



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, July 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
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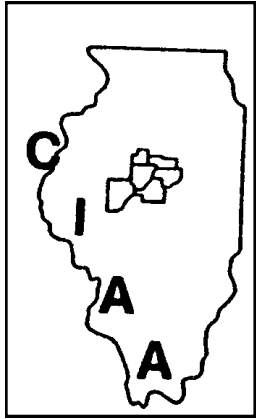


HAPPY

INDEPENDENCE DAY

4th OF JULY

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CENTRAL ILLINOIS AGENCY ON AGING, INC.
20TH ANNUAL
DR. LAURENCE E. NORTON
GOLF TOURNAMENT
Friday, August 19, 2022

Contest: 11:15 am
Shotgun Start: 12 noon
Fee: \$130 per person
(golf, cart and dinner)

Early Bird \$120 – *payment
received by July 30, 2022*
4 person scramble

Hole in One Prize:
\$10,000

Sponsored by:
**Hecht-Stout
Insurance Agency**



**Proceeds Benefit CIAA's
Faith Based Meals and
New Year's Day Meal
Programs for Homebound Seniors.**



Major Sponsor

AARP[®]
Illinois

**We will follow all COVID-19 related
Procedures and Protocols, whatever
they are at the time of the
Tournament.**



For more information contact:

Renee Razo, 309-674-2071 ext. 2205

rrazo@ciao.net

www.ciao.net

***Now Available:* Free At-home COVID-19 Tests for People Who Are Blind or Have Low Vision**

The Biden-Harris Administration has launched a new initiative to expand the availability of at-home tests that are more accessible for people who are blind or have low vision. The tests work with a compatible Bluetooth-enabled smartphone and a free app to provide users with audible instructions and audible test results. [Read more about the tests.](#)

How to get the tests:

Order [online](#) or by calling 1-800-232-0233.

- Each order will include two rapid-antigen tests that are more accessible for people who are blind or have low vision.
- Orders will ship free, while supplies last.

Because supplies are limited, please order the more accessible tests only if you do not have options for using the standard tests. If you have someone you trust who can help you administer the test and interpret results (in person, or through a video platform like FaceTime or Zoom), or can use assistive technology (such as AIRA or Be My Eyes), please [order the standard tests](#).

This initiative complements the [Administration's efforts](#) to expand production of more accessible tests and work with private sector partners on the development of new accessible tests.

Need more assistance?

The trained staff at the Disability Information and Access Line (DIAL) can provide additional assistance with:

- Ordering tests.
- Understanding instructions for test administration and test results.
- Providing alternative instructions for traditional at-home tests for people who are unable to access, read, or understand the manufacturer's version.
- For those who cannot use an at-home test, DIAL operators can:
 - Assist with ordering "swab and send" kits to collect a sample and mail it back for results.
 - Connect callers to local organizations for assistance locating other testing options in their community, including in-home testing programs or transportation or companion support to visit a community-based testing site.



Call 888-677-1199 Monday-Friday from 9 a.m. to 8 p.m. (Eastern) or email DIAL@usaginganddisability.org



Heat and Older Adults



People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

- * Older adults do not adjust as well as young people to sudden changes in temperature.
- * They are more likely to have a chronic medical condition that changes normal body responses to heat.
- * They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

CARETAKER CHECKLIST

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

- *Are they drinking enough water?*
- *Do they have access to air conditioning?*
- *Do they know how to keep cool?*
- *Do they show any signs of heat stress?*

Stay cool, stay hydrated

- * Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- * Do not rely on a fan as your main cooling source when it's really hot outside.
- * Drink more water than usual and **don't wait** until you're thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- * Don't use the stove or oven to cook—it will make you and your house hotter.
- * Wear loose, lightweight, light-colored clothing.
- * Take cool showers or baths to cool down.
- * Do not engage in very strenuous activities and get plenty of rest.
- * Check on a friend or neighbor and have someone do the same for you.
- * Follow [additional tips](#) on how to prevent heat-related illness.

Stay informed

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

Preventing Tick Bites

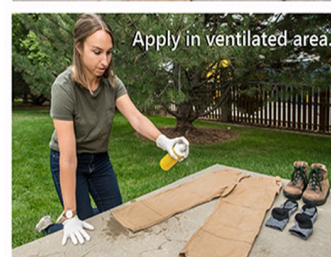
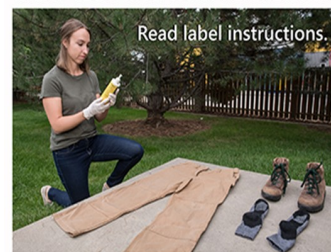


Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Know [which ticks are most common in your area](#).

Before You Go Outdoors

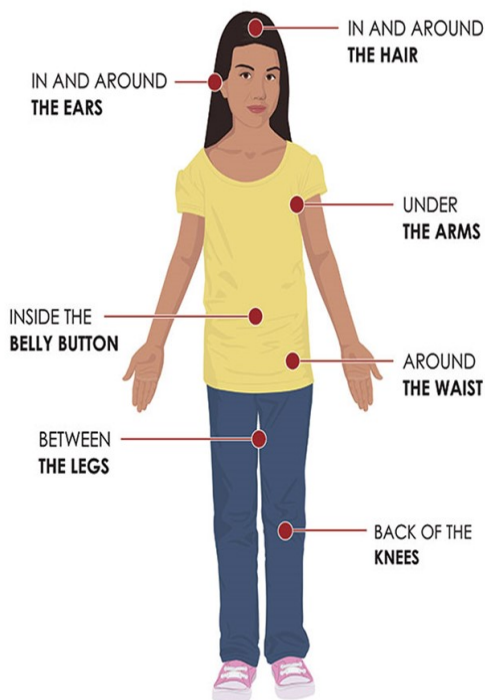
- **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- **Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- **Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#)** containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful [search tool](#) can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.
- **Avoid Contact with Ticks**
 - ♦ Avoid wooded and brushy areas with high grass and leaf litter.
 - ♦ Walk in the center of trails.

TREAT CLOTHING WITH PERMETHRIN



After You Come Indoors

- **Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.



- **Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.
- **Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.
- **Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. *Check these parts of your body and your child's body for ticks:*

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist



**BRADLEY'S COUNSELING
RESEARCH AND TRAINING
CLINIC**

BACK TO SCHOOL: SUPPLY DRIVE

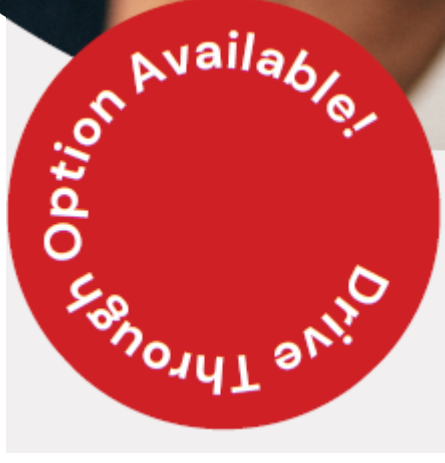
For Grandparents Raising Grandchildren

When: Thursday, July 28th, 2022

Where: Bradley Park, Bradley Park Shelter

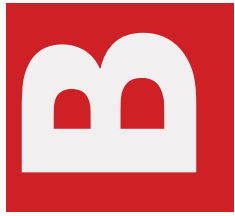
Time: 3:00 pm—5:00 pm

All RSVP'd grandchildren between K—12th grade will receive a backpack with school supplies. Registered families will also be provided a light meal.



PLEASE RSVP BY JULY 25TH BY CALLING (309)677-3189. PLEASE LEAVE A MESSAGE INCLUDING THE FOLLOWING INFO:

1. NAME OF GRANDPARENT REGISTERING GRANDCHILDREN 2. NUMBER OF GRANDCHILDREN BEING REGISTERED 3.NAME, AGE, GENDER, AND GRADE ENTERING OF CHILD(REN) 4. CONTACT NUMBER TO BE REACHED 5. PINIC OR DRIVE THROUGH



**BRADLEY'S COUNSELING
RESEARCH AND TRAINING
CLINIC**

BACK TO SCHOOL: SUPPLY DRIVE

How can you help?

WE ARE LOOKING FOR DONATIONS OF SCHOOL SUPPLIES, BACKPACKS, OR A MONETARY DONATION FOR PURCHASE OF NEEDED SUPPLIES.

- | | | |
|------------------------------------|------------------------|---------------------------|
| • Highlighters | • 1.5 Binder | • Pencil Sharpener |
| • 2-pocket Folders, prongs | • Ruler | • #2 Pencils |
| • Spiral notebooks | • Kleenex | • Colored Pencils |
| • Clorox Wipes | • Index Cards | • Dividers |
| • Loose Leaf Paper (wide/
rule) | • Glue Sticks | • Masks (set of 5) |
| • Markers | • Pencil Boxes | • Pens (red, blue, black) |
| • Scissors | • Composition Notebook | • Sticky Notes |
| • Backpacks | | • Hand Sanitizer |
| | | • Eraser |

**If you would like to offer supplies or a monetary donation please contact
the Bradley University Counseling Research & Training Clinic Caregiver program
by July 25th: (309) 677-3189 or bradleycrtc@gmail.com**

MEDICARE AND CORONAVIRUS

Things to know: Medicare covers

- Medicare covers the COVID-19 vaccine at no cost to you. Medicare covers the vaccine for anyone 5 and older who has Medicare due to their age, a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease). Be sure to bring your Medicare card.
- Medicare covers a COVID-19 vaccine booster shot at no cost to you. You can get a booster from the same COVID-19 vaccine that you originally got, or choose a different one.
- Medicare now covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you.
- Medicare also covers COVID-19 tests you get from a laboratory, pharmacy, doctor, or hospital, and when a doctor or other authorized health care professional orders it. You can also get up to one lab-performed test during the COVID-19 public health emergency without an order, at no cost to you.
- Medicare covers items & services related to COVID-19.

COVID-19 vaccines are safe and effective. Get details about the vaccine.

You can also:

Visit covid.gov/tests to place up to 3 orders per household for free at-home tests. Each new order includes 8 free COVID-19 tests shipped to your home at no cost— 2 separate packages of 4 tests each.

Have you ordered before?	You can now place:
Never	Up to 3 separate orders
Already placed 1 order	Up to 2 more separate orders
Already placed 2 orders	1 more order

Access COVID-19 tests with no cost-sharing through healthcare providers at over 20,000 [community-based testing sites](#) nationwide.

How to stay up to date

[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) has the latest public health and safety information from CDC and for the overarching medical and health provider community on COVID-19.

[USA.gov](https://www.usa.gov) has the latest information about what the U.S. Government is doing in response to COVID-19.

Medicare.gov

Third Round

Get *free* COVID test kits at [COVID.gov/tests](https://www.covid.gov/tests)

Residential households in the U.S. are now eligible for another order of free at-home tests on [USPS.com](https://usps.com). Here's what you need to know about your order:

- Each order now includes **8** rapid antigen COVID-19 tests
- Your order of 8 tests will come in 2 separate packages (4 tests in each package), each with its own tracking number
 - Packages will ship free

Order Free At-Home Tests

**Need help placing
an order for your
at-home tests?**

Call

[1-800-232-0233](tel:1-800-232-0233)

(TTY [1-888-720-7489](tel:1-888-720-7489)).





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



Source: [COVID.gov/tests](https://www.covid.gov/tests)

POSSIBLE TREATMENT OPTIONS FOR COVID-19

COVID-19 treatment options are available for people with mild to moderate symptoms, people in the hospital, and people who may not have symptoms but are at high risk for serious COVID-19 and have been exposed to someone who has tested positive for COVID-19.

 SYMPTOMS	<ul style="list-style-type: none">• Mild to moderate
 REQUIREMENTS	<ul style="list-style-type: none">• Healthcare professional's referral• High-risk status* including: obesity, diabetes, chronic kidney disease, weakened immune system, or taking a medicine that weakens the immune system
 Antivirals stop the virus from multiplying in the body	
 Monoclonal antibodies stop the virus from spreading in the body	

Antiviral treatments: An antiviral treatment may help your body fight COVID-19 by stopping the SARS-CoV-2 virus (the virus that causes COVID-19) from multiplying in your body. This reduces the amount of the virus in your body, so you may not get as sick or need to go to the hospital.

To get an antiviral, you need a prescription and a positive COVID-19 test. You also need to be at high risk of developing serious symptoms of COVID-19.

There are two ways to receive an antiviral treatment: by mouth, as a pill (oral antivirals), or by an infusion in your vein (IV antivirals). You need to take oral antivirals within the first 5 days after your COVID-19 symptoms appear. You need to receive IV antivirals within the first 7 days after your symptoms appear.

Monoclonal antibody (mAb)

treatments: The mAb treatment helps boost your body's ability to fight COVID-19. The mAb treatment can block the SARS-CoV-2 virus from entering cells in your body, limiting the amount of the virus within your body. These antibodies could help your immune system recognize and respond more effectively to the virus. A mAb treatment may keep your symptoms from becoming bad enough that you need to go to the hospital. The treatment is for people who are at a high risk for developing serious symptoms of COVID-19 and needs to be given within the first 7 days of when symptoms appear. The mAb treatment is given as either an IV infusion or as a series of shots.

Long-acting antibody (LAAB) treatment: This treatment can help protect some people from COVID-19 *before* they are exposed to the SARS-CoV-2 virus. You may be eligible for this LAAB treatment if:

You are at [high risk](#) for serious COVID-19.

- You have not tested positive for COVID-19.
- You have not been recently exposed to someone who has tested positive for COVID-19.
- Vaccination is recommended by the CDC.

This LAAB treatment is called [Evusheld™](#). It is a type of pre-exposure prophylaxis (PrEP). PrEP treatment may prevent the spread of disease (like COVID-19) in people who have not been exposed to what causes the disease (like the SARS-CoV-2 virus). If you are exposed to the virus *after* you receive PrEP treatment, the treatment can help you fight a COVID-19 infection.

Evusheld is not a substitute for the COVID-19 vaccine. Evusheld is intended to help people who may not have a strong immune response if they are exposed to the virus that causes COVID-19.

Source: <https://combatcovid.hhs.gov/possible-treatment-options-covid-19>

COMBATCOVID

All About Sunscreen



Sunscreen is an important part of a complete sun protection strategy. But sunscreen alone isn't enough to keep you safe in the sun.

When used as directed, sunscreen is proven to:



- **Decrease your risk of skin cancers and skin pre-cancers.** Regular daily use of SPF 15 sunscreen can reduce your risk of developing [squamous cell carcinoma](#) (SCC) by about 40 percent, and lower your [melanoma](#) risk by 50 percent.
- **Help prevent premature skin aging** caused by the sun, including wrinkles, sagging and age spots.

KNOW THE 5 W'S (& H) OF SUNSCREEN

WHO: Everyone under the sun

WHAT: Broad spectrum SPF 15 or higher; SPF 30 or higher for a day outdoors

WHEN: Every day; 30 minutes prior to going outdoors. Reapply every two hours

WHERE: All exposed skin

HOW: One ounce (shot glass full) to entire body for each application

WHY: Reduce your risk of skin damage and skin cancer!



Are sunscreen safe?

While physical sunscreens may be less likely to cause skin irritation than chemical sunscreens, both types have been tested as safe and effective. In fact, many sun protection products available today combine both types of ingredients.

What does SPF mean?

SPF stands for Sun Protection Factor. The number tells you how long the sun's UVB rays would take to redden your skin if you apply the sunscreen exactly as directed compared with the amount of time without sunscreen. So, if you use an SPF 30 product properly, it would take you 30 times longer to burn than if you used no sunscreen.

[For details](#)

Source: <https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/>



BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*1st Monday of the month
11:00a-12:45p at the Peoria Public Library– North Branch*

- Cope with your caregiver 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

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE CREVE COEUR PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*Once Monthly on a Tuesday
at 5:00p-6:00p at the Creve Coeur Library*

- Cope with your caregiver 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

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.**

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.**

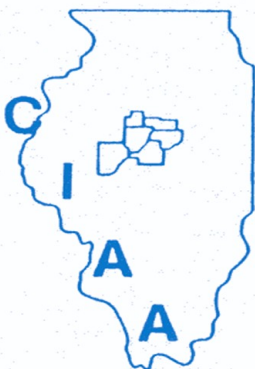
Contact:

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

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@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).

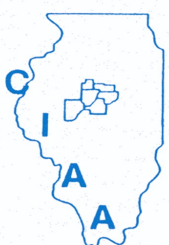


Planning a Group Trip or Outing?

**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

Staying Safe in Extreme Heat

Extreme heat can be dangerous for all, but especially for older adults and people with chronic conditions. Take steps to prepare and stay safe using these tips from Ready.gov:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heatstroke.
- Never leave people or pets in a closed car.



Check out the [Extreme Heat Safety Social Media Toolkit](#) and other resources from Ready.gov, the CDC, and the [National Institutes of Health](http://NationalInstitutesofHealth).



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Places to Go ... Things to See

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

Hult Center For Healthy Living

5215 N. Knoxville Avenue
Peoria, IL 61614

692-6650

www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road
Peoria, IL 61603

323-6900

www.peoriaplayhouse.org

Peoria Riverfront Museum

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

686-7000

www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—Owens Center
Forest Park Nature Center

2218 N. Prospect Road
Peoria, IL 61603

682-1200

www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street
Peoria, IL 61603

282-1700

www.riverplex.org

Peoria Civic Center

201 SW Jefferson Avenue
Peoria, IL 61602

673-8900

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 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 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 8th Street
Springfield, IL 62703
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