



# 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: 8:00 am—4:00 pm  
Saturdays: Closed

2025, February Issue

Tessa Mahoney, MSW, MBA, Executive Director  
Hoangvan Dinh, BS, Editor

# SENIOR GAZETTE

## IN THE ISSUE

Presidents Day.....	1
Make Time to Stay Healthy .....	2
Pneumococcal Vaccine for Older Adults (65+).....	3
Don't Lose Sight of Age-Related Macular Degeneration.....	4
Know the Difference: Cardiovascular Disease, Heart Disease, Coronary Heart Disease.....	5
Physical Activity Can Reduce the Risk of Nine Types of Cancer.....	6
"New" Medicare Card Schemes.....	7
Are Canned Foods Nutritious For My Family?.....	8
Ways To Enjoy Apples .....	9
Life's Essential 8™ for Kids.....	10
Brushing Fights Cavities, Brush.....	11
Got a Text about Unpaid Tolls? It's Probably a Scam .....	12
Tax Time.....	13
The Empowered Caregiver.....	14
Caregiver Chat at the Peoria Public Library—North Branch by Bradley CRTC.....	15
Take Charge of Your Health .....	16-17
<b>988</b> Suicide & Crisis Lifeline.....	18
Tips to Eat More Vegetables and Fruits Each Day, Places to Go...Things to See, and Facebook.....	19
U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....	20

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

*In Honor of  
Our Country's Leaders*

**CENTRAL ILLINOIS AGENCY ON AGING  
WILL BE CLOSED ON**

**MONDAY,  
02/17/2025**

**IN OBSERVANCE OF THE HOLIDAY**

*We will resume our regular  
business hours on Tuesday,  
02/18/2025 at 8:00 am*

**HAPPY  
PRESIDENTS  
DAY**



# Make time to stay healthy.



Medicare  
.gov

Medicare covers many [preventive and screening services](#), including vaccines. These services can help keep you from getting sick, and can help find health problems early when treatment is most likely to work best. Talk to your doctor about which ones might be right for you.

**See What 's Covered**

If you have Original Medicare (Part A and/or Part B), **log into your [secure Medicare account](#)** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's free — and easy — to [sign up](#)**.

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

**Medicare.gov**

# Pneumococcal Vaccine for Older Adults (65+)



**Protect yourself against pneumonia.**

**Get a pneumococcal vaccine!**

Pneumococcal bacteria cause pneumonia, a lung infection with a high rate of sickness and death in older adults. Pneumococcal bacteria can also cause ear infections, sinus infections, and meningitis.

**Older adults over the age of 50 should get the pneumococcal vaccine.**

The pneumococcal vaccines can prevent pneumonia. If you do get pneumonia and you are vaccinated, you are less likely to get very sick.

---

## Two kinds of pneumococcal vaccines are available:

- ◆ Pneumococcal conjugate vaccines (PCV15, or PCV 20)
- ◆ Pneumococcal polysaccharide vaccine (PPSV23)

These vaccines protect against most types of pneumococcal bacteria. Ask your healthcare provider which vaccine is best for you.

---

## Paying for the vaccine:

- ◆ If you have Medicare Part B, the vaccine is free.
- ◆ Medicaid and private health insurance plans typically cover vaccine costs.

## Vaccines are available at:

- ◆ Most drug stores
- ◆ Your healthcare provider

Source: [Pneumococcal Vaccine for Older Adults \(65+\)](#)



The AGS Older Adults Vaccine Initiative is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award to the Council of Medical Specialty Societies (CMSS), with 100 percent funded by CDC/HHS. In this initiative, AGS leverages existing resources and ongoing investments in content and technology.

THE OFFICIAL FOUNDATION OF THE AMERICAN GERIATRICS SOCIETY

40 FULTON STREET  
SUITE 809  
NEW YORK, NY 10038 212.308.1414 TEL  
Info@healthinaging.org

The AGS Health in Aging Foundation is dedicated to improving the health, independence, and quality of life of all older people. We aim to empower older adults and caregivers to actively participate in their health care and decision-making.

**DISCLAIMER:** This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. November 2024

©2024 Health in Aging Foundation. All rights reserved.



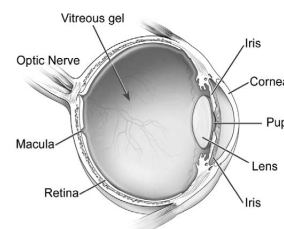
# Don't Lose Sight of Age-Related Macular Degeneration

## Information for People at Risk



### 1 *What is age-related macular degeneration (AMD)?*

AMD is a leading cause of blindness in the United States. The macula, which is in the back of the eye, controls our sharp, central vision. For some people with AMD, the macula gets weak slowly, with gradual vision loss, while for others with AMD, the growth of abnormal blood vessels causing blood and fluid leakage can lead to sudden vision loss in one or both eyes.



### 2 *Who is most likely to get AMD?*

People over the age of 60 have a higher chance of getting AMD. The chances get even higher as you get older. You also have a higher chance if you are White, smoke, are overweight, or have a family history of AMD.

### 3 *What are the symptoms of AMD?*

People with early AMD may not notice much change in their vision, especially if the disease only affects one eye. There may be some blurriness that might improve with brighter light. As AMD gets worse, people may find it harder to see faces or words in a book. People with late AMD may notice that straight lines appear crooked and more of their central vision is lost.



### 4 *How do you know if you have AMD?*

An eye care professional can tell if you have AMD by giving you a comprehensive dilated eye exam. During the exam, drops are placed in your eyes to widen, or dilate, the pupils. Then a special lens is used to look at the retina for damage. The retina is the layer of tissue in the back of the eye that is sensitive to light. After the exam, your vision may be blurry for a period of hours. The doctor may also give you an Amsler grid to look at every day. On the Amsler grid, people with normal vision will see straight black lines with a dot in the center. But those with later stages of AMD will see wavy or blurry lines and some dark spots in the middle. If any of these tests show problems in a person's central vision, the doctor may order a test that can show if there are leaking blood vessels around the macula.

### 5 *How is AMD treated?*

AMD cannot be cured, but it can be treated to keep it from getting worse. In some cases, people's vision can get better. Catching AMD early is important to protect your eyesight. In the early stage of AMD, treatments can include eating better and taking more vitamins. Talk to your eye care professional about the best vitamins for you. If abnormal blood vessels develop, you may require drugs in the eye or laser surgery to help stop the growth of abnormal blood vessels in the retina.

### 6 *What can you do to protect your vision?*

The risk of losing vision from AMD can be lowered by doing the following:

- Have a comprehensive dilated eye exam at least once a year if you are age 60 or older.
- Exercise regularly and control your weight.
- Quit smoking.
- Eat more leafy green vegetables and fish.
- Keep your blood pressure normal.

# Know the Difference

## Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease—what’s the difference?

Because these terms sound so similar, people use them interchangeable. This fact sheet will help you understand how these conditions differ.

### Cardiovascular Disease

#### The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.



### Heart Disease

#### A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that’s more than 1 of every 9) have been diagnosed with heart disease.

### Coronary Heart Disease

#### A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

### What you can do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don’t smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**





# Physical Activity Can Reduce the Risk of Nine Types of Cancer

## SIDEBAR 11

### Physical Activity Guidelines

Incorporation of regular physical activity into daily life is one of the most important steps people can take to improve their health, including reducing cancer risk. The recommended level of physical activity varies depending on age and preexisting medical conditions.



**PRE-SCHOOL  
AGED CHILDREN**  
(3-5 years)



**PREGNANT  
WOMEN**



**ADOLESCENTS**  
(Under 18 years)



**ADULTS**  
(18-64 years)



**OLDER ADULTS**  
(65+ years)

Should be encouraged to move and engage in active play at all levels of intensity throughout the day.

#### AEROBIC ACTIVITY

150 minutes per week

60 minutes per day

150 minutes **moderate intensity** per week  
or  
75 minutes **vigorous intensity** per week

#### STRENGTH TRAINING

2 days per week

3 days per week

2+ days per week

2+ days per week

#### AEROBIC ACTIVITY

Cardiovascular exercise that gets your heart pumping

##### Moderate intensity

Includes activities in which one can still talk without pausing for breaths, such as:

- Walking
- Pushing lawnmower
- Water aerobics
- Pickle ball

##### Vigorous intensity

Includes activities during which it is hard to speak more than a few words before catching breath, such as:

- Running
- Swimming fast
- Cycle fast or on hilly terrain



#### STRENGTH TRAINING

Includes activities which work muscles and core by doing repetitions or sets of movements, such as:

- Yoga
- Martial arts
- Tai chi
- Pilates
- Lifting weights
- Using resistance equipment



**Cancer survivors should consult their physicians and follow modified guidelines adapted for their personal health, specific cancers, and treatment.**



## What's New in Medicare

# "NEW" MEDICARE CARD SCHEMES



Do you know what isn't new this year?  
**Your Medicare card.**

People with Medicare **ARE NOT** receiving new cards this year, But scammers may attempt to convince you otherwise.



### PROTECT

Medicare and/or health ID # and only share it with your health care provider or trusted person. **Protect your Medicare card like you would a credit card.** Scammers have ways of stealing your personal information.



### DETECT

medical identity theft by reading your Medicare statements often. If you see services or prescriptions that you didn't know about or receive, your Medicare and/or health ID number could be considered "compromised."



### REPORT

potential medical ID theft to your local SMP as it can affect your medical and health insurance records, ability to receive future services or equipment, and lead to incorrect costs for both you and the Medicare program.



### RED FLAGS TO LOOK FOR:



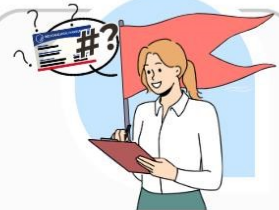
Unsolicited calls from anyone claiming to be from Medicare



Anyone needing your personal information so that they can send you an updated Medicare card



Anyone saying your card is expiring, and they need to send you a new one or you will be charged a fine



Anyone stating Medicare is issuing new cards and you need to verify your number



Contact your local Senior Medicare Patrol (SMP) if you believe you have experienced potential Medicare fraud, errors, or abuse.

[smpresource.org](https://smpresource.org) | 877.808.2468



Contact your SHIP if you have questions about 2025 coverage, enrollment periods, or cost assistance programs.

[shiphelp.org](https://shiphelp.org) | 877.839.2675



# Are Canned Foods Nutritious For My Family?

Canned foods can play an important role in an overall healthy diet. Some research suggests that people who eat more canned foods tend to have a higher intake of fruits and vegetables and a higher intake of nutrients compared to people who eat fewer canned fruits and vegetables.

## *How Canned Foods are Made*

Canned fruits and vegetables usually are canned within hours after picking. Some procedures may vary depending on the food item, but once the fruit or vegetable has been picked and transported to the canning facility, it goes through three major steps:

1. **Processing:** Fruits and vegetables are washed and often peeled, cut, chopped or pitted before canning. Certain varieties of fruits and vegetables may be blanched beforehand. Dried beans are hydrated and blanched. Once the food is prepared, the cans are filled with either water or juice and seasoned accordingly.
2. **Sealing:** After processing, the food is put into cans and the lid is sealed.
3. **Heating:** Once the can is sealed, it is quickly heated to a precise temperature for a specified amount of time to kill harmful bacteria and prevent spoilage. After it is heated, it is quickly cooled.

## *Benefits of Canned Foods*

Fruits and vegetables used for canning are picked at peak freshness, ensuring the best flavor and nutrient quality. Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients. The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning. But, because the canning process requires high heat, canned goods may have less water-soluble vitamins such as vitamin C and B vitamins. However, the heating process that may harm some vitamins can actually increase the antioxidant content. For instance, canning increases the amount of lycopene in tomatoes.

Canned foods are a convenient and affordable way to incorporate more fruits and vegetables into your diet. The process of canning ensures a long shelf life of at least one to five years. This may be beneficial for people who often throw away fresh produce due to spoilage.



## *Making Wise Choices*

While canned foods can be easy and convenient, there are factors to consider to choose the most nutritious options for you and your family. When purchasing canned fruit, pick varieties that are canned in water, 100% juice or in its own juices. Many varieties of fruit come packed in light or heavy syrup, which translates to added sugars. Choose canned vegetables without added salts, labeled “no salt added” or “low sodium.” Be mindful that cans marked “reduced sodium” are not necessarily sodium-free. Draining and rinsing canned beans and vegetables can help reduce the sodium content as well.

Avoid cans with dents, bulges, cracks or leaks. This may be a sign of the bacteria that causes botulism. Damage to the can may allow air to enter, creating the ideal environment for *Clostridium botulinum* to grow. Botulism is more common in homemade canned goods that are improperly handled and is extremely rare in commercially packaged canned goods.



Academy of Nutrition  
and Dietetics





## Ways to Enjoy Apples

**10. Apple Chutney.** Swap cranberries out for apples and top our Spice Apple & Pear Chutney over turkey sandwiches, pork chops, grilled chicken, and more!

**9. Applesauce... Smooth or Chunky?** Low sugar or sugar-free? With raisins ... or cranberries? Just spice it up and make it your own.

**8. Apple Tasting Bar!** With all of the varieties of apples available, set up an apple tasting bar and have your kids try as many different varieties that you can find at your local grocery store/market! See what they have to say!

**7. Main Dish.** Many of your main dishes could benefit from a little apple flavoring. Our Apple Chicken Stir Fry is an unexpected way to enjoy apples and it's absolutely delicious!

**6. Bake'em!** Remove the cores, leaving a ½" of the bottom of the apples. Pour a small amount of brown sugar and butter into the hole. Place the filled apples in an 8" x 8" square baking pan then add ¾ cup of water to the pan. Bake at 375° for 30-40 minutes until tender, not mushy.

**5. On the Go.** Crunch into a delicious whole apple at snack time, mealtime or anytime at all.

**4. Peanut Butter...Need We Say More?** Slice and enjoy apples with our delicious Fruity Peanut Butter Dip. Add carrots and celery for more color and variety.

**3. Dessert!** The kids will love helping out with this one. Check out our Boatloads of Fruit recipe from the *Cool Fuel Cookbook for Kids*.

**2. Apple Dipping Bar.** Forget bobbing for apples, try dunking them! Kids will love helping out with this fun Dipping Bar!

**1. Fennel & Apple Salad.** Combine 1 fennel bulb and 2 cored and cubed apples topped with a citrus vinaigrette for a simple 3- ingredient salad!



# LIFE'S ESSENTIAL 8 FOR KIDS

We all want our kids to grow up healthy and happy. The American Heart Association's Life Essential 8™ are the key measures for improving and maintaining cardiovascular health. Supporting good heart and brain health early helps lower the risk for heart disease, stroke and other major health problems later in life.

Life Essential 8™ elements are divided into two areas—health behaviors and health factors. Health behaviors include diet, physical activity, nicotine exposure and sleep. Health factors are body mass index, cholesterol levels, blood sugar and blood pressure.

Health habits often begin at home. By finding ways as a family to move more, eat better, sleep well, know your numbers (blood pressure, blood sugar and cholesterol), and talking with your kids about how important these habits can help set them up for success and avoid serious health issues such as obesity and Type 2 Diabetes.

The [link](#) provides Life Essential 8™ —for kids, information on each of the eight elements, why they are important for kids, and how you can easily talk to children about good heart and brain health together. Use these with your kids as a guide and involve them in activities and decisions that support the whole family's heart health—together...

## *Life Essential 8™ for Kids*

**Super Fuel**

**In Motion**

**Clear the Air**

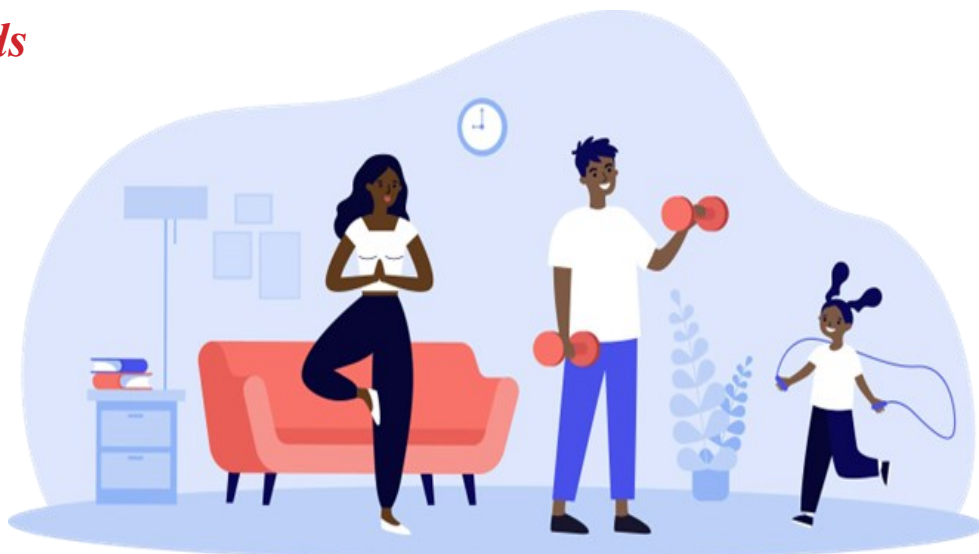
**Sleep Tight**

**Balanced Bodies**

**Building Blocks**

**Sweet Talk**

**Don't Be Pressured**



# Brushing Fights Cavities, Bruh



I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.

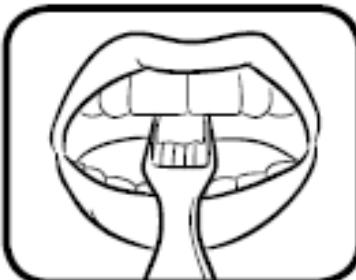
For more resources, visit: [MouthHealthy.org](https://MouthHealthy.org)



Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.



Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Brush your tongue to remove bacteria and keep your breath fresh.





# Got a Text about Unpaid Tolls? It's Probably a Scam

Whether you've driven through a toll recently or not, you might've gotten a text saying you owe money for unpaid tolls. It's probably a scam. Scammers are pretending to be tolling agencies from coast to coast and sending texts demanding money. Learn how the scam works so you can avoid it.

You get a text out of the blue that says you have unpaid tolls and need to pay immediately. The scammy text might show a dollar amount for how much you supposedly owe and include a link that takes you to a page to enter your bank or credit card info — but it's a [phishing scam](#). Not only is the scammer trying to steal your money, but if you click the link, they could get your personal info (like your driver's license number) — and even steal your [identity](#).

To avoid a [text scam](#) like this:

- **Don't click on any links** in, or respond to, unexpected texts. Scammers want you to react quickly, but it's best to stop and check it out.
- **Check to see if the text is legit.** Reach out to the state's tolling agency using a phone number or website you know is real — not the info from the text.
- **Report and delete unwanted text messages.** Use your phone's "report junk" option to report unwanted texts [to your messaging app](#) or forward them to 7726 (SPAM). Once you've checked it out and reported it, delete the text.

Learn more about spotting and avoiding text scams at [ftc.gov/textscams](https://ftc.gov/textscams).

**Got a text telling you to pay “overdue toll charges”?**

**It's probably a scam.**

**FEDERAL TRADE COMMISSION**

# Tax Time

## Peoria Public Library (Main)

107 NE Monroe St.

Peoria, IL 61602

Hours: **Only** Tuesdays

10:00 AM—3:00 PM

Opens: 2/4/2025

For appointment call (309)497-2200.



## Peoria North Library

3001 W. Grand Pkwy.

Peoria, IL 61615

Hours:

Wednesdays: 11 AM—7 PM

Thursdays and Fridays

10:00 AM—3:00 PM

Date Open: 2/1/2025

For appointment call (309)497-2100.

## Pekin Public Library

301 S. 4th St.

Pekin, IL 61554

Hours: Tuesdays and Thursdays

9:00 AM – 1:00 PM

Date Open: 2/4/2025

For appointment call (309) 347-7111 Extension 0

## Fondulac District Library

400 Richland St

East Peoria, IL 61611

Hours: **Only** Fridays

9:00 AM—1:00 PM

Date Open: 2/1/2025

Appointment Required.

Call (309) 699-3917

## Saint Anthony Hall

2525 S. Skyway Rd.

Bartonville, IL 61607

Hours: Wednesdays, Thursdays and  
Fridays

1:00 PM—5:00 PM

Date Open: 2/1/2025

Call (309)340-9282 for details.

## Chillicothe Library

430 N. Bradley Ave.

Chillicothe, IL 61523

Hours: Tuesdays and Thursdays

9:00AM—3:00PM

Date Open: 2/4/2025

Call (815)556-9081 and leave a message  
for appointments.

**TAX DEADLINE**

**Tuesday**

**April 15**

**2025**

[Locate Tax-Aide sites near you](#)

As 02/11/2025

# THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program services.

## Dates & topics for each module in the series

- » Mar 6: Building foundations of caregiving.
- » Mar 13: Supporting independence.
- » Mar 20: Communicating effectively & responding to dementia-related behaviors.
- » Mar 27: Exploring care and support services.

**Every Thursday in March;  
6, 13, 20, and 27  
10:00 am—11:00 am**

**Alpha Park Library  
3527 S. Airport Rd. Peoria, IL 61607**

**To register call  
(309) 697-3822 Ext 13  
Space is limited so call today.**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.



# 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](mailto: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](mailto: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](mailto: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](https://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/>

## Tips to eat more vegetables and fruits each day

- *Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity.*
- *No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every day.*

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss.



At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals but also creates eye-appealing meals.

### *Tips to eat more vegetables and fruits each day*

1. **Keep fruit where you can see it.** Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator to tempt a sweet tooth.
2. **Explore the produce aisle and choose something new.** Variety and color are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes (beans) and peas; and citrus fruits.
3. **Skip the potatoes.** Choose other vegetables that are packed with different nutrients and more slowly digested carbohydrates.
4. **Make it a meal.** Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals.



The  
**Nutrition  
Source**

Source: [\*Vegetables and Fruits – The Nutrition Source\*](#)

## 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)

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@ciao.net](mailto:ciaa@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 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 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  
[repyanspain@gmail.com](mailto:repyanspain@gmail.com)

### **Rep. Sharon Chung (91<sup>st</sup> District—D)**

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

### **Rep. Travis R. Weaver (93<sup>rd</sup> District—R)**

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

### **Senator Dave Koehler (46<sup>th</sup> District—D)**

1203 East Kingman Avenue  
Peoria Heights, IL 61616  
(309) 677-0120, Fax (309) 346-4650  
[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

### **Rep. William Hauter (87<sup>th</sup> District—R)**

133 S. Main Street Ste. A  
Morton, IL 61550  
(309) 819-8701  
[hauter@ilhousegop.org](mailto:hauter@ilhousegop.org)

### **Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**

300 E. War Memorial Drive, Suite 303  
Peoria, IL 61614  
(309) 681-1992, Fax (309) 681-8572  
[repigordon@gmail.com](mailto:repigordon@gmail.com)

### **FY 2025**

### **CIAA**

### **Board of Directors**

Wanda Aberle, Chair  
Barry Beck, Vice-Chair  
Roger Wiseman, Treasurer  
JoAnn Olson, Secretary

Genevieve Howard  
Margaret Jacques  
Carolyn Little  
Kathleen Sipes



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).

### **FY 2025**

### **CIAA**

### **Advisory Council**

Philip Grgurich, Chair  
Joe Hendel, Vice-Chair  
Cindy Levingston,  
Secretary

Cassandra Anderson  
Alfreida DeGroot  
Denise Durst  
Robert Herath  
Becky Jones  
Sharon Kennedy  
Delores Lassiter  
Timothy McMillen  
Deene Milam  
Frank Sciortino  
Jan Wherley