

**DONATE**

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### **A NOTE FROM BACODA'S EXECUTIVE DIRECTOR**

Summer is here, and I can't wait to see you all at one of Bacoda's fun, intergenerational summertime events. This June, Bacoda's monthly Cuisine Club is visiting the lovely Lindy's Landing. We're also hosting Breakfast and Bunco at Citizen's Park and a Movie Maniacs trip to see "The Little Mermaid." For a full list of upcoming events, check out our events calendar on page 5.

I'm proud to say Bacoda has also recently completed another successful fiscal year. Looking back, it's wonderful to see so many new faces joining our Bacoda community of belonging. We've expanded our social services to help more people than ever before; thanks to the help of our dedicated staff, volunteers, and supporters, we're ready to lead our growing aging community in their pursuit of vibrant, healthy lifestyles. A full audit and letters from myself and the President of Bacoda's Board of Directors, Amy Graves, can be found on our website at [www.bacoda.org](http://www.bacoda.org).

Thank you all for your continued generous support. Together, we are redefining aging.

Terri Channer  
Executive Director



[www.bacoda.org](http://www.bacoda.org)



(847) 381-5030



est.  
1984 **Bacoa**  
*aging redefined...Wellness. Education. Navigation.*

## BACOA PRESENTS TEEPA SNOW: SHINING A POSITIVE LIGHT ON DEMENTIA

- **ARE YOU A FAMILY OR PROFESSIONAL CAREGIVER?**
- **HAS YOUR FAMILY BEEN AFFECTED BY DEMENTIA?**
- **ARE YOU INTERESTED IN LEARNING MORE ABOUT MEMORY?**

Join Bacoa and World Renowned Dementia Educator Teepa Snow for a special all-day educational seminar!

Physical Therapists, Nurses, and Social Workers can receive 6 CEUs for attending

### TOPICS INCLUDE

- Brain Changes in Dementia
- Understanding the Different Dementias
- Coping with Challenging Situations in Dementia Care

**Join us on World Alzheimer's Day!**

 September 21st, 8:00 am - 4:30 pm

 Willow Creek Community Church  
67 Algonquin Rd, South Barrington

**Limited Tickets Available!  
Scan the QR Code to Get  
Your Ticket Today!**



**General Admission: \$75  
Professionals Receiving CEUs: \$125**

**TICKETS NOW AVAILABLE AT [WWW.BACOA.ORG](http://WWW.BACOA.ORG)**



## Memory Programs



### 'A Day Out'

## Adult Day Program

Provides caregiver respite and an upbeat social setting for people with early-stage Alzheimer's and related dementias. Meets on Mondays and Thursdays from 10am-2:30pm at the Lutheran Church of the Atonement in Barrington. (pre-evaluation required)



## Memory Cafe

An informal social program for people with early-stage Alzheimer's and related dementias and their care partners. Meets on the 3rd Tuesday of each month from 10- 11:30am at the Ela Area Public Library in Lake Zurich.



## Alzheimer's Caregiver Support Group

A support group that provides resources for families and caregivers of people living with Alzheimer's and related dementias while offering a judgement-free space to discuss daily triumphs and struggles. Meets on the second Wednesday of each month from 10:30 am - noon on Zoom.

### Join Bacoa's Community of Belonging

For over 39 years, Bacoa has empowered older adults, their families and caregivers in their pursuits of healthy lifestyles. Our vital social services and over 500 intergenerational "Active Aging" programs support adults in a welcoming and accessible environment. For more information, or to register for Bacoa's Memory Programs, contact Bacoa's Memory Programs Manager Pam Pellizzari at:

 6000 Garlands Lane, Suite 100, Barrington, IL 60010

 847-381-5030



[www.bacoa.org](http://www.bacoa.org)



[ppellizzari@bacoa.org](mailto:ppellizzari@bacoa.org)



## **In-Home Caregiver Referrals**



Looking for an in-home caregiver? Bacoa offers referrals to local in-home caregiving organizations, including for 1-2 hour caregiver visits

**Call Bacoa at 847-381-5030 for More Information**

In-home caregiver services may include: light housekeeping, personal care, transportation, surgery and illness recovery care, and respite

**[www.bacoa.org](http://www.bacoa.org)**



# JUNE EVENTS AND PROGRAMS



## News About Local Activities and Upcoming

**June 1st**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**June 2nd**

**Never Idle Hands Knitting & Crochet Club**, Pepper Park Coffee, 10am-Noon, Free

**June 5th**

**Lunch & Bingo**, Barrington Park District, 10:30am-1pm, \$12

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**June 6th**

**Virtual Bingo**, Zoom, 11am-Noon, Free (3 prizes per week)

**Movie Maniacs**, The Little Mermaid in Deer Park, 12:20 pm, RSVP to Bacoa by 6/5 to sit with the Bacoa group

**June 8th**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**Low Vision Support Group**, Balmoral Restaurant Scottish Experience, participation limited to group members

**Breakfast & Bunco in the Park**, 10 am-12:30 pm, \$5, RSVP to Bacoa by 6/5 for more information

**June 9th**

**Never Idle Hands Knitting & Crochet Club**, Pepper Park Coffee, 10am-Noon, Free

**June 12th**

**Lunch & Bingo**, Barrington Park District, 10:30am-1pm, \$12

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**June 13th**

**Virtual Bingo**, Zoom, 11am-Noon, Free (3 prizes per week)

**June 14th**

**Lunch and Denny Diamond Concert**, 9:30 am - 4:00 pm, \$65, Call Bacoa for more information

**June 15th**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**June 16th**

**Never Idle Hands Knitting & Crochet Club**, Pepper Park Coffee, 10am-Noon, Free

**June 19th**

**Lunch & Bingo**, Barrington Park District, 10:30am-1:00pm, \$12

**The Last Chapter: Things I Wish I Knew**, 1-2:30pm, Zoom, Free

**June 20th**

**Virtual Bingo**, Zoom, 11am-Noon, Free (3 prizes per week)

**June 22nd**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**June 23rd**

**Never Idle Hands Knitting & Crochet Club**, Pepper Park Coffee, 10am-Noon, Free

**June 26th**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**Lunch & Bingo**, Barrington Park District, 10:30am-1pm, \$12

**June 27th**

**Virtual Bingo**, Zoom, 11am-Noon, Free (3 prizes per week)

**June 28th**

**Cuisine Club at Lindy's Landing**, Noon-2pm, \$28, RSVP to Bacoa by 6/20

**June 29th**

**Adult Day Program**, \$45 (Prior evaluation is required, call 847-381-5030)

**Hand & Foot (Learn & Play)**, 10am-Noon, Pepper Park Coffee, Free

**June 30th**

**Never Idle Hands Knitting & Crochet Club**, Pepper Park Coffee, 10am-Noon, Free





# TIPS TO MAKE MEAL TIME EASIER FOR PEOPLE WITH ALZHEIMER'S

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.



Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.



A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

Adapted from the National Institute on Aging



## Bacoa's June Volunteer Spotlight: Sol Lewin

This month, we're thanking Sol Lewin for his hundreds of hours of service as a volunteer with Bacoa's Congregate Lunch & Bingo program.

A regular volunteer at Bacoa's Monday Lunch & Bingo program held at the Barrington Park District, Sol picks up food, serves meals, hands out prizes, and helps clean up after lunch. Thanks to his efforts, Bacoa provides weekly lunch, bingo, and entertainment to older adults in the Barrington Area, combating food insecurity and fostering a community of belonging.

Sol was recently presented a Character Counts Award by the Barrington Junior Women's Club for his outstanding volunteer service.

Thank you, Sol, for helping Bacoa redefine aging.



Sol dresses up as Santa for Bacoa's annual Holiday Lunch & Bingo

## [Volunteer for Bacoa](#)



# SOCIAL SERVICES



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