

The Northwest Suburban office of **Right at Home** proudly provides home care to Barrington and its surrounding communities. We are also a proud sponsor of the Barrington Area Council on Aging.

Today, a record 53 million people in the U.S. are providing care for older loved ones. Caregiving brings emotional rewards but can be physically and emotionally demanding. Caregivers are stressed as they struggle to balance caregiving tasks with their work and other family responsibilities. Juggling all these tasks can lead to caregiver burnout along with anxiety and guilt. It's no wonder! Today's family caregivers are asked to perform medical tasks that would make a nursing student tremble, notes a senior healthcare expert.

The pandemic of 2020 has increased caregivers' workloads as adult children work to keep their senior loved ones both safe and socially connected—and this on top of working from home, and perhaps supervising their children's school days.

If you are a family caregiver, make caring for yourself a top goal. Professional in-home caregivers will take over many of the typical tasks of family caregivers, such as hygiene care, assistance with managing healthcare appointments and medications, light housekeeping and laundry, meal preparation ... whatever tasks need doing. We provide respite care so you can take a break, even go on vacation.

Right at Home is an agency that has stepped up to today's challenges with training to reduce the risk of illness during this rapidly changing situation.

**Choose the Right Care for your aging loved ones at home, call us at 847-396-9000.**



Right at Home Northwest Suburban  
**847-396-9000**  
 info@rahnw.com



**POE STRONG** is for any age or fitness level using the science of "eccentric" training on our Dr. developed and patented POE Machine (no weights). It's a true bio-hack in resistance training which safely increases strength, skyrockets metabolism, tones muscle, burns fat, and much more. Sessions are 1-on-1 and you're typically out the door in around 10 min.

POE STRONG Barrington is 1 of 4 places in Illinois offering the CAR.O.L (Cardiovascular Optimization Logic) Bike. In 8:40 minutes on CAR.O.L, members receive the same cardiovascular benefits as a 45-minute jog.

We help our clients to look, feel, and move better. POE sanitizes between every client, and also utilizes a UV-C light filtration system.

**Call or text to schedule a free trial now!**

**618 S. NW HIGHWAY in BARRINGTON**  
 Candice - 224-622-9240 • poestrong.com

**Barrington Youth & Family Services (BYFS)**

is proud to have served the Barrington community since 1972. Our new accessible and nurturing therapeutic environment allows us to effectively serve the mental health needs of all who come through our doors.

WE SPECIALIZE IN:	
DEPRESSION	SUICIDAL THOUGHTS
ANXIETY	SCHOOL-RELATED ISSUES
GRIEF & LOSS	LIFE TRANSITIONS
TRAUMA	EATING DISORDERS
ANGER ISSUES	SUBSTANCE ABUSE
PARENTING	
SELF-HARM BEHAVIORS	



Serving Ages 5 & Up  
 English & Spanish  
 Licensed Therapists  
 Day & Evening Hours  
 Insurance Accepted

118 Applebee Street (Across from the Jewel)  
 Barrington, IL 60010  
**847-381-0345**  
 barringtonbyfs.org • info@barringtonbyfs.org