



aging care connections

Your Source For Senior Care

Aging Care Connections Awarded Grant to Fund Older Adult Health Neighborhood Project

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Aging Care Connections was awarded a \$120,000 grant from the Community Memorial Foundation to further develop the Older Adult Health Neighborhood (OAHN) Project in partnership with Rush Health and Aging. The project's vision is to collaboratively transform the healthcare of aging adults through the creation of a health neighborhood that assists the whole person, and affirms the benefits of a life-long process of wellness and prevention.

The need to integrate community healthcare and social services comes from the rising number of complex and often chronic health issues that affect older adults. The Older Adult Health Neighborhood is a collection of medical and social service providers who deliver coordinated care built upon existing community assets that address the social determinants of health. As providers work closely with one another, they will focus on offering services that increase the number of options available to older adults and their families.

The network will also build awareness of the Older Adult Health Neighborhood Project and increase its presence in the community. The project's services will be available at all of Aging Care Connections' sites and community partners. Network members will include professionals working in local medical groups, mental health agencies, businesses, non-profit organizations, and healthcare agencies.

Aging Care Connections is grateful to Community Memorial Foundation for funding the Older Adult Health Neighborhood Project and is confident that with their support, the project will make a lasting difference in the lives of older adults.



Thank you for supporting #GivingTuesday!

The third annual #GivingTuesday, a global day dedicated to giving back, was held on December 2. Charities, families, businesses, community centers, and students around the world joined to celebrate generosity and donate to nonprofit organizations.

Thank you to all the donors who made #GivingTuesday an amazing success at Aging Care Connections. Thirty-three donors answered the call to give back and raised more than \$60,000 for our organization. Because of the gifts received, Aging Care Connections qualified for a \$5,000 matching gift from The Retirement Research Foundation and an additional \$137.50 matching gift from Network for Good, bringing our #GivingTuesday total to \$65,817.50!

Thank you for participating in #GivingTuesday and making it a success benefitting the 8,000 older adults and families we serve annually.



At the AT&T \$2500 check presentation: (left to right) Aging Care Connections Board President Bill Wilson; Steve Selcke, Executive Director, Government Affairs, AT&T Illinois; Debra Vershelde, Executive Director, Aging Care Connections; Senate Republican Leader Christine Radogno; and John Quinn, AT&T External Affairs Manager.

Grandparents Raising Grandchildren Celebrate the Season

Aging Care Connections' Grandparents Raising Grandchildren Holiday Party was a huge success for the seventeen families celebrating on December 18 at Sharp Community Center, Melrose Park. Each family received a food basket, a \$25 Jewel gift card, and a turkey thanks to the kindness of the First Presbyterian Church of La Grange. Raffle prizes for the adults included boxes of chocolate and a grand prize food basket courtesy of Mariano's, Western Springs. The children received a stocking full of goodies and essential items (toothbrush, toothpaste, combs, etc.) donated by Christ Church of Oak Brook, a stuffed toy, and a gift bag full of gifts from the children's wish lists. Each child received a box of Mariano's signature popcorn. The families enjoyed a meal of pasta, meatballs, Italian sausage, and rolls provided by Paul's Pizza, Westchester. Salad, fruit, and an abundance of desserts were also on the menu. Tony's Finer Foods donated drinks for the event. Also contributing to the party was Trinity Lutheran Church of Tinley Park. Our deepest thanks to all who helped make the often challenging responsibility faced by grandparents raising grandchildren much more enjoyable!



"I am so glad I met you. You bless my children. They got so much joy out of the Christmas party. They are still talking about it. So all I can say is thank you. May God bless you in everything you do. Thank you. My kids and I love you for the way you are, because for a person to do something like that had to come from the heart. I thank God for your heart."

— *Grandparent
Tommie White*



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Hodgkins/McCook Aging Well Christmas Party

Sharing the holiday spirit at the Annual Hodgkins/McCook Aging Well Christmas Party held December 17, 2014 at Buck's Pit Stop are Dominic Misasi, team co-leader; Don Cuttill, team co-leader and Village of Hodgkins Trustee; Noel Cummings, Mayor of Hodgkins; and Buck Roderick, Buck's Pit Stop Owner.

Mark Your Calendars for Celebrating Seniors Week 2015

The third annual Celebrating Seniors Week is set for Monday, May 18 - Friday, May 22, 2015. Aging Care Connections will coordinate the week-long celebration which includes FREE programs and activities that are fun, informative, and relevant to aging well. Back by popular demand is the Volunteer Nomination and Recognition Program which honors older adults 70+ who are making a positive impact on their communities. The FREE Senior Resource Guide will be a must-have for all older adults. The guide contains the week's events and activities calendar, highlights older adult volunteers, and contains resources that help older adults age well. Guides will be available at Aging Care Connections and other locations the beginning of May.

For more information call Aging Care Connections at 708-354-1323, ext 242.



Bernie Hiles, leader of the Westchester Aging Well Community Action Team, presents a certificate of appreciation to Paul Gattuso, owner of Paul's Pizza and Hotdogs, Inc., for his long-time and generous support of older adults in Westchester.

Countryside Seniors Love the Leaf Raking Program

Aging Care Connections' Countryside Aging Well Team offered free leaf raking for seniors living in Countryside on Saturday, November 1. City officials joined fifty volunteers from the La Grange Bible Church, St. John of the Cross Church, La Grange Christian Assembly, the Countryside D.A.R.E. group, LeaderShop, and four local Girl Scout troops, to kick off the event at the Countryside City Hall.



The leaf raking project was coordinated by John Von Drasek, Countryside alderman and leader of the Countryside Aging Well Community Action Team; Velaine Carnall, Aging Well Team member; and April Bisignani, Aging Well Team member and elderly services officer, City of Countryside Police Department; all from Countryside. They were assisted by members of the Countryside Aging Well Team. The group visited thirty homes to help seniors clear their properties.



Friday Morning Group Gives Men a Place to be Heard by Sandy Bosch

We've all heard that friends should avoid conversations about politics and religion. "We bend that rule a little bit," said Bill Harlander of Brookfield, a member of Friday Morning Regulars, a men's group that meets every Friday morning at St. Barbara's Parish Center in Brookfield to discuss anything and everything over doughnuts and coffee.

For more years than its members can recall, the group has met to discuss the week's events in the world, close to home and in their own lives. "It's the one thing I do every week, without fail," said Jay Sommerfield of La Grange. At 69, he's a youngster in the group.

Friday Morning Regulars got its start at Aging Care Connections more than 15 years ago. Jim

Matthews of La Grange, group facilitator, said a social work student who was interning at Aging Care Connections wanted to provide an opportunity for men to talk about their own health, aging issues, and whatever else was brought to the table. "My wife has all kinds of groups she belongs to," Sommerfield said. The Friday group gives him a chance to spend time with friends, too.

Each group member comes with a topic to add to the day's conversation. At a recent meeting the men tackled the issues of women's rights in Saudi Arabia, whether premium gas is worth the extra money, and the Illinois governor's race, just to name a few. Another recent discussion tackled the question, "Which is more dangerous - lightning or sharks?" "It keeps me up-to-date," Harlander said of the weekly conversations.



Bill Harlander of Brookfield (right) keeps the conversation moving with his "it's complicated" sign as the group's most senior member, Robert Marshall of North Riverside, listens to the discussion.

Some members lean right, while others consider themselves liberal. Some are widowers, while others consider the weekly meeting a type of respite for their wives. With so many opinions, backgrounds, and viewpoints, some subjects never reach a resolution. That's when Harlander raises his "it's complicated" sign, which serves as a signal that it's time to change the subject. "Sometimes," Harlander said, "that's the only answer."

Amidst plenty of good-humored ribbing, the men consider one another friends. They check in on each other when a member is sick and keep that member's chair free until he is well enough to return. The group's mission statement proves that Friday Morning Regulars is about more than a weekly chat over coffee and doughnuts: "Our goal is to listen, to encourage, to care, to comfort, to understand and to

practice living happier, healthier, longer, independent, rewarding and motivated lives." Bill Wilhite of Brookfield said joining the Friday morning men's group is the best thing he's done for himself in years.

About ten men typically gather at each Friday morning session, but there is room around the table for many more. A weekly donation of \$2 pays for doughnuts and

coffee, and the men occasionally take up a collection for a local cause, such as St. Barbara's or Aging Care Connections.

To join in on the conversation, just show up at the parish center, 4008 Prairie Avenue (east side of street). Meetings are from 8:30 to 10:30 a.m. For more information, call Aging Care Connections at 708-354-1323.



Like the name says, David Schultz of Lyons (left) and Chuck Meyer of La Grange are frequent attendees at the Friday Morning Regulars meetings.



Aging Care Connections Hosts **Fall Prevention Program**

Aging Care Connections, in partnership with Midwestern University, Downers Grove, recently hosted a fall prevention program for older adults at Hope Lutheran Church, Countryside.

Students from Midwestern's physical therapy program, under the direction of a faculty member, evaluated each attendee's risk for falls, in addition to reviewing medications which may contribute to fall risk due to dizziness as a side effect. Eye exams, review of the correct use of assistive devices, evaluation of the home environment, and discussion of programs which may help to reduce fall risk, such as tai chi, were presented. Each attendee left with resource information to assist with strategies to prevent falls.

According to Natalie Sutter, a student in the 2016 physical therapy class, "As we age, the risk of falls increases. This program evaluates the risk and provides strategies to prevent fall risk in the future." Attendees were asked to bring or wear any assistive devices or corrective lenses they may use, along with



a list of the medications taken on a regular basis.

Program attendees enjoyed box lunches courtesy of Aging Care Connections' Congregate Dining site, Salerno's Pizzeria and Sports Bar in Hodgkins.

Midwestern University's historical and sustaining philosophy dedicates the institution and its resources to the highest standards of academic excellence to meet the educational needs of the healthcare community.



Our 43rd Annual Luncheon Was a Huge Success!

Aging Care Connections hosted its 43rd annual luncheon welcoming 200 guests on Thursday, October 16 at Ruth Lake Country Club, Hinsdale. Highlights of the event included a keynote speech by Merri Dee, broadcast pioneer, philanthropist and author, who signed her recently-published book, *Life Lessons and Faith, Forgiveness and Grace*, and a presentation by Susan Bertuglia, Aging Care Connections Aging Resource Specialist.

Ms. Dee encouraged attendees to “be inspired” in spite of the adversities they may encounter in life. She described the tragedies she faced beginning with the loss of her mother when she was two years old, her abusive step-mother, being forced to live on her own from the age of fourteen, and being kidnapped, shot and left for dead on the side of a road in 1971. She prevailed to enjoy a successful career as a broadcaster, philanthropist and author at the age of 78.

Susan Bertuglia discussed using the transitional care model developed by Aging Care Connections to ensure that recently-discharged older adults, whether after a hospital or skilled nursing facility stay, return home benefiting seamlessly from the timely initiation of community-based services.

We deeply appreciate all who supported the Luncheon!



Dennis Pecho, Annual Luncheon Sponsor representing Continental Toyota/Scion, and keynote speaker, Merri Dee, at Aging Care Connections 43rd Annual Luncheon.

Our thanks to our Annual Luncheon 2014 key donors!

Adventist La Grange Memorial Hospital

Belmont Village

Burgess Square Healthcare and Rehab Centre

Cantata Adult Life Services

Comfort Keepers, Wood Dale

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Lyons Township Mental Health Commission

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UPS

Windsor Place Retirement Home

WNA Wealth Advisors, Inc.

Regular Monthly Events

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 meets the first Tuesday of the month from 1:30 p.m. — 3:00 p.m. at Aging Care Connections.

For information, please contact Kathleen McKenzie, 708-354-1323, extension 260.

Adult Protective Services Cases

A licensed social worker is available for Adult Protective Services cases of suspected physical, sexual and emotional abuse, neglect, or financial exploitation of adults aged 60+ and disabled individuals aged 18+ at the Seniors Assistance Center, 7774 W. Irving Park Road, Norridge, every Tuesday from 9:00 a.m. — 3:00 pm.

To make an appointment, please call 708-354-1323.

Caregiver Support Group

The needs and demands of someone with dementia can be tiring and time-consuming. Caring for yourself is just as important. Led by aging care experts, caregivers share stories, exchange ideas and learn more about living with the disease and the resources available. The group meets the third Tuesday of every month from 2:00 p.m. — 3:30 p.m. in the Professional Office Building, Lower Level, Rooms E, Gottlieb Memorial Hospital, 701 W. North Ave., Melrose Park.

For information, please call Jennifer Nagy at Aging Care Connections, 708-354-1323, ext. 228.

Caregiver Support Group

A support group for those who care for a loved one meets the first and third Wednesdays of each month from 2:00 p.m. — 3:30 p.m. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36th Avenue, Melrose Park.

For information, please call Mattie Stevenson, 708-354-1323, extension 231.

Caregiver Support Group

This group meets at the Seniors Assistance Center, 777 W. Irving Park Road, Norridge, the second Friday of each month, 1:20—3:00 p.m.

For information, please contact Jennifer Nagy, 708-354-1323, extension 228.

Caregiver Support Services

Social worker Mattie Stevenson is available for walk-in appointments regarding questions about caregiving resources, managing difficult behaviors, and finding help, the first and third Wednesdays of the month from 10:00 p.m. — 1:00 p.m. at the CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36th Avenue, Melrose Park.

Please call 708-354-1323, extension 231, or 708-316-7488.

Friday Morning Regulars

Support group for men related to aging issues.

For information, please contact 708-354-1323, extension 215.

Grandparents Raising Grandchildren Support Group (North)

The group meets the third Thursday of each month from 5:30 p.m. – 7:00 p.m. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36th Avenue, Melrose Park.

For information, please call Mattie Stevenson, 708-354-1323, extension 231.

Grandparents Raising Grandchildren Support Group (South)

The group meets at the Summit Public Library, 6233 S. Archer Road, Summit, on the last Thursday of the month from 10:00 a.m. — 11:30 a.m.

For information, please contact Jennifer Nagy, 708-354-1323, extension 228.

Health Clinic

Dr. Nyaeme, a geriatric physician with Adventist Midwest Geriatric Specialists, sees patients on selected Thursday mornings by appointment.

Please call 708-245-4073 to make an appointment.

Will and Estate Planning

Attorney Michael-Anne Peck is available the third Thursday of the month for consultation on matters pertaining to estate planning. There is no fee for the consultation.

To make an appointment, please call 708-354-1323, extension 215.

Serving Communities in
Leyden, Lyons, Norwood Park, Proviso
and Riverside Townships

Aging Care Connections' Mission

.....to enrich the quality of life of older adults
and their families through a range of programs
and services that enhance
their well-being and independence

 **Find us on Facebook**

Save the Date...

Learn more about your **Individual Retirement Account (IRA)**



MB Financial Bank, La Grange Park, is partnering with Aging Care Connections to host an informational seminar about the functions and processes of basic IRAs beginning with the types of IRA, contributions, distributions, tax benefits, and beneficiaries. IRA rules change every year. This program will help refresh your understanding of an important

retirement tool. Please join us on Thursday, March 26 at 10:00 a.m. at Aging Care Connections, 111 W. Harris Ave., La Grange, to answer commonly asked questions regarding IRA accounts.

SAVE THE DATE!



The Fourteenth Annual Sports Ball Benefit Gala
Friday, September 25, 2015, 6:00 p.m. - Pinstripes, Oak Brook
DON'T MISS IT!



Statement of Non-Discrimination

Aging Care Connections does not discriminate in admission to programs or treatment or employment in programs or activities in compliance with the Illinois Human Rights Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For information, call Aging Care Connections at 708-354-1323.