



# Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603  
Telephone: (309) 674-2071, Toll Free: 1-877-777-2422  
Website: <http://www.ciaoa.net>

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

Office Hours:  
Monday — Friday: 8:30 am—5:00 pm  
Saturdays: Closed

2022, February Issue

Keith Rider, CMA, President/CEO  
Hoangvan Dinh, B.S., Editor

# SENIOR GAZETTE

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To Receive Senior Gazette,  
e-mail Hoangvan Dinh at  
[hdinh@ciaoa.net](mailto:hdinh@ciaoa.net)



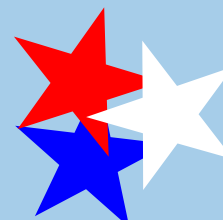
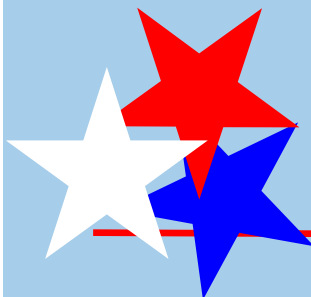
*Monday*

*February 21, 2022*

**HAPPY**

**PRESIDENTS'**

**DAY**





# CENTRAL ILLINOIS AGENCY ON AGING, INC.

*Lori Sea*

*Director of Supportive Services,  
Marketing, And Community Relations*

## New Marketing Advertisement

CIAA is happy to announce a new marketing video is being produced to provide for future television advertising opportunities, public-to-sight video loop, health fairs and community events. In addition, Q98.1 and WBYS 94.1 radio stations are broadcasting a 15 second radio ad to highlight the Agency and Coffee Clatch in Fulton County. These forms of outreach will bring awareness to the public to inform them of services and programs the agency offers for seniors and GRG program participants.

## 2022 Caregiver Resource Directory

The newest edition of the Caregiver Resource Directory for 2022 is currently being evaluated by the publisher and will be available soon. This high-quality, full color booklet provides consumers with up to date contact and access information at their fingertips for many services and programs seniors and their caregiver find helpful. The 2021 and 2022 editions feature a special advertising section located in the back of the Caregiver Resource Directory. All advertisements are placed in the back to make it easier for the audience to locate an ad and it also helps to keep the contents from being cluttered and disruptive. The advertisements are purchased and the revenue generated assists in offsetting the price of the printing and publication of the Caregiver Resource Directory. If you would like to place an ad for your business or entity, please feel free to contact Lori at [lsea@ciao.net](mailto:lsea@ciao.net) for further information.

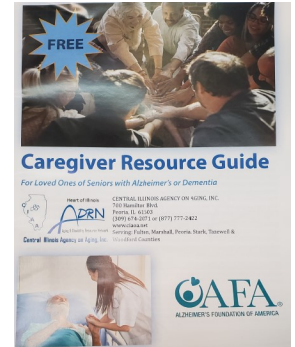
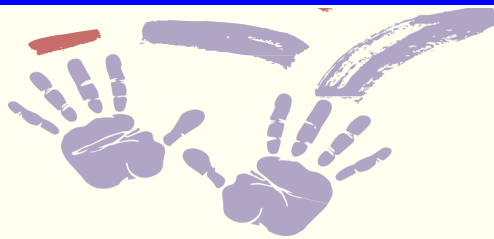


Image Credit: <http://clipart-library.com/clipart/984808.htm>

The agency has several openings for volunteers to conduct fun, rewarding, and enjoyable activities at community centers, Assisted Living facilities and other venues within the six counties the agency serves. Volunteers are needed to host a bi-weekly Coffee Clatch with the flexibility to make your own schedule for having fun.

What is Coffee Clatch? It's a fun and meaningful way to engage seniors and older adults. Coffee Clatch is a program designed to address Social Isolation and loneliness in the senior population. Volunteer hosts begin the program with educational resources to help seniors learn about nutritional needs; scam awareness; health fairs, Alzheimer's and other dementia related concerns and other topics. The host then serve donuts, cake, cookies, pastries, etc. and coffee, hot chocolate or tea and then reads the newspaper aloud, discusses current events including the weather and obits. After open discussion, the host then begins playing games. There are many games to choose from and all have Folger's Points for prizes. Folger's Points are accumulated over the course of a month and then the holder get to 'purchase' their choice of gifts. Games consist of bingo, word games, trivia and music games, as well as a special section called, "Remember when...". This is a favorite among seniors.

If you would like to learn more about becoming a Coffee Clatch volunteer, please contact Lori at 309-674-2071 or via email at: [lsea@ciao.net](mailto:lsea@ciao.net)



## ***A HELPING HAND FOR THOSE WHO HELP OTHERS!***

**THURSDAY, FEBRUARY 17TH AND 24TH FROM NOON  
TO 1:00 PM**

Do you check in on an elderly neighbor, do a grocery run for shut-ins, raise your grandchildren, care for someone with dementia, or work in the medical or home health field? Join the Central Illinois Agency on Aging for two webinars to equip you to better handle the stress and demands of your labor of love.

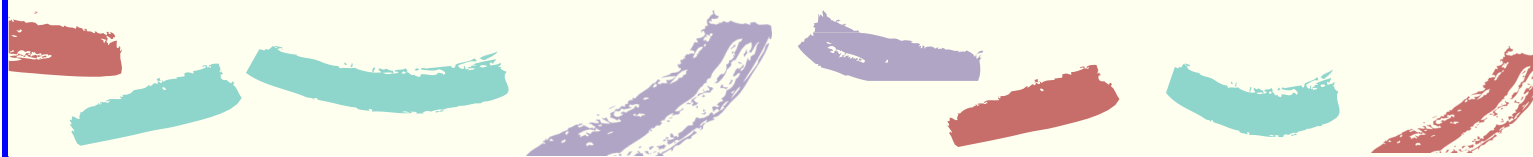
### **EFFECTIVE COMMUNICATION STRATEGIES ON FEBRUARY 17TH, 2022**

Join the Alzheimer's Association to take your communication skills to the next level. You will learn valuable insights to move you beyond just speaking and listening as you join us to explore how communication takes place when someone has Alzheimer's. Master your ability to decode the verbal and behavioral messages and identify strategies to help you connect and communicate with people.

### **LAUGH AWAY YOUR STRESS ON THURSDAY, FEBRUARY 24, 2022**

Giving of your time and energy to help others in need can be stressful, especially as the pandemic drags on. Join Bradley University's Counseling Department as they take you on a journey to discover fun ways to break down stress in your body and build resilience to continue to serve with a smile on your face.

**REGISTRY NOW BY GOING TO:**  
[bit.ly/CIAAHelpingHand](https://bit.ly/CIAAHelpingHand)



# Get free at-home COVID-19 tests

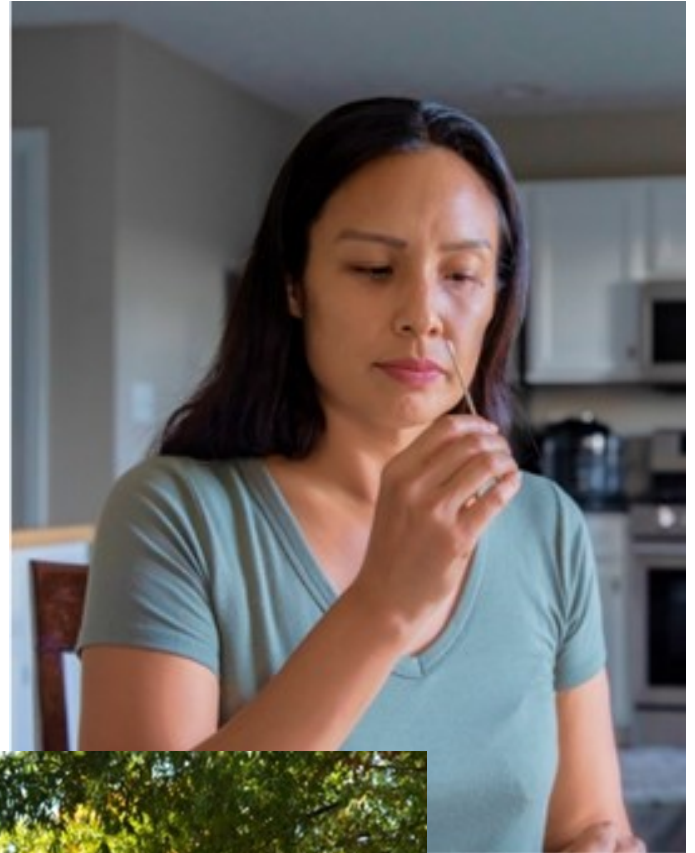
Every residential household in the U.S. can order one set of 4 free at-home COVID-19 tests. The tests are completely free and will come from the United States Post Office. Orders will usually ship in 7-12 days.

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January 2022

Order your tests now so you have them when you need them.

**Order Free At-Home Tests**

If you need a COVID-19 test now, please see [other testing resources](#) for free testing locations in your area.





# COVID-19 Booster Shots Vs. Third Dose

## What's the difference?



### Third dose

- Available to Moderna and Pfizer-BioNTech recipients.
- Can be received 28 days after second dose.
- Given for people with moderate or severely weakened immune systems who cannot fight off infections well (people with cancer, organ transplant, etc.)

### Booster shot

- Pfizer and Moderna boosters can be received 6 months after second dose. Johnson and Johnson can be given 2 months after the initial dose.
- Available for adults 65 and older, patients in long term care facilities, and adults 18-64 with medical or occupational risk.
- You have the choice to mix and match boosters with a single dose of any of the authorized COVID-19 vaccine boosters. Remember, that mixing and matching vaccines may be considered for the booster dose only.



#### Where can I receive a booster or third dose?

You can receive it at your **local pharmacy, health department or from your primary care physician.**



#### Where can I get more information?

For questions about vaccinations, boosters, and testing, call the COVID-19 hotline at **1(800) 889-3931**. You can also email your questions to **DPH.SICK@Illinois.gov**.



#### Why should I received a booster or third dose?

Protections against the virus may decrease over time and be less effective against variants. **You can now get your COVID-19 vaccine and a flu vaccine during the same session.**



Healthy for Good™

## FOUR WAYS TO GET **GOOD FATS**

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



### **GO FISH**

Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5 to 4-ounce servings. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.



### **BE NUTTY**

Much on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



### **ADD AVOCADO**

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



### **CHECK THE OILS**

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



EAT SMART

ADD COLOR

MOVE MORE

BE WELL

LEARN MORE AT

**HEART.ORG/HEALTHYFORGOOD**

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/4-ways-to-get-good-fats-infographic>

# Foods that Keep Your Heart Healthy



Jennifer Egeland, RD LD

February is *Heart Health Month*, the perfect time to focus on foods that help keep your heart healthy.

Two groups of foods that are good for the heart are **fruits** and **vegetables**! These are good for your heart because of what they do contain and because of what they don't contain. Fruits and vegetables are already naturally low in fat, calories and **sodium**, and they have no cholesterol. They also contain **fiber** and water as well as many vitamins, minerals, and antioxidants that help keep your heart healthy. The key is to fill your plate with a variety of fruits and vegetables every day because...  
*More Matters!*

Check out these ideas for increasing your intake of heart-healthy fruits and vegetables...

- Eat fresh, canned (in water or juice) or frozen fruits for a snack or dessert.
- Eat frozen vegetables as a fast side-dish (avoid sauce or flavor pouches—they have added fat, calories and sodium).
- Try a new and different fresh vegetable each month. Fix it different ways to see which you like best.
- Add extra vegetables to stews, soups, side dishes and casseroles.
- Include **canned vegetables**. If sodium is a concern, rinse them before eating or try the low-sodium versions.
- Include **fresh, frozen and canned fruits and vegetables**, as well as **100% fruit or vegetable juice** in your day!  
(Look for low-sodium canned tomato and vegetable juice.)
- Add slices of fresh **oranges**, **lemons**, **limes** or other fruits to water; you'll get a refreshing low-calorie drink.
- Top your cereal or oatmeal with berries, **bananas**, **peaches** or **raisins**.
- Pile on the lettuce, **tomato**, **peppers**, **carrots** and **spinach** on your sandwiches.



have a  
**plant**  
fruitsandveggies.org

Source: <https://fruitsandveggies.org/stories/iv-for-020210-jennifer-egeland/>



Mozzarella Basil Chicken w/  
Roasted Grape Tomatoes



A Heart Dog & A Cutie For  
Valentine's Day!



Heart Shaped Fruit Skewers  
with Yogurt Dip





# Low Vision

## What is low vision?

Low vision is a vision problem that makes it hard to do everyday activities. It can't be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery.

You may have low vision if you can't see well enough to do things like:

- Read
- Drive
- Recognize people's faces
- Tell colors apart
- See your television or computer screen clearly

## What are the types of low vision?

The type of low vision that you have depends on the disease or condition that caused your low vision. The most common types of low vision are:

- Central vision loss (not being able to see things in the center of your vision)
- Peripheral vision loss (not being able to see things out of the corners of your eyes)
- Night blindness (not being able to see in low light)
- Blurry or hazy vision



## Low Vision Resources

- [Learn about organizations that offer low vision information](#)
- [Find statistics and data on low vision in the United States](#)
- [Check out our media library of photos and illustrations about low vision](#)
- [Get flyers, booklets, and other resources to print or download](#)



National Eye Institute  
Research Today...Vision Tomorrow

Source: <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/low-vision>



## What causes low vision?

Many different eye conditions can cause low vision, but the most common causes are:

- [Age-related macular degeneration \(AMD\)](#)
- [Cataracts](#)
- [Diabetic retinopathy](#) (a condition that can cause vision loss in people with diabetes)
- [Glaucoma](#)

Low vision is more common in older adults because many of the diseases that can cause it are more common in older adults. Aging doesn't cause low vision on its own.

Eye and brain injuries and certain genetic disorders can also cause low vision.

## How will my eye doctor check for low vision?

Your doctor can check for low vision as part of a dilated eye exam. The exam is simple and painless. Your doctor will ask you to read letters that are up close and far away, and will check whether you can see things in the center and at the edges of your vision.

Then, they will give you some eye drops to dilate (widen) your pupil and check for other eye problems — including conditions that could cause low vision.

[Learn what to expect from a dilated eye exam](#)

## What's the treatment for low vision?

Unfortunately, low vision is usually permanent. Eyeglasses, medicine and surgery can't usually cure low vision — but sometimes they can improve vision, help you do everyday activities more easily, or keep your vision from getting worse.

Treatment options will depend on the specific eye condition that caused your low vision. Ask your doctor if there are any treatments that could improve your vision or help protect your remaining vision.

## How can I make the most of my remaining sight?

If you have low vision, you can find ways to make the most of your vision and keep doing the things you love to do.

*If your vision loss is minor*, you may be able to make small changes to help yourself see better. You can do things like:

- Use brighter lights at home or work
- Wear anti-glare sunglasses
- Use a magnifying lens for reading and other up-close activities

*If your vision loss is getting in the way of everyday activities*, ask your eye doctor about vision rehabilitation. A specialist can help you learn how to live with your vision loss.

This can include things like:

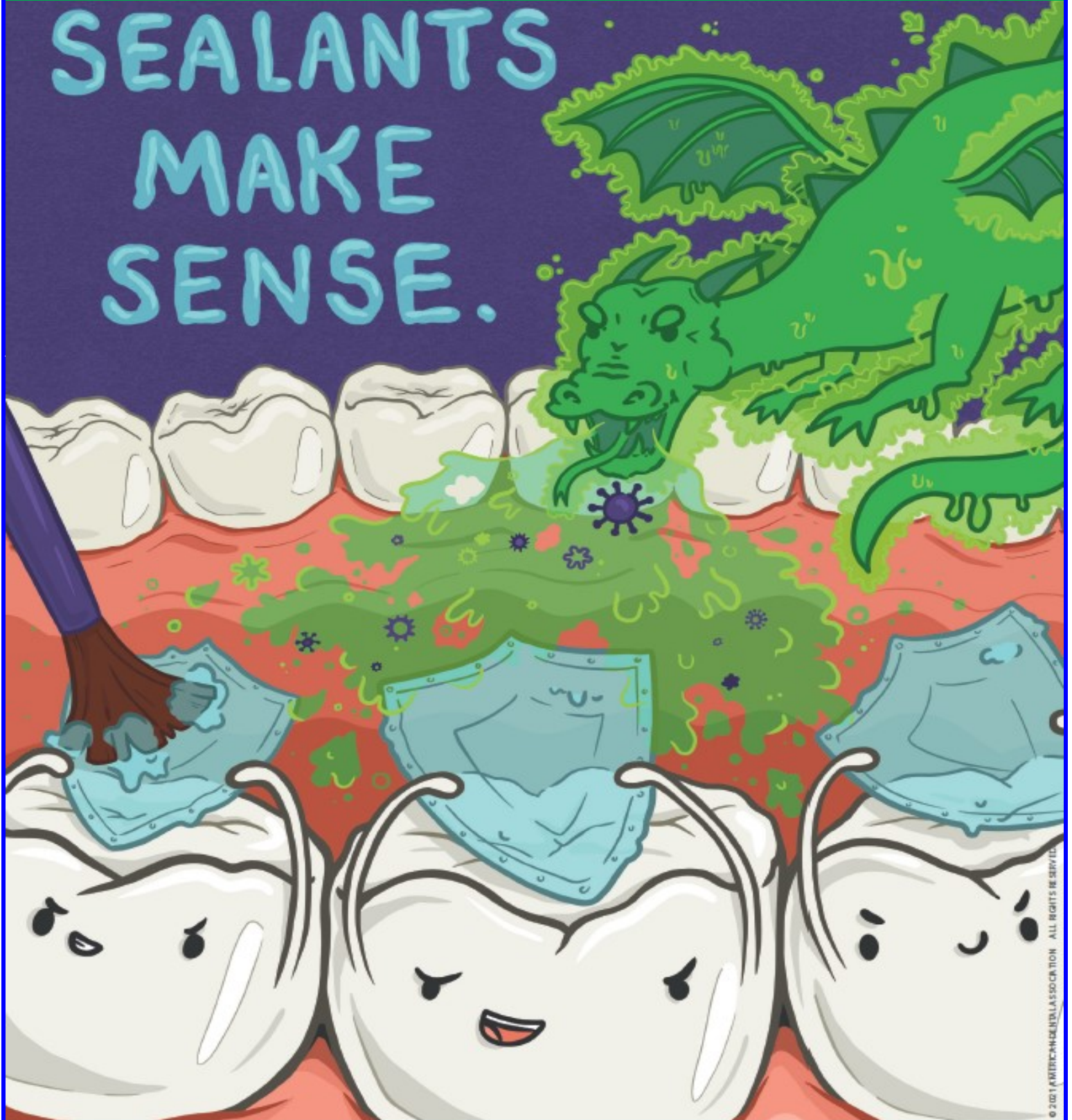
- Training on how to use a magnifying device for reading
- Guidance for setting up your home so you can move around easily
- Sharing resources to help you cope with your vision loss.

[Watch these videos about how people live with low vision](#)



February is National Children's Dental Health Month

SEALANTS  
MAKE  
SENSE.



February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2022](https://ada.org/NCDHM2022) for activity sheets.

#### HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

**ADA** American  
Dental  
Association®

Source: <https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>



# Save big with low Medicare costs when you turn 65.

Health Alliance™ Medicare Advantage plans are made for you. Get the flexibility to see doctors you know and trust, plus comprehensive coverage options with all this and more:

- Plans that allow you to see any doctor who accepts Medicare.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.



**Call for a FREE Medicare evaluation: (888) 382-9771 (TTY 711).**

Available daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

**Or learn more at one of our upcoming webinars:  
[HealthAlliance.org/Events](https://HealthAlliance.org/Events).**

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings call (888) 382-9771 (TTY 711).

# **“I feel lonely. Can I talk to you?”**



## **Friendship Line 1-800-971-0016**

**Institute on Aging's 24-hour toll-free accredited crisis line for persons aged 60 years of age and older, and adults living with disabilities.**

**The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.**

**Friendship Line provides round-the-clock crisis support services including:**



- \* Suicide intervention;**
- \* Providing emotional support;**
- \* Elder abuse prevention and counseling;**
- \* Giving well-being checks;**
- \* Grief support through assistance and reassurance; and**
- \* Information and referrals.**

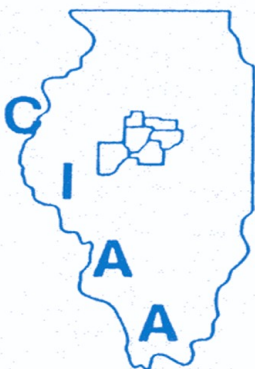
### **Contact:**

*Central Illinois Agency on Aging, Inc. for available information on services for seniors.*

Phone: (309) 674-2071

Website: <http://www.ciaoa.net>

Facebook: <http://www.facebook.com/ciaoa.illinois>



*By Renee Razo, B.A., B.S., CIRS  
Director of Program Management*



# 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](mailto:ciaa@ciao.net)*

*Space is limited.*

*Due to  
Coronavirus Disease 2019  
(COVID-19) pandemic,  
workshops are suspended*





## SIGN UP NOW SPACES ARE LIMITED

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

- \* 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!**

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.

# Healthy Living

For more information contact:

**Central Illinois  
Agency on Aging, Inc.**  
**309-674-2071 or**  
**email [ciaa@ciaaa.net](mailto:ciaa@ciaaa.net)**



*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 Keith A. Rider, President/CEO, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).*

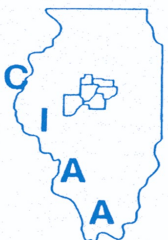


# Planning a Group Trip or Outing?

**Come  
Ride With Us!**

## Wheelchair Accessible Vehicle Available for Group Excursions

- Wheelchair lift for our friends with mobility issues
- AM/FM/CD stereo with 4 speakers and 3 T.V. screens for pleasurable DVD viewing
- Trips to group outings/functions/ shopping, out of town (i.e. Chicago/St. Louis)
- Transportation services available any day of the week, including evenings and weekends
- We can accommodate :
  - 20 passengers without wheelchairs
  - 18 passengers with 1 wheelchair
  - 16 passengers with 2 wheelchairs



***For more information contact:***

Robert Sea, Transportation Program Manager  
700 Hamilton Blvd.  
Peoria, IL 61603  
P: (309) 674-2071  
Email: [Rsea@ciaoa.net](mailto:Rsea@ciaoa.net)

## Support Groups

(Due to Coronavirus Disease 2019 (COVID-19) pandemic, support groups are suspended)



### Bradley University Counseling Research & Training Clinic Caregiver Support Group Meetings



The Caregiver Program provides emotional support to help family caregivers and grandparents raising grandchildren:

- + Cope with their caregivers roles
- + Develop and strengthen their capacities for better social and personal adjustments.
- + Meet other caregivers and grandparents raising grandchildren
- + Learn how to self-care
- + Learn how to be there without always "being there".

There is **NO CHARGE** for services; however, contributions are accepted.

- + **Grandparents Raising Grandchildren Support Group**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (1:00 p.m.-2:30 p.m.)  
Central Illinois Agency on Aging, Inc., 700 Hamilton Boulevard Peoria, IL 61603  
*Facilitator: Kaili Ruff, B.S.*
- + **Liberty Village Caregiver Support Group**  
2<sup>nd</sup> Monday of the month (1:00 p.m.- 2:30 p.m.)  
Liberty Village of Peoria, 6906 North Stalworth Drive, Peoria, IL 61615  
*Facilitator: Nargis Khan, NCC, LCPC*
- + **Pekin Miller Center Caregivers, Coffee, & Chat Group**  
3<sup>rd</sup> Friday of the month (2:00 p.m.-3:30 p.m.)  
Miller Senior Center, 551 S. 14<sup>th</sup> St., Pekin, IL 61554  
*Facilitator: Kaili Ruff, B.S.*
- + **Woodford County Family Caring 4 Family Support Group**  
3<sup>rd</sup> Monday of the Month (1:00-2:30 p.m.)  
Maple Lawn Apartments Community Room, 700 N. Main St., Eureka, IL 61530  
*Facilitator: Kaili Ruff, B.S.*

*\*New groups will be available soon\**

*Last Updated 02.18.2020*

For more information, call (309) 677-3189 or visit  
[www.bradley.edu/sites/caregiver](http://www.bradley.edu/sites/caregiver)

Bradley University is committed to a policy of non-discrimination and the promotion of equal opportunities for all persons regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, sexual orientation, or veteran status. The University is committed to compliance with all applicable laws regarding non-discrimination, harassment and affirmative action.

**Co-sponsored by Central Illinois Agency on Aging, Inc. and Bradley University**



Clipart Credit: <http://clipart-library.com/clip-art/transparent-food-10.htm>

## 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](http://www.hulthealthy.org)

### The Peoria Playhouse Children's Museum

2218 N. Prospect Road  
Peoria, IL 61603

323-6900

[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

### Peoria Riverfront Museum

222 S.W. Washington St.  
Peoria, IL 61602

686-7000

[www.peoriariverfrontmuseum.org](http://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](http://www.peoriaparks.org)

### RiverPlex Wellness & Recreation Center

600 NE Water Street

Peoria, IL 61603

282-1700

[www.riverplex.org](http://www.riverplex.org)

### Peoria Civic Center

201 SW Jefferson Avenue

Peoria, IL 61602

673-8900

[www.peoriaciviccenter.com](http://www.peoriaciviccenter.com)

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 [ciao@ciao.net](mailto:ciao@ciao.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 18—R)**  
100 NE Monroe Street, Room 100  
Peoria, IL 61602  
(309)671-7027, Fax (309)671-7309

**Congresswoman Cheri Bustos (District 17—D)**  
820 SW Adams St., Suite 1  
Peoria, IL 61602  
(309)966-1813

## U.S. Senators for Illinois

**Senator Richard J. Durbin (D)**  
525 South 8<sup>th</sup> 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 Win Stoller (37<sup>th</sup> District—R)**  
5415 University St., Suite 105  
Peoria, IL 61614  
(309)693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

**Rep. Ryan Spain (73<sup>rd</sup> District—R)**  
5407 N. University, Arbor Hall, Suite B  
Peoria, IL 61614  
(309)690-7373, Fax (309)690-7375  
[spain@ilhousegop.org](mailto:spain@ilhousegop.org)

**Rep. Mark Luft (91<sup>st</sup> District—R)**  
2964 Court Street  
Pekin, IL 61554  
(309)620-9191  
[luft@ilhousegop.org](mailto:luft@ilhousegop.org)

**Senator Dave Koehler (46<sup>th</sup> District—D)**  
400 NE Jefferson, Suite 200  
Peoria, IL 61603  
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[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

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