



# Central Illinois Agency on Aging, Inc.

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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

2024, July Issue

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# SENIOR GAZETTE

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To Receive Senior Gazette,  
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# Happy FOURTH OF JULY INDEPENDENCE DAY

*Our office will be closed on  
Thursday, July 4th.*

*We will resume our regular business  
hours on Friday, July 5th at 8:00 am.*



# Medicare.gov



It's a good idea to be prepared in case a natural disaster strikes near you. Learn more about how to get the care you need if an emergency is declared in your area and you have to move to a safe area with available medical services.

[Learn More](#)

**Seeing a doctor during a disaster or emergency:** If you have Original Medicare, you can always see any doctor who accepts Medicare. If you have a Medicare Advantage Plan or other Medicare health plan, contact your health plan about making temporary changes, like using an out-of-network doctor during an emergency or disaster.

**Getting your prescription drugs during a disaster or emergency:** You can move most prescriptions to another nearby in-network pharmacy, and back to your regular pharmacy when the emergency or disaster ends. Contact your Medicare drug plan if you need to use an out-of-network pharmacy.

**Accessing critical care or replacing durable medical equipment during a disaster or emergency:** Learn how to replace **durable medical equipment** (like wheelchairs and walkers), or **get dialysis** or **cancer treatments** in case of a disaster or emergency.

Save this email in case you need it as a reference later. If you need other resources or help after an emergency, visit **DisasterAssistance.gov**.

# Military Consumer Month 2024



July is Military Consumer Month, so we're deploying advice you can use. No matter what stage of military life you're going through, you could encounter an imposter scam: someone pretending to be your bank's fraud department, the government, a relative in distress, a well-known business, or a technical support expert. Want to protect yourself and the people you care about? Let the FTC help.

Scammers tell different stories to steal your money or your personal information. Staying current on how scammers operate can help you stay a step ahead of them. Here's some BLUF (bottom line up front) advice to start: Got an unexpected call from your bank saying there's suspicious activity on your account? Check it out first — it could be a scammer. Did a "recruiter" message you on a job site about a high paying, work from home job? Look it up before you apply — it might be a hijacked job posting. Found a great deal on an apartment through a social media page? Do your research before you pay a deposit. Scammers often post made-up rental listings for places that aren't actually available to rent. Learn more at [ftc.gov/imposters](https://ftc.gov/imposters).

During the month, we'll post more consumer know-how. Share it with your family, friends, and buddies. Tell them to follow Military Consumer on [Facebook](#) and [Twitter](#) to be part of the conversation. To keep up with what's happening related to scams, sign up for email updates at [MilitaryConsumer.gov](https://MilitaryConsumer.gov).

#MilConsumer2024



Get the latest  
on scams!

Sign up for email updates at

**MilitaryConsumer.gov**







# Heat and Older Adults (Aged 65+)

## KEY POINTS

- 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.

## What increases risk

- 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.



## Stay safe during extreme heat

### Stay cool and 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.

Source: <https://www.cdc.gov/extreme-heat/risk-factors/extreme-heat-and-older-adults-aged-65.html>



## *Extreme Summer Heat Precautions for Families Facing Alzheimer's and All other Dementias*

As the temperatures rise across the country, extreme heat can have a significant impact on everyone's safety, but they can be especially stressful and confusing for individuals with Alzheimer's and other dementias. Alzheimer's disease causes a number of changes in the brain and body that may affect their safety, including changes in sensitivity to temperatures.

Today, there are more than 6.9 million Americans living with Alzheimer's disease, including 250,600 in Illinois. Taking measures to plan ahead for weather changes, like extreme heat, can prevent injuries and help a person with dementia feel more relaxed and less overwhelmed.

***The Alzheimer's Association is offering important safety tips for caregivers and families facing Alzheimer's and other dementias to prepare for the hot summer months ahead:***

- ***Make a plan.*** Family and friends should prepare accordingly and make plans to regularly check-in on a person living with Alzheimer's disease and other dementias during extreme heat. Arrange alternative plans for cooler spaces, if air conditioning is unavailable, and dress in loose, light clothing.
- ***Pay attention at night.*** Keep people living with Alzheimer's disease and other dementias cool by using fans and keeping the air conditioning on. At night, low temperatures can still exceed 75 degrees with little fluctuation in humidity levels, making for difficult and exacerbating sleeping conditions, heightened anxiety and increased agitation.
- ***Prepare for behavioral challenges.*** Research shows that heat can increase agitation and confusion in people. Try to remove behavioral triggers by addressing the person's physical needs related to the heat, then tending to their emotional needs.
- ***Stay hydrated.*** Increased water intake is essential to maintaining good hydration and health during extreme heat. Know the signs of heat exhaustion to avoid heat stroke. Dehydration may be difficult to notice in a person living with Alzheimer's disease and other dementias, as signs like increased fatigue, dry mouth and headache may be difficult to detect. People taking diuretics, sedatives, or certain heart medication may not sweat as much as others, but this does not mean that they are not hot.



- ***Stay indoors and out of the sun.*** Heat stroke and heat exhaustion may occur in extreme heat conditions but symptoms may be difficult to detect in people living with Alzheimer's and other dementias. Keep individuals cool by using air conditioning at home or move to a public place, such as a senior center or shopping mall. If you must go outside, be sure to dress appropriately, loose, light clothing, wear a hat, and apply sunscreen with an SPF of at least 30 or higher.
- ***Stay informed.*** Keep an eye on local weather forecasts. High temperatures are not the only cause for concern. Humidity and air pollution indices can cause breathing difficulties. The person should be monitored regularly and seek medical attention if symptoms arise of dehydration, heat exhaustion, or heat stroke.

To learn more about additional safety precautionary measures for Alzheimer's, you can visit the Alzheimer's Association website at [alz.org](http://alz.org).

**Source:** [Extreme summer heat precautions for families facing Alzheimer's and all other dementias \(alzillinois.org\)](http://alzillinois.org)



# 2024 ILLINOIS ALZHEIMER'S STATISTICS



## PREVALENCE

Number of People Aged 65 and Older with Alzheimer's (2020)

250,600

% of Adults Over 65 with Alzheimer's

12%



## CAREGIVING

# of Caregivers

311,000

Caregivers with Chronic Health Conditions

64.2%

Total Hours of Unpaid Care

480,000,000

Caregivers with Depression

29.0%

Total Value of Unpaid Care

\$9,840,000,000



## WORKFORCE

# of Geriatricians in 2021

212

# of Home Health and Personal Care Aides in 2020

99,460

Increase Needed to Meet 2050 Demand

143.9%

Increase Needed to Meet 2030 Demand

19.2%



## HEALTH CARE

# of People in Hospice (2017) with a Primary Diagnosis of Dementia

9,795

Dementia Patient Hospital Readmission Rate (2018)

23.4%

Hospice Residents with a Primary Diagnosis of Dementia

18%

Medicaid Costs of Caring for People with Alzheimer's (2020)

\$1.787B

# of Emergency Department Visits per 1,000 People with Dementia (2018)

1,624

Projected Change in Medicaid Costs from 2020 to 2050

23.1%

Per Capita Medicare Spending on People with Dementia in 2023 Dollars

\$34,637



## MORTALITY

# of Deaths from Alzheimer's Disease (2021)

4,025

Alzheimer's Disease as Cause of Death Rank

7th

Nearly **7 million Americans** are living with Alzheimer's, and more than **11 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$360 billion** in 2024, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century. For more information, view the **2024 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](https://www.alz.org/facts).

# Illinois Care Connections



The Illinois Department on Aging (IDoA), in partnership with the Illinois Assistive Technology Program (IATP), provides support aimed at enabling **social connectedness**; maintaining **health, safety, and well-being**; and promoting **independence** and **community living**.

**Who I eligible?** Individuals over 60 connected to, or receiving services from, an Area Agency on Aging (AAA), AAA Funded entity, Community Care Program (CCP), Adult Day Service (ADS), or those willing to contact one of these organizations to learn about the programs.



## What Devices are Available?

- **Technology** – iPad or tablet with case, keyboard, headphones, and routers as needed for internet
- **Durable Medical Equipment (DME)** – walkers, shower chairs, toilet risers, and other DME
- **Activities of Daily Living (ADL) Devices** – to aid in bathing, grooming, cooking, medicine management, and other daily living tasks
- **Smart Home Devices** – smart doorbells, lightbulbs, door locks, and other smart devices

## How Do I Sign Up?

Referrals must be made through an IDoA Community Care Program Coordination Unit (CCU) or an Area Agency on Aging (AAA) at [iltech.org/services/icc-aging](http://iltech.org/services/icc-aging).

If you feel you qualify for the ICC program, contact your local CCU or AAA provider, and request an application be submitted on your behalf.

## To Learn More About IDoA's Community Care Program

and to find assistance in your area, please visit [ilaging.illinois.gov/programs/ccp.html](http://ilaging.illinois.gov/programs/ccp.html), scan the QR code, or contact the Senior Helpline:

**1-800-252-8966**







## State of Illinois Department of Human Services

## SPEED UP THE RIPENING PROCESS

1. Place fruit in a large paper bag.
2. Punch several holes in the paper bag.
3. Do not stack pieces of fruit on top of each other.
4. Fold the top of the bag.
5. Leave the bag on the countertop.
6. Check on fruit daily.

## FOOD SAFETY

- \* Wash your hands before preparation.
- \* Keep fresh fruits and vegetables stored away from raw meats.
- \* Wash cutting board, utensils and countertops with hot soapy water.

## Benefits of Fruits and Vegetables

Buying fruits and vegetables at your Farmers' Market provides you with healthy foods, physical activity and fun for the family. Ask your local WIC agency for more information about Farmers' Market coupons and locations.

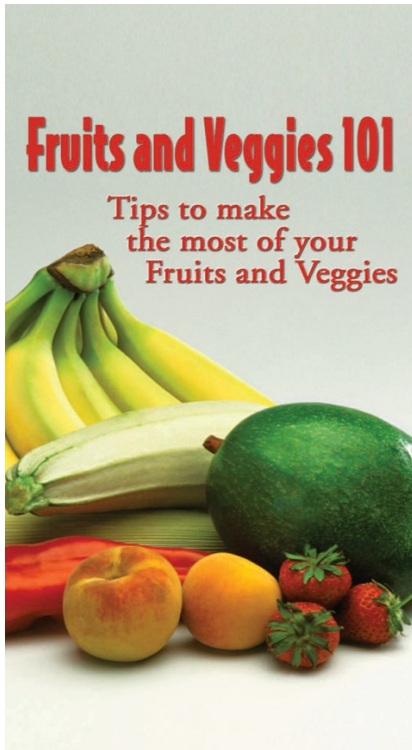
## For more information:

For Kids ([eatright.org](http://eatright.org))

Discover MyPlate: Look and Cook Recipes | Food and Nutrition Service ([usda.gov](http://usda.gov))

Freezing Vegetables- Selecting, Preparing, Freezing and Storing | WIC Works Resource System ([usda.gov](http://usda.gov))  
Recipes, Cookbooks and Recipe Videos | WIC Works Resource System ([usda.gov](http://usda.gov))

[www.dhs.state.il.us](http://www.dhs.state.il.us)



## STORAGE

Store produce right away to prevent spoilage.

Most fruits will not continue to ripen if they are refrigerated. This is true for tomatoes as well.

These fruits should be refrigerated:

- ◆ Apples
- ◆ Berries
- ◆ Grapes
- ◆ Melons

Potatoes and onions will lose quality in the refrigerator.

Punch holes in plastic bags before storing.

## CLEANING

Just before preparation give your produce a good washing in cold water.

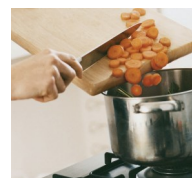
When cooking firm produce with tougher skin, scrub with a brush.

Allow leafy greens to float in clean water.

Soaps or cleaners are not needed;

## PREPARATION

Heat and too much water can destroy important vitamins. Limit cooking time and water.



## SELECTION

### Shop early

This will allow you to find the best selection of fresh produce.

### Choose in-season fruits and vegetables

The closer you are to the growing season, the fresher your produce and the better it tastes.

### Check for freshness

Look for brightly colored fruits and vegetables. Leaves or greens should be crisp, not wilted.

### Large does not mean better

Larger sized vegetables may be too mature and have little flavor.

### Bag properly

Place the heavier, firmer produce at the bottom of the bag or basket.





# Sign up for

## THE SENIOR FARMER'S MARKET NUTRITION PROGRAM

AT NEIGHBORHOOD HOUSE

1020 S MATTHEW STREET PEORIA, IL 61605  
309-674-1131

- July 9th, 8am-4pm
- July 10th, 8am-12pm
- July 11th, 12pm-4pm

To qualify you must...

- Be 60 or older
- Have proof of ID
- Meet income requirements

PROGRAM VOUCHERS WILL BE REDEEMABLE  
AT FARMER'S MARKETS IN PEORIA,  
TAZEWELL, AND WOODFORD COUNTIES



SCAN HERE FOR MORE  
INFORMATION





# All Toes on Deck

## Protect Feet from the Heat this Summer

Hiking, sightseeing, relaxing on the beach—however you spend your vacation, your feet will carry you through it all. Keep these tips in mind to prevent foot predicaments and enjoy fun in the sun with family and friends.

**Limit walking barefoot**, as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.



**Stay hydrated** by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.



Remember to **apply sunscreen all over your feet**, especially the tops and fronts of ankles, and don't forget to reapply after you're been in the water.

**Wear shoes or flip-flops** around the pool, to the beach, in the locker room, and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.



Some activities at the beach, lake, river may require different types of footwear to be worn, so be sure to ask the contact at each activity if specific shoes are needed. To be safe, **always pack an extra pair of sneakers or protective water shoes**. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

**Keep blood flowing** with periodic ankle flexes, toes wiggles, and calf stretches.



**If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician.** Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home. Use the Find a Podiatrist tool on the home page to get treatment wherever your travels take you!

Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after his or her name. The DPM means a physician had completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making him or her uniquely qualified to care for this part of the body.

Visit [www.APMA.org](http://www.APMA.org) for more foot health information, or to find podiatrist near you.





## ENJOY A COOL SNACK

By *Ashley Quadros*

With kids home for summer, it seems like there are never enough snacks around! If you're feeling like a short-order cook, remember that summer break isn't just for students! It should also be a time for you to relax and take a much-needed break. With that in mind, here are some easy and reasonably healthy snack ideas for children. Our focus is cool treats easy enough for kids to make themselves or with minimal help. Don't forget to remind them to clean up!

- ♦ **Frozen fruit cubes or bars:** 100% juice, applesauce, or yogurt in either an ice cube tray with toothpicks or ice pop molds. Throw in blueberries or chopped fruit for some added texture.
- ♦ **Frozen fruit dipped in chocolate:** Dip strawberries, cherries, banana slices (the options are endless!) in melted chocolate and place on a lined sheet pan. Young children can use a butter knife to slice bananas. Freeze and enjoy. Don't want to make your own frozen chocolates? **Try TruFru** frozen fruit and chocolate covered treats
- ♦ **Frozen grapes, cherries, or blueberries.** Nothing to do here! Just snack on these easy treats found in the freezer section.
- ♦ **Yogurt, frozen fruit and granola/cereal parfaits:** Frozen fruit makes this perfect for kids that are not old enough to use a sharp knife on their own.
- ♦ **Smoothies and smoothie bowls.** **We've got you covered** with a variety of recipes and flavor profiles.
- ♦ **Overnight oats.** The perfect cool snack to keep on hand in the refrigerator. **Find recipes here.**
- ♦ **Banana ice cream.** All you need is a food processor for this one! Try our **chocolate banana version here.**
- ♦ **Homemade orange creamsicle milkshake.**  
A classic summer treat.
- ♦ Happy Summer

Source: [9 Cool Summer Snacks - Have A Plant \(fruitsandveggies.org\)](https://fruitsandveggies.org/9-cool-summer-snacks)







# BACK TO SCHOOL: SUPPLY DRIVE

For Grandparents Raising Grandchildren

When: Thursday, July 25th, 2024

Where: Bradley Park, Bradley Park Shelter

Time: 3:00p– 5:00p

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 22ND 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. PICNIC OR DRIVE THROUGH



# *Aging with Vitality*

**Satellite Event**

**Saturday July 20, 2024**

**FREE**  
**No Registration**

## **CELEBRATING PAST, PRESENT AND FUTURE**

**CARNIVAL  
GAMES!**

**OPEN HOUSE**

**11 am to 2 pm**

**Mosaic Church**

**2507 W Newman Parkway**

**Peoria, IL 61604**



**SILENT  
AUCTION  
CASH/CHECK  
ONLY**

**Rick Simkins of  
the West Macqueen  
Street Band  
11 am to 1 pm**

**VENDORS**

**CAKE &  
PRIZE  
WALK**

**PICNIC FOODS,  
DRINKS AND  
CAKE!**



**This series of programs are generously funded by the  
Community Foundation of Central Illinois.**





# NO EXCUSES

## *It's time for your cancer screenings*

**Overdue for you cancer screenings?**

**Time for you to start cancer screenings?**

Your busy schedule can make it hard to set up your screenings. Our No Excuses event makes it easy for you with a one-stop cancer screening opportunity.

### **Learn about cancer risks and prevention**

Your lifestyle, habits and family history all play a role in determining your risk for cancer. The first step to preventing cancer is understanding your risk. Join us for education, screenings and give-a-ways.

**For questions or to register, call (309) 308-0200.**

Are you age 40-64 and uninsured or under insured?  
If so, we invite you to come and receive a FREE screening mammogram. Medicare recipients are not eligible.

To see if you qualify, call (866) 925-5511, ext. 5324.

\*This project has been made possible, in part, by the grant from IDPH Illinois Breast & Cervical Cancer Program.

**A one-stop cancer screening event  
9 a.m. - 3 p.m.**

~~May 17~~ and August 20

**OSF HealthCare Cancer Institute  
Peoria**

**October 18**

**OSF Center for Health - Route 91  
Peoria**

**Walk-in welcome!**

Screening guidelines must be met for screening to be completed. Some screenings are free of charge, while others will be billed to your insurance.

- Colon cancer screening
- Education on cancer prevention and screening
- Genetic cancer risk assessment
- Low-dose lung CT
- Mammography
- Oral cancer screening
- Skin cancer checks
- OSF Care-A-Van wellness screenings

**Screenings are subject to change.**



**OSF<sup>®</sup>  
HEALTHCARE**



# 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:

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

# Top 10 Ways to Enjoy Watermelon

By [National Watermelon Promotion Board](#)

- 10. Juice it!** At 92% water, **watermelon juice** is a perfect way to hydrate this summer!
- 9. Slice it!** For an easy, fun take on yummy watermelon slices, insert popsicle sticks into the rind and make **watermelon lollipops**.
- 8. Chunk it!** At only 40 calories a cup, cut a watermelon into cubes and eat it on the go!
- 7. Smoothie it!** Just add watermelon cubes, greek yogurt, strawberries, a banana and voila! You've made a **watermelon smoothie**!
- 6. Carve it!** Be the star at your next picnic or pool party by carving a watermelon **surf wave** fruit basket or **salsa bowl**.
- 5. Detox!** Get the restart you need by trying of the healthy watermelon trio drinks like the **watermelon zipper**.
- 4. Grill it!** Transform watermelon from sweet to savory with mouth-watering **grilled spicy watermelon**.
- 3. Sip it!** Make a pitcher of **agua fresca** or sip a **pina colada** by the pool.
- 2. Got rind?** You can eat that too by making a **chutney** or **slaw** recipe.
- 1. Indulge!** Watermelon is healthy and delicious every day. Full of vitamins A and C, lycopene, potassium, and amino acids you can fill up without filling out!

See Nutrition  
Information for  
Watermelon



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

## 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)**

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Peoria, IL 61614  
(309) 693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

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

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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)**

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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)**

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Morton, IL 61550  
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[hauter@ilhousegop.org](mailto:hauter@ilhousegop.org)

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

300 E. War Memorial Drive, Suite 303  
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[repigordon@gmail.com](mailto:repigordon@gmail.com)

**FY 2024**

**CIAA**

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**FY 2024**

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