As we head toward July, I hope you all are enjoying this beautiful weather and having a fun and action-packed summer. For tips on staying physically active and maintaining a healthy lifestyle this summer, see pages 7 and 8 of this newsletter.

At Bacoa, we’re looking forward to our summertime events like our Cuisine Club, Outsiders Trail Walking Club, and Bunco In The Park. For a full list of July programs and events, check out our events calendar (page 6).

Having recently completed our latest fiscal year audit, Bacoa now has a full annual report available on our website, www.bacoa.org. Below, you’ll find more information about upcoming events like our World Alzheimer’s Day (September 21st, 2023) “Bacoa Presents Teepa Snow: Shining a Positive Light on Dementia” event (page 2) and our annual Dancing with the Barrington Stars event (February 3rd, 2024) (page 3).

I hope to see you all at one of Bacoa’s fun, educational, and intergenerational programs. Until then, please reach out to me if you have any suggestions or questions for Bacoa.

Terri Channer
Executive Director
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
SAVE THE DATE

Bacova
Celebrating 40 Years of Service

2024 Dancing with the Barrington Stars

FEBRUARY 3 ★ 2024
6:00 - 10:00 pm
Avante Banquets,
Fox River Grove
Starting **July 5th**, Bacoa is proud to partner with Lucas Law to create the following legal documents for low-income adults over 60:

- Living Will
- Last Will and Testament
- Healthcare Power of Attorney
- Property Power of Attorney

Quotes for other items can be provided by Lucas Law.

💰 **Suggested donation to Bacoa of $15 per item** (time donated by Lucas Law).

Payment due at time of service.

adays:

- **Registration:** Participants **must call Bacoa** at **847-381-5030** to complete an income screening and questionnaire before they can schedule their appointment.
PICTURES OF THE MONTH

Patterson Glass Blowing Museum

United Services Organization Performance

A Day Out

Bingo & Lunch

Fidget Quilts

www.bacoa.org
July 3rd
Bacoa office closed for July 4th holiday

July 4th
Bacoa office closed for July 4th holiday

July 5th
Bacoa and Lucas Law "Wills and Powers of Attorney" Program Now Available for Low-Income Adults over 60, call Bacoa for more information

July 6th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)

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

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

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

July 13th
Low Vision & Blind Support Group
Kaleidoscope Art Experience, 1-2:30 pm, for current group members only, call Bacoa at 847-381-5030 for more information
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Breakfast & Bunco, 10 am - Noon, South Pavilion at Citizens Park, $5

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

July 16th
Movie Maniacs Oklahoma starring Hugh Jackman, 3-6 pm, pay at the theater, call Bacoa for more information

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

July 18th
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
Memory Cafe, Ela Area Public Library, 10-11:30am, free (call Ela Library at 847-483-3433 to register)

July 19th
Cuisine Club, Chessies Restaurant, Noon-2pm, $25, RSVP to Bacoa by 7/10.
Concert "Class of 68," 6:30-8:30pm, Citizens Park, Free

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

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

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

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

July 26th
Trip to the National Museum of the American Sailor (lunch included), 9am-2pm, Great Lakes Illinois (transportation provided), $35

July 27th
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
Hand and Foot Game, 10am-Noon, Barrington Area Library, Free

July 31st
Adult Day Program, $45 (Prior evaluation is required, call 847-381-5030)
5 TIPS to help you stay motivated to exercise

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.

Infographic from the National Institute on Aging
Do activities you enjoy to make it more fun.
Be creative and try something new!

Make it social.
Find a virtual “exercise buddy” to help keep you going and provide emotional support.

If there’s a break in your routine, get back on track.
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.

Keep track of your progress.
Make an exercise plan and don’t forget to reward yourself when you reach your goals.
Bacoa's July Volunteer Spotlight: Tom Bolger

This month, we're thanking Tom Bolger for his dedicated support of Bacoa and his generous volunteer work as an "Easy Riders" transportation volunteer.

As a volunteer driver, Tom helps older adults in our community get to medical appointments, run local errands, and attend Bacoa events. He is always kind to his passengers, and his willingness to take on a large number of rides has helped Bacoa provide vital transportation services this past year.

Thanks to Tom and all our "Easy Riders" volunteers, Bacoa provided 814 rides, the majority to medical appointments, to older adults in our community.

Thank you, Tom, for your inspiring community service.

Volunteer for Bacoa
Bacoa's office will be closed Monday, July 3rd & Tuesday, July 4th for the holiday.

Click here to support Bacoa and help older adults maintain their independence

www.bacoa.org