



Good Shepherd volunteers help Bacoea serve a holiday meal for seniors.

Call Bacoea If ...

FROM FINDING ASSISTED LIVING TO MANAGING DEMENTIA, IT'S NEVER TOO EARLY TO PLAN FOR YOUR FAMILY AGING

MARY ANN LASSON often wonders what she would do without Bacoea. At 79, she and her husband, John, struggled to get around after they both suffered fractures from falls in their apartment. "It was my daughter who found Bacoea," Mary Ann explained. "At first, we were getting rides to the doctor; then, Bacoea told us about their Meals with Wheels program, which has been a godsend."

Like many older adults after an injury, Mary and John found it difficult to manage daily activities like cooking and maintaining their apartment. "Bacoea isn't a place you call once and they forget about you. Everyone is so nice there, and they all have helped me so much—delivering meals, recommending their lending closet, sending their home repair team—Bacoea does it all with such kindness," said Mary Ann.

Bacoea is proud to take a comprehensive approach to aging issues: their staff works with older adults, families, and caregivers to match them to all the aging services they need. Anyone can call (847-381-5030), email (info@bacoea.org), or visit bacoea.org if they or someone in their life needs help accessing these following services.



Bacoea took a group of seniors to the BAPS Temple.



Therapy dogs are always a welcome visitors!

Call Bacoa If You Need a Ride

While many people take driving for granted, some older or disabled adults are unable to drive themselves to the grocery store, medical appointments, or community events. Thanks to a group of dedicated volunteer drivers, Bacoa’s “Easy Riders” program provides free transportation to appointments within 30 minutes of the Barrington area.

Call Bacoa If You’re Struggling with Food Insecurity

For over 25 years, Bacoa’s Meals with Wheels program has delivered fresh, nutritious food to homebound or low-income individuals who cannot prepare meals for themselves. This meal-delivery service empowers older adults to live safely and independently in their own homes.

Call Bacoa If You’re Worried About Dementia

Bacoa’s Dementia Friendly Barrington Area initiative has partnered with local first responders, governments, healthcare organizations, and businesses to reduce the stigma of dementia while providing a network of dementia-friendly services. Bacoa’s ‘A Day Out’ Adult Day program, for people living with early-stage Alzheimer’s Disease and related dementias, gives caregivers well-deserved respite while engaging participants with structured and strength-based activities. Bacoa’s also hosts a monthly Memory Café, which

offers caregivers and individuals with mild cognitive impairments time to enjoy fun activities in a supportive environment.

Call Bacoa If You Want to Try a Support Group

Bacoa hosts both an Alzheimer’s Caregiver Support Group and a Low-Vision Support Group. Both groups provide judgement-free spaces to discuss daily triumphs and struggles while offering expert advice and resources from leaders in their fields.

Call Bacoa If You’re Looking for Housing

Housing requirements often change as individuals age. Some people may thrive at home or in a senior living community while others need more in-depth assisted living or memory care. Bacoa works with numerous senior living and in-home care providers throughout the Barrington area to match older and disabled adults to affordable housing that meets their needs.

Call Bacoa If You Need Help Paying Your Bills

Bacoa believes no one should have to decide between putting food on the table and keeping their heat on in the winter. Individuals in Cook County can call Bacoa to apply for hardship grants that reduce the balances on electric and gas bills; assistance is also available for weatherization.

Call Bacoa If You Want to Plan for the Future

Bacoa connects clients to local legal services. People can contact Bacoa for help with will and estate planning, elder abuse concerns, guardianship, and advance directives.

Call Bacoa If You Can’t Afford Healthcare

Bacoa’s staff and SHIP (Senior Health Insurance Program) volunteers help enroll individuals in Medicare, Medicaid, and marketplace insurance plans so they can access the healthcare they deserve.

Call Bacoa If You’re Looking for Community

According to the Center for Disease Control and Prevention (CDC), social isolation in older adults is associated with a higher risk for serious negative health effects—including dementia. Bacoa offers over 500 fun and educational “Active Aging” programs, helping older adults build community through cultural trips, local clubs, and weekly events.

Bacoa’s Comprehensive Approach

When it comes to aging, it is never too soon to make a plan. “So often, families wait until there is



Bacoa offers many activities for seniors.

a crisis to contact us,” said Sue McNamara, Bacoa’s Social Service Director, “but our intergenerational approach helps individuals across their lifespan, so they can pursue vibrant, healthy lifestyles.”

Bacoa recently launched a Comprehensive Care Management program, which assigns individuals with complex aging issues to a member of Bacoa’s social services staff. Bacoa staff members guide these individuals step-by-step through processes like accessing housing and healthcare; by providing in-depth care management, Bacoa acts as a one-stop organization for all their clients’ aging needs.

“Mary Ann and John Lasson are just one example of the thousands of people we’re helping each year,” said McNamara. “Now is the time for anyone thinking about aging to reach out to Bacoa for guidance and support.”

Matthew Downing is the marketing and communications manager for Bacoa. He can be reached at 847-878-0288 or mdowning@bacoa.org.



PHOTOGRAPHY BY LINDA M. BARRETT

Terri Channer

Bacoa Empowers Adults to Say 'Yes' to Healthy Aging

A MESSAGE FROM BACOA'S EXECUTIVE DIRECTOR
TERRI CHANNER

THE BARRINGTON AREA is proudly aging: over one fourth of adults in Barrington are now 65 and older. Bacoa, a local nonprofit committed to redefining aging and empowering individuals in their pursuits of healthy lifestyles, sees the community's aging population as an opportunity to help community members make plans for themselves and their loved ones.

"It's easy to feel overwhelmed by the idea of getting older when you don't have a support system in place," said Terri Channer, Bacoa's Executive Director, "but there are so many wonderful benefits to aging. The best advice I could offer is not to wait until a family member is struggling to reach out for help; being proactive ensures your loved ones will have the resources they need to thrive."

Bacoa works with adults, families, and caregivers to redefine aging, connecting clients to vital social services and active programs that embrace community and vitality. "For most of us, aging in place and living independently is a true reality; for some, aging can impact our mobility and ability to live on our own. At Bacoa, we're offering intergenerational programs that focus on healthy living across the lifespan."



The Bacoa lunch and bingo program.


ACTIVE AGING PROGRAMS PROVIDE COMMUNITY

For those looking to stay active as they age, Bacoa offers over 500 intergenerational fun and educational programs. "Every day, I see older adults further developing the long-lasting friendships they made at our programs," said Channer. "From our weekly congregative Bingo and Lunch program at the Barrington Park District to our popular Cuisine Club, which attends a new local restaurant each month, Bacoa has something for anyone looking to get out and stay active."

Education is a key part of the organization's programming; Bacoa events often focus on age-specific issues like signing up for Medicare or caring for a loved one with dementia. "Education is the cornerstone of our inclusive community," said Channer. "We're making sure people who attend our programs have the knowledge they need to advocate for the housing, healthcare, and supportive services they deserve."

SOCIAL SERVICES HELP ADULTS MAINTAIN THEIR INDEPENDENCE

Bacoa offers a wide range of social services to assist older adults and caregivers on their aging journeys. Meals with Wheels, Memory Café, and Comprehensive Care Management are a few of the many programs that help Bacoa clients access food, housing, transportation, and memory and caregiver support services.

"Healthy aging starts with knowing your basic needs are being met," explained Channer. "People come to Bacoa because they know our staff goes above and beyond to help our clients maintain active and independent lifestyles. Whether you're an older adult, potential volunteer, or an adult thinking about caring for your parents as they age, now is the time to contact Bacoa and join our growing community of belonging." 

To learn more about Bacoa, visit bacoa.org, email info@bacoa.org, or call 847-381-5030.