



111 West Harris Avenue  
La Grange, Illinois 60525  
708-354-1323

**NEWS RELEASE**

For Immediate Release: January 26, 2012  
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708-354-1323, extension 226

**FOR IMMEDIATE RELEASE:**

**Planned Construction at Aging Care Connections to Temporarily Relocate  
Several Support Groups and Classes**

La Grange, IL—Aging Care Connections, La Grange, is temporarily relocating several support groups and classes for older adults and their caregivers while the agency addresses a number of needed renovations and refurbishing of its building and facilities at 111 W. Harris Avenue, La Grange.

The planned work will enable Aging Care Connections to meet the growing population and needs of older adults and their families who turn to the agency for programs and support throughout the year. More than 8,000 older adults are served by the agency each year. Aging Care Connections' board of directors and management staff have strategically deliberated and decided to move forward with a capital initiative to support much needed facility renovation, some new construction and future program enhancements in an effort to better serve the community.

Leadership of the agency has developed an alternate program site plan during the renovation and construction work. The following groups will meet at Grace Lutheran Church, 200 N. Catherine Avenue, La Grange:

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**Alzheimer's and Related Dementia Caregivers Support Group**

A support group for those who care for someone who has been diagnosed with Alzheimer's disease or dementia meeting the first Tuesday of the month from 1:30 - 2:30 pm. Contact: Sue Murphy, 708-354-1323, ext. 221.

**Memories--Gone But Not Forgotten**

A group for older adults who are experiencing the early stages of memory loss and enjoy the company of others to reminisce about "old times." The group meets the first Tuesday of the month from 1:30 - 2:30 pm. Contact: Aging Care Connections' Intake Office, 708-354-1323, ext. 215.

**Friday Morning Regulars**

Support group related to aging issues for men meeting every Friday at 9:00 am. Contact: Aging Care Connections' Intake Office, 708-354-1323, ext. 215.

**Arthritis Exercise Program**

Gentle exercise classes for seniors who suffer from arthritis and would like to maintain flexibility. The classes are offered on Tuesdays and Thursdays at 9:30 am - 10:30 am and are taught by a certified Arthritis Foundation exercise instructor. Contact: Aging Care Connections, 708-354-1323.

**Sensible Fitness for Older Adults**

A fitness program for older adults (including those with dementia and Alzheimer's disease) and their caregivers meeting from 9:30 am - 10:20 every Friday.

Contact: Ruth Folkening, (70)354-1323, extension 228.

All of the above programs and activities will not change other than being relocated.

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Those support groups that will continue to meet as previously scheduled are:

**Caregivers Support Group**

“The Lunch Bunch” is a group of caregivers who chat over lunch. The group remains at Bakers Square Restaurant, 942 S. La Grange Road, La Grange, meeting the first Thursday of the month at 11:30 am. Each participant pays for his or her lunch. Contact: Ruth Folkening, (708) 354-1323, ext. 228.

**Grandparents Raising Grandchildren Support Group**

This group remains at the Summit Public Library, 6233 S. Archer Rd, Summit, meeting the last Thursday of the month from 10:00 a.m. - 11:30 am. Contact: Sue Murphy, (708) 354-1323, ext. 221.

Support groups offer a variety of benefits to members including information on disease processes and resources, everyday tips, coping skills, and, most importantly, support from others.

Aging Care Connections is a non-profit organization which depends heavily on state and federal funding and private donations from individuals, corporations and foundations to provide their programs and services. The agency is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and south Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in

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part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. For more information about the agency's capital initiative and planned facility changes at Aging Care Connections please call Debra Vershelde, Executive Director, at (708) 354-1323, or visit [www.agingcareconnections.org](http://www.agingcareconnections.org).