



Central Illinois Agency on Aging, Inc.

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Website: <http://www.ciaoa.net>

Serving Fulton, Marshall, Peoria, Stark, Tazewell,
and Woodford Counties

New Office Hours:

Monday — Friday: 8:00 am—4:00 pm
Saturdays: Closed

2024, March Issue

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SENIOR GAZETTE

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To Receive Senior Gazette,
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2024 NATIONAL NUTRITION MONTH®

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices.

Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd., Peoria IL 61603 • 309-674-2071 • FAX 309-674-3639

An independent, not-for-profit organization serving older adults and informal caregivers in Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties

<http://www.ciaoa.net>

Notice of Change in Operating Hours

*Effective
Friday, March 1st, 2024*



**Monday - Friday
8:00 am - 4:00 pm**



Financial Planning for Families

Guest Speaker, Timothy Kirk, Elder Law Attorney presents

"Tips for Long Term Care"

Saturday, March 30

1:30 pm to 3:30 pm

Saxony Court Fellowship Hall

500 Centennial Drive

East Peoria, IL 61611

Sponsored by
Caring
Connection
& The Central
Illinois Agency
on Aging

BRING YOUR FAMILY MEMBERS:

On site respite care with several options available

Including a game, a movie or therapy provided by

Bradley Students in

The Saxony Court Therapy Gym (2nd Floor)

Just reserve this FREE service when you RSVP!

FREE
Open to the
Community

FOR INQUIRIES / RSVP by 3/22/24
309-694-0022





Older Adults Now Able to Receive Additional Dose of Updated COVID-19 Vaccine

Today, CDC Director Mandy Cohen endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness.

Previous [CDC recommendations](#) ensured that people who are immunocompromised are already eligible for additional doses of the COVID-19 vaccine.

Data continues to show the importance of vaccination to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older.

Adults 65 years and older are disproportionately impacted by COVID-19, with more than half of COVID-19 hospitalizations during October 2023 to December 2023 occurring in this age group.

CDC and ACIP will continue to monitor COVID-19 vaccine safety and effectiveness. CDC continues to recommend that everyone [stay up to date on their COVID-19 vaccines](#), especially [people with weakened immune systems](#).

The following is attributable to Dr. Mandy Cohen:

"Today's recommendation allows older adults to receive an additional dose of this season's COVID-19 vaccine to provide added protection," said Mandy Cohen, M.D., M.P.H. "Most COVID-19 deaths and hospitalizations last year were among people 65 years and older. An additional vaccine dose can provide added protection that may have decreased over time for those at highest risk."

###

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Whether diseases start at home or abroad, are curable or preventable, chronic or acute, or from human activity or deliberate attack, CDC's world-leading experts protect lives and livelihoods, national security and the U.S. economy by providing timely, commonsense information, and rapidly identifying and responding to diseases, including outbreaks and illnesses. CDC drives science, public health research, and data innovation in communities across the country by investing in local initiatives to protect everyone's health.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

AM I AT RISK?

MANY PEOPLE WHO ARE AT
HIGH RISK FOR DEVELOPING
SEVERE COVID-19
DON'T KNOW THEIR RISK.

COVID-19 MAY STILL BE A THREAT TO YOUR HEALTH

Despite the success of vaccines in reducing severe illness and declining numbers of infections in many areas, COVID-19 remains a threat and **some people are more vulnerable to severe illness from the virus.**

There are treatment options available that can help reduce the severity of symptoms and the risk of hospitalization and death among people who are at high risk for severe COVID-19. Unfortunately, many of those who need COVID-19 treatments don't know treatments are an option and aren't getting them.

AM I AT RISK FOR DEVELOPING SEVERE COVID-19?

Age is the biggest risk factor for severe COVID-19 and those 50 or over are considered to be at high risk of severe COVID-19. You are also at greater risk of severe COVID-19 if you have certain health conditions or are impacted by social factors, including:

- Asthma
- Cancer
- Diabetes
- Disabilities
- Heart conditions
- Lung disease
- Kidney disease
- Obesity
- Mental health conditions
- Smoking (current and former)
- Substance use disorders

Many vulnerable communities may also be at greater risk of severe COVID-19 and are less likely to receive treatment. According to the CDC, people from racial and ethnic minority groups could be nearly **twice as likely** to face serious complications from COVID-19.

It is important to know if you have one or more risk factors for severe COVID-19 and to be prepared to start treatment within days of getting COVID-19.

Being up-to-date on your vaccine reduces the risk of developing severe COVID-19.

SAFE AND EFFECTIVE TREATMENT OPTIONS ARE AVAILABLE TO FIGHT COVID-19

- If you have COVID-19 symptoms, contact your healthcare provider today to learn about treatment options, including **antivirals**—pills and IV treatments that can help prevent more serious impacts of COVID-19, such as hospitalization or death.¹
- Keep a list of all medications that you are currently taking to share with your healthcare provider to help determine the best treatment option for you.
- Antivirals are authorized and/or approved by the FDA for use by those most at risk of progression to severe COVID-19.
- Antiviral treatments for COVID-19 must start within five to seven days after onset of symptoms to be effective.²

By mid-December 2023, both oral antiviral treatments will transition from U.S. government distribution to the commercial market and traditional health care coverage. Cost and coverage will vary depending on the drug and there will be patient assistance programs, co-pay programs, and other plans to ensure COVID-19 treatments will continue to be available to uninsured and underinsured individuals.

¹National Institutes of Health. "Antivirals, Including Antibody Products." Reviewed May 11, 2013. <https://www.covid19treatmentguidelines.nih.gov/therapies/antivirals-including-antibody-products/>

²Centers for Disease Control and Prevention. "People with Certain Medical Conditions." Reviewed May 11, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>



Scan to learn more about risk factors for severe COVID-19 and what to do if you have symptoms, or visit covidvaccineproject.org/treatments

**COVID-19 VACCINE
EDUCATION and
EQUITY PROJECT**

SCAM ALERT

Watch out! Scammers
target everyone.



Recognize Scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.

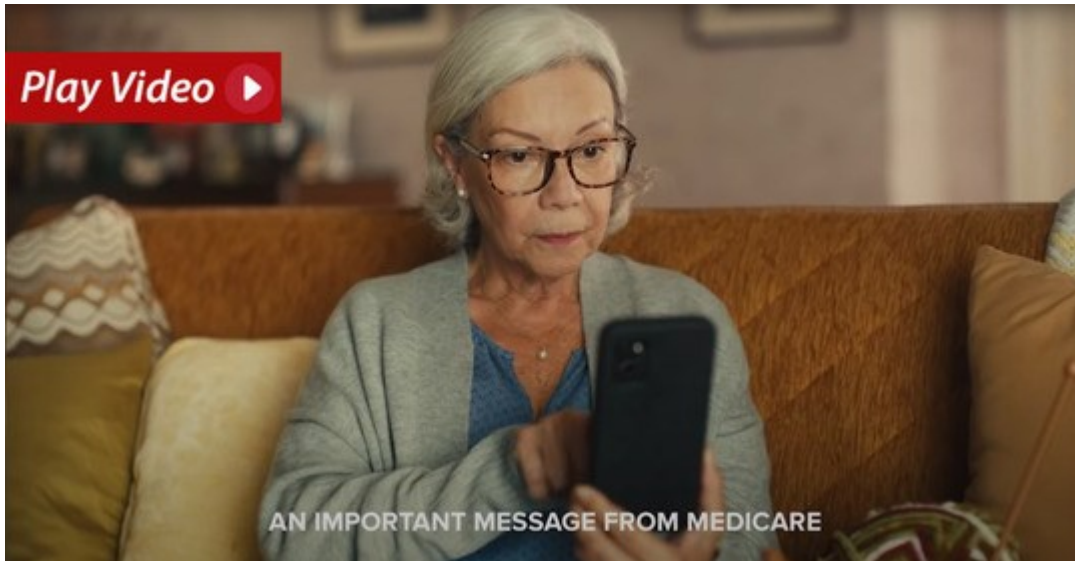


Do not give scammers money or personal information—Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Medicare Fraud: Shut It Down



Here are 3 tips to protect yourself from Medicare fraud and scams:

- 1. If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it.
- 2. Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order, it may be fraud. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).
- 3. Guard your Medicare card** like it's a credit card.

Stop Medicare Fraud

Visit [Medicare.gov](https://www.Medicare.gov), the official source for Medicare information, to learn more about preventing Medicare fraud and medical identity theft.

Medicare.gov



10 Healthy Habits for Your Brain

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain.



Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Stay in school

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Terms for understanding brain health

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a [sign of Alzheimer's disease or other dementia](#).

"Dementia" is a general term used to describe problems with thinking and memory that are severe enough to interfere with a person's daily life. Alzheimer's is the most common cause of dementia but there are several kinds of dementia. [Dementia is not a normal part of aging](#).

ALZHEIMER'S  ASSOCIATION®

Source: https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain



It's Time!

To learn more about your PC
or Cell Phone

With SeniorNet Technology
Classes for Seniors

Starting with Our...

Open House

Saturday, March 23, 2024, 10:00 AM to 12:00 Noon
First Baptist Church Friendship Hall, 411 W. Lake Ave., Peoria

Following a short presentation on SeniorNet and the classes it offers, there will be a question and answer session at which prospective students can get their questions about PCs, Laptops, Smart Phones, SeniorNet, Cameras, and more answered.

Spring Computer Class Registration

Saturday, March 23, 2024, 10:00 AM to 12:00 Noon
First Baptist Church Friendship Hall, 411 W. Lake Ave., Peoria

Most classes start the week of April 8 and meet once a week for three to six weeks.

Classes will include: Computer Basics for Beginners, Windows 11 Basics, Windows 11 Intermediate, Introduction to Scanners, Computer Privacy and Security, eBay Buying and Selling, Exploring the Internet, Android Phone Apps, Android Phone Camera, Apple Photography, Mail Merge and Labels.

In addition, fifteen one-session seminars on technology, cell phone specifics, the cloud, fraud avoidance, and other topics of interest to Seniors will be offered.

For more information check our web site at www.PeoriaAreaSeniorNet.org or call 1-800-457-1089 and leave a message. A SeniorNet volunteer will return your call and answer any questions you may have.



**SeniorNet is
Sponsored by**



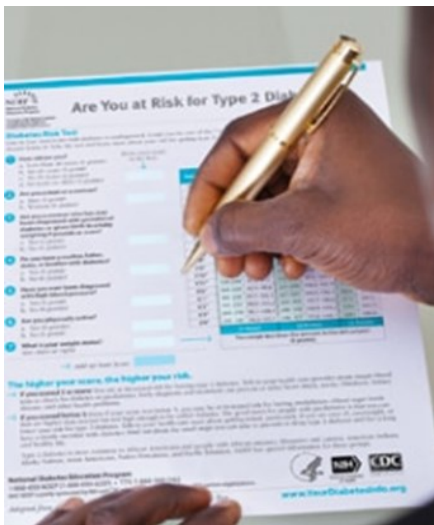


Diabetes Alert Day®

Diabetes Alert Day® is on March 26, 2024! Observed annually on the fourth Tuesday in March by the American Diabetes Association, Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you—or someone you love—are at risk for type 2 diabetes by taking this quick and simple [Diabetes Risk Test](#).

Did You Know?

- 38.4 million Americans—or about 11.6% of the U.S. population—have [diabetes](#).¹
- 8.7 million Americans are unaware that they have diabetes.
- Approximately 97.6 million people ages 18 or older have [prediabetes](#), a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.
- More than 8 in 10 adults living with prediabetes don’t know they have it.²
- About half of women with [gestational diabetes](#) go on to develop type 2 diabetes. Gestational diabetes is a type of diabetes that women develop when they are pregnant.³



Understand Your Risk

The sooner you know if you’re at risk, the sooner you can take steps to prevent or manage diabetes. If you have a family history of diabetes, have overweight, or are not physically active, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes as you get older. All adults ages 35 or older should get tested for diabetes and prediabetes.

- Take the [Diabetes Risk Test](#) online.
- Download the [Diabetes Risk Test](#) (PDF, 624.91 KB)
- Learn more about the [risk factors for type 2 diabetes](#).

Lower Your Chances of Developing Type 2 Diabetes

Research such as the [Diabetes Prevention Program](#) shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5% to 7% of your starting weight.⁴ For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.



Get to Know Your Kidneys

March is National Kidney Month!

Did you know your kidneys filter all of your blood 25 times a day?

No matter your age, getting to know your kidneys can help you lead a healthier life and may prevent or slow the progression of kidney disease.



Your kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.



Your kidneys filter your blood and make urine. They balance the water, salts, and minerals in your blood and remove waste, acid, and extra fluid.



If your kidneys are struggling, they will work harder to keep up—you can lose up to 60% of your kidney function before you notice any problems.

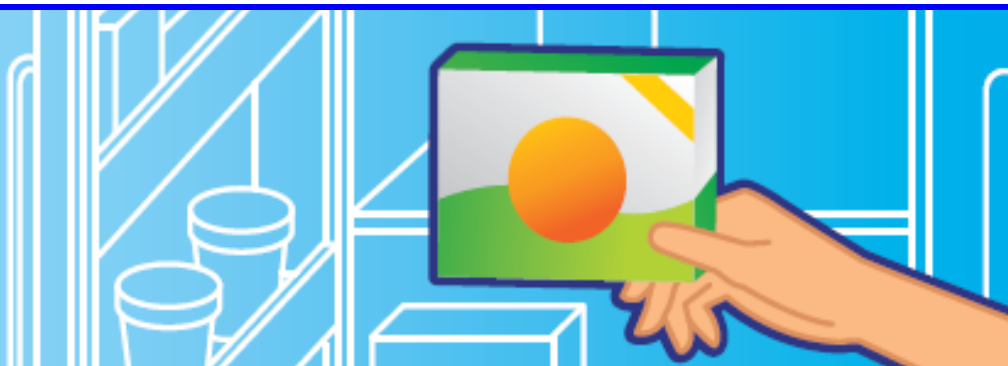
Ways to protect your kidneys include eating healthy foods, being physically active, and managing diabetes, high blood pressure, and heart disease.

Get to know more about your kidneys today!



Talk with a healthcare professional and visit niddk.nih.gov for more information

FROZEN: A FOOD WASTE SOLUTION



THE FOOD WASTE PROBLEM



\$162 BILLION
worth of food is
wasted per year.
(USDA ERS)¹

40% of all food
produced in the
U.S. is not eaten.
(NRDC)²



The average American
family throws out an
estimated **25%** of the
food and beverages
they buy. (NRDC)³

A family of four wastes
\$1,350-\$2,275 worth of
food each year.
(NRDC)⁴

People are taking
notice: **89%** of
Americans think
food waste is of
concern. (AFR)⁵

FROZEN FOODS: A SOLUTION TO FOOD WASTE

Actions Americans say they would try in an attempt to reduce food waste:

76%
freezing
leftovers



72%
purchasing frozen
food, frozen
pre-prepared
meals



69%
freezing meals
and ingredients
in advance

Did you Know?

Frozen food generates
47% less food waste
when compared to
ambient and chilled
food consumed in
the home. (Dr. Martindale)⁶

FARM TO FREEZER – FREEZING IS SIMPLY NATURE'S PAUSE BUTTON

HARVEST

Only the highest quality
produce is picked at the
peak of ripeness.



WASH AND PREPARE

Directly from the field,
produce is thoroughly
washed and vegetables are
blanched. Excess trimmings
from preparation are
collected and
recycled for animal feed.



FREEZE

Produce is flash frozen
within hours of harvest,
locking in key vitamins
and minerals and
preserving taste.



PACKAGE

Fruits and veggies are
conveniently packaged
allowing for consumers to
reduce waste by preparing
only what's needed and
storing the rest for
later use.



Did you Know? **86.8%** of food waste from food manufacturing facilities is repurposed for animal feed. (FARM)⁷



1. Boley, J. Wally, K.F., & Hubbell, J. (2016) *Waste Management: Value, and Caloric of Perishable Food Losses at a Retail and Consumer Levels in the United States*, U.S. Department of Agriculture Research Report. <https://www.ers.usda.gov/pubs/err161>
2. Clumley, D. (2012) *Waste: How America's Wasteful System Impacts the Environment*. National Resources Defense Council, 6. www.nrdc.org
3. Ibid, 10.
4. Ibid, 10.
5. (2016) *Food Waste Survey*. American Protein Food Institute prepared for by Quin and Tolson.
6. Martindale, M. (2016) *Energy consumption in determining food sustainability*. *British Food Journal*, Vol. 116, No. 7, 1076. www.sagepub.com/journals
7. (2016) *Analysis of U.S. Food Waste from Food Manufacturing Facilities and Its Impacts on the Environment and the Economy*. Food Waste Reduction Alliance prepared for by Institute for Social Responsibility, 10-12. www.foodwastereduction.org

FOR MORE INFORMATION ON THE BENEFITS OF FROZEN, PLEASE VISIT [FROZENFOODFACTS.ORG](https://frozenfoodfacts.org)

Fabulous Foods to Boost Eye Health



If you're looking for a diet that's [healthy for your eyes](#), here's some good news: The same diet that helps your heart and the rest of your body will help your eyes. Plus, you'll enjoy many delicious choices.

Here are the vision-healthy foods and ideas for a diet rich in fruits, vegetables, beans and fish.

Eating a diet low in fat and rich in fruits, vegetables and whole grains can help not only your heart but also your eyes. This isn't surprising: Your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Keeping those arteries healthy will help your eyes.

What Should I Focus On for Eye-Healthy Eating?

Orange-colored vegetables and fruits with vitamin A

Perhaps the best-known eye-healthy nutrient is [vitamin A](#). Your [retina](#) needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent [dry eye](#).

Carrots are a well-known source of vitamin A. **Sweet potatoes** provide even more vitamin A, Dr. Taylor said. "A sweet potato has more than 200% of the daily dose of vitamin A doctors recommend." Fruits, including **cantaloupe** and **apricots**, can be a good source of vitamin A.

Fruits and veggies rich in Vitamin C

Vitamin C is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals--molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells.

[Good sources of vitamin C](#) include citrus fruits, such as **oranges**, **tangerines**, **grapefruit** and **lemons**. Lots of other foods offer vitamin C, including **peaches**, **red bell peppers**, **tomatoes** and **strawberries**. Antioxidants can prevent or at least delay [age-related macular degeneration \(AMD\)](#) and [cataracts](#), according to the [Age-Related Eye Diseases Study \(AREDS\)](#).

Vitamin E

Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in **avocados**, **almonds** and **sunflower seeds**.



Cold-water fish with omega-3 fatty acids

Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life, [research suggests](#). These fish include **salmon**, **tuna**, **sardines**, **halibut** and **trout**. "Omega-3's are good for tear function, so eating fish may help people with dry eye," Dr. Taylor said.

Leafy green vegetables rich in lutein and zeaxanthin

[Lutein and zeaxanthin](#) are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the [macula](#), the area of the eye that gives us our central, most detailed vision. **Kale** and **spinach** have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include **romaine lettuce**, **collards**, **turnip greens**, **broccoli** and **peas**. And while not leafy and green, **eggs** also are a good source of these nutrients.

Beans and zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the [damaging effects of light](#). However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both at once with all kinds of beans (legumes), including **black-eyed peas**, **kidney beans** and **lima beans**. Other foods high in zinc include **oysters**, **lean red meat**, **poultry** and **fortified cereals**.

For additional information, [click here](#)



AMERICAN ACADEMY
OF OPHTHALMOLOGY®

Source: <https://www.aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>



March Is Red Cross Month

Our annual celebration of turning compassion into action.

DID YOU KNOW?



Mission

The American Red Cross is a charitable organization, not a government agency. The American Red Cross depends on volunteers and the generosity of people like you to deliver mission services. [Learn More](#)



Where Your Money Goes

An average of 90 cents of every dollar the American Red Cross spends is invested in delivering care and comfort to those in need. [Learn More](#)



Global Red Cross Network

The American Red Cross is part of the world's largest humanitarian network. In nearly 200 countries, a Red Cross, Red Crescent or Red Crystal society works to alleviate people's suffering. [Learn More](#)



Clara Barton was 59 when she founded the American Red Cross



The American Red Cross helped survivors of the Titanic



The International Committee of the Red Cross has won the most Nobel Peace Prizes



The U.S. President is our honorary chairman



The American Red Cross supplies about 40% of the nation's blood



Red Cross staff have supported service members in every U.S. conflict since the Spanish-American War



In the early 1900s, Red Cross First Aid trains traveled nationwide to teach lifesaving skills





American Heart Association®

Healthy for Good™



HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.



LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7-9 hours of sleep each night. Babies and kids need even more. **Poor sleep may put you at higher risk for:**

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity



LEARN THE BENEFITS OF SLEEP

HEALING and repair of cells, tissues and blood vessels

STRONGER immune system

IMPROVED mood and energy

BETTER BRAIN FUNCTION including alertness, decision-making, focus, learning, memory, reasoning and problem-solving

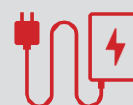
LESS RISK of chronic disease

Learn more at [heart.org/lifes8](https://www.heart.org/lifes8)



TIPS FOR SUCCESS

Clean up your sleep hygiene



MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT.

Alarms aren't just for waking up—set a bedtime alarm to remind you that it's time to wrap it up for the night.



LOCK IT.

If you're got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

Source: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-get-healthy-sleep-fact-sheet>

POISON PREVENTION



Tips to Prevent Poisonings

- Buy products that children can't open easily. Be aware that child-resistant caps are not risk free. Once a child learns how to open containers with these caps, they will not keep a child safe. A child will only take longer to open them.
- Keep medicines, cleaners, and other poisons out of sight. Keep them in cabinets that are locked or in cabinets that children can't open.
- Be careful when using medicines, cleaners, and other poisons. Don't leave them open when you answer the phone or doorbell. Replace the cap. Take the product with you. Poisonings can happen in just a few seconds.
- Always keep products in the containers they came in.
- Install carbon monoxide (CO) alarms in your home.
- Never take medicine in the dark.
- Be careful when taking more than one medicine. Read the labels to avoid an over dose . When taking more than one medicine at a time, make sure it's safe to take them together. If you have a question about medicines, call PoisonHelp (1-800-222-1222)



**Keep the Poison Help number,
1-800-222-1222, near your phone.
Or enter it into speed dial so that
it is quickly available.**

HRSA
Health Resources & Services Administration

SOUND^{the} ALARM!

Fire Prevention Tips for Seniors



Cooking fire safety

Keep sleeves and loose clothing away from the cooktop.



Outdoor fire safety

Keep a safe distance from any outdoor fire. Keep lighter fluid off clothing.



Space heater safety

Space heaters need space. Keep loose pants and robes away from heaters.



Smoking

Smoking materials can ignite clothing. Don't smoke while drowsy.

Remember: All Clothing Burns!



USCPSC



NSN-01-102020

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

Tax Time

Peoria Public Library (Main)

107 NE Monroe St.

Peoria, IL 61602

Hours: **Only** Tuesdays

10:00 AM—3:00 PM

Opens: 2/13/2024

For appointment call (309)497-2137; or
come in person when tax site is open.



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: 2/8/2024

For appointment call (309)497-2100, or
come in person when tax site is open.

Pekin Public Library

301 S. 4th St.

Pekin, IL 61554

Hours: Tuesdays and Thursdays

9:00 AM – 1:00 PM

Date Open: 2/1/2024

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: 2/1/2024

Service for this site is *Drop Off*.
Call 309-340-9282 for details.

Chillicothe Library

430 N. Bradley Ave.

Chillicothe, IL 61523

Hours: Tuesdays and Thursdays

9:00AM—3:00PM

Date Open: 2/6/2024

Appointments **ONLY**.

Pickup a tax packet at the library.

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

Fondulac District Library

400 Richland St

East Peoria, IL 61611

(309) 699-3917

Hours: **Only** Fridays

9:00 AM—1:00 PM

By appointment **ONLY**.

Contact Library to make appointment.

TAX DEADLINE

Monday

April 15

2024

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

As 02/14/2024



Doing your
taxes with
IRS Free File
is easy, safe,
free and has
zero calories.

irs.gov/freefile





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@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).



There is hope.



If you or
someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**

988 SUICIDE & CRISIS
LIFELINE





Have A Plant® For Dessert

By [Andrea Luttrell](#)

According to research from the Produce for Better Health Foundation, *“Those who eat fruits and veggies daily are significantly more likely to report being satisfied with their life as a whole.”* So what better way to improve mood than by adding a fruit-centered dessert to your day? Incorporating nature’s candy with these fun ideas is a one-two punch for better health and rounding out any meal.

Frozen Fruit

Besides making sweet smoothies and smoothie pops, frozen fruits like berries can become a wonderful dessert ingredient. Defrost, lightly mash and you’ve got an instant berry topper, filling or mix in.

Canned Fruit

Applesauce is great for baking because you can use it in recipes to bump up fruit content while reducing ingredients like oil (replace 1:1) or sugar (replace 1:1 and reduce liquids by ¼ for every cup sugar replaced). But don’t stop there! Top canned peaches with a simple oat crumble topping and bake for a real warm-your-belly treat.

Dried Fruit – Incorporating raisins or chopped dried plums, mangos or apricots to desserts adds a delicious chewy surprise to recipes. Plus, they pack a powerful punch – just ¼-cup dried fruit counts as ½ -cup serving from the Fruit Food Group. For a simple sweet and salty treat, mix your favorite dried fruit with nuts, chocolate chips and pretzels.

Fresh Fruit

Whether serving biscuits with sliced strawberries, honey poached pears or sautéed apples using the delicious recipe below, making fresh fruit the star of dessert couldn’t be easier. Grilling fruit brings out natural sweetness and can be done indoors, too. Brush fruit like pineapple or peaches lightly with oil and sear on a hot grill pan for about 3 minutes each side.



[Have A Plant® For Dessert - Have A Plant \(fruitsandveggies.org\)](#)

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

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 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 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
repyanspain@gmail.com

Rep. Sharon Chung (91st District—D)

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

Rep. Travis R. Weaver (93rd District—R)

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

Senator Dave Koehler (46th District—D)

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

Rep. William Hauter (87th District—R)

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

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

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

FY 2024

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 Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).

FY 2024

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