Bacoa's March 2024 E-Newsletter
A Note From Bacoa's Executive Director

Bacoa
dancing barrington stars

Happy March!

As we look forward to the warmth of spring, I am filled with gratitude for our community's unwavering support for older adults. Never has that been clearer than at Bacoa's 7th annual Dancing with the Barrington Stars fundraiser, where thanks to both new and long-time supporters, ***Bacoa raised over $385,000 for vital education and services to help older adults and caregivers pursue their best lives.***

With the change of seasons comes a renewed sense of purpose and commitment to serving our aging population, as Bacoa plans for several community events as part of our year-long 40th anniversary celebration. I am looking forward to the launch of our "Difficult Conversations with Aging Parents" series, with the first event, ***"Caregiver Fatigue with Denise Brown and Estate Planning with Joe Lucas" on March 12th from 11:30 am - 12:30 pm at Barrington's White House.*** This event will be followed by a presentation on ***"Ensuring Safety and Dignity: How to Discuss Turning in the Car Keys" at the Barrington Area Library from 7-8 pm on April 16th***. For a full list of our March programs and events, see Bacoa's activity calendar below.

As we continue to embark on our community's aging journey, I invite you to join us in celebrating the resilience and spirit of our older adult population, which I see every day. Your involvement, whether through volunteering, spreading the word, or making a donation, has a profound impact on the lives we serve.

Thank you for your unwavering support,

and here's to a season filled with hope, joy, and meaningful connections.

Terri Channer
Bacoa Executive Director

Learn More **Become a Volunteer** **Donate**

est. 1984
Bacoa
aging redefined...Wellness. Education. Navigation.
Celebrating 40 Years of Service

Donate today to celebrate 40 years of Bacoa meeting older adults' essential needs.

Support Older Adults in our Community

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DIFFICULT CONVERSATIONS WITH AGING PARENTS

TUESDAY, MARCH 12TH, 11:30AM-12:30PM

CAREGIVER FATIGUE WITH DENISE BROWN AND ESTATE PLANNING WITH JOE LUCAS

Denise Brown
Founder of The Caregiving Years Training Academy

Joe Lucas
Attorney and Owner at Lucas Law in Barrington

Barrington's White House

$15/Ticket

Register at: barringtonswhitehouse.com/events

TUESDAY, APRIL 16TH, 7-8 PM

ENSURING SAFETY & DIGNITY: HOW TO DISCUSS TURNING IN THE CAR KEYS

Officer Hakeem Smith
Barrington Police Department Elderly Services Officer

Sue McNamara
Bacoa Social Services Director
MS, LPC

Barrington Area Library

Free

Call the BA Library to Register: 847-382-1300

BARRINGTON AREA LIBRARY

POLICE BARRINGTON ILLINOIS

www.bacoa.org	847-381-5030	info@bacoa.org

Register for Caregiver Fatigue with Denise Brown and Estate Planning with Joe Lucas on March 12th

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Celebrating 40 Years of Service

JOIN BACOA'S

CAREGIVER STRESSBUSTERS

DEMENTIA PROGRAM

Tuesdays, 1:30 - 3 PM
April 23rd -June 18th

All Sessions on Zoom

Call 847-381-5030 to Register

CAREGIVER
STRESS-BUSTING
DEMENTIA PROGRAM
WELLMED CHARITABLE FOUNDATION

Do you provide care for a loved one with Alzheimer's disease or dementia?

We know caregiving can be stressful. Learn:
- Stress management
- Relaxation and coping skills

Program is Free!

SUPPORTED BY

AgeGuide NORTHEASTERN ILLINOIS

Visit Bacoa.org to support our caregiver & memory programs

Register for Bacoa's 9-Week Stressbusters Course

Upcoming Events

Bacoa's Guide to Difficult Conversations with Aging Parents: Caregiver Fatigue & Estate Planning

📍 Lunch & Learn at Barrington's White House

📅 Tuesday, March 12th
🕒 11:30 AM - 12:30 PM, $15

Buy Your Tickets Today!

Bacoa's Guide to Difficult Conversations with Aging Parents: How to Discuss Turning in the Car Keys

📍Barrington Area

Library

📅4/16 🕒 7 PM - 8 PM

Call the BA Library to register (847) 382-1300

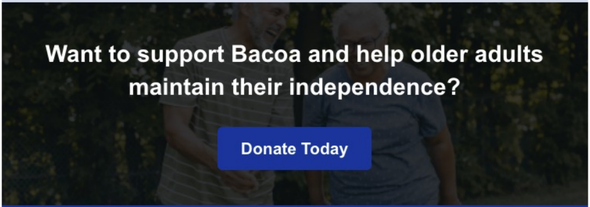
Support Bacoa's Educational Programs

Bacoa's Caregiver Stressbusters Dementia Program

📍Zoom

📅Tuesdays April 23rd-June 18th
🕒1:30 - 3 PM

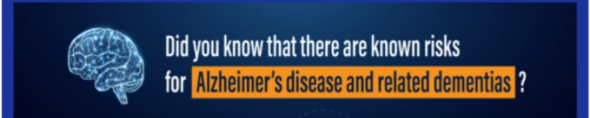
Register for 9-Week Course



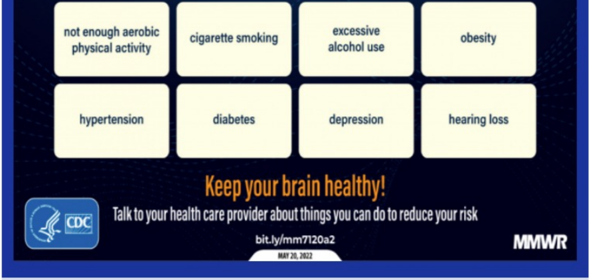
Want to support Bacoa and help older adults maintain their independence?

Donate Today

Health, Longevity, and Dementia Prevention



Did you know that there are known risks for Alzheimer's disease and related dementias?



not enough aerobic physical activity

cigarette smoking

excessive alcohol use

obesity

hypertension

diabetes

depression

hearing loss

Keep your brain healthy!

Talk to your health care provider about things you can do to reduce your risk

bit.ly/mm7120a2

MAY 20, 2022

MMWR

Learn More About Dementia Prevention from the CDC

Eight Tips to Help Reduce Your Risk for Dementia and Pursue a Healthy Life

Diet: Replacing sugar and processed foods with a plant-based or Mediterranean diet can improve your brain health. For diabetics, managing your blood sugar could help prevent cognitive decline.

Exercise: Regular physical activity is important for good health. Aerobic exercise can improve cardiovascular health, including lowering your blood pressure, which could be a risk factor for dementia.

Weight Maintenance: Obesity is a risk for Alzheimer's disease and related dementias. Managing your weight through exercise and diet is an important factor for healthy living.

Avoid Smoking & Excessive Alcohol Use: Both cigarette smoking and excessive alcohol use are risk factors for Alzheimer's

disease and related dementias.

Proper Sleep Habits: Studies show adults in their 50s and 60s who get less than six hours of sleep each night may be at a higher risk for developing dementia. Deep sleep is important for a healthy brain.

Lower Stress: Stress contributes to poor cardiovascular health, weight gain, and other risk factors for dementia. Exercises like yoga can lower stress while improving cardiovascular health.

Address Hearing Loss: Unaddressed hearing loss can increase your risk for dementia. If you have trouble hearing, please contact a hearing care professional.

Mental Health: Depression is a risk factor for Alzheimer's Disease and related dementias. For older adults, joining social clubs or organizations may lower their risk for depression.

Bacoa Service Highlight: Comprehensive Care Management

Bacoa's Comprehensive Care Management Team Uplifts Struggling Seniors

Learn More About Bacoa's Comprehensive Care Management Program

At Bacoa, we know when an older adult is struggling, they often need more than one resource to help them get back on their feet. That is why our expert social services staff works with older adults, their families, and their caregivers to connect seniors to all of the services they need to meet their wants, needs, and abilities. Our in-depth care management approach helps older adults navigate through hard to understand processes like Medicare, Social Security, and housing, while providing direct services like Meals with Wheels, free transportation, memory programs, and a medical lending closet.

Volunteer Spotlight

dancing with the barrington stars
Bacoa

From left to right Bacoa's 2024 Dancing with the Barrington Stars Planning Committee: Mara Bregenzer, Janine O'Leary, Lisa Lewis, Julie Joyce, Erin Dunn, and Annette Baird.

Become a Volunteer

Bacoa's Dancing with the Barrington Stars Volunteer Planning Committee

A special thank you to our amazing Dancing with the Barrington Stars volunteer planning committee, who helped Bacoa host our most successful Dancing with the Barrington Stars yet! They made Avante Banquets sparkle, and we couldn't be more thankful to their ongoing commitment to helping Bacoa provide vital education and services to older adults, their families, and their caregivers.

Bacoa March Activity Calendar

Friday, Mar 1st

Wednesday, Mar 13th

Thursday, Mar 21st

Never Idle Hands Knitting & Crochet Club (Beginners Welcome), 10 AM - Noon, Pepper Park Coffee, Free

Monday, Mar 4th
'A Day Out' Adult Day Program, $45 (pre-evaluation required, call Bacoa for evaluation)

Congregate Lunch & Bingo, 10:45 AM - 1 PM, Barrington Park District, $12 ($9 food, $3 bingo)

Tuesday, Mar 5th
Virtual Bingo, 11 AM - Noon, Zoom, Free (3 prizes per week)

Thursday, Mar 7th
'A Day Out' Adult Day Program, $45 (pre-evaluation required, call Bacoa for evaluation)

Monday, Mar 11th
'A Day Out' Adult Day Program, $45 (pre-evaluation required, call Bacoa for evaluation)

Congregate Lunch & Bingo St. Patrick's Day Celebration 10:45 AM - 1 PM, Barrington Park District, Free lunch ($1 bingo)

Tuesday, Mar 12th
Virtual Bingo, 11 AM - Noon, Zoom, Free (3 prizes per week)

Alzheimer's Caregiver Support Group, 10:30 AM - Noon, Zoom, Free

Thursday, Mar 14th
St. Patrick's Day Bunco Celebration, South Barrington Park District, 11:30 am - 1 PM, Register through South Barrington Park District at (847) 381-2750

Spring Cleaning with Professional Organizer Annette Migala from Neater, Barrington Area Library, 7-8 PM, Free

Low Vision/Blind Support Group, 1-2:30 PM, Lake Barrington Woods, Free

Friday, Mar 15th
Never Idle Hands Knitting & Crochet Club (Beginners Welcome), 10 AM - Noon, Pepper Park Coffee, Free

Monday, Mar 18th
"The Last Chapter Things I Wish I Knew," 1-2:30 pm, Zoom, Free, Call Bacoa to register

Congregate Lunch & Bingo, 10:45 AM - 1 PM, Barrington Park District, $12 ($9 food, $3 bingo)

Tuesday, Mar 19th
Memory Cafe, 10-

'A Day Out' Adult Day Program, $45 (pre-evaluation required, call Bacoa for evaluation)

The Music of Julie Andrews and Lunch, The Metropolis in Arlington Heights, Transportation Provided, Noon, $65 (limited space available)

Friday, Mar 22nd
Never Idle Hands Knitting & Crochet Club (Beginners Welcome), 10 AM - Noon, Pepper Park Coffee, Free

Sunday, Mar 24th
Putman County Spelling Bee (Musical), 2-6 PM, Cutting Hall Production (transportation included, limited space available), $30

Monday, Mar 25th
'A Day Out' Adult Day Program, $45 (pre-evaluation required, call Bacoa for evaluation)

NO BINGO (Barrington Park District not available due to Spring Break)

Tuesday, Mar 26th
Virtual Bingo, 11 am - Noon, Free

Thursday, Mar 28th
Hand and Foot Game, 10 am - Noon, TBD,

Lunch & Learn- Bacoa's Guide to Difficult Conversations with Aging Parents: Combating Caregiver Fatigue and Estate Planning 11:30 AM - 12:30 PM, Barrington's White House, $15

11:30 AM, Ela Area Library, Call the Ela Area Library at (847) 438-3433 to register

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

Wednesday, Mar 20th
Cuisine Club at Brandt's in Palatine, Noon, $26, RSVP to Bacoa by 3/12

Free

Friday, Mar 29th
Never Idle Hands Knitting & Crochet Club (Beginners Welcome), 10 AM - Noon, Pepper Park Coffee, Free

Social Services

Here are some social services always available to you!

meals with wheels

Senior Health Insurance Program
Illinois Department on Aging

Lending Closet

a Day Out

Easy Riders

CEDA

Low Vision Support Group

AgeGuide Northeastern Illinois
Lake County Caregiver Resource & Counseling Center

Comprehensive Care Management

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Foglia Family Foundation

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

Baird Podiatry

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