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aging care connections

Your Source For Senior Care

Formerly Southwest Suburban
Center on Aging

Vol. 12 No. 5
November/December 2010

A MESSAGE FROM RUTH FOLKENING, CAREGIVER SPECIALIST

National Family Caregivers Month (NFC Month) – observed every November – is nationally recognized to draw attention to the many challenges facing family caregivers, to advocate for stronger public policy to address family caregiving issues, and to raise awareness about community programs that support family caregivers.

NFC Month is a time to thank, support, educate, and celebrate more than 50 million family caregivers across the country. The theme for NFC Month is for family caregivers to “BELIEVE in yourself...PROTECT your health... REACH OUT for help.”

This November we are placing special emphasis on the need to help family caregivers protect their health in order to have a more satisfying life and provide their loved ones with the best possible care.

In September, Aging Care Connections sponsored a Caregiver Spa Day. The caregivers were offered an introduction to alternative coping methods designed to enhance their health. These techniques included aromatherapy, yoga, and Reiki. Nutritional information was also provided. On November 11, Aging Care Connections is hosting a luncheon for caregivers who have provided extraordinary care for their loved ones.

Family caregivers need our support. Here are a few suggestions:

- Offer to stay with the care recipient for a few hours while the caregiver gets a flu shot, goes to church, attends a support group—anything that will improve the caregiver’s physical or mental health.
- Send a hand-written note of appreciation or an e-card to a caregiver thanking him or her for the care they are providing.
- Take a meal or homemade soup to a family.
- Offer to drive and assist a caregiver in taking the patient to a physician’s visit or treatment

The month of November is also election time; healthcare is a critical topic. Caregivers are saving the healthcare system and all of the taxpayers millions of dollars each year. November is also the month of Thanksgiving. Show your gratitude to the caregivers in your life. Consider making a donation to the Caregiver Support Program in honor of that caregiver. They will receive a nice note from us letting them know how much you care about ensuring services are available to them!

NEED HELP PAYING FOR YOUR MEDICINES?

You may qualify for help with your medication costs.

Senior Health Assistance Program (SHAP) Serving persons age 60 years of age and older and persons with disabilities who live in suburban Cook County

Illinois Cares Rx/Circuit Breaker

3 benefits available - only one (1) application

#1 – Help with Prescription Drug Costs

If you are on Medicare, Illinois Cares Rx covers most prescriptions as well as some over-the-counter drugs.

If you are not on Medicare, you may be eligible for Illinois Cares Rx Basic which covers drugs for several conditions or Illinois Cares Rx Plus which covers most prescription drugs

or

You may choose to receive a \$25 monthly rebate check instead of getting help paying for prescriptions

#2 – Property Tax Relief Grant

One (1) grant check per year, per application. Based on your annual income and the amount of property taxes owed/paid directly, or paid by your landlord through monthly rent last year

#3 – License Plate Discount

One (1) discount per year, per application: **Save \$75**

You must be a resident of Illinois, 65 or older or have a disability, and you must meet the income guidelines in order to receive any of these three benefits.

If you qualify for Illinois Cares Rx, ask if you qualify for one of these programs as well

1. Medicare Part D Prescription Drug Plans
2. Patient Assistance Programs
3. Prescription discount cards
4. Illinois Rx Buying Club
5. Medicare Savings Programs (QMB, SLMB, QI-1)



You **MUST** bring this information with you

- Income amounts for LAST YEAR and THIS YEAR (Pension, Work, Social Security, Interest, SSI, etc.)
- Valid Driver's License or State I.D.
- Assets and investments information: Savings, CDs, or checking All of your health insurance cards
- Recent letters from: Social Security, Illinois Cares Rx, the State of Illinois and your retiree health plan
- Insurance cards and letters from your Medicare Part D Drug Plan

Total amount of rent and/or property taxes you paid last year (or owe from last year)

Helpful Phone Numbers

1. Senior Health Insurance Program (SHIP):
Free Health Insurance Counselors: (800) 548-9034
2. Medicare: (800) 633-4227
3. Social Security Administration: (800) 772-1113
4. Progress Center for Independent Living:
For persons with disabilities who are under 60 years of age: (708) 209-1500
5. Chicago Department of Family and Support Services for Chicago residents: (312) 744-4016
6. Aging Care Connections: (708) 354-1323

You MUST bring this information with you

Assistance will not be available if you cannot provide the information listed above

Medicare D Counseling Available at Aging Care Connections

Senior Health Insurance Program (SHIP) counselors and staff will be available at Aging Care Connections to offer assistance on Medicare D plans for the year 2011. Medicare D is the prescription drug plan that seniors select based on the type of actual drugs they are taking. Each year plans may need to be adjusted during this time period. Aging Care Connections recommends that you re-evaluate your Medicare D plan to ensure that the plan you originally selected continues to meet your needs.

Seniors whose medications or health status have changed may be better served by a different plan. Selecting a different plan may result in cost savings. The enrollment period for those who wish to change plans or initially enroll begins November 15 and runs through December 31, 2010. **Changes in plans may be made only in this time period.**

Seniors who would like to schedule an appointment should call 708-354-1323 to reserve a place. Please bring a list of all prescription drugs currently used to the session.

Information on the 2011 Medicare D plans is available at www.medicare.gov or www.mymedicarematters.org.

EVENING CAREGIVER SUPPORT GROUP

If you are interested in attending an evening support group for caregivers, please contact Ruth Folkening, the Caregiver Specialist at Aging Care Connections, at 708-354-1323, extension 228. A new caregiver support group will be formed if enough caregivers are interested in attending an evening group. Aging Care Connections has several active support groups for caregivers, but none of these groups meet in the evenings. Aging Care Connections recognizes that not all caregivers are available to attend a support group which meets during the day. We are committed to supporting all caregivers.

SAVE THE DATE

Aging Care Connections will participate in the Alzheimer's Foundation of America's "National Memory Screening Day" to be held on Tuesday, November 16, 2010 from 10 am to 2 pm at Aging Care Connections and at Adventist La Grange Memorial Hospital, Dixon Education Center, Room B. There is no cost. For more information, please call 708-354-1323.



Introducing the Aging Resource Center Program Manager Ilana Shure, EdM, MSW, LSW

It is a pleasure to introduce Ilana Shure, recently hired Program Manager of the Aging Resource Center. Ilana earned a Bachelor of Arts in Social Work at the University of Wisconsin and the Master of Education and Master of Social Work degrees at Boston University. Ilana comes to us after having spent two years in Singapore working with special needs students, their teachers

and their families. Prior to this experience, she interned in a treatment program for individuals with compulsive hoarding, and in a mental health center helping older adults with significant mental health difficulties live independently in the community. Ilana has assisted with research related to aging and edited and contributed to online geriatric social work training courses and grant proposals.

In her position, Ilana supervises the Aging Resource Center staff based at Adventist La Grange Memorial Hospital in offering comprehensive assessments of client needs, assists in the development of individualized care plans with linkage to appropriate community-based services based on client needs, and provides information

and assistance to older adults and their families. She will be involved in the development of marketing materials, grant writing and reports, and the presentation of the Aging Resource Center model at state and national conferences. She will provide in-service training to hospital staff on the aging network, aging issues, and community-based services for older adults.

In her spare time, Ilana enjoys spending time with friends and family. Having returned to Chicago after living abroad, she is taking every opportunity to enjoy those unique Chicago experiences she missed while away: eating deep dish pizza, attending White Sox games, wandering through The Art Institute, and jogging along the lakeshore path.

IN MEMORIAM:

TWO DEDICATED AGING WELL VOLUNTEERS

It is with deep sadness that Aging Well says good-bye to two outstanding volunteers, Virginia Topps and Frank Ansier. Virginia Topps, volunteer with the La Grange/La Grange Park CAT recently passed away at her home in La Grange. Virginia was a very active member of the CAT



serving as a team member, an Ambassador, and a key Walk for Health volunteer. Jim Matthews, co-leader of the CAT and Walk for Health Leader, sums up Virginia's impact this way, "She was the friendly person who arrived early, stayed late, and watched over our classroom... all the 30+ walkers enjoyed

visiting with Virginia, and knowing her, even in this small way, was a big part of their enjoyable experience...she is missed and won't be forgotten."

Frank Ansier, volunteer with the Bridgeview Aging Well Community Action Team also passed away recently. Frank and his



wife served as key volunteers on the CAT and he, too, will be deeply missed. Jim Nagel, Bridgeview Community Center Manager and active CAT member remembers Frank this way, "He was a great guy...everybody loved him. He will be missed by all."

AGING WELL COMMUNITY ACTION TEAMS RECEIVE COMMUNITY SERVICE AWARD!

On Thursday, October 14, the Aging Well CATs received the Aging Care Connections' Community Service Award. Each year at the Aging Care Connections Annual Luncheon, an individual or group is recognized for contributions made in the community to benefit older adults. During the presentation of the award, Mary Beth Hardy, Aging Care Connections Board member summarized the CAT contribution this way, "The Community Action Teams have been regarded as the foot soldiers of the Aging Well program, providing new opportunities and another level of attention and care to older adults and their families, which has only strengthened the current services provided by our aging partners in the community." Congratulations to the Aging Well Community Action Teams! Job well done!

SNOW REMOVAL OPTIONS AVAILABLE THROUGH AGING CARE CONNECTIONS

We are all aware that soon snow removal will become a concern for older adults. Aging Care Connections can help! Our Information and Assistance Specialist has a list of independent contractors and volunteer resources available to help connect you with the right person for the job! Call (708)354-1323, ext. 215.



AGING WELL COMMUNITY ACTION TEAM EVENTS

NOVEMBER

11/9 “Medicare Made Clear” Program—presented by United HealthCare
11:00 a.m. The Village of Lyons Municipal Center Community Room (enter north doors) 4200 S. Lawndale Avenue, Lyons. \$2.00 admission. Light lunch at noon and Turkey bingo at 1:00 p.m. For more information, please contact Barbara Blazina, 708-442-4856.

11/11 Senior Scenes
1:00 – 3:00 p.m. Grand Avenue Community Center, 4211 Grand Avenue, Western Springs. Join the Western Springs/Indian Head Park Community Action Team for an entertaining afternoon of play reading. This week’s reading will be Donald Margulies’ *Waiting in the Wings*. To register, please call 708-426-3299.

11/13 Countryside CAT Annual Leaf Raking Day
10:00 a.m. For more information, please call Linda Hussey at 708-354-1323, extension 242.

11/17 Walk for Health
10:30 a.m. La Grange Park District, 536 East Ave., La Grange.

Westchester Community Action Team

1:00 p.m. Small Steps for Better Health and Proviso Township Senior Services Mayfair Recreation, 10835 Wakefield St., Westchester.

11/18 Senior Scenes
1:00 – 3:00 p.m. Grand Avenue Community Center, 4211 Grand Avenue, 2nd Fl., Western Springs. Join the Western Springs/Indian Head Park Community Action Team for an entertaining afternoon of play reading. This week’s reading will be Donald Margulies’ *Waiting in the Wings*. To register, please call 708-246-3299.

DECEMBER

12/7 Lyons/North Riverside/Riverside Community Action Team
1:00 – 3:00 p.m. An afternoon of song and dance provided by the Loralies. North Riverside Recreation Department, 2401 S. Des Plaines. Light refreshments provided. \$2.00 admission. Pre-registration required. Please call 708-442-5515.

12/15 Walk for Health
10:30 a.m. La Grange Park District, 536 East Ave., La Grange.

39th Annual Luncheon, Ruth Lake Country Club



Keynote speaker, Martha Holstein, Ph.D.; Social Service Director, Louise Starmann; Director Mary Beth Hardy; Board President, Saranne Milano



Jim Matthews, Kevin Hearty, Angela Monaco, Gail Stone, Peggy Ferraro, Fire Chief Dean Maggos, Dick Zeiler
La Grange/La Grange Park



Officer April Bisignani, Lou Crotty, Helen Frey, Georgian Rehash, Mary Sobecki, Velaine Carnall
Countryside



Mike Doepke, Norm Schnauer, Sally Mitchell, Elaine Terp
Western Springs/Indian Head Park

We are grateful to our Annual Luncheon premier advertisers.



YOUR TICKET TO

ENTER GATE 1 SECTION 201 ROW 3 SEAT 4

Friday, May 20, 2011 6:30pm
Harry Caray's at The Westin

Sports ball 2011

10th Anniversary

Call 708-354-1323 x226 for tickets

Celebrity Athletes!
Fabulous Auctions! Skybox Dining!

GUEST EMCEE
Paula Faris
NBC5, Chicago

A BENEFIT FOR
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A GOOD TIME!



REGULAR MONTHLY EVENTS

Alzheimer's Caregivers Support Group: A support group that meets monthly for caregivers of someone diagnosed with Alzheimer's disease.

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.

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.

Legal Assistance: Attorney Erik Peck is available the second Wednesday of the month for consultation on matters pertaining to estate planning and legal issues. There is no fee for the consultation.

Please contact: Intake Office, 708-354-1323, extension 215 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 and reminiscing about "old times."

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, 708-354-1323, extension 215 for questions or to register.

Early Dementia Exercise: A six-week fitness program for those with early to mid-stage dementia 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 Friday. Cost for six-weeks is \$56 at the time of registration.

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

Monthly calendars will no longer be mailed. Please check with Aging Care Connections at 708-354-1323 if you have a question about a particular program or event. Thank you.

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



Aging Care Connections Thanksgiving Appeal



Start the holiday season right! Please mail your Thanksgiving Appeal donation in the envelope you received 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. Our seniors will thank you and so do we!

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.