



aging care connections

Your Source For Senior Care

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What Exactly is Care Coordination?

by Louise Starmann, LCSW

When you think of Aging Care Connections, you may recognize us as a building on Harris Avenue. Or, from our income tax program, Meals on Wheels, perhaps our Bridge Transitional Care programs at Adventist La Grange Memorial Hospital, or in skilled nursing facilities. One of the resources not so visible in our community is care coordination. Aging Care Connections has a staff of five, trained and skilled in the process of assessment, community resources, and development of a plan that reflects the needs and wishes of the older adult and often their family members.

Care Coordinators are experts in services that promote well-being and stability for those who may require assistance with housekeeping tasks, meal preparation, etc. Our staff is knowledgeable in the areas of chronic illness, cognitive impairment, financial concerns, and other issues that may impact the person's ability to remain home without assistance for any number of reasons.

Care coordination is a process, a conversation, and the formation of a relationship that focuses on the person as an individual with diverse needs and values. The process continues as long as needed. Our staff provides objective assessment and referrals with a focus on choice and educating the older adult on what options are available. Much of the work of care coordination is not visible, except to the older adult and the care coordinator because this work usually occurs in the senior's home. Care Coordination is considered a core service of Aging Care Connections, and the Illinois Department on Aging provides partial funding for this service. For questions regarding care coordination, please call the Social Service Department at 708-354-1323.



Caring for the Caregiver

by Jennifer Nagy, MSW, LSW, Caregiver Support Program Supervisor

I had the privilege of speaking with the Church Women United group on May 1. They were celebrating caregivers. As a Caregiver Specialist, I have the pleasure of working with families who are caring for older adults. It was a wonderful experience to be a part of this worship service that not only honored caregivers, but acknowledged their role as one of importance and compassion. As part of my role, I was able to address the group and make recommendations of how they can support caregivers. I would like to share some of these highlights, so that you can also support the caregivers you know.

Offer to listen. Caregivers often feel they are complaining about their loved one and experience guilt in those feelings. Providing an opportunity to listen to a caregiver without judgment is a wonderful gift.

The caregiver may be not be able to leave the home as he/she once did. You can offer to sit with the care recipient while the caregiver goes to the grocery store, takes a walk in the park, or even just takes a nap. Caregivers need time for themselves, but have a difficult time asking for it.

Make a meal and bring it to a caregiver. This can be something fresh that can be eaten that evening or a frozen meal that can be prepared at a later date. Who doesn't like a night off from cooking?

Bring social activities to the caregiver. The caregiver may be caring for someone who needs 24/7 supervision. Arrange a time when that care recipient is not fully dependent on the caregiver, such as a nap time. Offer to play cards, have coffee, or bring lunch. Any activity you know the caregiver enjoys, but has limited access to due to their role as a caregiver.

Help with errands, household chores, yard work, dog walking, etc. Any little thing YOU do for the caregiver is a stress reliever for him/her.

Send a thoughtful note or bring fresh flowers from your garden. This will be sure to brighten the day!

Remember that you will need to give the caregiver time to accept your help. The caregiver will almost always say they don't need help. Certainly, we can all use a helping hand, but sometimes it's hard for us to ask for help. Continue to offer help, continue to listen, and continue to be a good friend.

Ageing Care Connections' 14th Annual Sports Ball Benefit Gala

The Ball is in the Fall! You may have noticed that we have changed the traditional month Sports Ball has always been held. Play-offs, graduations, confirmations and several other spring events seemed to be stumbling blocks for those who attend and the celebrities who join us. September is a fresh new start! Please join us for a fun evening of mingling with celebrity athletes, tailgate cocktails, skybox dining, fabulous auctions, bocce, and bowling at a venue that was made for our event, Pinstripes in Oak Brook.

Tickets are \$150 and are available by contacting Niki Chibucos at 708-354-1323, extension 226, or e-mailing nchibucos@agingcareconnections.org.

ENTER GATE
SECTION
ROW
SEAT

1
201
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THE BALL IS THIS FALL!

Friday, September 25, 2015 • 6:00 PM

PINSTRIPES

7 Oakbrook Center Mall
Oak Brook, IL 60523
630-575-8700
Obinfo@pinstripes.com

GREAT VENUE



Dinner!
Bocce!

Bowling!
Live & Silent Auctions!

MINGLE WITH CELEBRITY ATHLETES!



Featuring Chicago Comedian
Pat McGann

BID ON FABULOUS TRIPS AND PRIZE PACKAGES!

CASUAL ... wear your favorite sports attire!



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THE BALL IS THIS FALL!

SAVE THE DATE: FRIDAY, SEPTEMBER 25, 2015

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Rojean Carlson



Hurray for AARP!



AARP-trained tax volunteers were available at Aging Care Connections from February 9 through April 8 to assist older adults with preparing their simple income tax returns. Bill Chromizky, of Darien, who coordinated the program reported that the volunteers helped “476 people file their 2014 returns. We rejected 11 people because their returns were out of scope. We also did 2 prior year returns and

8 amended returns. The 476 people received a net refund of \$184,000. If you count only the people receiving refunds, that amount was \$277,000.”

These volunteers provide a wonderful service to seniors in our community. We join them in thanking the volunteers for this opportunity. It was a pleasure hosting the program.



Pot of Gold Raffle

Are you feeling lucky? Take a chance on the Summer Pot of Gold Raffle! Aging Care Connections is sponsoring a “split the pot” raffle that will grow throughout the summer. You could be the lucky winner, but you need to purchase tickets to make it happen. Tickets are \$5 each, or three for \$10. Please contact Niki Chibucos at 708-354-1323, extension 226, to purchase tickets. The announcement of the lucky winner will be made at Endless Summerfest on August 2. The winner need not be present. Don't let this opportunity pass you by!

Celebrating Seniors Week is a Hit with Area Older Adults

May is Older Americans Month. What better way to recognize and support area older adults than Celebrating Seniors Week (CSW), a week-long series of fun and informative programs and events, held May 18-22. The highlight of the celebration was the “70 over 70” volunteer recognition program honoring volunteers 70+ years old. A luncheon at La Grange Country Club on Tuesday, May 19, showcased the seniors who contribute so much to the community.

“I’ll Be Me,” which documents the singer’s journey after being diagnosed with Alzheimer’s disease.

Celebrating Seniors Week concluded with a thank you breakfast for all those who helped make the week possible. Special thanks to Community Memorial Foundation, Adventist La Grange and Hinsdale Hospitals, the Township of Lyons, Lyons Township Mental Health Commission, Proviso Township, Proviso Township Mental Health



The CSW programs offered ranged from learning about the power of attorney and living will, with a special opportunity to execute these documents; mental health training; fall prevention; exercise; de-cluttering; home energy efficiency; the Golden Age of Television; identity theft; cooking for one presented by Mariano’s; lunch at our congregate dining site at Salerno’s Pizzeria and Sports Bar; and an invitation to view the Glen Campbell documentary,

Commission, and Riverside Township for their financial support of this week. We would also like to thank our in-kind donors Plymouth Place, Home Helpers - Hinsdale, Andy’s Custard, La Grange Country Club, and Nothing Bundt Cakes. If you missed this exciting week of educational and fun offerings this year, make a special note on your 2016 calendar to look for Celebrating Seniors Week in May. You will be glad you did!

A Huge Task, Well Done!

Sean Heslin, son of Julie, a Care Coordinator at Aging Care Connections, and Patrick, of La Grange, is a Life Scout in Troop 19 which meets at the American Legion Hall in La Grange. One of the requirements for the Eagle Scout badge is, while a Life Scout, plan, develop, and give leadership to others in a service project that will benefit an organization outside of Boy Scouting. The Aging Care Connections' basement renovation was Sean's Eagle Project, much to the delight of all who descend to it. Sean recruited other scouts, friends, and adults to assist with his project. Those pictured in the photos are all troop members, their parents and adult troop leaders. We cannot thank Sean and his group enough for taking on this huge project to transform our basement!

The following scouts worked on this project:

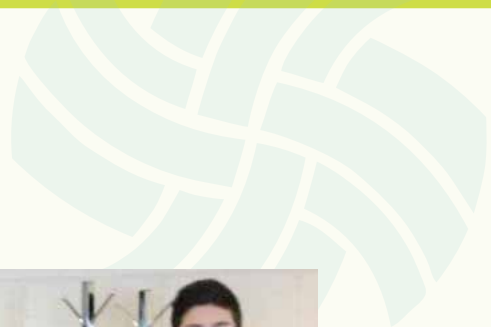
Sean Burke
Jack Dahill
Sean Heslin
Jonathan Kane
David Kelly
Brendan McDonnell
Eamon McDonnell
Jack O'Brien
Joseph Prendergast
James Ramicone
Quinn Tischler
Patrick Townsend

The adult volunteers who assisted:

Jim Heim
Julie Heslin
Patrick Heslin
Dave Kelly
Dr. Michael McDonnell
Ariel Valdez

Aging Care Connections would like to thank this group of volunteers for a wonderful job completing this huge task!





Honoring Our Veterans

The American Legion Post in La Grange sent Easter cards with small monetary gifts to the veterans among our clients as part of their Gifts to the Yanks that Gave program. We were pleased to identify 34 veterans to receive these thoughtful gifts. We would like to add our thanks to the gratitude of our veterans for the American Legion Post's thoughtful remembrance of the sacrifices they made for our country.



District 102 students in grades 5 through 8 will team with older adults to write letters to our soldiers stationed around the world. This intergenerational project has been held for four years and is facilitated by Geri Pasieka. Students and seniors (most veterans themselves) work together to develop skills, such as listening, taking notes, speaking, writing, and sharing information. This year, the group will meet Monday, June 8 through Wednesday, June 10 at Park Junior High School from 12:45-1:00 p.m. If you would like to participate, please contact Niki Chibucos, Director of Development and Public Relations, at 708-354-1323, extension 226, or via e-mail at nchibucos@agingcareconnections.org.



The West Suburban Chamber of Commerce and Industry acknowledged the partnership of Aging Care Connections and District 102 at their annual Champions of Business Leadership Awards Dinner on April 15. We were honored to be among this year's nominations for the Impact Awards specifically recognizing organizations for their work with veterans. Receiving the Impact Award with Aging Care Connections were Applebee's Neighborhood Grill and Bar, Harley Davidson, and Lyons Township High School. Our thanks to the Chamber for this wonderful endorsement of Aging Care Connections' dedication to honoring our veterans.



Pot of Gold Raffle



Your chance to win
the spectacular
Summer
Split-the-Pot Raffle!!!

*Benefiting
the services for seniors
offered by*



Tickets \$5.00 or 3/\$10

BEGINNING May 29, 2015

DRAWING August 2, 2015



Mary McTigue to be Honored at AgeOptions Luncheon as an Outstanding Volunteer



On June 18, 2015, AgeOptions, the Area Agency on Aging of suburban Cook County, will recognize 30 volunteers nominated by community organizations at the Annual Luncheon and Volunteer Recognition. The purpose of the Annual Luncheon is to express deep appreciation to the volunteers and community agencies assisting older persons throughout the year.

Nominated by Aging Care Connections as an outstanding volunteer this year is Mary McTigue of La Grange. She will be a guest at the Luncheon to be held at the William Tell Holiday Inn in Countryside. The highlight of the event is the awarding of Certificates of Recognition expressing gratitude for the volunteers' outstanding contributions.

Mary came to us after reading about our front desk volunteer position in the Suburban Life. Her life is filled with activities including St. Cletus Church, the Irish-American Heritage Center, Joyful Again, WOW (Widows or Widowers), and babysitting for her grandchildren.

Previously, she was a counselor at Pillars, a secretary in the Development Office at St. Joseph High School in Westchester, and a volunteer in the Ronald McDonald Charities Development Office in Oak Brook. She is just the ticket for our front desk, bringing outstanding phone skills, knowledge of office equipment, and a winning way with all she meets. We are honored to have Mary with us as a volunteer and applaud her nomination by AgeOptions at an Outstanding Volunteer!



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

An individual trained in Adult Protective Services by the Illinois Department on Aging will be 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.

Please call 708-354-1323, extension 215, to make an appointment.

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**



Best wishes for a happy, relaxing summer! While many of us have the pleasure of vacationing and enjoying the weather, the needs of our clients and the necessity of keeping our doors open require continued support. You can help us make this

happen through your generous donations, being informed consumers, and contacting your legislators around State and federal budget issues affecting seniors. For more information, please visit our website at www.agingcareconnections.org.

Thank you!

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.