



# aging care connections

Your Source For Senior Care

Formerly Southwest Suburban  
Center on Aging

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## A MESSAGE FROM DEBRA VERSCHELDE, EXECUTIVE DIRECTOR

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older adults and support them as they enter the next stage in life. Aging Care Connections joins communities nationwide in celebrating this month through our ongoing commitment to serving as advocates for quality, professional elder care.

This year's Older Americans Month theme—Age Strong! Live Long!—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications and industry while spearheading a cultural revolution that won equal rights for minorities, women and disabled Americans. That is why at Aging Care Connections one of our core values is treating all persons with mutual respect and sensitivity, recognizing the importance of valuing, understanding and accepting individual ability and diversity.

These remarkable achievements demonstrate the strength and character of older Americans and underscore the debt of gratitude we owe to the generations that have given our society so much, and continue to give every day in our own backyards.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older adults healthy and active will increase the demand for senior services, what is remarkable is the extent to which older adults themselves are supporting each other. Take a look around when you visit Aging Care Connections (and other local human care service organizations)! You can witness older adults first-hand making significant contributions in their communities through civic and volunteer opportunities that help us deliver critical services to those in need. Their energy and commitment reminds all Americans – not just senior citizens and their caregivers – to do their part to enhance the quality of life for older generations.

Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly, promote independence, recognize diversity, and increase awareness of aging issues that affect all residents in our communities. Aging Care Connections is proud to be “your source for senior care.” We salute all older adults in our communities, especially those we serve and those who assist us in serving others.

# CARE COORDINATION: THE PROCESS

By Louise Starmann, *Director of Social Services*

Aging Care Connections celebrated Case Management Week last month acknowledging our very talented and dedicated Case Management staff. Many providers, older adults and their families may not be familiar with the term Case Management, or Care Coordination, as it is now called. Care Coordination is fundamental to sustaining older adults living in the community, or who are transitioning home from a hospital or skilled rehab unit. Care Coordination is provided to older adults who are living in the community and are in need of some level of support in order to remain well and stable in the community. Care Coordination is a process – not a single encounter with a social worker. The process begins with a call to Aging Care Connections to discuss a change in health or ability to manage a household task, a change in finances, or a change in support. This call is the beginning of a conversation about what an individual situation looks like, what factors are contributing to the problem, what help is already in place, what resources can be pulled in by the senior or family to help resolve the problem and the reason for the call at the particular time. Each call is different and every solution is different.

The next step in the process of Care Coordination is an assessment of all the unique features of each client and family. The assessment used by our Care Coordinators is standardized across the State of Illinois; it is designed to look at mul-

iple areas that impact how an older adult functions. The assessment is lengthy and comprehensive by design, but the results of assessment hold the key to the development of potential resources to assist the older adult to maintain independence with appropriate support.

The final stage in the process of Care Coordination is the development of a plan of care. The plan is unique to each individual's wishes, values and priorities. Care Coordinators must be able to draw upon resources from public, private and local community assets to offer the most appropriate information and resources.

The process of Care Coordination continues over months and even years depending upon the needs of the older adult. Care Coordination offers ACCESS TO INFORMATION, OPTIONS FOR CARE, EXPERTISE IN CARE PLAN DEVELOPMENT AND CONTINUITY OF CARE.

Each year, Aging Care Connections provides Care Coordination to more than 800 older adults in the area. The Illinois Department on Aging has designated Aging Care Connections as the Care Coordinator for Lyons, Riverside and South Proviso townships. The contract provides funding for the assessment and care plan development for any older adult who seeks this service. Please feel free to call Aging Care Connections for further information.

We invite all caregivers to join us for  
**“THE PRACTICAL CAREGIVER”**

*A training for caregivers adapted from the  
Red Cross Manual for Caregivers*

**Session 1: April 28, 10:00-11:30 a.m.**

*Caregiving Skills*—vital signs, giving meds, sudden illness, communication and organization...

*Home Safety*—doorways, spills, storing meds, telephone accessibility, bathroom safety, infection prevention...

**Session 2: May 5, 10:00-11:30 a.m.**

*Body Mechanics*—lifting, transferring, repositioning, use of walker, wheelchair...

*Personal Care*—grooming, mouth care, dressing, bathing, shampooing...

**Session 3: May 12, 10:00-11:30 a.m.**

*Healthy Eating*—good choices, cheerful atmosphere, lighting, scheduling, independence...

*Caring for the Caregiver*—stress, depression, respite care, end of life issues...

*Presenters:* Mary Jo Long, RN and Linda Carey, Former Home Health Aide

**To be held at Aging Care Connections, 111 W. Harris Avenue, La Grange. Free of charge, but registration must be completed by April 23. Please call Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 28.**

**TAKE CHARGE**  
OF YOUR HEALTH

Discover a way to Take Charge of Your Health again! Join us at an upcoming series in your neighborhood. Take Charge is a proven series of six classes taught by two trained class leaders. It is FREE to participate.

Topics include coping with fatigue; frustration, pain and isolation related to ongoing health conditions; exercising to maintain and improve strength, flexibility and endurance; communicating with family, friends and health professionals; and evaluating new treatment options.

The next Take Charge of Your Health series begins Thursday, April 8, 2010. The series runs every Thursday for 6 weeks from 1pm – 3pm at North Riverside Commons, 2401 Des Plaines Avenue in North Riverside. Please register in advance by calling (708) 442-5515.

**To find out other locations Take Charge of Your Health is meeting please contact Annette McClain at (708) 354-1323 x19.**



**Introducing our Board Member FRED “FRITZ” PLOEGMAN**

Fred “Fritz” Ploegman holds the honor of having served on our Board of Directors since its founding in 1971. Most recently, Fritz has made tremendous contributions to the success of Sports Ball, our premier fundraising event, by successfully inviting celebrity athletes he has met throughout his career to appear at the gala. We are most grateful!

Fritz’s lifelong career as a basketball player and coach culminated in his induction into the Illinois Basketball Hall of Fame. As a student at J. Morton Sterling High School, he scored the winning free throw in the 1941 State Championship game. Fritz went on to college and probably would have played pro basketball had he not served his country in World War II. He earned the Purple Heart after being shot in France returning home 60% disabled as a result of shrapnel lodged in his leg. This never stopped Fred from serving others through his work and community service.

Fritz coached basketball at Chicago Christian High School where the team captured the league championship in 1950. In addition, Fritz served as Assistant Basketball Coach at North Central College for eight years. He retired from his position as Superintendent of Parks and Director of Recreation for the Village of La Grange in 1989. He lives in Indian Head Park with his wife, Dorothy. He enjoys spending time with his two children and five grandchildren.

It is an honor to introduce Fritz and recognize his 39 years of dedication to our mission to enhance the well-being and independence of seniors!

# AGING SERVICES FOR LGBT ELDERS: (LESBIAN, GAY, BISEXUAL AND TRANSGENDER) PREPARATION, PLANNING AND INCLUSION

By Jay Very, *SAGE (Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders) Program Coordinator, Center on Halsted*

Presently, there are almost 38 million Americans 65+ years of age or 12.6 percent of the population. This will nearly double by 2030 when there will be 72 million 65+. Since the LGBT population is estimated to be between 5-10 percent of the general population, this means that today 1.4 to 3.8 million LGBT Americans are reaching standard retirement age with an estimated 3.6 to 7.2 million projected to be 65 or older in 2030. Report findings include:

- Research on LGBT people at the federal and state levels is almost nonexistent, and therefore, the specific needs of LGBT elders remain largely invisible and unaddressed. Federal “safety net” programs like Social Security and Medicaid define family and partnership in ways that exclude LGBT families, partners and spouses, creating economic and familial hardships for LGBT elders (Outing Age, 2009).

LGBT Seniors are unique according to the following statistics derived from Outing Age: Public policy issues affecting gay, lesbian, bisexual and transgender elders (2009).

- 76% of doctors and medical students reported that LGBT patients receive substandard care.
- 75% live alone (compared to 33%)
- 90% have no children (compared to 20%)
- 80% age as single persons (compared to 40%)
- 20% say they have no one to call on in times of crisis.

(This is 10 times higher than the general population)

These statistics demonstrate a vital need for LGBT comprehensive services for older adults. SAGE, Center on Halsted is an organization that acknowledges this need, and serves as a training site initiative to organizations and providers who seek LGBT cultural competency. SAGE stands for Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders. Programming at SAGE includes opportunities for civic engagement, community and cultural events, adult education, fitness, mental health and support services. SAGE joins LGBT community centers across the nation to create a model for healthy aging. SAGE provides enriching social, cultural and educational programs for the diverse senior LGBT population of Chicago and fosters interaction with the larger LGBT community. These programs celebrate, support, engage and unite LGBT seniors. SAGE educates the community about the resources and contributions of LGBT seniors and their changing demographics and needs (COH, 2010).

SAGE Programming is strategically designed around the Holistic Wellness Model which addresses each older adult’s social, cultural, intellectual, occupational, spiritual, emotional, and physical needs. We provide outreach through our Friendly Visitor program and partnerships, and promote advocacy through panels, lectures, and conference presentations (COH, 2010).

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## References:

1. Krinsky, L., Mitchell, D., & Thurston, C. (2008). Preparing Aging Services for the LGBT Age Wave. National Association of State Units on Aging. Boston, MA [http://www.nasua.org/pdf/hcbs\\_08\\_final\\_presentations/Sunday\\_9-28-08/330pm\\_workshops/Preparing%20Aging%20Services%20for%20the%20LGBT%20Age%20Wave.ppt.pdf](http://www.nasua.org/pdf/hcbs_08_final_presentations/Sunday_9-28-08/330pm_workshops/Preparing%20Aging%20Services%20for%20the%20LGBT%20Age%20Wave.ppt.pdf)
2. Center on Halsted. (2010). SAGE Mission and Vision. Retrieved March 1, 2010, from <http://www.centeronhalsted.org/cohsage.html>
3. National Gay and Lesbian Task Force (2009). Outing Age: Public policy issues affecting gay, lesbian, bisexual and transgender elders Retrieved March 1, 2010, from [http://www.thetaskforce.org/issues/aging/outing\\_age\\_2010](http://www.thetaskforce.org/issues/aging/outing_age_2010)

**invite you to join an**  
Early to Mid-Stage Dementia Exercise Program  
For Those Experiencing Memory Loss and Their Caregivers

**Who:** Caregivers and Older Adults

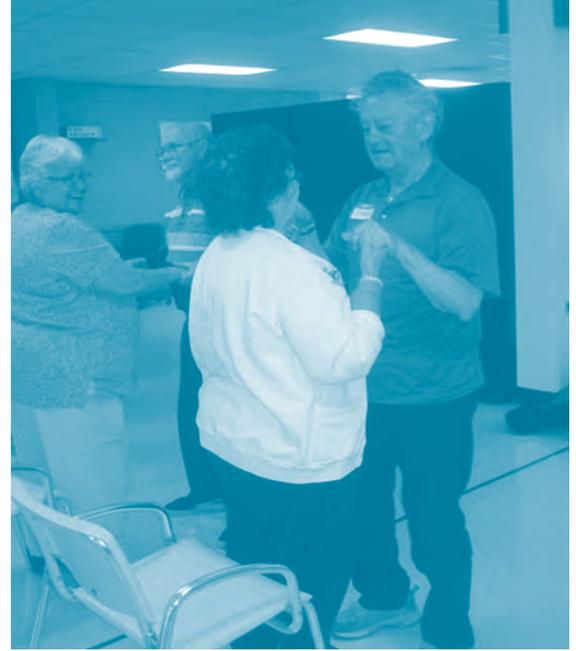
**When:** Six-week Sessions  
Fridays  
10am-10:45am

**Where:** Aging Care Connections  
111 West Harris Ave., LaGrange  
*(formerly Southwest Suburban Center on Aging)*

**Cost:** \$56 per couple/session  
Please call 708-354-1323 to register.

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

- Improving physical health and motor function
- Improving balance
- Improving mood and sleep
- Providing socialization and enjoyment



## AGING CARE CONNECTIONS MEETS COMMUNITY MEMORIAL FOUNDATION CHALLENGE



Saranne Milano, (center) President of Aging Care Connections' Board of Directors accepts the challenge award check from Deborah Daro, Ph.D., Chair of the Community Memorial Foundation Board of Directors and Jim Durkan, President and CEO of the Foundation.

Aging Care Connections successfully met the challenge issued by Community Memorial Foundation to raise \$7,500 in new or increased donations to our organization's 2010 Annual Appeal between September 1, 2009 and December 31, 2009. Saranne Milano, President of the Aging Care Connections Board of Directors, received a matching check for \$7,500 at a reception held February 16.

Community Memorial Foundation is a private independent foundation established in 1995 as a result of the sale of La Grange Memorial Hospital. The Foundation's mission is to measurably improve the health of people who live and work in the western suburbs of Chicago. We are most grateful for the opportunity to benefit from this challenge grant. We appreciate the Foundation's commitment to being a good steward of community assets attentive to changing social conditions and changing community needs. Thank you very much!

ENTER GATE 1 SECTION 201 ROW 3 SEAT 4

**FRIDAY, APRIL 30, 2010 • 7 PM**  
**Harry Caray's at the The Westin, Lombard**

9th Annual



**Sports Ball 2010**

CASUAL ATTIRE

Dinner!  
Dancing!  
Live and Silent Auctions!

**Call 708-354-1323 x 26 for tickets**

Mingle with **Dutchie Caray, Ron Kittle, Darnell Autry, Grant Mulvey, Olympic medalists and more!**

**BID**

- Notre Dame Package • Racing Package
- Trips to Siesta Key, Galena, Lake Tahoe
- Deluxe Wine Experience and more!

A BENEFIT FOR  
 **aging care connections**  
 Your Source For Senior Care formerly SW Suburban Center on Aging



GUEST EMCEE  
**Paula Faris**  
 NBC5, Chicago

YOUR TICKET TO A GOOD TIME!

\$125 PER PERSON (INCLUDES BEER & WINE) PLEASE RSVP BY APRIL 23, 2010

## REGULAR MONTHLY EVENTS

**Alzheimer's Caregivers Support Group:** A support group that meets the first Friday of the month from 11:00 a.m.-12:30 p.m. for caregivers of someone diagnosed with Alzheimer's diseases.

*Please contact: Intake Office, 708-354-1323, extension 15 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. Group leaders: Cheryl Anderson and Christine Bumgardner.

*Please contact: Christine Bumgardner, 708-354-1323, extension 34 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 28 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: Ruth Folkening, Caregiver Specialist, 708-354-1323, extension 28.*

**Health Clinic:** Dr. Nyaeme, a geriatric physician with Adventist Midwest Geriatric Specialists, sees patients 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 15 to make an appointment.*

**Memories—Gone But Not Forgotten:** A group that meets the first Friday of the month from 11:00 a.m. – 12:30 p.m. 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 15 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 15 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 28, 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



### Vision Statement

“To be recognized 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 to which we bring an unbiased, objective perspective as a trusted non-profit organization.”

- We will be recognized as the one-stop senior care connection; sought out by older adults and caregivers to find solutions to their independent living needs.
- We will be the leaders in providing client-centered care, built on a foundation of professionalism, knowledge, experience and expertise in aging services.
- We will take the leadership role in the community to continuously inform, enlighten and offer home and community-based services relating to: (a) guidance and support (b) caregiving and care management (c) safety and well-being.
- We will have a reputation among clients, caregivers, partner agencies, health professionals, administrators, and public policy makers as a valued community resource; caring, compassionate and committed to excellence.

### 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.