



Joyce Palmquist recently attended the Barrington Family Expo at Barrington High School. The expo is co-hosted by Barrington 220 and the Barrington Area Chamber of Commerce.

Seniors in the Spotlight

IT IS ESTIMATED THAT in just three years—in 2020—Barrington’s 60+ population will represent 30 percent of the area’s total population. Additionally, recent local surveys are confirming that more than 20 percent of the Barrington area’s 65+ population are currently living alone.

Remaining independent while aging in place is every older adult’s wish. If you’re able, it’s wonderful to remain in the house you’ve called home, but sometimes remaining connected to the community and to each other is a challenge as we age.

The Barrington Area Council on Aging (BACOA) offers a lot of opportunities to stay engaged. Aside from our “Social and Well” programming, which offers everything from great wine or craft beer nights to fun designer dinners, BACOA also has a host of volunteer opportunities to keep seniors connected to the community.

Barrington residents are well-known for their volunteerism, and the community’s seniors are, too. In fact, since 1996 when BACOA established Barrington’s Senior Hall of Fame, more than 280 seniors have been recognized for their volunteering efforts from more than 70 different organizations including Advocate Good Shepherd Hospital, Barrington 220, the Barrington Area Chamber of Commerce, and all of the branches of local government along with a wide variety of social and service organizations.


BACOA’s Senior Hall of Fame was born out of our interest to honor older adults as part of the national “May is Older American’s Month.” For those of us who work with older adults, this is a time to recognize seniors who help make our communities successful, while also raising awareness of the many programs and services available that support older adults and their care partners.

BACOA supports older adults and their care partners by offering programs, services, and activities to help keep them connected and engaged. With studies illustrating that socialization is a critical component of aging well, BACOA provides a host of opportunities to stay active and involved while also providing assistance and support for people with health-related challenges.

BACOA offers assistance in such areas as memory support, home service coordination, housing options, meals, Medicare and Medicaid counsel and assistance, and medical equipment lending.

But what makes BACOA truly unique is the caregiver support programs it offers that include respite care, an adult day care program for health-challenged loved ones, Memory Café, and education and support groups.

Since May is Older American’s month, take a moment and check out BACOA (at www.BACOA.org).

We stand ready to serve you, your family, and your aging loved one. 

Joyce Palmquist is the executive director of BACOA. She has been with the organization for more than 20 years.