 PM

**SUPPORT AREA SENIORS**

**Sports Ball 2011**  
10th Annual  
Dinner! Dancing! Live and Silent Auctions!  
Harry Caray's at the Westin, Lombard  
SPEND THE NIGHT AT THE WESTIN!  
Call the hotel and ask for the best available rate.

**CASUAL ATTIRE**

**SPONSORSHIP OPPORTUNITIES AVAILABLE**  
To learn more about sponsorship, or to order tickets, contact Niki at 708-354-1323 ext. 226.

**ONLY 350 TICKETS AVAILABLE!**

**TO BENEFIT aging care connections**  
Your Source For Senior Care  
40 Years of Excellence  
111 W. Harris Ave. • La Grange, IL 60525  
PH: 708/354/1323 • FX: 708/354/0282  
nchibucos@agingcareconnections.org  
www.agingcareconnections.org

Mingle with Dutchie Caray and Celebrity Athletes!

**GUEST EMCEE Paula Faris**  
NBC5, Chicago

and Celebrity Athletes!  
111 W. Harris Ave. • La Grange, IL 60525  
PH: 708/354/1323 • FX: 708/354/0282  
nchibucos@agingcareconnections.org  
www.agingcareconnections.org

## AGING CARE CONNECTIONS PRESENTS AT NATIONAL CONFERENCE

This past February, two Aging Care Connections' staff members attended the 2011 Administration on Aging (AoA), Centers for Medicare & Medicaid Services, VA National Grantee Meeting in Baltimore, Maryland. The meeting provided an opportunity for grantees from across the nation focusing on transitional care to collaborate and learn from one another to continue to create holistic approaches to transitional care.

Last fall, Aging Care Connections, in partnership with the Illinois Department on Aging, Illinois Transitional Care Consortium (ITCC), AgeOptions, and the Progress Center for Independent Living (PCIL) received a two year AoA grant for the Bridge Care Transitions Project, a social work-based transitional care service model that ensures the safe transition of older adults and their caregivers across the healthcare system and promotes successful reintegration to the community.

Louise Starmann, Director of Social Services, and Ilana Shure, Aging Resource Center Manager, were both invited to present on two unique projects developed at

Aging Care Connections. Ilana Shure co-presented the Bridge Model with fellow ITCC member Walter Rosenberg. The Bridge Model developed and implemented at the Aging Care Connections Aging Resource Center in collaboration with ITCC is one of sixteen nationally-recognized, evidence-based transitional care models.

In addition to this presentation, Louise Starmann spoke to fellow grantees from across the nation on the "Cheerios" Program developed by Aging Care Connections in partnership with The British Home. "Cheerios" is an innovative program providing specialized home delivered meals to older adults with sensitive diets such as low salt, diabetic, vitamin K diet, diverticulitis diet, mechanical soft, and pureed. Louise and other experts from across the country shared effective partnership approaches to overcoming service barriers in transitional care.

As a result of the conference, Aging Care Connections has received countless inquiries from fellow meeting attendees looking to replicate the innovative resources provided by Aging Care Connections.



### ***Introducing Board Member* LEE BURKEY, JR.**

Lee Burkey, Jr. has been on the Aging Care Connections' Board of Directors since 1998 serving simultaneously with his father for a number of years. He is a member of the Board Governance, Executive, Personnel and Program Committees. Lee is also an active member of the La Grange Historical Society and First Congregational Church of La Grange. He serves as Treasurer of Recovery Community United. Living in Western Springs, he is a retired attorney with specialization in financial work-outs, employment relations and bankruptcy reorganization. Lee earned his law degree at the University of Utah.

We are proud to introduce our Director, Lee Burkey, Jr.!



### ***Introducing our Home Care Supervisor* JENNIFER MUGNAINI**

It is a pleasure to introduce Jennifer Mugnaini, Aging Care Connections' Home Care Supervisor. Jennifer is approaching her seventeen year anniversary with our organization which makes her one of our longest-tenured employees. She earned a Bachelor of Science Degree in Family Social Service at Northern Illinois University.

Jennifer began as a full-time case manager and the Title III Chore Supervisor. Title III Chore is a program through which we hire, schedule and manage choreworkers to provide light housekeeping services to clients. Title III Chore is provided on a need basis, and there are no financial eligibility requirements.

As the years passed and family responsibilities grew, Jennifer has become a part-time employee. Her caseload has been scaled back and she now has assistance with the Chore Program. She supervises the Community Care Program (CCP) which entails reviewing the files and doing

the billings for the assessments. CCP is a state-subsidized program which covers the cost of non-medical homemakers, emergency response systems, and adult day care for our clients who are financially eligible and assessed to be in need of the program.

Jennifer enjoys spending time with her family, husband, Jeff, and their three children, Nicholas, 8, Emily, 4, and Joey, 1. When time allows, she also enjoys reading, watching movies, and being outdoors.



# AN AGING WELL CELEBRATION!

On May 1, 2011 Aging Well will celebrate the one year anniversary of the integration with Aging Care Connections. As an important aging movement in the community since 2001, Aging Well has been making a significant impact in the lives of seniors in 20 communities in Lyons, South Proviso and Riverside Townships. Now, after one year of being part of Aging Care Connections' umbrella, the success of Aging Well continues to evolve and flourish, having a positive impact on seniors and their families throughout the area. To this day, over 200 volunteers and 130 community based-organizations continue to provide quality programs that help seniors "age well" in their communities. Throughout the years, the Aging Well volunteers have also been a critical resource in helping to spread the word about Aging Care Connections as the "one call" agency for reliable information about community aging resources and comprehensive services for older adults and their families.

In addition, this is a great time to identify individuals in your community who you think should be a part of this dynamic movement. In particular, if you know of someone who is interested in being a part of one of the Aging Well volunteer teams, please have them contact Linda Hussey at (708)354-1323 ext. 242. **On behalf of everyone at Aging Care Connections, we celebrate all of you who have made Aging Well the success that it has been for your communities!**



Brookfield President Michael Garvey is pictured with Mary Pezdek and Cathy Edwards, Brookfield Community Action Team (CAT) co-leaders, as they receive the "traveling" Aging Care Connections' Community Service Award. Each CAT will have the opportunity to display the award for one month.



Velaine Carnall (center), co-leader of the Countryside Aging Well Community Action Team (CAT), accepts the Aging Well Community Service Award for its month-long stay at the Countryside City Hall. With Velaine are Georgian Rekash, Countryside CAT co-leader, and Officer April Bisignani, Countryside Elder Service Officer and CAT member.

## AGING WELL COMMUNITY ACTION TEAM EVENTS

### April

- 4/12 Hinsdale/Burr Ridge CAT**  
**9:30-12 noon Ask the Expert: Clean House & De-Clutter Workshop**  
Community House, 415 W. 8th Street, Hinsdale Pre-registration required 630-323-7500, \$7 fee includes workshop and lunch
- 4/18 Lyons/North Riverside/Riverside CAT**  
**1:00-3:30 p.m. Antiques & Collectibles Appraisal Event**  
Lyons Village Hall, 4200 S. Lawndale, Lyons  
Pre-registration is required 708-442-4856. Fee: cash donations appreciated

### May

- 5/11 Hodgkins/McCook CAT**  
**12 noon-3 p.m. Hodgkins/McCook Senior Health Fair**  
Hodgkins Park District, 8997 Lyons Street, Hodgkins
- 5/24 Western Springs/Indian Head Park, La Grange/La Grange Park and Hinsdale/Burr Ridge CATs**  
**10:00-2:00 p.m. Eating For Your Health**  
Grand Avenue Community Center, 4211 Grand Avenue, Western Springs

## COMMUNITY INTERGENERATIONAL OPPORTUNITY

Are you currently involved with some type of intergenerational programming at work? At school? Perhaps with another community organization or group? If you answered yes to any of these questions, then **we want you!** Aging Care Connections is bringing together individuals - young and old - to discuss opportunities for different generations to come together to share experiences, knowledge, and skills that are mutually beneficial and foster positive long-term relationships and to develop a plan to capture and share all the exciting intergenerational initiatives taking place in the Lyons, South Proviso and Riverside Townships. For more information about this exciting opportunity or to get involved, please call Linda Hussey at 708-354-1323 ext. 242 or email her at [lhussy@agingcareconnections.org](mailto:lhussy@agingcareconnections.org). **Thank you!**

## Students, Snow and Seniors!

Students at Gurrie Middle School in La Grange have a history and tradition of community service. This year, their service motto is "We Make a Difference!" and they certainly have as they added senior citizens to the list of people they would like to help. Under the guidance of Louise Kulaga, eighth grade science teacher; Mike Rohan, owner of All Trust Home Care and father of an eighth grader at Gurrie; and Aging Care Connections, which undertook connecting needy seniors with students, the project took flight. Ten seniors were connected with ten Gurrie students, and under the supervision of two capable student leaders, Alex Jaros and Brittany Grosser, the program was extremely successful. Students were responsible for making sure seniors' sidewalks and driveways were shoveled in a timely manner, and that the older adults were able to safely leave their homes. Senior citizen, Suad Karim, gratefully commented that she wished she "had a son just like AJ." Plans are being made to continue and expand the program next year! Thanks, Gurrie Junior High!



Countryside resident, Suad Karim, thanks Gurrie Middle School eighth grader, Alex Jaros, for shoveling the sidewalks and driveway at her home as part of the school's community service project this year.



## *Hats Off to Our Wonderful Volunteers!*

April 10-16 is “National Volunteer Appreciation Week” and we at Aging Care Connections have much to be thankful for when it comes to volunteers. Our agency is honored to work with over 300 volunteers whose time and talents throughout the year to our agency and the community we serve has greatly helped us keep our commitment to older adults and their families. At Aging Care Connections, you will find volunteers helping out in a variety of different ways, for example:

- Walk through the doors of Aging Care Connections and you will be greeted by volunteers at our reception desk who will make you feel welcome and will connect you with a professional who can best assist you with your aging needs;
- Many volunteers help us in our Benefits Department where the complexity of the many federal and state programs would be impossible for seniors to navigate without assistance;
- During the tax season, some of our volunteers are from AARP who take the time to help each senior process and file their income taxes;
- Departments such as our Social Services Department, the Advancement Department and the ARC program use volunteers for data entry, mailings, telephone satisfaction surveys and other much needed office support. These tasks are sometimes challenging for staff to complete because of the demand for their attention to the needs of the community;
- The Aging Well Community Action Team volunteers are a vital link between the community and Aging Care Connections. They also organize and provide critical programming in the community to help seniors “age well” and remain independent in their homes;
- And finally, critical volunteers in a leadership position, such as our Board of Directors, provide us with vision, guidance, and focus so that we keep to our mission to serve seniors and their families with respectful and professional care.

As you can see, volunteers are a critical component to the success of Aging Care Connections and, ultimately, the community. As you reflect on volunteers in your life who have made a difference (perhaps you are one of them!), please take a moment to recognize the 300-plus volunteers listed in this newsletter. Again, without them, we fall short of creating an environment in which people can age well.

As Sherry Anderson once said,

*“Volunteers don’t get paid, not because they’re worthless,  
but because they’re priceless”*

Please watch your mailbox for an invitation to Aging Care Connection’s

### *Volunteer Appreciation Event*

set for Wednesday, April 20, 1:00-3:00 pm at Aging Care Connections, 111 W. Harris Avenue, La Grange.

Please plan on attending so that we may honor YOU!



# Thank you to all Aging Care Connections volunteers!

You are priceless to us and we appreciate the care you provide to the community each day when you volunteer!

Joe Abelarde	Lizzi Chibucos	Juanita Griffeth	Marie LeGros	Mike O'Brien	Charles Sobus
Tom Adams	Bill Coates	Jesse Guerra	Gary Lewis	Joan O'Brien	Mary Ann Sobus
Gloria Adams	Lora Collins	Lorraine Gusinger	Nancy Lisowski	Rita Olinski	Linda Sokol Francis
Thomas Albert	Jean Conboy	Ruth A. Haas	Teresa Liu	Joe Paciga	Marilyn Soutar
Emma Anderson	Robert Conrad	Michaela Haberkern	LaVerne Loayza	Ann Painter	Frank Spencer
Geraldine Anderson	Jennifer Conroy	Richard Haley	Mary Jo Long	Gladys Palach	Mary Ellen Sredinski
Ozella Anderson	Jeri Coppel	Areta Halibey	Aurora Lopez	Steve Palmer	Steve Stelter
Anna Mae Ansier	Lois Cornils	Leonard Hardesty	Ralph Lopez	Theodore Palter	Mike Stokes
Lisa Anthony	Chris Cortez	Mary Beth Hardy	Kathy Lorenz	Dan Pancake	Gail Stone
Jeff Augustyn	Betty Crawford	Gina Hassett	Donna Louise	Donna Papp	Ed Sturges
Cathy Bachmann	Joan Creedon	Elsie Heavrin	Katie Maley	Alec Parsons	Mary Sutton
Geraldine Ballard	John Crotty	Irene Helwig	Margaret Mary	Laura Pawlik	Lucille Sytko
Craig Balon	Lou Crotty	Aileen Henkel	Mallon	John Peidelstein	Rose Taylor
Chris Banakis	Don Cuttill	Dan Henneby	Louis Mallory	Madeline Peterson	Elaine Terp
Debbie Barta	Carol Dapogny	Kevin Heraty	Margie Mallory	Mary Pezdek	Mildred Thomas
Anne Bauman	Alice Darwin	Bernie Hiles	Patricia Manning	Marilyn Pfitzenmaier	Jan Thurston
Gloria Beasley	Coral Mae	James Horvath	Chris March	Greg Pierce	Harold Tipples
Harron Beene	Davenport	Joan Hostynski	Anna Marek	Charles Ploszek	Clemmie Tolmaire
Tula Beene	Vicky Dawson	John Howley	Lorraine Marek	Nancy Polerecky	Linda Tomko
Cathy Bergman	David Dayhoff	Karin Hull	Kate Marshall	Joe Popowitch	Sue Tutt-Parsons
Erik Bernholdt	Pat Demco	Cheryl Hurst	Jeanne Martin	Fred Poppe	Jaci Uhrick
Richard Best	Pat Dime	Ed Huskisson	Dolores Martini	Arlene Powers	Nancy Ulman
Tina Bibro	Linda Dishman	Robert Ingrisano	Dorothy Martinsen	Cynthia Preedin	Charlene Vickery
Marie Bielawa	Mike Doepke	Billye Isaac	Betty Mathias	Mary Raleigh	Art Vogel
Sandy Bielawa	Christy Dolan	Jeff Jablonski	James Matthews	Georgian Rehash	Darlene Vogel
Dotti Bingaman	Charlene Dolmis	Mary Frances	Charlyn Mawhinney	Catherine Riebel	Kate Vogts
April Bisignani	Beverly Domaleczny	Jablonskis	Cathy McCrory	Bernice Rimkus	Marilyn Volek
Marie Blankenship	Anne Donnersberger	Johnnie Jackson	Sean McDermott	Ronald Rimkus	John Von Drasek
Barbara Blazina	Laverne Dooley	Judith Janousek	Shawana McGee	T. Robert	Guy Wachowski
Janet Bolger	Cathy Edwards	Lora Jeffrey	Mike McNeily	Carol Roblee	Lois Wagner
Ben Boyd	Linda Eichorn	Marbeth Jenkins	Julie Meskili	Buck Roderick	Jill Wagner
David R. Brady	Lynn Elker	Joann Jerantowski	Dolores Miklos	Diane Roderick	Jacqueline Walker
Jerry Burjan	Katy Elster	Louis Jison	Alice Mikrut	Mike Rohan	Thomas Walsh
Lee "Burkey, Jr."	Martin Esenther	Jean Johnson	Saranne Milano	Diana Roselli	Marian Ward
Robert Byrd	Howell Evans	Brett Johnson	Todd Miller	Dorothy Rosinski	Elbert Washington
Michelle Cagney	Christy Eyre	Brian Kasper	Kevin Miller	GeriAnne Salach	George Washington
Mary Caldwell	Peggy Ferraro	Alice Katzmarek	Todd Miller	Wally Sandberg	Ann Weaver
Tanya Caldwell	Katie Fielmann	Janet Kennedy	Alida Millsap	Carol Scatena	Carol Weigel
Cordia Caldwell	Bridget Fogarty	Pam Kenney	Vernon Millsap	Barbara Schafer	Amy Weinert
Barb Callahan	Lee Esther Foster	Anita Kieca	Barbara Minnici	Norman Schaufner	Karen Westrick
Lavonne Campbell	Beverly Fotiadis	Bill Kintigh	Dominic Misasi	Ann Schreiner	Bob Wiggins
Anthony Candella	Susan Frampton	Michael Kirksy	Carol Mitchell	Jo Ann Schusterich	Bennie Wilkins
Lisa Capone	Frances Frazier	Steven Kneifel	Larry Mitchell	Laura Schwartz	Marguerite Wilkins
Linda Carey	Helen Frey	Bonnie Kohout	Sally Mitchell	Anita Sexton	Ollie Williams
Richard Carey	Lynn Freyberg	Rhonda Kooy	Sherri Mitchell	Rick Shanley	Bill Wilson
Velaine Carnall	Susan Galasinni	Holly Kooy	Deborah Mitchener	Dave Shannon	Christine Winters
Lisa Carroll	Laura Gallagher	Edward Kral	Tyrone Modiest	Patricia Sharik	Dolores Wozniak
Lonnie Carter	Lee Garb	David Krull	Angie Monaco	Harold Sharp	Delores Young
Jen Catalano	Paul Gattuso	Rajeev Kumar	Jim Nagel	Denise Shin	Louise Zartmann
Joe Catalano	Terri Geppner	Linda Kunicki	Bill Nichol	Rosia Slaughter	Richard Zeiler
Birute Cepaityte	Ed Gervain	Brian Kuratko	Norm Nodulman	Mildred Slezak	Joi Zuccarello
Darlene Cermak	George Graves	Ernest Kyles	Marie Novotny	Pat Smurawski	Angie Zucchero
Essie Cervenka	Odell Green	Georgi Lantz	Frances Nowicki	Mary Sobecki	

Aging Care Connections wishes to thank all of our volunteers for their generous and enthusiastic support. We have tried to give recognition to each and every volunteer in this listing. We sincerely apologize if we have inadvertently omitted anyone and ask that you please contact Linda Hussey at 708-354-1323, extension 242. You have our heartfelt gratitude and appreciation!

# BENEFITS ASSISTANCE

Aging Care Connections is working with AgeOptions, the Area Agency on Aging of suburban Cook County, to identify older adults who may not be aware of supplemental Medicare assistance programs. These programs fall under the Medicaid program. **MEDICAID IS A JOINTLY FUNDED FEDERAL AND STATE PROGRAM THAT COVERS MEDICAL EXPENSES FOR LOW INCOME AND LOW ASSET PERSONS WHO ARE:**

**Aged 65+, blind, or disabled residents of Illinois and US citizens or qualified immigrants.**

Limited income individuals with Medicare may be eligible for help to pay Medicare expenses through the Medicare Savings Programs (MSP)

There are three levels of assistance. QMB offers assistance with the cost of the Part B Medicare premium and covers deductibles and coinsurance. SLIB pays the monthly Part B premiums and QI-1 also assists with Medicare Part B premiums.

Each of these programs has income and asset limitations that will dictate the level of support received from Medicaid. This article is designed as only a brief overview of the programs available; our benefits

counselors are available to assist with applications and more individualized assistance. We do know that lack of information and preconceived notions about benefit programs prevent older adults from seeking these types of programs. If you are an individual with less than \$12,640 in assets and an income of less than \$1,361 per month, or a couple with less than \$25,260 in assets and an income of less than \$1,654 per month, this is a program you should investigate.

The Supplemental Nutrition Assistance Program – SNAP (formerly Food Stamps) has also changed significantly. Individuals with household incomes of less than \$1,805 gross monthly income may be eligible to receive SNAP assistance. The change in eligibility is that assets are no longer counted in determining eligibility.

Appointments are required for application and consultation. We also offer the Benefits Check-up, or BCU, that can be mailed or picked up at Aging Care Connections. This tool provides a comprehensive screening for all state and federal programs. Please contact Aging Care Connections for information on these programs by calling 708-354-1323.

## Caregiver Support Series

Aging Care Connections will be offering a five-week series of classes for caregivers who are taking care of dementia patients in the later stages. This will be an educational-support group facilitated by a social work intern and other professionals from Adventist St. Thomas Hospice. The group will begin in April. If you are interested, please contact our intake office, 708-354-1323, for more information.

## DO YOU KNOW SOMEONE WHO HAS RECENTLY BEEN DIAGNOSED WITH DEMENTIA?

### EARLY STAGE MEMORY LOSS CLASS FORMING

Aging Care Connections is currently forming a new series of classes for our popular Early Stage Memory Loss program. This is an eight-session series of classes specifically for older adults and family members to learn about memory loss from the perspective of treatment and planning. The classes focus on topics of how to discuss the diagnosis with friends and family, making plans for the future, exercise and treatment. Many older adults with a new diagnosis of dementia can become depressed and anxious about the future; the purpose of this series is about living well and adapting in a positive way. Both the “patient” and a family member are encouraged to attend together. Please call Ruth Folkening, Caregiver Specialist at Aging Care Connections, at 708-354-1323, extension 228 to learn more.



## OUR STAFF IN THE NEWS...

We are proud that one of our care coordinators was recently showcased as a National Association of Social Workers—Illinois Chapter volunteer. **Congratulations, Sue!**



**Sue Murphy**

*“Our connection to elected officials is enhanced by volunteer efforts such as Sue Murphy’s. Meeting and discussing important legislative and policy issues that impact the profession and the human services network serves us well following an election. Sue’s efforts have been exemplary.”*

—Joel L. Rubin, MSW, CAE, NASW Illinois Chapter Executive Director

**Sue Murphy**, MSW, is a care coordinator at Aging Care Connections in LaGrange, where her responsibilities include working with “Money Follows the Person” and the Elder Abuse and Neglect Program.

Sue graduated from Loyola University Chicago in 2009. At Loyola, Sue participated in and was awarded scholarships for the Hartford Partnership Program for Aging Education and the Kott Gerontology Scholars Program.

Sue served as a student monitor for the 2008 NASW Illinois Statewide Conference and currently serves on the NASW Illinois Political Action Committee.

Additionally, she is involved with schools as an elected member of the Lemont Bromberek Combined School District 113A Board of Education and through the Lemont High School Education Foundation. She also currently participates in the Committee on Leadership in Aging and is a proud facilitator for a “Grandparents Raising Grandchildren” Support Group.

## AGING CARE CONNECTIONS AT AMERICAN SOCIETY ON AGING CONFERENCE

This spring, three staff members from Aging Care Connections will attend the Aging in America: Annual Conference of the American Society on Aging in San Francisco which convenes April 26-30, 2011. The annual American Society on Aging (ASA) conference is the most comprehensive multi-disciplinary conference on aging-related issues. Attendees include professionals in aging, education and health care.

Aging Care Connections is delighted to have the opportunity to share a few of its innovative programs at this national conference. Louise Starmann, Director of Social Services; Kenneth Grunke, Director of Philanthropy and External Affairs; and Ilana Shure, Aging Resource Center Manager, will present “Transitional Care- ITTAKES A VILLAGE: Creating a Community Response to Transitional Care.” This session will focus on effective strategies in developing a community response network to address the needs of older

adults and their families during the critical period of transition home from acute hospital care and/or skilled facilities.

Ilana Shure along with fellow Illinois Transitional Care Consortium (ITCC) members: Kristen Pavle, Health and Medicine Policy Research Group; Walter Rosenberg, Rush University Medical Center; and Esther Izaguirre, Solutions for Care, will present the Bridge Model, an evidence-based social work transitional care model developed and implemented at Aging Care Connection’s Aging Resource Center in their presentation titled “Bridging Hospital to Home: An Innovative Social Work Approach to Transitional Care.”

We are honored to have the opportunity to present our cutting-edge programs at a conference which attracts the foremost authorities in the aging field from across the country. Congratulations to our presenters!



## **40TH ANNIVERSARY SIGNATURE LECTURE SERIES**

### **Atypical Dementias: An Update on Research, Services, Medications and Behaviors**

**Thursday, May 26, 2011 1pm – 4pm**  
**Aging Care Connections, 111 W. Harris Avenue, La Grange**

#### **Speakers:**

**Mary O'Hara, AM, LCSW,**

Assistant Director of Education, Cognitive Neurology and Alzheimer's Disease Center  
of the Northwestern University Feinberg School of Medicine

**Joseph Cooper, MD,**

Fellow of Neuropsychiatry and Behavioral Neurology, Cognitive Neurology and Alzheimer's Disease Center  
of the Northwestern University Feinberg School of Medicine

#### **Client and Caregiver Panel**

*Three professional CEUs to be awarded*

### **Compulsive Hoarding: Intervention**

**Thursday, July 14, 2011 6:30pm – 8:30pm**  
**Adventist La Grange Memorial Hospital, 5101 S. Willow Springs Road, La Grange**

#### **Speaker:**

**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

*Two professional CEUs to be awarded*

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

**Thursday, November 10, 2011 5:30pm – 7:30pm**  
**Aging Care Connections, 111 W. Harris Avenue, La Grange**

#### **Speaker:**

**Robyn L. Golden, ACSW, LCSW, MA,**

Director of Older Adult Programs, Rush University Medical Center

*Two professional CEUs to be awarded*

**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.*

## 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 for Mentally Ill Adults:** This group is open to all those involved in the life and care of an adult with mental illness. The group will be on hiatus until it is re-launched on Thursday, June 2, 2011, at 9:30 am. During the first meeting we plan to set the group's course by discussing a possible name change, determining the frequency of meetings, and finding other ways to make the group a more beneficial and rewarding experience.

*Please contact Colleen Hill, Care Coordination Unit Supervisor at 708-354-1323 extension 232.*

**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.*



### Note-Torius Serenade!

On Valentine's Day, the Aging Care Connections' staff had the surprising and memorable pleasure of being serenaded by "Note-Torius, a Chicagoland Barbershop Quartet coordinated by one of our organization's volunteers, Rich Carey. The photo (left) includes our delighted staff along with Note-Torius: Rich Carey, Craig Landstrom, Bryan Reeder, and Bill Satek.





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

NON-PROFIT  
 ORG.  
 U.S. POSTAGE  
 PAID  
 PERMIT NO. 74  
 LA GRANGE, IL

**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

**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.