



# 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, January Issue

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

# SENIOR GAZETTE

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

## CENTRAL ILLINOIS AGENCY ON AGING

## WILL BE

## CLOSED

## ON

## MONDAY, JANUARY 20, 2025

## MARTIN LUTHER KING JR. DAY

## IN OBSERVANCE OF THE HOLIDAY

*We will resume our regular business hours on  
Tuesday, January 21, 2025 at 8:00 am*



Heart of Illinois



Central Illinois Agency on Aging, Inc.



# Help Needed Preparing for Annual Amendment to the Area Plan

*Mitch Forrest, LCSW, CIRS A/D  
Director of Planning and Research*

Every three year's Central Illinois Agency on Aging Inc/Age Central prepares an Area Plan that outlines actions the agency will take to provide supportive services for older adults and their corresponding informal care takers, including grandparents raising grandchildren. Every year we are asked to make Amendments to our three-year plan and report any changes in services. Some of these services are a requirement as an Area Agency on Aging, contracted under the Illinois Department on Aging and some services have more flexibility

per the needs of the population we serve in Peoria, Tazewell, Marshall, Stark, Woodford and Fulton Counties. One way to assess the needs of residents in our six counties is to provide surveys for them.



The QR code below will [link](#) the reader with an online Survey generated by a program called Survey Monkey and edited by Central Illinois Agency on Aging Inc/Age Central. For those that are not familiar with QR codes, if you have a smart phone, Android or Apple, by using your camera application should be able to point your phone at the QR code with your camera/photo application open and the picture will highlight the QR code giving you a link to open up the survey. If you don't have a smart phone or find this difficult, we would be glad to send you a paper copy. I will also include the web link to open the survey.

*Thanks for your help with this important information gathering project for our Agency.  
We would kindly ask for your input on this survey by February 1st, 2025.*

**Web Link- <https://www.surveymonkey.com/r/C5F3CXL>**



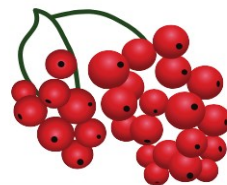


## 2024 Senior Farmer's Market Coupons

This past year, we partnered with Neighborhood House, which conducted a mass distribution event over several days in early July. Our tentative plan for this program next year is also to partner with Neighborhood House to further our success with this program and ensure the community's need is met.

We just wanted to share some exciting news. Central Illinois Agency on Aging had the highest redemption rate at 88.11% for Senior Farmer's Coupons in Illinois out of the 13 AAA's. This year's state goal was a redemption rate of 80%, and we surpassed that.

*Thank you all for your support during Farmer's Market season.*



Central Illinois AAA - 88.11%

AGESMART Community Resources - 87.32%

Northwestern IL AAA – 81.75%

Total Statewide – 77.26%

2025 Goal = 80% statewide redemption





# MEDICARE'S GOT YOUR VACCINES COVERED.

**\$0 out of pocket.**

Medicare  
.gov

**Are you protected against flu, COVID-19 and RSV?** It's important to stay up to date on Medicare-covered vaccines. **Vaccines can lower your risk** of getting really sick, and their side effects are usually mild and temporary.

**Vaccine Finder**

**Here's how to stay up to date on your vaccines:**

- For better protection against flu, the CDC recommends people 65 or older get one of the [higher-dose flu vaccines](#), if available.
- People 65 or older should get **2 doses of the [updated 2024– 2025 COVID-19 vaccine](#), spaced 6 months apart**. Consider getting the 2nd dose sooner if you have upcoming travel, life events, and health care visits.
- Everyone 75 or older, and people ages 60–74 who are at increased risk, should get the [RSV vaccine](#). RSV isn't an annual vaccine. If you've already gotten an RSV vaccine, you don't need to get another one at this time.

Remember, Medicare drug coverage (Part D) also [covers vaccines](#) for shingles, tetanus-diphtheria-whooping cough (TDAP), and more at no cost. Talk with your doctor about which vaccines can help you stay healthy this winter!

**Medicare.gov**



**Keep  
an eye  
on your  
vision  
health.**

Medicare  
.gov

Glaucoma is the 2nd leading cause of blindness worldwide. At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.

Anyone can get glaucoma, but some people are at higher risk. If one or more of the following is true, **you may be at high risk for developing glaucoma:**

- You have diabetes.
- You have a family history of glaucoma.
- You're African American and 50 or older.
- You're Hispanic and 65 or older.

### Glaucoma Test Coverage

The only way to find out if you have glaucoma is to get a glaucoma screening. Talk with your doctor to make sure you're up to date on screenings. [Medicare covers a glaucoma screening once every 12 months if you're at high risk.](#)

Early treatment can often stop the damage and **protect your eyes from serious vision loss.** Learn more about glaucoma from the [National Eye Institute](#).

Medicare.gov

# Tips for Older Adults To Stay Safe in Cold

Changes that come with aging can make it harder for older adult to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use this information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.

## Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature—try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent lost of body heat through your head and hands. Also consider using disposable or rechargeable hand-and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.

To learn more about cold weather safety, visit [www.nia.nih.gov/cold-safety](https://www.nia.nih.gov/cold-safety).

Source: <https://order.nia.nih.gov/sites/default/files/2024-07/cold-weather-safety-tip-sheet.pdf>

NATIONAL  
**BLOOD  
DONOR**  
MONTH



NEARLY  
**42,000**  
**blood components**  
ARE USED BY PATIENTS EVERY DAY

January is Blood Donor Month



**If just 1% more**  
Americans donate blood,  
shortages would be alleviated.



On average,  
pediatric patients use  
**652,000 units**  
of blood annually



**25% of the**  
**blood supply**  
is used by patients  
battling cancer

<https://americasblood.org/>

**GIVE BLOOD &  
SAVE A LIFE**



#NBDM #GIVEBLOOD



NATIONAL  
**BLOOD  
DONOR**  
MONTH



**ONE DONATION**  
**can help save**  
**MORE THAN ONE LIFE**

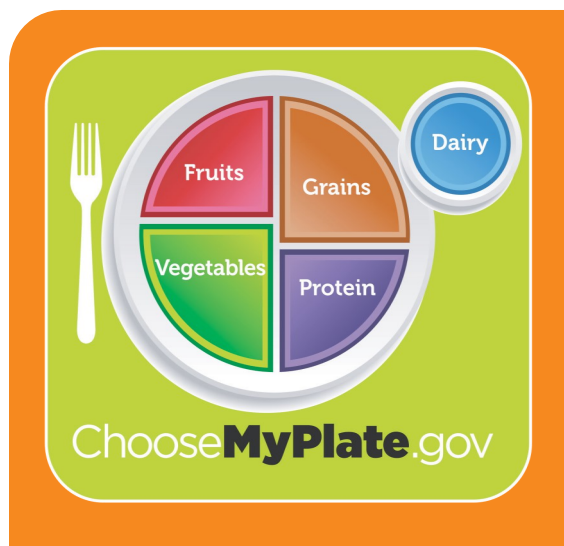


thank you to  
**America's**  
**7 MILLION**  
blood donors



Source: [CMS.Illinois.gov](https://www.blooddonormonth.org/)

Source: <https://www.blooddonormonth.org/>



# Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups, try to plan your meals to include a variety of foods.



## Fruits

### FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



## Vegetables

### VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy



## Protein

### VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounce each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



## Grains

### MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food,
- Grains are either whole grains or refined grains,
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



## Dairy

### MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of mild, soy milk, or yogurt or 1½ ounces of hard cheese.





# What's In Season In Winter

By [Elizabeth Hall](#)

Dropping temperatures and shortened days can deplete energy levels and mood. Combat the winter blues by incorporating these produce picks that are in season during winter.

**Citrus fruits:** From lemons, limes, and clementines, to oranges, tangerines, and grapefruit, with delicious citrus, the possibilities are endless! Citrus fruits are packed with vitamin C and fiber to support a healthy immune system. They also contain calcium, magnesium, phosphorous and potassium to promote strong bones and muscle function. Squeeze some lemon or lime juice atop your favorite flakey fish or pop a clementine into your lunch box for a refreshing addition to your meal or snack.

**Roots:** Root vegetables like potatoes, sweet potatoes, carrots, parsnips, beets, and radishes, are great sources of fiber, plus, some contain vitamin A and potassium. The starch in these vegetables provide complex carbohydrates that fuel body processes including brain function! Root veggies can be baked, roasted, sautéed, or pureed and added to baked goods, soups, and stews or even your favorite comforting casserole.

**Cruciferous veggies:** Produce in the cruciferous veggie family, such as Brussels sprouts, cauliflower, and broccoli, have beneficial phytochemicals that may play a role in preventing disease and inflammation. They also contain B-vitamins to support a healthy metabolism. A healthy body and metabolism give you energy to do your best and feel your best. You guessed it – cruciferous vegetables can also be roasted in the oven, eaten raw, or “riced” and added to recipes like pizza crust or mashed potatoes.

**Hearty greens:** Dark leafy greens like romaine lettuce, kale, and collard greens, are rich in vitamins C and K as well as antioxidants including beta carotene, the precursor for vitamin A. These nutrients help remove free radicals from the body and protect against chronic disease. Darker colors mean more nutrients, so get creative by choosing a variety of greens for different colors and textures. Try adding romaine to your sandwich, collards to a soup, or kale to the top of a homemade pizza.

Remember that you can enjoy any fruit or vegetable all year round by choosing frozen, canned, dried, or 100% choose – all forms count!

# Identity Theft Awareness Week

Jan 27–31  
**2025**

Are you interested in learning more about how to protect yourself from identity theft? Check out [Identity Theft Awareness Week](#). During the week, the FTC and its partners will host free webinars and other events to talk about how to spot, avoid, report, and recover from identity theft. Mark your calendars.

***[Identity Theft Awareness Week](#) starts Monday, January 27!***

Identity theft can happen to anyone and can take many forms. Someone could open a credit card or utility account in your name, or use your information to get a loan, a job, or medical care. They might even file taxes in your name to get your refund.

Identity Theft Awareness Week is an excellent opportunity to learn and talk about identity theft to help protect yourself, your family, and your friends. Here are some ways you can participate in and support your community during Identity Theft Awareness Week:

- Visit the Identity Theft Awareness Week 2025 [website](#) to find out about scheduled events you can participate in.
- Get information in multiple languages about how to spot, avoid, and report identity theft at [ftc.gov/languages](https://ftc.gov/languages) and share it in your community.
- Watch and share videos on social media in [English](#), [Spanish](#), [Chinese](#), and [Korean](#).
- Share images before and during Identity Theft Awareness Week on your social media to help gather support and attention.

[Order publications](#), including bookmarks and one-page flyers, and share them with people you know or place them at places of worship and libraries where people can find them.

Keep an eye out for updates on the Identity Theft Awareness Week events at [ftc.gov/IDTheftWeek](https://ftc.gov/IDTheftWeek)! Whether you're chatting with friends and family, posting on social media, or speaking at a community group meeting, talking about identity theft can help protect you and your community.

# 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 309-550-1637.



## 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

## 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.

## Fondulac District Library

400 Richland St

East Peoria, IL 61611

(309) 699-3917

Date Open: 2/1/2025

Hours: **Only** Fridays

9:00 AM—1:00 PM

By appointment ONLY.

## Chillicothe Library

430 N. Bradley Ave.

Chillicothe, IL 61523

Hours: Tuesdays and Thursdays

9:00AM—3:00PM

Date Open: 2/4/2025

Call (309)271-2719 and leave a message  
for appointments.

**TAX DEADLINE**

**Tuesday**

**April 15**

**2025**

Locate Tax-Aide sites near you

As 01/16/2025



# Bradley's Grandparent Raising Grandchildren Holiday Party a Success Despite Frosty Conditions

*Mitch Forrest, LCSW, CIRS A/D  
Director of Planning and Research*

There were almost 108 grandchildren served and over 20 different grandparents raising grandchildren served during this year's Holiday Party at the Peoria RiverPlex. There was snow on the ground and a little cold out but it didn't keep many of our Grandparents away from celebrating with us. Seen in pictures are Dr. Anna Viviani, Bradley University Counseling Research and Training Clinic and Kaia Bowen, Administrative Assistant. Santa arrived and distributed gifts, we ate pizza and had several gifts that were raffled off. Thanks to all the volunteers and people who provided gifts. A special thank you to co-worker Marjorie Douglas, husband Melvin and for Oak Street Health providing information and giveaways.



# 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*



# 10 Fun Facts About Snow

1

All snowflakes have six sides.

2

An incredible 1,140 inches (95 feet) was recorded at Mount Baker Ski Area in Washington state (4,200 feet elevation) during the July 1, 1998 to June 30, 1999 snow season.

3

The most snow measured in 24 hours was 75.8 inches, which fell in Silver Lake, Colorado April 14-15, 1921, enough to bury most people from head to toe.

4

Snow crystals are translucent, not white. The white coloring is caused by sunlight that is reflected off the crystals. All visible colors are reflected, which together, look white.

5

Most snowflakes fall at a speed of 2 to 5 feet per second, roughly the same speed as a person casually walking through a park.

6

Official snowfall and snow depth measurements include snow, sleet and ice pellets—in the summer, hail will also be recorded as a trace of snow if it is on the ground when the observation is taken.

7

Did you know a blizzard can occur without falling snow? If winds speeds remain higher than 35 mph and the visibility is also reduced to less than 1/4 mile for three hours or more, then it's classified as a blizzard.

8

A cubic foot of snow (12" on a side) may contain between 1 and 2 million individual snowflakes.

9

Thundersnow is simply a thunderstorm with snow as the precipitation type, it typically occurs where there is really strong upward motion inside a winter storm.

10

All 50 states have recorded snowfall. In Hawaii, snow is observed on the tallest volcano summits every year, and light snow (mainly trace amounts) is an almost yearly occurrence in northern Florida.



**Graceland**  
CENTER FOR PURPOSEFUL AGING

## WINTER Programs



*Aging with Vitality*



## WEEKLY PROGRAMS

**Tuesdays 10am to 12 pm  
& 1 pm - 2 pm**

**Wednesdays 10 am to 1 pm**

**Life Together Center**

**3625 N Sheridan Rd**

**Peoria, Il 61604**

**FREE!**  
No  
Registration  
Required

Health Tips  
Connect to Resources  
Refreshments  
Socialization

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**



**COMMUNITY  
FOUNDATION**  
OF CENTRAL ILLINOIS



**Come share the JOY of  
connecting with others!**





# 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:

- \* 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@ciao.net](mailto:ciaa@ciao.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, 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/>

# Stay Ahead of Scammers in 2025

With scammers targeting our entire life savings with their schemes, we all need to be alert and know how to detect their latest tricks. Something as simple as talking about scams you know about is a great way to help you and your community stay protected. And being part of this solution doesn't require training or a lot of time!

The FTC has free materials and information on hundreds of different scams both in print and online. Here are a few ideas to help you become a fraud fighter.

- **Learn more about what scammers say and do.** Start at [consumer.ftc.gov](https://consumer.ftc.gov) where you'll find articles, consumer alerts, and advice to help you spot and avoid scams.
- **Check out resources in multiple languages.** If you know people who prefer to get information in their native language, [ftc.gov/languages](https://ftc.gov/languages) has materials in more than a dozen languages.
- **Get print materials to share with your community.** Go to [ftc.gov/BulkOrder](https://ftc.gov/BulkOrder) and order free resources on a variety of consumer topics. Delivery is also free.
- **Keep up with the latest.** Sign up for FTC consumer alerts at [ftc.gov/ConsumerAlerts](https://ftc.gov/ConsumerAlerts) to get email updates on recent scams, announcements, and advice.
- **Share what you know.** Have a conversation, leave FTC materials where people will see them, or post on social media. Are you part of a group? Consider using [Pass It On](#) or [Pásalo](#) presentations, complete with notes and supporting materials, to start a conversation about scams. All FTC content is in the public domain, which means there's no copyright or permission needed to use it.

**Please remember the FTC wants to hear about scams in any language, even if you didn't lose money.**

**Report in English at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov) —  
or**

**in Spanish at [ReporteFraude.ftc.gov](https://ReporteFraude.ftc.gov).**

**To report in other languages,  
call (877) 382-4357  
and press 3 to speak to an interpreter in your  
preferred language.**



**FEDERAL TRADE COMMISSION  
PROTECTING AMERICA'S CONSUMERS**

Source: <https://consumer.ftc.gov/consumer-alerts/2024/12/stay-ahead-scammers-2025>

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

### **The Peoria Playhouse Children's Museum**

2218 N. Prospect Road  
Peoria, IL 61603  
323-6900  
[www.peoriaplayhouse.org](https://www.peoriaplayhouse.org)

### **Peoria Riverfront Museum**

222 S.W. Washington St.  
Peoria, IL 61602  
686-7000  
[www.peoriariverfrontmuseum.org](https://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](https://www.peoriaparks.org)

### **RiverPlex Wellness & Recreation Center**

600 NE Water Street  
Peoria, IL 61603  
282-1700  
[www.riverplex.org](https://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  
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## U.S. Senators for Illinois

### **Senator Richard J. Durbin (D)**

525 South 8<sup>th</sup> Street  
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### **Senator Tammy Duckworth (D)**

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Springfield, IL 62701  
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## Illinois General Assembly

### **Senator Win Stoller (37<sup>th</sup> District—R)**

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### **Rep. Ryan Spain (73<sup>rd</sup> District—R)**

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

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

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

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

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