April 2023 Newsletter

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VOLUNTEER

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A NOTE FROM BACOA'S EXECUTIVE DIRECTOR

Dementia is a complex and challenging condition that affects so many in our community. Whether it's the grandfather with a new dementia diagnosis or the mother caring for two parents with dementia, Bacoa is here to help older adults, families, and caregivers affected by this growing memory disorder.

People with dementia often face stigmatization and discrimination, but with the right resources they can live fulfilling lives. By taking Bacoa's $1-a-day **Dementia Friendly Pledge** through April and May (see page 3), you can join us in our commitment to end the stigma of dementia, educate the public on the disorder, and provide a network of dementia-friendly resources throughout the Barrington Area.

This April, we're proud to offer so many vital dementia-friendly programs (see page 4). I hope you will join me in taking our Dementia-Friendly Pledge and helping Bacoa build a more inclusive and welcoming Barrington Area for all.

Terri Channer
Executive Director

www.bacoa.org

(847) 381-5030

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Dementia Friendly Barrington Area

Save The Date for Bacoa's Seminar with Renowned Dementia Educator Teepa Snow

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

Location:
Willow Creek Community Church
67 Algonquin Road,
South Barrington, IL 60010

CEUs will be offered

Tickets Available May 1st at:

www.bacoa.org

Help Bacoa End the Stigma of Dementia

Dementia-Friendly Pledge

For only $1-a-day through April and May, you can join Bacoa's Dementia-Friendly Pledge and make a difference in the lives of so many families, caregivers, and individuals with dementia seeking help.

Your Dementia-Friendly Pledge helps Bacoa

- Raise awareness and reduce the stigma of dementia through educational newsletters and events.
- Provide Dementia Readiness Training to first responders and local businesses.
- Distribute free medical ID alert bracelets to individuals with dementia, increasing safety precautions for those who may be prone to wander.
- Support families and caregivers of individuals with dementia through Bacoa's welcoming support groups and memory programs.

Click Here to Take our Dementia-Friendly Pledge Today!

www.bacoa.org

April's Dementia-Friendly Programs

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ALZHEIMER'S CAREGIVER SUPPORT GROUP

Join Bacoa and the Alzheiner's Association from 10:30am-Noon on Zoom, Wednesday, April 12th for a discussion on "Understanding and Responding to Dementia Related Behaviors"

THE LAST CHAPTER

Join Bacoa and Willow House's Mickayla Bedenian from 1-2:30 pm on Zoom, Monday, April 17th for a discussion on legacy and staying connected in life and death.

MEMORY CAFE

Memory Cafe is meeting at the Ela Library from 10-11:30 am on April 18th. The group will create personalized "I Spy" activity bottles to encourage reminiscence and connection.

A DAY OUT

Bacoa's A Day Out Adult Day Program is a social model program designed for adults with early-stage Alzheimer's Disease and related dementias. Bacoa staff and volunteers provide participants a structured, engaging, and strength-based environment. The group meets Mondays and Thursdays from 10:00 am to 2:30 pm.

At Bacoa, we see the whole picture.

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Comprehensive Care Management

Navigating the challenges of aging can be complex. Bacoa's Comprehensive Care Management Program provides an in-depth care management plan to ensure the needs of older adults, families, and caregivers are met.

Services Include:

- Comprehensive Care Management intake analysis and plan
- Follow-up support
- Enrollment in Bacoa programs (as needed): Meals with Wheels, housing assistance, Medicare/Medicaid enrollment, tax preparation, lending closet, transportation, utility assistance, memory care, and more.

For More Information:
Visit www.bacoa.org or call 847-381-5030

PICTURES OF THE MONTH

Cuisine Club

St. Patrick's Day Free Bingo & Lunch

Mug Making

"A Day Out"

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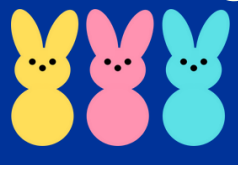
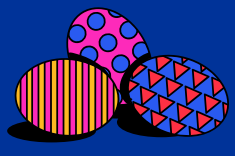
Lending Closet Volunteers

APRIL EVENTS AND PROGRAMS





April 3rd
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Easter Celebration Lunch & Bingo, Barrington Park District, 10:30am-1pm, $1 for bingo, free lunch & entertainment

April 4th
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)

April 5th
Hand and Foot Day, Barrington Area Library, 10am-Noon, free (learn the game from 10am-10:30am, then play)
Barrington High School Orchestra Concert, 7-8 pm, Free, RSVP to Bacoa to sit with the Bacoa group

April 6th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
"Outsiders" Trail Walking Club, 9:30am-11am, Citizens Park, free (weather permitting, RSVP to Bacoa to set meeting place)

April 7th
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free

April 10th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Lunch & Bingo, Barrington Park District, 10:30am-1pm, $12

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

April 12th
Alzheimer's Caregivers Support Group, Zoom, 10:30am-Noon, Free

April 12th
Movie Maniacs "Paint," AMC in South Barrington, 3:30pm, pay on your own, RSVP to Bacoa to sit with group
Overview of Community Aging Services, Barrington Area Library, 2-3:30pm, free

April 13th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Low Vision & Blind Support Group, Lake Barrington Woods, Topic: "How to Use American Cab," 1-2:30pm, free, must call Bacoa before attending first meeting
"Outsiders" Trail Walking Club, Deer Grove East, 9:30am-11am, free (weather permitting, please RSVP to Bacoa to set meeting place)
Cuisine Club at Jelly Cafe in Palatine, Noon-2pm, $25, rsvp to Bacoa with menu choice by 4/5

April 14th
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free

April 17th
Lunch & Bingo, Barrington Park District, 10:30am-1pm, $12
The Last Chapter: Things I Wish I Knew, Zoom, 1-2:30pm, Free

April 18th
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
Memory Cafe, Ela Area Public Library, 10-11am, Free (call 847-381-5030 to register)]

April 19th
Theater outing to Marriot Lincolnshire to see Damn Yankees (lunch included), 10am-4:30pm, $90, rsvp and pay in full by 4/5 (space is limited)

April 19th
Residential Living, Memory Care, Assisted Living & Short-Term Rehabilitation, Barrington Area Library, 2-3:30pm, free

April 20th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)

April 21st
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free

April 24th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Lunch & Bingo, Barrington Park District, 10:30am-1pm, $12

April 25th
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)

April 26th
Home Care, Hospice & Funeral Preparation, Barrington Area Library, 2-3:30pm, free

April 27th
Barrington High School Spring Play "The Importance of Being Earnest," 7 pm, free, RSVP to Bacoa by 4/10 for tickets
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)

April 28th
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free

THE IMPORTANCE OF EARLY INTERVENTION FOR DEMENTIA

Dementia

Dementia is a general term for loss of memory, language, problem-solving skills and other thinking abilities that are severe enough to interfere with daily life. It is a progressive and irreversible condition that affects millions of people. While there is no cure, early intervention is crucial in managing dementia and improving outcomes. Early intervention involves identifying the signs of dementia as early as possible and providing appropriate support and care to help manage symptoms. This can include medication, therapy, lifestyle changes, and support from family and caregivers.

Benefits of Early Intervention

- Research has shown that early intervention can delay the progression of dementia.
- By identifying the condition early, people can receive the necessary support to maintain their independence longer.
- Early intervention allows individuals and families to plan for future healthcare and financial descisions, such as power of attorney and estate planning.

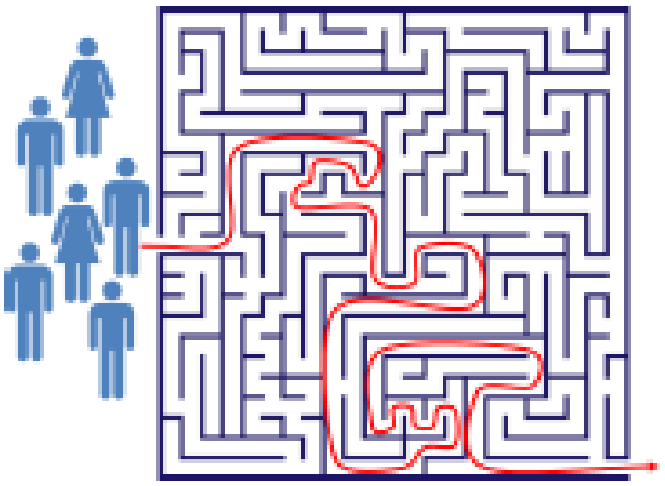
Navigating The Maze Of Senior Services

Senior services can be a maze to navigate. Join in this complimentary 3-part series to break it all down for you as you forge your path.

Wednesday, April 12 — 2:00—3:30 pm
Overview Of Community Aging Services
Location: Barrington Area Library
505 Northwest Highway, Barrington

Wednesday, April 19 — 2:00—3:30 pm
Residential Living, Memory Care, Assisted Living and Short-Term Rehabilitation
Location: Barrington Area Library
505 Northwest Highway, Barrington

Wednesday, April 26 — 2:00—3:30 pm
Home Care, Hospice and Funeral Preparation
Location: Barrington Area Library
505 Northwest Highway, Barrington



All sessions will be led by trained professionals in their field of study.

RSVP to (847) 382-1300 for any or all sessions or by link below

https://balibrary.librarycalendar.com/events/month/2023/04

Bacoa

BARRINGTON AREA LIBRARY

THE GRAND AT TWIN LAKES

Able Hearts

ST. CROIX HOSPICE
There when you need us the most.

inspired homecare
the heart of compassionate service

Stella volunteers at Bacoa's annual Low Vision/Blind Support Group Holiday Luncheon.

Bacoa Celebrates National Volunteer Month

In celebration of April's "National Volunteer Month," Bacoa is proud to introduce our monthly "Volunteer Spotlight." Each month, we will highlight one of the many incredibly giving volunteers that help make all Bacoa does for older adults, families, and caregivers possible. As our Bacoa community of belonging continues to grow, we rely on dedicated volunteers to provide transportation, deliver Meals with Wheels, assist with Active Aging and Memory Programs, and much more.

This month, we're thanking Stella Willmott for over 20 years of service as a volunteer with Bacoa's Low Vision/Blind Education and Support Group. Her many years of driving group members to meetings has allowed them to join in important discussions and learn about eye health and rehabilitation. Stella brings joy and caring to the group, going above and beyond to set up monthly meetings and help group participants attend cultural field trips.

Thank you, Stella, for your inspiring community service.

Terri Channer
Executive Director

Save the Date

Volunteer Connection LIVE

Saturday, April 15, 1 – 4 PM

A collaboration of

Barrington Area Volunteer Connection

and the Barrington Area Library

A combination Volunteer Fair, Donation Day, and Community Network, allowing residents to connect with organizations who can answer questions about local resources, offer volunteer opportunities, and accept donated items.

Register at https://balibrary.librarycalendar.com/event/volunteer-connection-live for a reminder, or to see a list of participating nonprofits and donatable items.

SOCIAL SERVICES

meals with wheels

SENIOR HEALTH INSURANCE PROGRAM
Illinois Department on Aging

A DAY OUT
Bacoa's Adult Day Program

EASY RIDERS

CEDA

SUPPORTED BY

DEHNCO
WORK BETTER

Foglia Family
FOUNDATION

AFA®
ALZHEIMER'S FOUNDATION OF AMERICA

BACF
BARRINGTON AREA COMMUNITY FOUNDATION

AgeGuide
NORTHEASTERN ILLINOIS

Baird Podiatry

SAINT ANNE CATHOLIC COMMUNITY
HOPE
MINISTRIES

Right at Home®
In Home Care & Assistance

BARRINGTON BANK
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CUBA TOWNSHIP

TOWNSHIP OF PALATINE
SERVING PEOPLE
1850

Advocate
Good Shepherd Hospital

BARRINGTON TOWNSHIP