



WINTER 2019

# AGING WELL MATTERS

## Bridging Your Care from Hospital to Home

Imagine that you just received a call from someone telling you that your older adult mother is getting released from the hospital tomorrow. Your mother lives alone and you do not live close. How will she get home when discharged? Who will care for her at home? This is where the Bridge Model can help.

Developed in collaboration with Rush University Medical Center and Aging Care Connections, the Bridge Model is a relationship-based, patient-centered approach to intervening with discharged adults with complex, chronic health and social needs. With an initial grant from Community Memorial Foundation in 2007, ACC and Rush collaborated to develop Bridge to address the specific, complex needs of discharged older adults from

diverse approaches – the community reaching “in” to the hospital, or the hospital reaching “out” into the community.

“After seeing a lot of success with Bridge, we decided that we also needed to focus on integrating social work into primary care teams to help avoid hospitalizations in the first place. We began doing so at Rush, with a standardized approach: AIMS (Ambulatory Integration of the Medical and Social)” explains Robyn Golden, Associate Vice President of Population Health and Aging at Rush University Medical Center in Chicago. ACC has since implemented AIMS with two local practices in addition to Bridge.

Robyn shared, “Aging network organizations are experts in aging

well, so it’s only natural that clients and their families both benefit when community-based providers and health systems partner to ensure their range of medical and social needs are being addressed.” Using the Bridge Model and AIMS, for example, ACC has helped AMITA Health Adventist Center La Grange realize up to 36% and 20% reductions in readmissions for individuals with pneumonia and Chronic Obstructive Pulmonary Disease.

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# Our Mission

Our mission is to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well. We do this by providing comprehensive programs and services for older adults and their families. Below is a list of some of our programs and services:

- Adult Protective Services
- Aging Well Neighborhood
- Benefits Assistance
- Caregiver Support
- Comprehensive Care Coordination
- Congregate Meals
- Home Delivered Meals
- Grandparents Raising Grandchildren
- Information & Assistance
- Transitional Care

## **Aging Care Connections**

**Phone: 708-354-1323**

**Email: [info@agingcareconnections.org](mailto:info@agingcareconnections.org)**

**Website: [www.agingcareconnections.org](http://www.agingcareconnections.org)**

**111 W. Harris Avenue, La Grange, IL 60525**



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### **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.

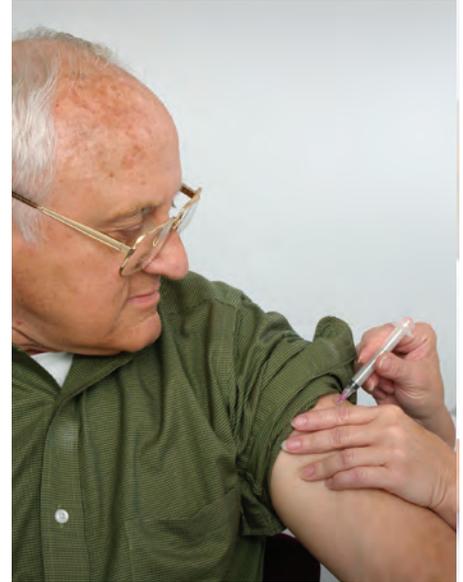
## A Millennial Paying It Forward



Millennials are growing up in a modern-day world where technology makes anything and everything possible. They adopt technology and social media—and what they adopt is often embraced (albeit more slowly) by older generations. So, what makes a millennial interested in supporting older adults?

If you ask Robert Hussey, a 27-year old from Western Springs, he will say that he believes in paying it forward. Robert supports Aging Care Connections and is a member of the Lee M. Burkey, Sr. Society—our giving society for individuals who contribute \$1,000 or more annually. Robert shared, “If all goes as planned, someday I will be an older adult and will need assistance with some things I used to be able to do myself. I first realized the value in supporting older adults after my grandfather passed away from ALS in 2006, leaving my grandmother living by herself. I saw how even small tasks, such as helping my grandmother learn how to email and use the computer, can make a huge difference in her life. In my book, if a minor inconvenience for me results in making life that much more enjoyable for my grandmother (or any older adult), that’s makes it 100% worth it.”

When asked why he supports ACC, Robert shared, “Unfortunately, programs which support older adults often are overshadowed when people are selecting which charities they will support with financial contributions.”



## Tips for Staying Healthy

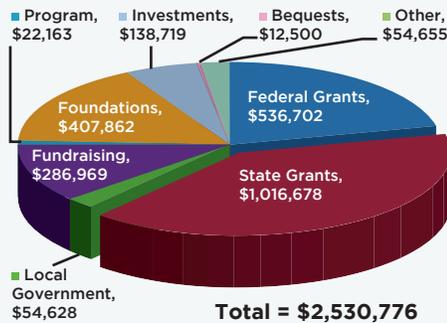
Even if you are healthy, you may be at an increased risk for pneumococcal pneumonia. If you are 65 or older, your risk of being hospitalized after getting pneumococcal pneumonia is significantly greater than younger adults aged 18-49. It can be more serious than a cold or flu and can take weeks before you feel like yourself again. Talk to your doctor or pharmacist about vaccinations that may help protect you.

# annual report

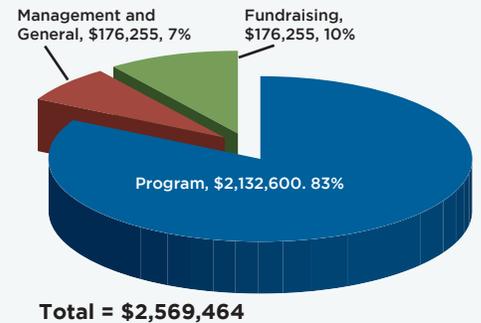
## Fiscal Year 2017 Annual Report

Turning leaves and the brisk autumn air have a way of triggering reflection — a look back at where we have been and mindfulness about which aspects of our legacy we will take with us. Thank you for your partnership and support throughout the year.

### REVENUES FY2017



### EXPENSES FY2017

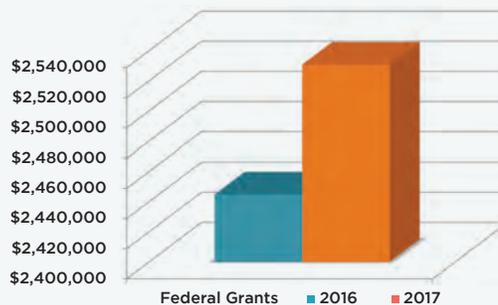


Revenue and expenses shown in the charts above are from Fiscal Year 2017. Aging Care Connections' fiscal year runs from October 1 to September 30.

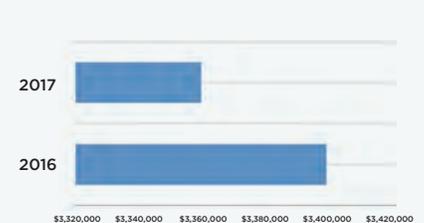
The charts to the right show the year-over-year difference in revenue and assets from Fiscal Year 2016 and Fiscal Year 2017.

The 2016 Fiscal Year ran from October 1, 2015 to September 30, 2016 and the 2017 Fiscal Year ran from October 1, 2016 to September 30, 2017.

### REVENUE BY YEAR



### TOTAL NET ASSETS



## What we did in Fiscal Year 2017



**3,317 individuals** received comprehensive care coordination



**16,685 healthy meals** were served



**5,504 individuals** with aging issues received help from Information and Assistance Specialists



**377 cases** of alleged abuse were investigated

## Lee M. Burkey Sr. Society

The Lee M. Burkey, Sr. Society recognizes donors who contribute \$1,000 or more over the past calendar year. Collectively, in 2017, our members donated over \$83,000 to support Aging Care Connections.

Anonymous (6)  
The Burjan Family  
Lee M. Burkey Jr. and Terry Eliseuson  
Velaine Carnall  
Brian and Zada Clarke  
Michael and Mary Doepke  
Kimberly Fattore Schmidt  
Dennis Foley

Linda and Edward Gervain  
Howard Graening  
Dick and Susan Haley  
Mark and Linda Hussey  
Robert Hussey  
Dennis Jones  
Shannon Kutcek  
Dr. and Mrs. Jack and Jeanette Martin

Beth McCormack  
Saranne and Bob Milano  
Louis and Kelly Mini  
Bob and Chari Nyberg  
Margaret A. O'Brien  
Nick and Carolyn Pann  
Raju and Lisa Patel  
Gregory and Carol Pierce  
Patty and Mark Ptacek

Mrs. Peter M. Shannon Jr.  
Steve and Ginger Smits  
John and Louise Starmann  
Debra Verschelde  
Bob and Karen Westrick  
Bill and Julie Wilson

## Volunteer Spotlight: Nancy Brinkman



Nancy Brinkman became involved with Aging Care Connections in 2014 when she discussed the possibility of a donation from her family's foundation. Today, not only does their foundation support ACC, but you can find her every Thursday volunteering in our Advancement Department.

"There is a joy in helping other people," says Nancy, "especially those who can't always help themselves. There is such a satisfaction that comes with helping in any way to see that seniors can continue to live in their own homes. And the satisfaction that I feel after time spent at ACC lasts much longer than most anything else I know." She also shared, "I am dealing with many of the same issues with my elderly parents as those provided by ACC, so it was a perfect match for me."

## Caregiver Corner: Connecting and Supporting with Memory Cafés

Beginning in January, with the support of AgeOptions, Aging Care Connections is bringing four Memory Cafés to the community in partnership with Central Baptist Village, Community Nutrition Network, Salerno's Pizzeria and Sports Bar, Seniors Assistance Center, Sharp Community Center and Young at Heart. Memory Cafés offer socialization, activities, education and entertainment to those living with dementia, or another form of cognitive impairment, and their care partners. A Memory Café is not respite care but rather an opportunity for care receivers and caregivers to enjoy activities together. It is also a place where they can find mutual support and information from other participants in similar situations, which can help them reduce stigma and feelings of isolation.

Aging Care Connections has a variety of enjoyable activities planned, which include dance, exercise, laughter yoga, and water color painting. It also includes field trips to the Art Institute of Chicago, Chicago Botanical Garden, Drury Lane Theater, Memory Farm and Morton Arboretum. For more information, or for a list of locations and calendar of events, please contact Colleen Pelikant, Older Americans Act Programs Supervisor at 708-603-2328 or [cpelikant@agingcareconnections.org](mailto:cpelikant@agingcareconnections.org).

# support

## Annual Fundraising Gala a Success

On September 14, we hosted our 17th Sports Ball Gala at the Chicago Marriott Southwest in Burr Ridge. Nearly 230 friends and community members gathered in their favorite sports attire to support the work of Aging Care Connections. Through ticket sales, sponsorships, donations, raffle tickets, a silent auction, and a program auction, the gala raised over \$115,000—the most it has raised to date.

Guests were welcomed by Mistress of Ceremonies, Dionne Miller, ABC 7 Sports Anchor and Reporter, who led an engaging Q&A session with four sports celebrities: Mike Huff (former Chicago White Sox player and President, Bulls/Sox Academy), Mike “Hollywood” Jimenez (professional boxer), Augie Juricic (former Chicago Cubs player), and Michael Mercer (retired professional golfer). Attendees heard first-hand from two individuals who have been positively impacted by our work—Marlene Spencer Rogers, a Grandparents Raising Grandchildren program participant; and retired Judge Patricia Banks, the daughter of one of our Care Coordination program participants.

*A special thank you to the Most Valuable Premier sponsor, The Community Bank of Western Springs.*



AWINTRUST COMMUNITY BANK



## Donor Spotlight: Margaret O'Brien



Margaret and her family moved to the La Grange area in 1979. She and her husband James used to walk by Aging Care Connections (then called the Southwest Suburban Center on Aging) but had no idea then that they would someday utilize its services.

In 2004, James was diagnosed with an atypical young onset

dementia and passed away in 2014. During the years that Jim was ill, Margaret attended our caregivers' dementia support group while her husband participated in a separate simultaneous session for clients. In the group, Margaret learned about the resources available in the area to help her with her caregiving responsibilities, such as Adult Day Services—where her husband attended on a part time basis. Margaret said, "I'll never forget the care and kindness of the people we encountered in dealing with this situation."

Margaret shared, "I support Aging Care Connections because I think my contribution can fairly directly help make a difference in the lives

of people who need some support or assistance. When clients are facing difficult situations, the people with the right resources at ACC can focus on addressing their particular need." She goes on to say, "I want the satisfaction of giving to a local, private, not-for-profit organization where my donation can make a bigger difference than it would to a national charity. Since I'm over 70-1/2, I make my contribution from my IRA as a Qualified Charitable Distribution (QCD). This strategy means I do not owe any federal income tax on my Required Minimum Distribution. That makes giving feel even better."

### We Need You! Donate Your Time

We are seeking volunteers for our Congregate Meals Program located at Salerno's Pizzeria in Hodgkins. Volunteers must be able to commit to a weekly schedule between 11am – 1pm. Additionally, we are looking for volunteers to post information in the community on resources and legislative issues, participate in letter writing or storytelling campaigns, attend a short online training and then conduct group "brain" exercises with older adults. For more information, contact Jan Walch at 708-603-2245 or [jwalch@agingcareconnections.org](mailto:jwalch@agingcareconnections.org).

### Silver Linings: Jim Matthews



"We help others and ourselves when we volunteer."



aging care  
connections

Because Aging Well Matters

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## Keep us in mind during the holidays!

**Amazon Smile** - Amazon donates 0.5% of the price of your eligible Amazon purchases. Go to [smile.amazon.com](https://smile.amazon.com) and search for Aging Care Connections to support us.

 [www.facebook.com/agingcareconnections](https://www.facebook.com/agingcareconnections)

 <https://twitter.com/agingcareconns>

# events

## Mark your calendars!

### Memory Café

Beginning in January  
First Wednesday of each month  
10:00 am – 11:30 am  
Sharp Community Center  
1609 36th Ave, Melrose Park, IL  
For more info and to RSVP, call  
708-603-2266

### Friday Morning Regulars (Men's Group)

Every Friday  
8:30 am – 10:00 am  
St. Barbara's Parish Center  
4008 Prairie Ave, Brookfield, IL  
For info, call 708-354-1323, Ext. 215

### Congregate Meals - Book Club

Every Wednesday at 10:30 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Congregate Meals - Annual Christmas Auction

Friday, December 14 at 12:30 pm  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Congregate Meals - Christmas Lunch and Raffle

Thursday, December 20 at 10:00 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Congregate Meals - New Year's Eve Party

Monday, December 31 at 10:00 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Congregate Meals - Valentine's Day Party

Thursday, February 14 at 10:30 am  
Salerno's Pizzeria & Sports Bar  
9301 W. 63rd St, Hodgkins, IL  
To register, call 708-354-1323

### Aging Well Month

May 2019  
Free programs and activities are  
happening throughout the month.