

October 2022 Newsletter

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A NOTE FROM BACODA'S EXECUTIVE DIRECTOR

Happy October! Fall is my favorite season with the changes in color; the fresh smell of the cooler air; the excitement school kids have being back with their friends; the sound of school bands playing at football games. It's like we are starting all over again with a renewed excitement for the future.

I also enjoy Halloween—it's my son's favorite holiday that he now shares with his wife and children. The decorations, painted faces, lights, scary music, and costumes create his excitement. I hope you join us for a free lunch and entertainment at Bacoda's Halloween celebration on the 31st. It is going to be our best extravaganza ever. And check out the rest of Bacoda's fun and educational October events in our "Events and Programs" calendar on page 5.

On September 28th, Bacoda introduced our Dementia Friendly Barrington Area initiative at the Barrington Area Library. We had great attendance at the event, where Bacoda received a proclamation from the Village of Barrington and Gail Collier, a Barrington area artist, displayed her artwork depicting her caregiving journey with her husband Joe's dementia. We also were excited to include a representative of the Alzheimer's Association in Chicago, who led a "Dementia Conversations" presentation. The Dementia Friendly Barrington Area initiative is about reducing the stigma of dementia and educating the public about the brain disease that primarily affects the older population. We are so grateful to the first responders, local governments, businesses, health care providers and community members who joined us to have Barrington recognized.

Bacoda will introduce its first Dementia Friendly Barrington Area educational event along with Brightstar Care of Barrington/McHenry County, on October 18th at Barrington's White House. Learn about the event, "A Neurological Perspective on Music, Memory, and the Brain," below.

I look forward to seeing you at our upcoming Bacoda events, and I thank you for reading our monthly newsletter.

Terri Channer
Executive Director



www.bacoda.org



(847) 381-5030



A NEUROLOGICAL PERSPECTIVE

On MUSIC, MEMORY, AND THE BRAIN

WITH MARY HELEN EKSTAM,
MT-BC, CDP

Learn about the brain and
how music helps people
deal with illness, the
challenges of dementia,
and stress.

When: October 18th, 10-11:30 am

**Where: Barrington's White House
145 West Main Street, Barrington, IL**

Cost: \$25

*Event cost supports Bacoa's vital
Memory Programs. If you would like to
attend but are experiencing financial
hardship, please contact Bacoa.*

RSVP to Bacoa at (847)-381-5030



Dementia Friendly
Barrington Area

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard



Poetry at
"A Day Out"



"Avoiding Scams" with
Dave Powers



Owls of Lake
County



Bacoa at
"ArtTogether"



Bacoa's
Oktoberfest

INTRODUCING DEMENTIA FRIENDLY BARRINGTON AREA



**Dementia Friendly
Barrington Area**

Bacoa introduced our Dementia Friendly Barrington Area Initiative to the community at the Barrington Area Library on September 28th. The event included a dementia-friendly resolution by the Village of Barrington, an art presentation by caregiver Gail Collier, and a presentation on "Dementia Conversations" by the Alzheimer's Association Illinois Chapter.





OCTOBER EVENTS AND PROGRAMS



News About Activities and Upcoming Events

October 3rd

Lunch & Bingo, 10:30am-1pm,
Barrington Park District, \$12
Adult Day Program, Pre-Screening
Required, \$45

October 4th

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

October 5th

Zen at 10 Chair Yoga, 10-10:30 am, Zoom,
Free

October 6th

Adult Day Program, Pre-Screening
Required, \$45

October 10th

Lunch & Bingo, 10:30am-1pm,
Barrington Park District, \$12
Adult Day Program, Pre-Screening
Required, \$45

October 11th

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

October 12th

Virtual Trivia, 11am-Noon, Zoom, Free
Alzheimer's Support Group, 10:30am-
Noon, Zoom, Free

October 13th

Bocce & Lunch at Pinstripes, 11am-
1:30pm, Pinstripes South Barrington,
(RSVP to Bacoa by 10/5), \$27
Low-Vision/Blind Support Group, Call
Bacoa office for details
The "Outsiders" Trail Walking Group,
9:30am, Citizens Park, Free
Adult Day Program, Pre-Screening
Required, \$45

October 14th

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

October 17th

Lunch & Bingo, 10:30am-1pm,
Barrington Park District, \$12
Medicare Prescription Review Begins,
Free, call 847-381-5030 for an
appointment
Last Chapter: Things I Wish I Knew,
discussion of end-of-life topics, 1-2:30pm,
Zoom, Free

October 18th

**A Neurological Perspective on Music,
Memory, and the Brain**, 10-11:30 am,
Barrington's White House, \$25
Virtual Bingo, 11am-Noon, Zoom, Free (3
prizes per week)
**Barrington High School Orchestra
Concert**, 6:45-8pm, Barrington High
School, RSVP to Bacoa by 10/14, Free
Memory Café, 10-11:30am, Ela Area Public
Library, Call Ela Area Public Library to
register, Free

October 19th

Cuisine Club, Noon-2pm, J and D's Bar
and Grill in Wauconda (RSVP to Bacoa by
10/12), \$25

October 20th

Adult Day Program, Pre-Screening
Required, \$45

October 21st

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

October 24th

Lunch & Bingo, 10:30am-1pm,
Barrington Park District, \$12
Adult Day Program, Pre-Screening
Required, \$45

October 25th

Virtual Bingo, 11am-Noon, Zoom, Free
(3 prizes per week)
**Barrington High School Jazz Band
Concert**, 6:45-8pm, Barrington High
School, RSVP to Bacoa by 10/17, Free

October 26th

Movie Maniacs-Opera Edition, Medea,
1-3:30 pm, RSVP to Bacoa by 10/24, \$25

October 27th

The "Outsiders" Trail Walking Group,
9:30 am, Deer Grove East, Free
Halloween Bunco and Lunch, Noon-
1:30 pm, South Barrington Club, \$10
Adult Day Program, Pre-Screening
Required, \$45

October 28th

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

October 31st

Halloween Bingo & Free Lunch,
10:30am-1pm, Barrington Park District,
\$1 for Bingo
Adult Day Program, Pre-Screening
Required, \$45





**Dementia Friendly
Barrington Area**



WE BELONG "A DAY OUT"

Bacoa's Adult Day Respite Program for Individuals with Dementia Discuss What the "Belong Together" Barrington Initiative Means to Them



Cin Salach, from Poemgown, works on a poem about belonging with Bacoa's "A Day Out" respite program. Salach says, "From a population that is often treated as no longer being able to be present, to be lost inside themselves, writing a poem together gives us reassurance that we are perfect just the way we are."

Bacoa and Belonging Barrington

Bacoa's Dementia Friendly Barrington Area initiative is dedicated to reducing the stigma of dementia and making our community safe, accessible, and welcoming for all. We support the efforts of Barrington area community members coming together to create a culture of belonging.

See Cin Salach and Bacoa's "A Day Out" program's poem "Summer into Fall" below



Summer into Fall by Cin Salach & Bacoa's "A Day Out"

If it's summer, you'll find me in San Diego
getting out of the house and away from my 8 siblings

If it's summer, you'll find me in the backyard at night,
the sounds of darkness loud,
hopefully with not too many mosquitoes.
And hopefully with wine!

If it's summer, you'll find me in the swimming holes
and the swimming pools.

In the summer I want to be exactly where I am right now.
"If you want to find beauty in the world, you have to take it with you."

If it's summer, you'll find me on a picnic, with my mouth watering
for watermelon and sandwiches stacked with everything good.
A nice ripe peach, some fresh sweet corn.
And a big ice-cream cone I'll eat sitting on the curb so fast it doesn't drip.

I like summer because of the clothes and the food and the freedom.
You can't make a snowball in the summer,
but other than that, who needs winter?

Let's talk about fall.
I spent summer running around and now fall's here and I can relax.
Until the leaves fall and then there's something to do.
Drink cider and celebrate my birthday.

What I like about fall is that you go from all that green
to all the colors of the light.
Greens to orange to reds to white.
Fall is the bridge of colors in the middle.

Streetlights come on a little earlier.
You get to see the stars sooner.
And the harvest moon. I love the harvest moon.

Even if it's warm, you can sense it.
That intangible thing—it's in the wind.
What was that?
It's Fall.



FALLS & FALL PREVENTION



Balance Problems and Disorders

The risk of falling increases with age. For older adults, falls can be especially dangerous, causing hospitalization, disabilities, and fractures. Balance problems are often caused by a medical condition, medication changes, and balance disorders. If you are experiencing frequent dizziness, nausea, or have a history of falling, talk to your doctor.



Tips to Prevent Falls

- Discuss potential medication side effects with your doctor.
- Add strength and balance exercises to your workout routine.
- Have your vision and hearing checked annually.
- If you're in need of more stability, consider using a cane or walker.
- Install grab bars in your bathroom, secure carpet to your floors, and use night lights to prevent falls at home.
- Stand up slowly to avoid dizziness.

MEDICARE PRESCRIPTION REVIEW



Call Bacoa at 847-381-5030 to schedule your Medicare prescription drug plan review with a Bacoa Senior Health Insurance Program (SHIP) counselor. Last year, Bacoa SHIP counselors saved our clients \$206,392 on medication costs.



For more information, contact Matthew Downing at 847-381-5030.

www.bacoa.org

It's concert season! Join Bacoa this October for free orchestra and jazz band concerts at Barrington High School.

Bacoa Music Nights



BARRINGTON
HIGH SCHOOL

*est.
1984*
Bacoa
aging redefined

RSVP to Bacoa at
847-381-5030

Dates

- Barrington High School Orchestra Concert
 - Tuesday October 18th 6:45-8pm
 - RSVP to Bacoa by 10/14
- Barrington High School Jazz Band Concert
 - Tuesday October 25th 6:45-8pm
 - RSVP to Bacoa by 10/17



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