



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, March Issue

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

SENIOR GAZETTE

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To Receive Senior Gazette,
e-mail Hoangvan Dinh at
hdinh@ciaoa.net

Senior Nutrition Program 50th Anniversary

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

Since 1972, the national Senior Nutrition Program has been there to support older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL)¹ provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation, and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

This March, ACL is proud to celebrate the 50th anniversary of the national Senior Nutrition Program with others across the country. The theme for the 50th anniversary celebration is *Celebrate. Innovate. Educate.* With this theme, we invite you to join us in:

- ◆ *Celebrating* the many accomplishments of senior nutrition programs over the past 50 years.
- ◆ Highlighting *innovative* approaches that have been used to support seniors.
- ◆ *Educating* communities so that they can understand and use nutrition services.

Visit ACL's [Senior Nutrition Program 50th Anniversary website](https://acl.gov/snp50) to learn more about this important milestone.



¹ ACL is an operating division of the U.S. Department of Health and Human Services.

Source: <https://acl.gov/snp50>

Get Free At-Home COVID-19 Tests from the U.S. Government

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests.

Orders will usually ship in 7-12 days.

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

Order Free At-Home Tests

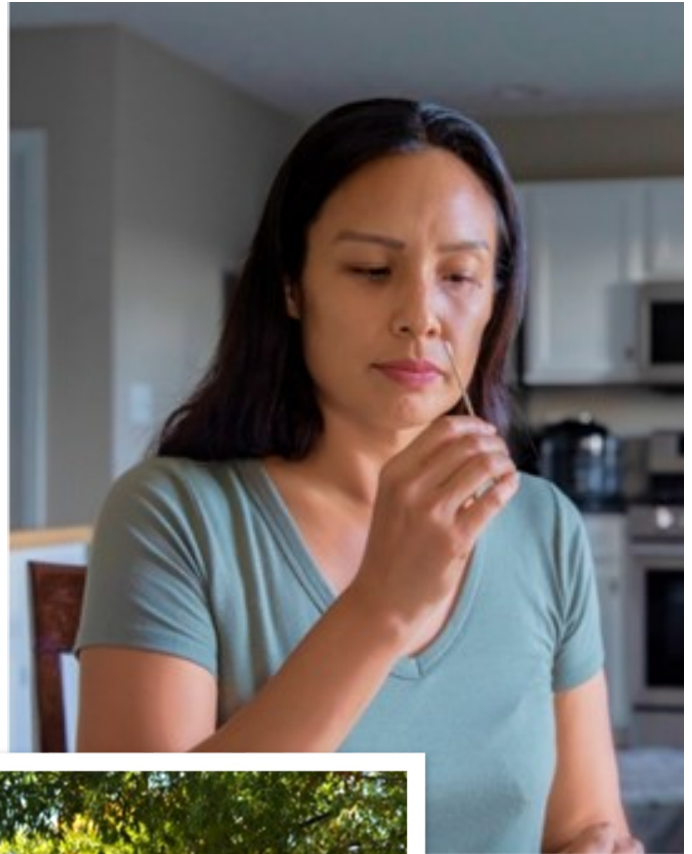
**Need help placing
an order for your
at-home tests?**

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.



Don't Give Out Your Medicare Number for COVID-19 Test Kits

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? **Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits** in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

Avoid COVID-19 Scams

Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn more about testing.

If you suspect fraud, call 1-800-MEDICARE to report it.

Medicare.gov



Image Credit:
<https://www.pbs.org/newshour/health/the-federal-website-for-free-virus-tests-is-here-how-does-it-work>



A Helping Hand for Those Who Help Others!

Mary Ince, Social Work Intern; and

*Mitch Forrest MSW, LSW, CIRS-A/D
Family Caregiver Information and Assistance Specialist*



This past month the Caring Connection, a local coalition facilitated by Central Illinois Agency on Aging, Inc. provided two Zoom webinars for professional and informal family caregivers. The educational subcommittee of Caring Connection included Bradley University Counseling Research and Training Clinic, Alzheimer's Association, Petersen Healthcare, Heartland Health Services and Central Illinois Agency on Aging, Inc. One of the primary goals of Caring Connection is to educate members and their communities, on issues and services related to the support of informal caregiver's i.e. family members, friends, neighbors that provide care for persons with disabilities in order for them to remain independent. During the Pandemic, the coalition had to figure out ways to educate community members while still adhering to CDC safety guidelines. The Zoom webinar has almost become a household name due to the Pandemic, so we chose to use that technology to help reach caregivers with practical information. Alzheimer's Association was instrumental with facilitating the technological aspects of the seminars.

The Zoom webinars lasted approximately one hour, and were attended by about 22 people. The first one, held on February 17, centered on a comprehensive presentation by Daryl Carlson of the Alzheimer's Association, called Effective Communication Strategies. Much valuable information was imparted for caring for a person with dementia, such as seeing things from their viewpoint, watching for nonverbal clues, and gentle ways to approach and connect with the person. *If you would like more information, about dementia or Alzheimer's and how to assist someone in the home contact Alzheimer's Association at 1-800-272-3900.*

Josh Sydney and Christina Sandall of Bradley's Counseling Department were the presenters at the second webinar, held on February 24. They offered empathy and encouragement to weary caregivers while emphasizing the necessity of self-care. Practical suggestions were given on managing the stress of caregiving and other responsibilities.

If you are helping someone with every day activities and would like to talk to a counselor contact Bradley University Counseling Research and Training Clinic at 309-677-3189.

Both webinars included Q & A sessions, with active participation. The Central Illinois Agency on Aging thanks our outstanding presenters and all who attended. *If you were unable to view the above webinars, we have them recorded and available by going to the following links*

For Feb. 17th

https://alz-org.zoom.us/rec/share/o6qrYAgjfvqv_hHQz05bOC3i5Y7mZ5NZ9ziLu56wdqadutmXMsxg6iXcE_i9SMUx.JhKrfdk2QMzl9rTy .

For the Feb 24th

https://alz-org.zoom.us/rec/share/MLSL3Es5EmNAXV5VCmwzgekcUw-K3tFLhkB8ogBVqL8aZrVUbh-YdfIrDgcoJfub.DrCHfXP_yqtHDju1





American Heart Association

Healthy for Good™

How Sleep

Affects Your Health



1 in 3 adults don't get enough sleep.

How much *sleep* do you need?



Most adults need **7 to 9** hours of sleep **each night**. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

Benefits of good *sleep*



- Healing and repair of cells, tissues and blood vessels

- Stronger immune system



- More creativity and productivity

- Improved mood and energy



- Better brain function including alertness, decision-making, focus, learning, memory, reasoning and problem-solving

- Healthy growth and development for kids and teens



- Better ability to build muscle

- Quicker reflexes



- Less risk of chronic disease

Your *Health*

Poor *sleep* may put you at higher risk for:

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- High blood pressure
- High blood sugar
- High cholesterol
- Infections
- Obesity

Poor *sleep* can cause:

- Accidents
- Breathing problems
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

Remember: **7 to 9** will help you feel fine, so get your **ZZZs!**

Learn more at [heart.org/HealthyForGood](https://www.heart.org/HealthyForGood)

Source: <https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-sleep-affects-health-infographic>

10 Easy Tips for Reducing Sodium Consumption

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consume, your “taste” for sodium will gradually decrease over time—so eventually, you may not even miss it!

1 Read the Nutrition Facts label

Compare and choose foods to get less than 100% DV (less than 2,300 mg) of sodium each day.

2 Prepare your own food when you can

Limit packaged sauces, mixes, and “instant” products (including flavored rice, instant noodles, and ready-made pasta).

3 Add flavor without adding sodium

Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.

4 Buy fresh

Choose fresh meat, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline had been added.

5 Watch your veggies

Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.

6 Give sodium the “rinse”

Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.

7 “Unsalt” your snacks

Choose low sodium or no-salt-added nuts, seeds, and snack products (such as chips and pretzels) - or have carrot or celery sticks instead.

8 Consider your condiments

Sodium in condiments can add up. Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.

9 Reduce your portion size

Less food means less sodium. Prepare smaller portions at home and consume less when eating out—choose smaller sizes, split an entrée with a friend, or take home part of your meal.

10 Make lower-sodium choices at restaurants

Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served “on the side,” then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

Seasonal Tips: Spring

PoisonHelp.HRSA.gov • 1-800-222-1222

HRSA
Health Resources & Services Administration

Poison Help

As you begin spring cleaning and work on the yard, follow these simple tips to keep your family safe:



Household Cleaners and Other Chemical Products

- Keep poisons in the containers they came in. Do not use food containers (such as cups or bottles) to store household cleaners and other strong chemicals.
- Store strong chemicals away from food. Many poisonings occur when one product is mistaken for another.
- Read and follow the directions for use of products. Do this **BEFORE** using the products. Follow the advice carefully.
- Never mix chemicals. Doing so can create a poisonous gas.
- Turn on fans and open windows when using strong chemicals.
- When spraying chemicals, direct spray nozzle away from people and pets.
- Never sniff containers to see what's inside.
- Discard old or outdated products. First aid advice on containers may be incorrect and outdated.
- Call Poison Help (1-800-222-1222) to double check first aid information.
- Even in small amounts, windshield wiper fluid is poisonous. If swallowed, it can cause blindness or death to people and pets.
- Strong chemicals can burn the skin. Drain openers, toilet cleaners, rust removers, and oven cleaners can cause such burns.
- Hydrocarbon liquids (liquids made from petroleum) are poisonous. They include gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil, lamp oil, and furniture polish.
- If hydrocarbons are swallowed, they can easily get into the lungs. Even a small amount can cause breathing problems. The liquid coats the inside of the lungs. That prevents oxygen from entering the blood stream.



Pesticides

- Pesticides (pest killers) can be taken in through the skin or inhaled. Even leather shoes and gloves do not offer full protection. Pesticides can be extremely poisonous. Stay away from areas that have been sprayed until the spray has dried or for at least one hour.
- Wear protective clothing when using bug spray or other spray products. Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.
- If pesticides are splashed onto the skin, rinse with running water for 15-20 minutes. If pesticide contact clothing, take off the clothing before rinsing skin.
- Many garden chemicals are poisonous to children and adults. These chemicals can be harmful if swallowed or inhaled.



Mushrooms

- Only experts can tell poisonous mushrooms from safe mushrooms.
- Poisonous mushrooms, called "death caps," often grow in yards and parks.
- Eating even a few bites of certain mushrooms can cause liver damage that can kill you.

When accidents happen with chemicals or medicine, call Poison Help at 1-800-222-1222. Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. www.PoisonHelp.HRSA.gov



CONCERNED ABOUT FALLING?

Join Hult Center for Healthy Living & Methodist College for



**8 TWO-HOUR SESSIONS EACH WEEK
EVIDENCE-BASED COURSE**

**MONDAYS STARTING
MARCH 14TH**

9:30 AM—11:30 AM

**Dates: 3/14, 03/21, 3/28, 4/4, 4/11
4/18, 4/25, and 5/2**

**To register, call (309) 692-6650 or
email info@hulthealthy.org**

**Location:
Hult Center for Healthy Living
5215 N. Knoxville Ave. Peoria, IL 6164**

There is NO COST to attend this 8-week program; All attendees must be symptom-free, wear a mask at all time, follow physical distancing guidelines, and complete a temperature check upon entering the building.

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.**

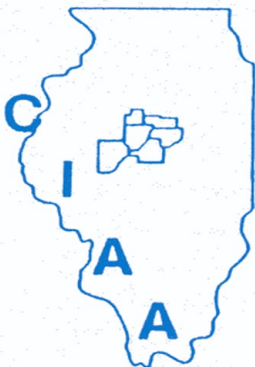
Contact:

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@ciaoa.net

Space is limited.

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



SIGN UP NOW SPACES ARE LIMITED

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

- * Find out how healthy eating can improve your condition
- * Create an exercise program that works for you
- * Learn ways to improve communication with your family, friends, and healthcare providers
- * Develop your own weekly goals to help you manage your condition
- * Learn problems -solving strategies to help cope with pain, fatigue and frustration
- * Gain Support and encouragement from others living with ongoing health conditions

**LEARN HOW TO THRIVE –
NOT JUST SURVIVE!**

Participants are asked to make a personal commitment to attend all of the sessions if at possible.



Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

Healthy Living

For more information contact:

**Central Illinois
Agency on Aging, Inc.**
309-674-2071 or
email ciaa@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 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).

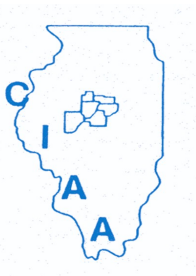


Planning a Group Trip or Outing?

**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

Support Groups

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



Bradley University Counseling Research & Training Clinic Caregiver Support Group Meetings



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

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

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

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

New groups will be available soon

Last Updated 02.18.2020

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

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

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

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@ciaoa.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.



March 13



Daylight Saving Time Begins

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
(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 (37th District—R)

5415 University St., Suite 105
Peoria, IL 61614
(309)693-4921
senatorstoller@gmail.com

Rep. Ryan Spain (73rd District—R)

5407 N. University, Arbor Hall, Suite B
Peoria, IL 61614
(309)690-7373, Fax (309)690-7375
spain@ilhousegop.org

Rep. Mark Luft (91st District—R)

2964 Court Street
Pekin, IL 61554
(309)620-9191
luft@ilhousegop.org

Senator Dave Koehler (46th District—D)

400 NE Jefferson, Suite 200
Peoria, IL 61603
(309)677-0120, Fax (309)346-4650
senatordavekoehler@gmail.com

Rep. Keith Sommer (88th District—R)

121 W. Jefferson
Morton, IL 61550
(309)263-9242, Fax (309)263-8187
sommer@mtco.com

Rep. Jehan Gordon-Booth (92nd District—D)

300 E. War Memorial Drive, Suite 303
Peoria, IL 61614
(309)681-1992, Fax (309)681-8572
repjgordon@gmail.com

FY 2022

CIAA

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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).

FY 2022

CIAA

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