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**A MESSAGE FROM THE EXECUTIVE DIRECTOR**

The year 2011 holds very special meaning for our organization. As we begin the New Year, we will also begin the celebration of 40 years of excellence of Aging Care Connections. What a milestone for our agency, the community and the older adults who have accepted us and what we have to offer into their lives. I could not be prouder of this milestone and invite all of you who have been part of our story over the past 40 years to join with us in celebrating aging, celebrating this fine resource which is part of the fabric of this community, and celebrating you.

In 1971, a group of committed community members came together as a result of a community needs assessment to found "Southwest Suburban Council on Aging" in response to the growing number of older persons relocating from Chicago to the near west suburbs. As the years went by and our program offerings increased, we became known as "Southwest Suburban Center on Aging" and continued doing business as such for many years. As you are aware, in 2009 we changed our name to Aging Care Connections to better identify the work we do and prepare for our role in the community over the next 40 years.

Throughout our history, we have demonstrated unwavering commitment to our 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. For 40 years, Aging Care Connections has been the connection to the most comprehensive, expert information, programs and services that enable older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Although the face of these programs and services may have changed over the years to meet changing needs, Aging Care Connections continues as the premier, aging resource expert and the point of entry for aging services in our community.

This edition of the newsletter is the first of our 40th anniversary series highlighting the many milestones achieved over the past 40 years. As our story unfolds through these four anniversary issues, you will see the many faces of Aging Care Connections – past, present and future. We thank you for being a part of our successes and look to you for your help and support in continuing to be "your source for senior care." Please join us in making 2011 the year of Aging Care Connections!

— Debra Verschelde



invite you to join a

Sensible Fitness Class for Older Adults
Including those with Dementia or Alzheimer's Disease

Who: Caregivers and Older Adults

When: Six-week Sessions
Wednesdays at 10am -10:50am and/or
Fridays at 10am -10:50am

Where: Aging Care Connections
111 West Harris Ave., La Grange

Cost: \$56 per couple per six sessions
Please call 708-354-1323, extension 228 to register.

Recent research indicates aerobic exercise is beneficial for improving brain function as well as:

- Increasing stability, mobility, strength and endurance
- Improving balance, coordination, digestion, circulation
- Improving mood, sleep, blood pressure
- Preventing falls
- Providing socialization and enjoyment

Please join us for this innovative, fun class!
(Transportation may be available.)

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. If you are interested, please contact Ruth Folkening, 708-354-1323, extension 228 or rfolkening@agingcareconnections.org for more information.

Power of Attorney Workshop

The Center for Disability and Elder Law (CDEL) recently presented a program on the meaning and importance of powers of attorney for health care and property, as well as living wills. A second presentation will give attendees the opportunity to complete the documents on Wednesday, February 9 at 12:15 pm at Salerno's Pincente Ristorante, 9301 West 63rd Street, Hodgkins.

A team of attorneys and volunteers from CDEL will be present on-site to make certain that all documents are understood and completed properly. Although preference will be given to those who attended the first session, there may be openings available for others who are interested in attending. Please call West Suburban Senior Services at 708-547-5600 if you would like to attend including whether you will have lunch before the session.

Appointments are required. There is no cost to attend this program.

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.

IMPORTANT 2011 BENEFIT AND TAX PROGRAMS

I. Income Tax

Aging Care Connections will once again participate in the AARP Income Tax Assistance program beginning February 7 in our building at 111 West Harris in La Grange. Appointments must be made; we will begin taking appointments January 18. This tax program is for simple tax returns. The AARP volunteers reserve the right to decline assistance if the tax return is highly complex.

Please have your income documentation, investment income and estimated tax payments and other pertinent records on hand prior to scheduling your appointment. Please bring copies of pension statements, social security statements, 1099s and a record of last year's return.

II. Senior Tax Freeze

Qualified senior citizens can apply for a freeze of the assessed value of their property. Aging Care Connections has not yet been informed of the 2011 income levels for the Senior Tax Freeze. Please call at 708-354-1323 after March 15 for further information, and as always, watch your mail.

III. Senior Citizen Homeowners Exemption

Seniors can save \$250 a year in property taxes, and up to \$750 when combined with the Homeowner Exemption. For the 2010 tax year, the applicant must have owned and occupied the property as of Jan. 1, 2010 and must have been 65 years of age or older during the year for which application is made. It is very important to watch your mail this year for notice regarding the Senior Citizen's Homeowners Exemption. If a notice is received to reapply, all seniors must return these notices to continue receiving this benefit.



Introducing the Secretary of our Board of Directors CATHERINE S. MCCRORY

Cathy McCrory has been on the Aging Care Connections' Board since 2003. She co-chairs the Development Committee, is a member of the Personnel Committee and serves on the Sports Ball Planning Committee. Cathy is an attorney in private practice in La Grange specializing in real estate transactions and estate planning. Previously she was affiliated with the law firm of Jones, Faloon and Kenney Ltd. in La Grange.

After serving as Assistant State's Attorney for five years, Cathy had the interesting good fortune to spend several years working in London through the Pepperdine University Moot Court Program and also in a law office handling immigration matters, work permits, and contracts.

She earned her law degree at The John Marshall Law School and her Bachelor's Degree at St. Mary's of Notre Dame.

Cathy is married to John Rossmiller and has two daughters, Cate (9) and Zoe (7). She is involved with St. Cletus School and parish in her spare time. It is a pleasure to introduce you to the Secretary of our Board of Directors, Cathy McCrory.

AGING CARE CONNECTIONS' AGING WELL PROGRAM “TEAMS” UP WITH WEST SUBURBAN CHAMBER OF COMMERCE AND INDUSTRY TO BENEFIT SENIORS

By WSCCI Staff

When shopping in stores, dining in a restaurant, or visiting local businesses, some people have difficulty. Customers may use canes, be in a wheelchair, or have difficulty hearing or seeing. It doesn't matter if the need for assistance is due to chronic disease or age-related issues. Businesses want to provide the best possible customer service for everyone who walks through their doors.

The West Suburban Chamber of Commerce and Industry Foundation, with funding from the Illinois Department of Human Services, is working on a project to help improve customer service for people with disabilities. The goal is to create training materials for frontline customer service staff to be available to local businesses. Additionally, a seminar for Chamber members will be held in late spring of 2011 to raise awareness about this issue.

WSCCI Foundation recently partnered with Aging Care Connections' Aging Well Community Action Teams and held focus groups at Aging Care Connections to talk with seniors about problems they encounter when shopping or dining in

the local communities. The attendees were asked about the service they receive, what could be done to help make the experience easier, and how they describe good customer service. The groups were very engaged and provided some great feedback regarding their experiences. Their assistance was greatly appreciated by the Chamber!



Aging Well CAT members participate in a focus group sponsored by the West Suburban Chamber of Commerce and Industry.

COUNTRYSIDE AGING WELL COMMUNITY ACTION TEAM MAKES A DIFFERENCE

By Linda Hussey, Community Relations Coordinator

The Countryside CAT has been very busy this fall making a difference in the lives of seniors in the area. First, on a cold and rainy Saturday in November, the Countryside CAT joined forces with volunteers from Cub Scouts, Girl Scouts, Indian Princesses and their dads, St. Cletus, Grace Lutheran, St. Thomas Hospice, Gurrie Junior High, and CEP to rake leaves for those seniors unable to do the job themselves. The day started at the Countryside City Hall and from there the many groups traveled to more than 25 properties in the Countryside, Hodgkins, La Grange, La Grange Highlands, and Western Springs area. Helping on this project were John Von Drasek, Community Action Team member and Village of Countryside Trustee, along with Officer April Bisignani, Community Action Team member and Elderly Services Officer (ESO). Despite the rain, the leaves were raked, and everyone had a great time.

Then, in December, the Countryside CAT planned, in conjunction with the City of Countryside, a fun and informative reception for the new residents of the Countryside Senior Apartments of Lyons Township. The new subsidized senior residence opened this Fall. Residents heard from Countryside's Mayor Robert Conrad; Debbie Verschelde, Executive Director of Aging Care Connections; and other representative, from Aging Well, the Countryside Police Department and Pleasantview Fire Department. Each resident received a folder of information to facilitate their move to Countryside.



Residents of Countryside Senior Apartments of Lyons Township enjoy a reception with Mayor Robert Conrad and Aldermen John Von Drasek and Karen Michalczky.

HAPPY NEW YEAR!



Summit CAT leaders at their holiday party.



Hodgkins/McCook CAT members enjoy a holiday party at Buck's Pit Stop.

AGING WELL COMMUNITY ACTION TEAM EVENTS

February

- 2/1 **Hodgkins/McCook Community Action Team**
9:00-12 pm Coffee, Cards & Chatter
Hodgkins Park District
8897 Lyons Street, Hodgkins
- 2/13 **Brookfield Community Action Team**
1-3 pm Be My Valentine Senior Social
Brookfield Municipal Building
8820 Brookfield Ave, Brookfield
- 2/15 **Hodgkins/McCook Community Action Team**
9:00-12 pm Coffee, Cards & Chatter
Hodgkins Park District
8897 Lyons Street, Hodgkins
- 2/16 **La Grange/La Grange Park Community Action Team**
Walk for Health
10:30 am La Grange Park District
536 East Ave., La Grange

March

- 3/1 **Hodgkins/McCook Community Action Team**
9:00-12 pm Coffee, Cards & Chatter
Hodgkins Park District
8897 Lyons Street, Hodgkins
- 3/15 **Hodgkins/McCook Community Action Team**
9:00-12 pm Coffee, Cards & Chatter
Hodgkins Park District
8897 Lyons Street, Hodgkins
- 3/16 **La Grange/La Grange Park Community Action Team**
Walk for Health
10:30 am La Grange Park District
536 East Ave., La Grange

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

SUPPORT AREA SENIORS

CASUAL ATTIRE

10th Annual

Sports ball 2011

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.

ENTER GATE
SECTION
ROW
SEAT

SPONSORSHIP OPPORTUNITIES AVAILABLE

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

GUEST EMCEE
Paula Faris
NBC5, Chicago

ONLY 350 TICKETS AVAILABLE!

Mingle with Dutchie Cary and Celebrity Athletes!

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nchibucos@agingcareconnections.org
www.agingcareconnections.org

Prescription Drug Coverage for Older Adults and Persons with Disabilities

How does Illinois Cares Rx work if I have Medicare?

If you are enrolled in a coordinating Medicare drug plan, Illinois Cares Rx will pay monthly premiums for your coordinating Medicare drug plan and help pay other drug costs. You must follow the Medicare drug plan formulary.

In 2011, you will pay:

- \$2.50 for generic drugs
- \$6.30 for preferred brand name drugs
- \$15 for specialty and non-preferred brand name drugs
- 20% plus co-pays after \$2,830 in drug benefits have been paid on your behalf

NOTE: Some drugs may require prior approval from your Medicare drug plan.

You will receive an Illinois Cares Rx card and Medicare drug plan card. Take both cards to the pharmacy.

How does Illinois Cares Rx work if I do NOT have Medicare?

Once you are determined eligible, Illinois Cares Rx will help pay your drug costs.

In 2011, you will pay:

- \$2.50 for generic drugs
- \$6.30 for preferred brand name drugs
- 20% plus co-pays after \$1,750 in drug benefits have been paid on your behalf

NOTE: Some drugs may require prior approval.

You will receive an Illinois Cares Rx card to use at the pharmacy.

Requirements to qualify for Illinois Cares Rx BASIC

People 65 years of age and older who do not have Medicare and who are:

- Single with an annual income of more than \$26,917, but less than \$27,610 or
- Married with an annual income of more than \$36,212, but less than \$36,635 or
- Living in a 3-person household with an annual income of less than \$45,657.

People who are disabled, do not have Medicare and who are:

- Single with an annual income of less than \$27,610 or
- Married with an annual income of less than \$36,635 or
- Living in a 3-person household with an annual income of less than \$45,657.

BASIC covers...

Prescription drugs for the treatment of Alzheimer's disease, arthritis, cancer, diabetes, glaucoma, heart disease and its related conditions, lung disease and smoking-related illnesses, multiple sclerosis, osteoporosis and Parkinson's disease.

To get Illinois Cares Rx drug coverage, you must apply on a Form IL-1363 each year.

Requirements to qualify for Illinois Cares Rx PLUS

People with Medicare and who are:

- Single with an annual income less than \$27,610 or
- Married with an annual income less than \$36,635.

People 65 years of age and older who do not have Medicare and who are:

- Single with an annual income less than \$26,917 or
- Married with an annual income less than \$36,212 and
- A citizen or qualified non-citizen

PLUS covers...

Almost all prescription drugs.

Enroll in Illinois Cares Rx by either:

- Filing your application on the Internet at www.Illinoiscaresrx.com or www.cbrx.il.gov
- If you need help, call Aging Care Connections at 708-354-1323.

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: A support group that meets the first and third Wednesdays of the month from 10:00 a.m. - 11:30 a.m.

Please contact: Christine Bumgardner, 708-354-1323, extension 234 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.

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, Willowbrook, that meets from 10:00 a.m. - 10:45 a.m. on Wednesday and/or 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.

Transportation may be available. 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



Happy New Year Holiday Appeal

It's not too late! Start the new year with a gift that really makes an impact. Please mail your Holiday Appeal donation in the envelope you received today or contact Niki Chibucos at 708-354-1323, if you have not received it. We need YOUR help to continue to deliver quality services to the older adults in our community. Thank you!

HELP US SAVE  **AND**  **!!!**

Please contact Niki Chibucos at 708-354-1323, extension 226 or via e-mail at 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.