



Central Illinois Agency on Aging, Inc.

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Serving Fulton, Marshall, Peoria, Stark, Tazewell,
and Woodford Counties

Office Hours:
Monday — Friday: 8:00 am—4:00 pm
Saturdays: Closed

2025, April Issue

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SENIOR GAZETTE

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To Receive Senior Gazette,
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Earth Day



Every year on **April 22**, Earth Day marks the anniversary of the birth of the modern environmental movement in **1970**. Earth Day inspired **20 million** Americans to demonstrate against the impacts of 150 years of industrial development which had left a growing legacy of serious human health impacts.

Senator Gaylor Nelson and youth activist Dennis Hayes worked together to create a series of **teach-ins** across the United States. The teach-ins educated people about the harms of pollution and the need to protect the environment. They called it Earth Day.

Today, Earth Day is recognized across the globe. With the signing of the **Paris Agreement** in 2016, countries discussed the rising global temperatures and the need to mitigate the effects on communities. The Paris Agreement being a legally binding **international treaty** on climate change, provides framework for countries to implement strategies and create actions that work towards being sustainable and reducing emissions.

Today, people from across the globe work on advocating for environment **legislation** conducting community rallies and hearings, and speaking out in protests, in order to promote sustainability, mitigate greenhouse gas emissions, and reduce waste.



Start of
Earth
Day



1980



Earth Day
started to be
celebrated all
over the world



2000



Signing of
the Paris
Agreement,
the most
significant
climate
accord in
history

50th
Anniversary of
Earth Day



2020



2025

Source: <https://www.earthday.org/campaign/climate-environmental-literacy/>



Central Illinois Agency on Aging

dba: Age Central

FY 2026 Notice of Public Hearings

Central Illinois Agency on Aging (CIAA) will hold two public hearings to inform older persons, caregivers, and other interested persons about the proposed FY 2026 Amendment to the Public Information Document (PID) FY 2025-2027.

The public is welcome and encouraged to attend the public hearings to discuss and comments on the Area Plan on Aging.

If you are unable to attend the hearing and want to make comments on proposed plan, written comments may submitted by **Wednesday, April 30, 2025**.

Comments may mail, fax, or email to the Agency address.

You can view the FY 2026 Public Information Document.

The Public Information Document will be presented at two (2) public hearings as listed below:

Wednesday, April 23, 2025 at 11:30 am

(In-Person Only)

Tremont Community Center
216 S. Sampson St.
Tremont, IL 61568

Central Illinois Agency on Aging

Attention: Tessa Mahoney

Executive Director

700 Hamilton Blvd.

Peoria, IL 61603

Fax: 309-674-3639

Email: ciaa@ciao.net

Thursday, April 24, 2025 at 10:30 am

(In-Person and Virtual)

Central Illinois Agency on Aging
700 Hamilton Blvd.—Conference Room
Peoria, IL 61603

Virtually—Join the meeting

Meeting ID: 217 838 433 116

Passcode: 3zt3pU63

age:
central

Avoid Caregiver Burnout by Feeling Empowered

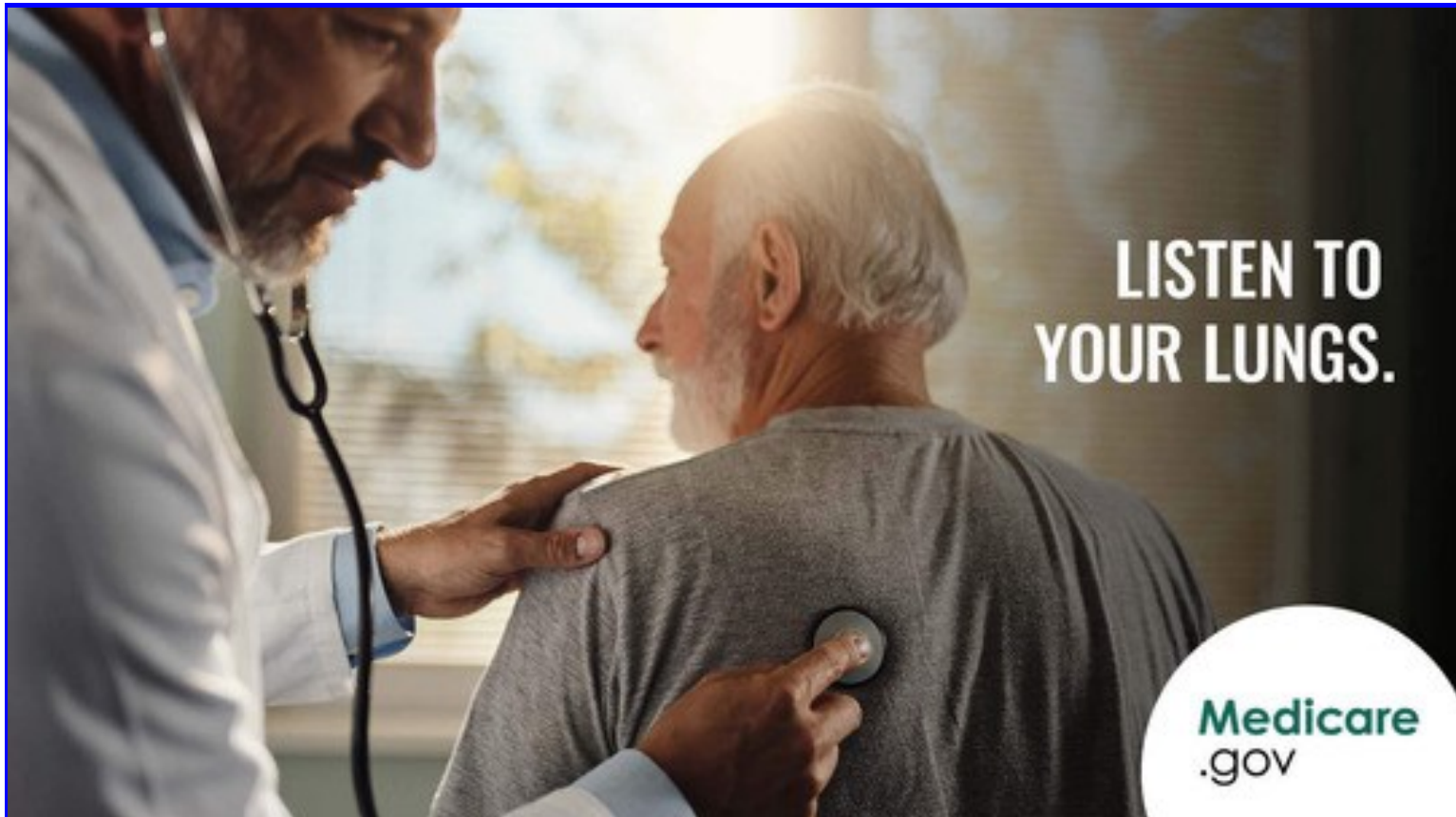


Feeling powerless is the number one contributor to burnout and depression. And it's an easy trap to fall into as a caregiver, especially if you feel stuck in a role you didn't expect or helpless to change things for the better. But no matter the situation, you aren't powerless. This is especially true when it comes to your state of mind. You can't always get the extra time, money, or physical assistance you'd like, but you can always get more happiness and hope.

- ♦ ***Practice acceptance.*** When faced with the unfairness of a loved one's illness or the burden of caregiving, there's often a need to make sense of the situation and ask, "Why?" But you can spend a tremendous amount of energy dwelling on things you can't change and for which there are no clear answers. And at the end of the day, you won't feel any better. Try to avoid the emotional trap of feeling sorry for yourself or searching for someone to blame.
- ♦ ***Embrace your caregiving choice.*** Acknowledge that, despite any resentments or burdens you feel, you have made a conscious choice to provide care. Focus on the positive reasons behind that choice. Perhaps you provide care to repay your parent for the care they gave you growing up. Or maybe it's because of your values or the example you want to set for your children. These deep, meaningful motivations can help sustain you through difficult times.
- ♦ ***Take an organized approach.*** As a caregiver, you might be responsible for keeping track of important medical and legal papers, medications, and appointment dates. When items get lost or dates get mixed up, feelings of powerlessness can quickly creep in. Use binders to organize paper documents and folders on your computer to maintain digital information. A calendar or planner can help you remember when it's time for doctor visits and prescription refills

- ♦ ***Look for the silver lining.*** Think about the ways caregiving has made you stronger or how it's brought you closer to the person you're taking care of or to other family members.
- ♦ ***Don't let caregiving take over your life.*** Since it's easier to accept a difficult situation when there are other areas of your life that are rewarding, it's important not to let caregiving take over your whole existence. Invest in things that give you meaning and purpose whether it's your family, church, a favorite hobby, or your career.
- ♦ ***Focus on the things you can control.*** You can't wish for more hours in the day or force your brother to help out more. Rather than stressing out over things you can't control, focus on how you choose to react to problems.
- ♦ ***Break big tasks down into manageable chunks.*** Thinking about all the caregiving tasks you need to complete this week, for example, can make you feel overwhelmed or uncertain about where to start. Instead, make a to-do list for each day and begin to work through it one task at a time.
- ♦ ***Celebrate the small victories.*** If you start to feel discouraged, remind yourself that all your efforts matter. You don't have to cure your loved one's illness to make a difference. Don't underestimate the importance of making your loved one feel more safe, comfortable, and loved!





LISTEN TO
YOUR LUNGS.

Medicare
.gov

Did you know lung cancer is the leading cause of cancer death in the U.S.? The most important thing you can do to prevent lung cancer is to not smoke.

If you need help quitting, Medicare covers up to 8 [counseling sessions](#) in a 12-month period to help you stop smoking or from using tobacco.

If you're at risk for developing lung cancer, Medicare also covers a [lung cancer screening](#) once a year. Talk with your doctor to find out if you're at risk and whether this screening is right for you.

Lung Cancer Screening

Take control of your lung health by quitting tobacco and staying smoke-free. Visit [CDC.gov/lung-cancer](https://www.cdc.gov/lung-cancer) to learn more about lung cancer.

Medicare.gov

April Is Medicaid Awareness Month



Medicaid is a critical lifeline to Americans across the country, coming from all walks of life. These are primarily working-class Americans who would otherwise not be able to see a doctor or would have to go to the emergency room to get health care. Medicaid also supports the hospitals, clinics and providers who serve these folks when they need care. Medicaid covers 40% of all births in this country, helping moms and babies at the most vulnerable time in their lives, when access to care and doctors is paramount. Rural America depends on Medicaid, with small, rural hospitals relying on its funding to stay afloat. The bottom line is this: Medicaid Matters. Congress has a responsibility to the American people, and that means to protect and strengthen Medicaid, defending against any attempts to weaken this critical program.

Medicaid is an essential part of the U.S. health care landscape. Medicaid Awareness Month is the perfect time to highlight the services and benefits the program provides, and those covered.

MEDICAID PROVIDES HEALTH INSURANCE TO



**7.2 Million
SENIORS**

Supporting low-income seniors (including those with Medicare coverage) with medical equipment, transportation to medical appointments and other services that can help seniors live comfortably in their homes.



**36.8 Million
CHILDREN
nationwide**

Giving kids what they need to stay healthy: check-ups, behavioral health care and more. Medicaid fills in the gaps left by private insurance for kids with chronic health conditions such as congenital heart defects and asthma.



**8.4 Million
ADULTS WITH
DISABILITIES**

Building on Social Security financial assistance, which does not cover health care costs, by providing essential services and support for people with disabilities to work, attend school and live in their communities.

[Continue reading](#)

CHILD ABUSE PREVENTION MONTH

APRIL 2025



Positive Childhood Experiences

Positive Childhood Experiences (PCEs) can protect children from the immediate and long term negative effects of Adverse Childhood Experiences (ACEs) by creating experiences in a child's life that *encourage safe, stable, and supportive relationships*.

PCEs help children feel connected, build a sense of belonging, and become more resilient.

Positive Childhood Experiences can make a difference that lasts a lifetime by:



Building resilience and helping children deal with stress in healthy ways.

Leading to better life-long health and wellbeing.



Helping children create strong and meaningful connections.

Promoting positive mental health and self-image



**Prevent Child Abuse
Illinois™**



Encourage positive relationships with safe and caring adults.

Ask questions about your child's day and give them your full attention when they talk to you.

Encourage your child to interact with peers and participate in activities like team sports or clubs.

Make time to do things together, like playing a game or doing crafts.

Help your child identify and express their emotions in healthy ways.

Create rituals and traditions together, like decorating for holidays, weekly trips to the library, or movie nights



Scan the
QR Code to
learn more.

Funding is provided in whole or in part by the Illinois Department of Public Health

WWW.PREVENTIONCHILDAUSEILLINOIS.ORG

What to Know about Kids and Video Games, Ads, and Unexpected Payments



[Kids and video games](#) often go together like peanut butter and jelly. Here's something else that goes along with some video games: Ads competing for your kid's attention at every stage of their video game-playing experience — while they look for video games on the app store, while they select and download games, and during gameplay. Learn how to deal with ads that encourage kids to spend money — sometimes without your knowledge or approval.

Some kids' video games say they're ad free...but they're not. Next thing you know, your kid starts seeing ads for things to buy to unlock additional game features. Or maybe you pay for a game subscription thinking it'll give your kid full access to the game. Except while playing the game, they see ads for parts of the game they can only get to if they click. What the game might not make clear? Each click is a payment.

Consider these steps to find games that work for your family and reduce the chance of unexpected purchases.

- **Read [online reviews](#) and [ratings](#)** before you download an app or video game. Watch online videos of people playing the game. See what other people are saying about it. Consider looking at reviews with your kid to see if the game is a good match.
- **Use parental controls** to disable in-app purchases or require a password for all purchases on your phone or tablet. For example:
 - [iPhone and iPad](#)
 - [Google Play](#)
 - [Microsoft](#)
- **Talk about family rules** for your kids using apps and games.

Keep up with FTC cases in this space — like the one against the [makers of Fortnite](#) — by signing up for [Consumer Alerts](#). And check out [kids and video games](#) for more advice on this topic.



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS



Oral Health and Diabetes

Why oral health matters

Taking good care of your mouth is important to your overall health and well-being. Good oral health habits can help prevent pain and infections from tooth and gum disease.

If you have diabetes, taking care of your teeth is even more important. [High blood sugar](#) can weaken white blood cells. These are your body's main way to fight infections that can occur in the mouth.

Keep that smile on your face, though! By managing your diabetes, you manage more than your blood sugar. You're helping to prevent gum disease and other infections in your mouth.

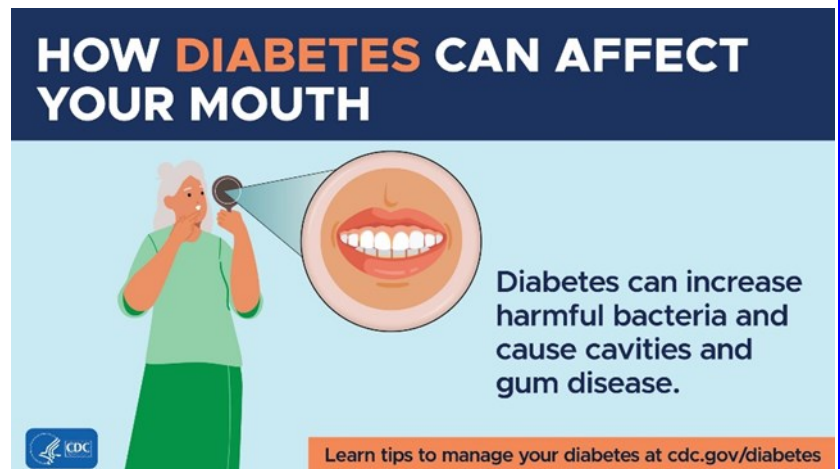
More than a sweet tooth

If the sugar level is high in your blood, it's high in your saliva too. Bacteria in plaque, a sticky film, use sugar as food. Some bacteria can cause cavities and gum disease. If the tooth is not treated, it can also lead to tooth loss.

Gum disease can be more severe and take longer to heal if you have diabetes. And if you have gum disease, your diabetes may be harder to manage.

Here's a quick look at how diabetes can affect your oral health:

- You may have less saliva, causing your mouth to feel dry.
- Your gums may become inflamed and bleed often (signs of gum disease).
- Infections in your mouth can take longer to heal.



Keep your mouth healthy and happy

Treating gum disease may help lower your blood sugar over time.

Regular dental visits are important to prevent problems. Follow your [diabetes care schedule](#). Keep regular dental visits for professional cleanings, X-rays, and checkups. Ask your dentist how often you should have your teeth checked.

Here are a few more important tips: Brush your teeth at least twice a day with fluoride toothpaste.

- Brush your teeth at least twice a day with fluoride toothpastes.
- Floss your teeth at least once a day.
- Tell your dentist if you have diabetes.
- If your gums are red, swollen, or bleed easily, see your dentist. These may be signs of gum disease.
- If you smoke, take steps to [quit](#). Smoking increases your risk of gum disease and can worsen your diabetes.

Don't skip your checkups

Keep regular dental visits for checkups and professional cleanings. Follow your [diabetes care schedule](#) to help stay on track.



Walking the Right Way Improves Your Balance



Balance is one of the senses that we often take for granted — until we lose it.

In our 50s and 60s, we may notice that our bodies feel less stable. Gradual changes linked to growing older — such as loss of muscle mass, lack of flexibility, slower reflexes, worsening eyesight, and even certain medical conditions and medications — can affect our sense of balance.

Poor balance often leads to falls, which can cause head injuries and other disabling injuries. Hip fractures, in particular, can lead to serious health complications and threaten independence.

How walking can help balance

The good news is that you can improve your balance with simple, everyday activities. Walking, for example, is an excellent way to build lower-body strength — a key component of maintaining good balance.

Not only is walking a safe and accessible exercise for most people, but it also contributes to your aerobic activity goals while helping you stay steady on your feet.

How to get started with walking

- A well-designed walking plan should safely and gradually increase your physical activity, focusing more on minutes than miles.
- If you're new to exercise, start slow and steady. Use a cane or walker if needed, and as you build strength and confidence, gradually add more minutes to your walks.
- If you're already active, choose a walking plan that aligns with your current fitness level and adjust as needed. If it feels too easy, challenge yourself by increasing your time, distance, or incorporating hills. Aim for at least 150 minutes of walking per week.
- For those who find walking especially challenging due to health issues, consulting with a physiatrist or physical therapist can help you explore alternative options.

For more information on improving your balance, check out [Better Balance](#), a Special Health Report from Harvard Medical School.

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Image: © miodrag ignjatovic/Getty Images



**Harvard Health
Publishing**
HARVARD MEDICAL SCHOOL



Protein Foods

Protein Foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products.

Why is it important to select a variety of choices from the Protein Foods Group?

Protein foods provide nutrients important for maintaining your health and body.

Many Americans get the right amount of protein needed from meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Meeting this can help increase the amount of important nutrients your body needs, like unsaturated fats, dietary fiber, and vitamin D. It also helps limit the amount of sodium and saturated fats from you get from processed meat and poultry.



Nutrients

Meat, poultry, seafood, beans, peas, lentils, eggs, nuts, seeds, and soy products give the body many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. Some protein food choices are high in saturated fat. These include:

- Fatty cuts of beef, pork, and lamb
- Regular (75% to 85% lean) ground beef
- Regular sausages, hot dogs, and bacon
- Some luncheon meats such as regular bologna and salami
- Some poultry such as duck

To help keep saturated fat intake below 10% of daily calories, limit the amount of these foods you eat.

Health Benefits

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Nutrients provided by various protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients designed to keep your body functioning well. B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

Vegetarian Choices in the Protein Foods Group

Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate. Protein sources from the Protein Foods Group for vegetarians include eggs (for ovo-vegetarians); beans, peas, and lentils; nuts, seeds (including nut and seed butters), and soy products (tofu, tempeh).

For more information on beans, peas, and lentils, see [Beans, Peas, and Lentils page](#).





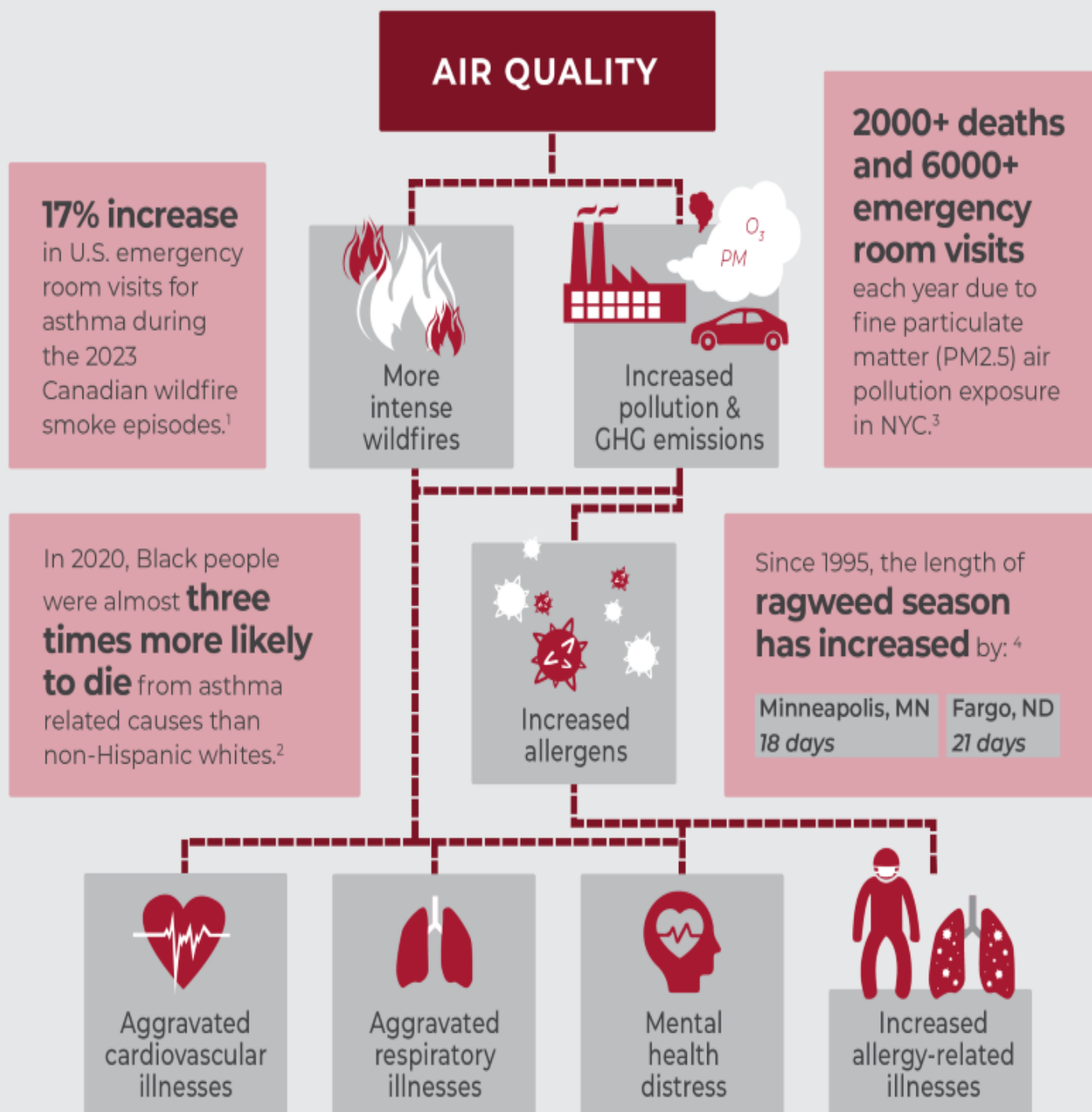
WAYS TO ENJOY ASPARAGUS

10. **Egg-cellent Asparagus.** Add steamed pieces of asparagus to an egg white and feta cheese omelet. Finish with halved cherry tomatoes.
9. **Grilled.** Place asparagus spears on a medium-high heat grill coated with olive oil spray and cook for about 5-8 minutes until tender, turning occasionally.
8. **Cheese, Crackers & Asparagus.** Spread a soft cheese (goat cheese, brie, etc.) on whole wheat crackers and top with a crisp asparagus head. Serve as an appetizer or an afternoon snack.
7. **Hearty Soup.** Purée cooked leeks, onions, russet potatoes, asparagus, low-sodium chicken broth, lemon juice, and low-fat sour cream until smooth. Garnish soup with asparagus tips.
6. **Drizzle a Little Dressing.** Dress up your traditional steamed or boiled asparagus with a mustard vinaigrette dressing.
5. **Steamed.** Place fresh or frozen asparagus in a microwave-safe container or in a sauté pan with a small amount of water, low-sodium seasonings, and garlic. Enjoy as a side dish or snack.
4. **Stock Up.** Save the woody ends of asparagus for making asparagus soup later. Simply place in a zip lock bag and freeze until ready to use.
3. **Easy Appetizer.** Serve asparagus spears with a vibrant dipping sauce for an easy appetizer. Using nonfat Greek yogurt as a base, add in lemon juice, minced garlic, roasted red bell pepper...be creative and get dipping.
2. **Veggie Fettuccine.** Toss cooked asparagus and bell pepper with cooked fettuccine. Finish with lemon juice and cheese.
1. **Shake & Bake!** Place fresh asparagus in a plastic zip lock bag, drizzle with olive oil, and add salt, pepper and other seasonings. Shake until asparagus is coated, then bake in oven at 400° F until crisp!

See Nutrition Information for Asparagus

Source: <https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-asparagus/>

HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



Source: <https://www.apha.org/-/media/files/pdf/infographic/airquality.pdf>

1. <https://www.cdc.gov/mmwr/volumes/72/wr/mm7234a5.htm>

2. <https://minorityhealth.hhs.gov/asthma-and-african-americans>

3. <https://a816-dohbsp.nyc.gov/IndicatorPublic/beta/data-stories/eq2/>

4. <https://www.epa.gov/climate-indicators/climate-change-indicators-ragweed-pollen-season>

climatenexus

APHA

30 Years
NPHW

National Public Health Week: It Starts Here
APRIL 7-13, 2025

WHAT IS PARKINSON'S?

1M / US



5M / WORLD

TODAY, AN ESTIMATED **ONE MILLION** PEOPLE IN THE UNITED STATES AND MORE THAN **FIVE MILLION** WORLDWIDE ARE LIVING WITH PARKINSON'S DISEASE.

PARKINSON'S DISEASE AFFECTS **ONE IN 100 PEOPLE OVER AGE 60**. IN THE UNITED STATES, 60,000 NEW CASES WILL BE DIAGNOSED THIS YEAR ALONE.

1 / 100
OVER
AGE 60



60,000
NEW



LESSER-KNOWN SYMPTOMS

OF PARKINSON'S INCLUDE DEPRESSION, APATHY, FATIGUE, AND DEMENTIA.



RESEARCHERS ARE INVESTIGATING POTENTIAL EARLY SYMPTOMS, SUCH AS **IMPAIRED SENSE OF SMELL, CERTAIN SLEEP DISORDERS, CONSTIPATION, AND UNUSUAL FATIGUE.**



TODAY'S BEST PARKINSON'S DRUG WAS **DISCOVERED IN**



1967

LYNDON B. JOHNSON WAS PRESIDENT AND NEIL ARMSTRONG HAD NOT YET WALKED ON THE MOON.

PARKINSON'S DISEASE IS CAUSED BY THE DEATH OF DOPAMINE CELLS.

60 TO 80%

OF THESE CELLS ARE ALREADY LOST BY THE TIME MOTOR SYMPTOMS APPEAR.



DYSKINESIA IS OFTEN MISTAKEN FOR A SYMPTOM OF PARKINSON'S DISEASE, BUT IT IS ACTUALLY A SIDE EFFECT OF PARKINSON'S TREATMENT. **MANY PATIENTS REPORT DYSKINESIA TO BE AS DEBILITATING AS THE DISEASE ITSELF.**



THE EXACT CAUSE OF PARKINSON'S DISEASE IS

UNKNOWN

BUT BOTH **GENETICS** AND **ENVIRONMENT** ARE CAUSES.



THERE IS **NO TEST**

TO DIAGNOSE PARKINSON'S DISEASE. PEOPLE WITH PARKINSON'S VISIT MULTIPLE DOCTORS AND **CAN WAIT YEARS** BEFORE A CORRECT DIAGNOSIS.



THERE IS NO CURE FOR PARKINSON'S DISEASE TODAY.

BUT THE **MICHAEL J. FOX FOUNDATION** IS WORKING URGENTLY TO CHANGE THAT.

LEARN MORE AT
WWW.MICHAELJFOX.ORG



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

SOURCES: WWW.MICHAELJFOX.ORG/UNDERSTANDING-PARKINSONS/I-HAVE-GOT-WHAT.PHP | WWW.MICHAELJFOX.ORG/UNDERSTANDING-PARKINSONS/LIVING-WITH-PD.HTML



Women's Eye Health and Safety

Prevent Blindness has declared April as Women's Eye Health and Safety Month.

Two out of every three people living with blindness or vision problems are women, according to the [National Eye Institute](#). And, data from [The Future of Vision: Forecasting the Prevalence and Costs of Vision Problems](#) study shows that women are at higher risk for certain eye diseases and conditions. Prevent Blindness has declared April as Women's Eye Health and Safety Month in an effort to educate the public on the increased risk for women and vision health issues, as well as steps that can be taken to prevent vision loss.

Women have a higher prevalence of major vision problems, including:

- Age-related Macular Degeneration
- Autoimmune Diseases (such as Lupus or Sjögren's Syndrome)
- Cataract
- Dry Eye
- Glaucoma
- Low Vision
- [Thyroid Eye Disease](#)

Women also have a higher incidence of refractive error. And, women may also experience vision changes during [pregnancy](#) and/or menopause.

According to the [World Health Organization's World Report on Vision](#), women, on average, live longer than men, and are thus at greater risk of developing eye conditions associated with ageing. However, even after controlling for age, global estimates suggest that women with moderate and severe presenting distance vision impairment outnumber men by approximately 7 percent.

In addition to eye disease and conditions, women have unique health issues related to pregnancy and menopause due to fluctuating hormone levels. Women may notice changes in their ability to see clearly during pregnancy. Women with pre-existing conditions, like glaucoma, high blood pressure or diabetes, need to alert their eye doctor that they are pregnant (or planning to become pregnant). Additionally, [dry eye](#) leading to a clinical diagnosis or severe symptoms affects more than 3.2 million American women middle-aged and older.

Prevent Blindness [advises](#) that women can help protect their vision and eye health by:

- following a healthy diet,
- exercising regularly,
- not smoking,
- learning about any family history of eye diseases as some may increase their risk of disease, and discussing it with their eye care provider,
- seeking treatment early for any conditions that can lead to vision impairment and receive follow-up care.

For more information on women's eye health, including fact sheets on eye diseases and eye protection, please visit [PreventBlindness.org](#) or call (800) 331-2020.



**Prevent
Blindness**
Our Vision Is Vision.



Types of Donation

In addition to organ/tissue donation that occurs after a person is deceased, there is also living donation, in which an individual can donate a whole or partial organ to

someone in need while alive. The third type of donation is donating the body to science or whole-body donation after death. All three types of donation are described in detail below with links provided for additional information.

Disclaimer: Living and whole-body donation are NOT options on the Illinois Secretary of State's Organ/Tissue Donor Registry. The Illinois Secretary of State's office is simply providing information for individuals interested in the different types of donation available to them.



Organ/Tissue Donation

The mission of the Secretary of State's Organ/Tissue Donor Program is to strengthen Illinois' Organ/Tissue Donor Registry through outreach and registration initiatives. The office maintains the Illinois Donor Registry, the database of Illinoisans who have said 'yes' to donation, which now has more than 7.3 million registrants. The larger the donor pool, the greater the chance of a successful match for those waiting to receive a transplant. Organ and tissue donors save lives, restore sight and improve the quality of life for recipients across Illinois every day. In Illinois, 4,000 people wait for transplants of all kinds – kidney, liver, heart, lungs, small intestines and pancreas. These six organs can save the lives of as many as eight individuals. Donated tissues such as corneas, bones, ligaments, skin and veins can vastly improve life for others. Every 10 minutes another name is added to the national transplant waiting list, and sadly 22 people die each day when organs they need are not available. Many transplant recipients live long and healthy lives post-transplant.

Read more about [FAQs/Myths and Misconceptions](#).

Register your donor decision at the [Illinois Donor Registry](#) (must be at least 16 years-old) and share your decision with family and friends. Ask friends if they are registered and discuss the facts about donation with them. Do not believe the many myths and misconceptions about donation. It takes just 30 seconds to save a life.



Living Donation

Living Donation is when an individual donates a whole or partial organ to another person. The most common living donation is a kidney, followed by a partial liver donation. Anyone considering becoming a living donor should discuss it with their doctor at a transplant center. For more information on living donation, contact:

- [Gift of Hope Organ & Tissue Donor Network](#)
- [Mid-America Transplant](#)
- [National Kidney Foundation of Illinois](#)

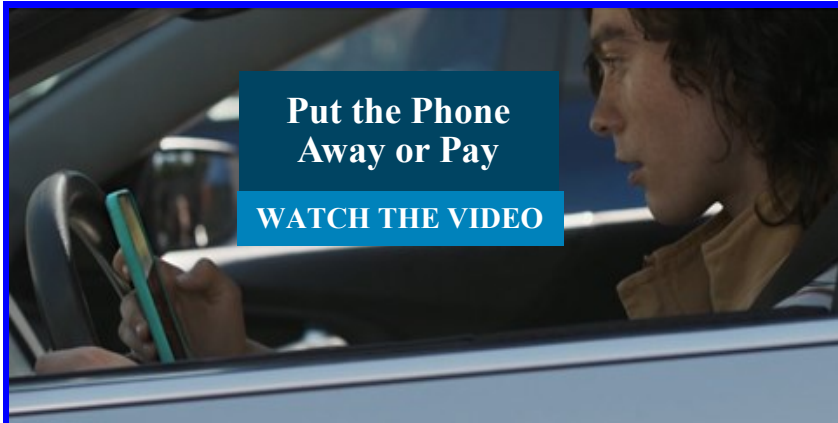


Whole Body Donation

The third donation option is donating the body to science, also called whole-body or willed-body donation. In Illinois, whole-body donation is regulated by the [Anatomical Gift Association \(AGA\)](#), located in Chicago.

Disclaimer: Living donation and whole body donation are NOT options on the Illinois Secretary of State's Organ/Tissue Donor Registry. The Illinois Secretary of State's office is NOT recommending any of the above organizations, but simply providing information for individuals interested in the different types of donation available to them.

Source: [April is National Donate Life Month](#)



For the past decade, distracted driving has taken U.S. roadways by storm, endangering not only the distracted drivers, but their passengers, pedestrians and others using the road. When we're behind the wheel, we must focus on one task: safe driving. Anytime you shift your attention from driving, you're distracted.

Distracted driving comes in many forms: adjusting the radio or GPS, applying makeup, eating and drinking. But it's cell phone use —

specifically, texting, talking, and social media use — that is the most common distraction. Texting, which includes messaging, is considered the most dangerous type of distracted driving because it combines visual, manual and cognitive distraction.

Distracted Driving Is Deadly

3,308

LIVES LOST IN CRASHES INVOLVING
DISTRACTED DRIVERS IN 2022—
THAT'S 3,308 TOO MANY.

8%

FATAL CRASHES IN 2022 THAT INVOLVED
DISTRACTED DRIVERS

32,000+

APPROXIMATE NUMBER OF PEOPLE
WHO DIED IN CRASHES INVOLVING
DISTRACTED DRIVERS FROM 2013-2022

In 2022 there were 3,308 people killed and nearly 290,000 people injured in traffic crashes involving distracted drivers. Consider these tips for safe driving:

- If you have to text, pull over to a safe location and park your car — only then should you read or send the text message.
- Distracted driving isn't just texting, scrolling through social media or messaging while driving is distracted driving too.
- Appoint your passenger as the "designated texter" to respond to calls or messages.
- Activate your phone's "Do Not Disturb" feature, silence notifications, or your put phone away in the trunk so you won't be tempted to respond.
- Speak up if you see someone texting and driving and ask them to put their phone away.



The Alzheimer's Association Illinois Chapter invites you to the Annual African American Conference.

RELEASE THE SILENCE CONFERENCE

Our Voice, Our Power, Our Community



Saturday, May 17, 2025



9:30 AM – 1:30 PM
(Registration begins at 8:30 AM)



Life Together Center
3625 N. Sheridan Rd.
Peoria, IL 61604

Join Us For a FREE Conference!

This conference is designed to educate our community, future caregivers, and the healthcare industry about Alzheimer's disease and other forms of dementia. The program is designed for those who are caregivers of a person with dementia, individuals who want to learn more about the disease as well as professionals wanting to understand the health disparities which affect individuals in the African American community.

What to Expect:

- ✓ Discover resources for families on the dementia journey
- ✓ Connect with community organizations that can help
- ✓ Learn the warning signs to release the fear
- ✓ Gain practical advice on what to do after getting a diagnosis

KEYNOTE SPEAKER



Carl Hill, Ph.D., MPH

Chief Diversity, Equity and Inclusion Officer
Alzheimer's Association

Online registration for this FREE event is required.



tinyurl.com/AlzPeoriaConference

or call **800.272.3900**





Graceland
CENTER FOR PURPOSEFUL AGING

Spring Programs

Aging with Vitality



WEEKLY PROGRAMS



FREE!

No Registration
Required for
PROGRAMS

PROGRAMS

Tuesdays and Wednesday

10 am - 1 pm

at the

Life Together Center

3625 N Sheridan Rd

Peoria, Il 61604

- Health Tips
- Connect to Resources
- Refreshments
- Socialization

neighborhood
HOUSE



Lunch: 11:00-11:30 am
hosted by Neighborhood
House Congregate Meals*

*MUST pre-register for
meals and be
60 yrs old for lunches

NEW!!



These activities are funded in whole or in part by funds received from the Community Foundation of Central Illinois.



1-833-503-7773



Gracelandcenter.com



[Gracelandcenter](https://www.facebook.com/Gracelandcenter)

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

When: 1st Monday of the month 11:00a-12:45p

Where: Peoria Public Library- North Branch

3001 West Grand Parkway, Peoria, IL 61615

Facilitator: Nargis Khan, M.D., LCPC

- Cope with your caregiving roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always "being there"

Light snacks will be provided



TAKE CHARGE OF YOUR HEALTH

We invite you to participate in this exciting interactive program!
Get support and encouragement from others living with ongoing health conditions just like you!

WHAT IS TAKE CHARGE OF YOUR HEALTH?

Take Charge of Your Health programs generally last 6 to 8 weeks. Participant and facilitators meet weekly for two and a half hours. Workshops are led by facilitators who have professional or personal experience with ongoing health conditions.

* **A Matter of Balance** is a program designed to reduce fear of falling and increase activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

* **Medication Management Improvement System (MMIS) – Home Meds** is an in-home, medication review and intervention that includes a computerized risk assessment and alert process, plus a pharmacist review and recommendation for improvement.



* **Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)** is a depression self-management program designed to detect and reduce the severity on depressive symptoms in older adults with chronic conditions and functional limitations. The program includes screening and assessment, education, referral to appropriate health professionals, and behavioral activation. The presence and severity of depression will determine the scope and duration of the program.

For more information on classes or class schedules contact us

By telephone : 309-674-2071 or

By email at ciaa@ciao.net

Space is limited.



SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

Participants are asked to make a personal commitment to attend all of the sessions if at possible.



Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

- * Find out how healthy eating can improve your condition
- * Create an exercise program that works for you
- * Learn ways to improve communication with your family, friends, and healthcare providers
- * Develop your own weekly goals to help you manage your condition
- * Learn problems -solving strategies to help cope with pain, fatigue and frustration
- * Gain Support and encouragement from others living with ongoing health conditions

**LEARN HOW TO THRIVE –
NOT JUST SURVIVE!**

For more information contact:

**Central Illinois
Agency on Aging, Inc.**
309-674-2071 or
email ciaa@ciaoa.net



Healthy
Living

Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling, Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).

The Disability Information and Access Line (DIAL)

DIAL has launched a new tool to help people with disabilities to find local services and resources to support community living at <https://dial.acl.gov/>. DIAL's staff are trained to work with people of various communications abilities and will spend as much time as needed to ensure effective communication. DIAL's Information Specialists can assist people in all languages and are trained to work with callers who are deaf and hard-of-hearing.

To connect with a DIAL Information Specialist from
7:00 a.m. to 8:00 p.m. (Central),

Monday – Friday: Call | Text Message | Videophone: **1-888-677-1199**. People who use TTY relay can first dial 7-1-1, and then relay the 888-677-1199 number.

Email: DIAL@usaginganddisability.org

Have an online chat with an Information Specialist from DIAL. [Start a live chat now!](#)
Connect directly to an agent in American Sign Language [using ASL](#)

“New Feature” 988 Suicide & Crisis Lifeline

The U.S. Department of Health and Human Services
has now added American Sign Language (ASL)

services to the 988 Suicide and Crisis Lifeline. Doing so is part of ongoing efforts to expand accessibility to behavioral health care for underserved communities such as people who are Deaf and Hard of Hearing. To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened can click the "ASL Now" button on 988lifeline.org and follow the prompts.

Direct dialing to 988 from a videophone will be available in the coming weeks.

In the meantime, ASL callers can call 1-800-273-TALK (8255) from a videophone to reach ASL services.

Related Resource: <https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>

Protect Yourself (and Your Money) from Scammers this Financial Literacy Month

All year long, scammers are looking for ways to steal your hard-earned money. FTC data shows people reported losing \$12.5 billion to scams in 2024, which is up \$2.5 billion from 2023. ***April is Financial Literacy Month***: a great time to check out the free resources at consumer.gov to help manage your money while protecting it from scammers.

Looking to [make a budget](#) that helps you save money, [buy a car](#), [rent an apartment or house](#), or [deal with debt](#)? [Consumer.gov](https://consumer.gov) has the info you need to spot, avoid, and report scams as you make your plans.

At consumer.gov, you'll get the basics on managing your money and advice on:

- How to [protect your money and information](#) from scammers
- What to do [if you think you sent money to a scammer](#) or gave a scammer your personal information
- How to [protect yourself from identity theft](#)

You'll also find [videos](#) and free, one-page [handouts](#) to share with family, friends, and other groups you might be a part of — like your neighborhood association, church group, or club meeting.

And if you spot a scam, tell the FTC at ReportFraud.ftc.gov.



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

Source: [Protect yourself \(and your money\) from scammers this Financial Literacy Month | Consumer Advice](#)

Places to Go ... Things to See

*To see what's happening in Peoria,
visit these websites:*

Hult Center For Healthy Living

5215 N. Knoxville Avenue
Peoria, IL 61614
692-6650
www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road
Peoria, IL 61603
323-6900
www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St.
Peoria, IL 61602
686-7000
www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—
Owens Center
Forest Park Nature Center
2218 N. Prospect Road
Peoria, IL 61603
682-1200
www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street
Peoria, IL 61603
282-1700
www.riverplex.org

Central Illinois Agency on Aging is now on [Facebook](#) and our fan base is on an upward trend. CIAA wants Facebook to be a place where our fans/those we serve and those interested in what we do as an agency can come to find information and updates that pertains to those that visit our page or for those wanting to know more about our services and programs. CIAA also wants to know what you/our fans would like to know more about. ? Please email ciaa@ciaoa.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



U.S. House of Representatives

Congressman Darin LaHood (District 16—R)

100 NE Monroe Street, Room 100
Peoria, IL 61602
(309) 671-7027, Fax (309) 671-7309

Congressman Eric Sorensen (District 17—D)

Conductor's Quarters Building
403 1/2 NE Jefferson Street
Peoria, IL 61603
(309) 621-7070

U.S. Senators for Illinois

Senator Richard J. Durbin (D)

525 South 8th Street
Springfield, IL 62703
(217) 492-4062, Fax (217) 492-4382

Senator Tammy Duckworth (D)

8 South Old State Capitol Plaza
Springfield, IL 62701
(217) 528-6124

Illinois General Assembly

Senator Li Arellano, Jr. (37th District—R)

District Office:

86 South Galena Ave. Suite 2
Dixon, IL 61021
(779) 251-5003

Rep. Ryan Spain (73rd District—R)

5407 N. University, Arbor Hall, Suite B
Peoria, IL 61614
(309) 690-7373, Fax (309) 690-7375
repyanspain@gmail.com

Rep. Sharon Chung (91st District—D)

216 N. Center St
Bloomington, IL 61701
(309) 808-2351
info@repchung.com

Rep. Travis R. Weaver (93rd District—R)

337 Court Street
Pekin, IL 61554
(309) 204-6514

Senator Dave Koehler (46th District—D)

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(309) 677-0120, Fax (309) 346-4650
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Rep. William Hauter (87th District—R)

133 S. Main Street Ste. A
Morton, IL 61550
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hauter@ilhousegop.org

Rep. Jehan Gordon-Booth (92nd District—D)

300 E. War Memorial Drive, Suite 303
Peoria, IL 61614
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FY 2025

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FY 2025

CIAA

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Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).