



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, May Issue

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SENIOR GAZETTE

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To Receive Senior Gazette,
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hddinh@ciaoa.net



ACL.gov/OAM
#OlderAmericansMonth



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Source: <https://acl.gov/oam/2024/older-americans-month-2024>

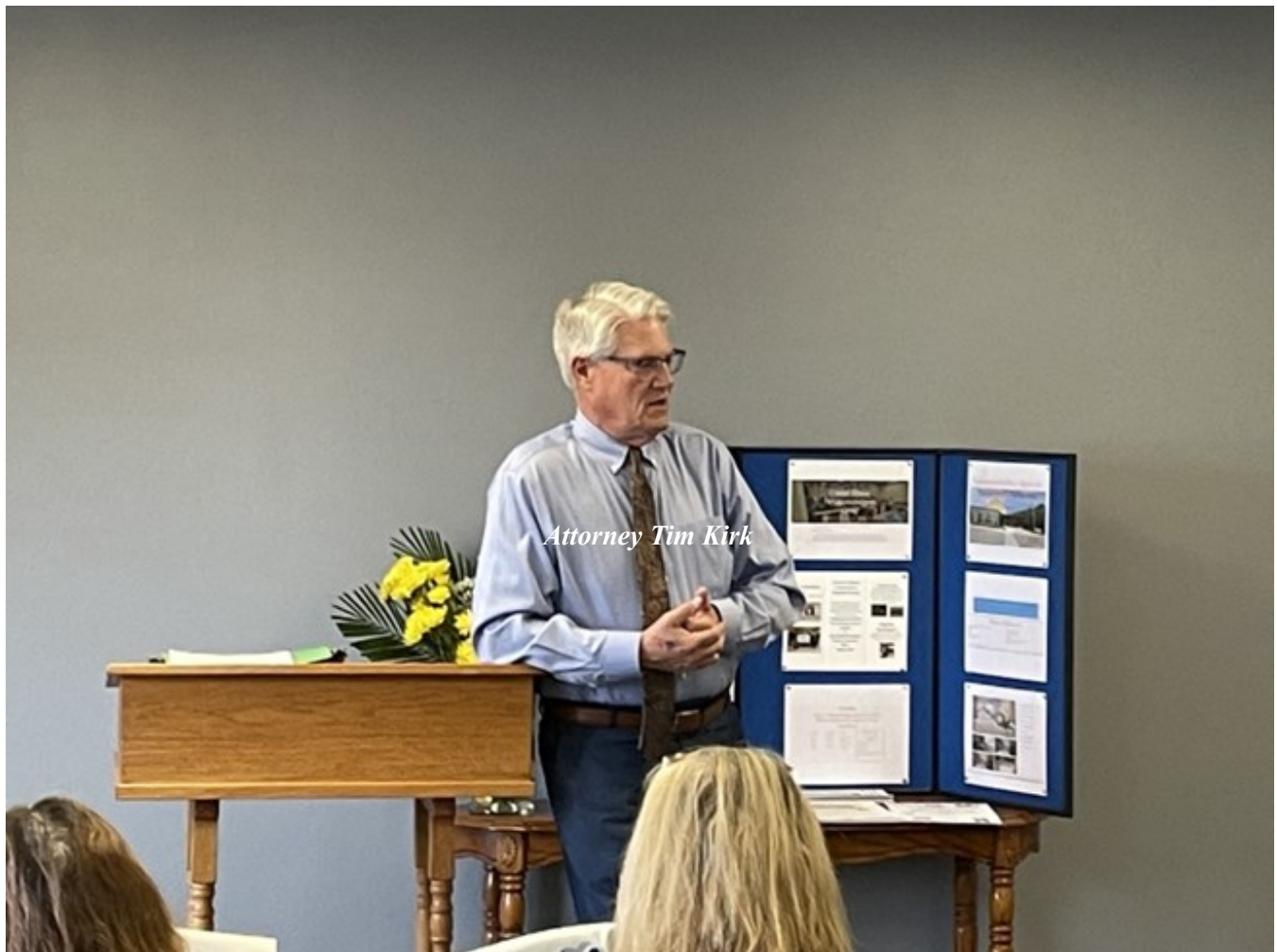


Financial Planning Seminar Held with Help from Partners

*Mitch Forrest MSW, LSW, CIRS-A/D
Director of Planning and Research*

On March 30th, 2024 a subcommittee of the Caring Connection coalition including, Roger Halleen, Central Illinois Parkinson's Support Group, Tammie Schneider, Saxony Courts Senior Living, Nargis Khan, Bradley University Counseling Research and Training Clinic joined with CIAA to offer a training for informal caregivers or families caring for a family member with a disability. The training was hosted at Saxony Courts where some wonderful appetizers were prepared by their Chef. Roger Halleen was able to secure the help of Bradley University's Occupational Health students to help provide respite onsite at Saxony Courts. The speaker for the day was Tim Kirk, JD a local elder law attorney who volunteered his time to talk to family members about financial and legal aspects of long term care planning. Attendees received much valuable information and a packet of legal forms i.e. Power of Attorney for Healthcare and Power of Attorney for Property all people regardless of whether your caring for someone, should have on file with their doctor and secured in a safe place at home.

*If you have legal questions and would have difficulty paying attorney fees,
contact Prairie State Legal Services 1800-322-2280
Monday through Thursday between 9am. and 1pm.*



That text about overdue toll charges is probably a scam



When you go through a toll, you know you'll need to pay a fee to use that road or bridge. But scammers are targeting drivers with text messages pretending to be from the tolling agency collecting "overdue toll charges." Here's what to know about this text scam.

The scammy text tells you to click a link to pay "overdue toll charges" to avoid late fees. But it's probably not the tolling agency contacting you. It's probably a scammer. Clicking the link can lead to a [phishing attack](#), where the scammer tries to take your personal information (like your driver's license number) — and even steal your [identity](#). And if you pay, not only are you out the money, but the scammer gets your credit card number, too.

To spot and avoid text scams about a fake toll:

- **Slow down.** Don't rush to click on links or respond to the text. Scammers want you to react quickly when they send you an unexpected text message, but it's best to stop and check it out.
- **Check with the tolling agency.** If you're worried the text is legit, check with the state's tolling agency. But use a phone number or website you know is real — not the info from the text.

Report unwanted text messages. Use your phone's "report junk" option to report these unwanted texts [to your messaging app](#) or forward them to 7726 (SPAM).

- **Don't engage. Delete the message.** Unwanted messages often lead to scams. Once you've checked it out and reported it, delete the text message. And don't engage.

Share this information with people you know so they also can be prepared to spot and avoid the scam. And if you spot a text scam, the FTC wants to hear about it. Go to [ReportFraud.ftc.gov](#) and tell us your story.

Got a text
telling you to
pay "overdue
toll charges"?

**It's probably
a scam.**



**Mental
health
matters.**

Medicare
.gov

Taking care of your mental health is just as important as taking care of your physical health.

Medicare covers many mental health services to support you, including depression screening, individual and group therapy, and family counseling. You may be able to get many of these services via [telehealth](#).

Learn More

If you're feeling isolated, it can take a toll on mental health. Get [tips on caring for your mental health](#), and information on when to seek professional support.

MENTAL HEALTH AWARENESS MONTH

Advocates Educators Supporters Researchers
People with Mental Illness Peers Parents Champions
Teachers Veterans Caregivers Youth and Young Adults
Mentors Underrepresented Communities Organizations
Trainers Groups Partners Frontline Professionals

- The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.
- The NAMI Teen & Young Adult (T & YA) Helpline offers a direct connection with another young person who shares similar and is prepared to offer information resources, and support to help you move through difficult times to a better place.
- Experiencing a mental health crisis: Call, chat or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week.

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



American Stroke Association®
A division of the American Heart Association.
Together to End Stroke®

05

Key Facts About Stroke

Stroke.org



FACT # 1: **Stroke kills brain cells**

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT # 3: **About one in four stroke survivors is at risk for another**

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT # 2: **Type of Stroke**

Ischemic caused by a clot, Hemorrhagic caused by rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



FACT # 4: **Prevention is key**

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

F.A.S.T.

FACT # 5: **Time lost is brain lost**

Now that you know prevention, here's how you spot one.

**Learn the
FAST warning
Signs:**

F
Face
Drooping

A
Arm
Weakness

S
Speech
Difficulty

T
Time to
Call 911

HCA  **Healthcare®**
FOUNDATION

The HCA Healthcare Foundation
is a national supporter of
Together to End Stroke®.



How Do I Exercise Safely With Arthritis?

Learn how you can safely exercise and enjoy the benefits of increased physical activity with these S.M.A.R.T. tips.

- Start low, go slow.
- Modify activity when arthritis symptoms increase, try to stay active.
- Activities should be joint friendly.
- Recognize safe places and ways to be active.
- Talk to a health professional or certified exercise specialist.

Start low, and go slow.

When starting or increasing physical activity, start low and pay attention to how your body tolerates it. People with arthritis may take more time for their body to adjust to a new level of activity. If you are not active, start with a small amount of activity, for example, 3 to 5 minutes 2 times a day. Go slow. Add activity a little at a time (such as 10 minutes at a time) and allow enough time for your body to adjust to the new level before adding more activity.

Modify activity when arthritis symptoms increase, try to stay active.

Your arthritis symptoms, such as pain, stiffness, and fatigue, may come and go and you may have good days and bad days. Try to modify your activity to stay as active as possible without making your symptoms worse.

Activities should be joint friendly.

Choose activities that are easy on the joints like walking, bicycling, water aerobics, or dancing. These activities have a low risk of injury and do not twist or “pound” the joints too much.

Recognize safe places and ways to be active.

Safety is important for starting and maintaining an activity plan. If you are currently inactive or you are not sure how to start your own physical activity program, an [exercise class](#) may be a good option. If you plan and direct your own activity, find safe places to be active. For example, walk in an area where the sidewalks or pathways are level and free of obstructions, are well-lighted, have benches to rest if needed and are separated from heavy traffic.

Talk to a health professional or certified exercise specialist.

Your doctor is a good source of information about physical activity. Health care professionals and certified exercise professionals can answer your questions about how much and what types of activity match your abilities and health goals.



Healthy Vision Month: How to Stay in Shape to Protect Your Eyes



Maintaining healthy vision doesn't mean [eye exercises](#) ([they don't work](#) except in [very specific circumstances](#)).

Diet and lifestyle choices can directly affect your eyes. The best way to take care of your eyes during May's Healthy Vision Month and year-round is to look after your overall health and [get eye exams when you should](#). Exercising, [eating right](#) and [quitting smoking \(or better yet, never starting\)](#) are three of the best investments you can make in your vision.



Making healthy choices and getting regular eye exams can help reduce the risk of getting some eye diseases. And healthy choices can reduce vision loss or slow down the disease if you do have [age-related macular degeneration](#), [cataracts](#), [diabetic retinopathy](#) or [glaucoma](#).

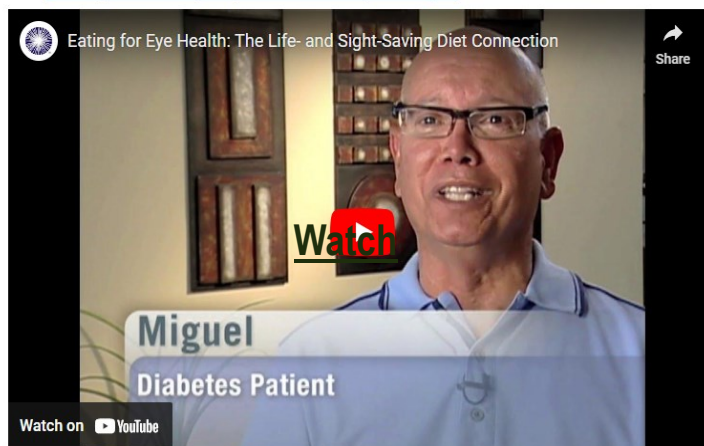
This Healthy Vision Month, the American Academy of Ophthalmology encourages you to find ways to be healthier, so your vision will last a lifetime.

- Read our top [10 tips for keeping your eyes healthy](#).
- Learn easy steps you can take to [keep your eyes healthy as you age](#).
- Eat well! Leafy greens, citrus fruit and cold-water fish like salmon are some of [the best things you can eat to help protect your eyes](#).
- Find out [why dilated eye exams are important](#) and [what to expect when your eyes are dilated](#).
- Need to [Find an Ophthalmologist](#)? We can help.
- Have a question about your eye health? [Ask an Ophthalmologist](#).

Source: <https://www.aao.org/eye-health/news/stay-in-shape-protect-vision-healthy-vision-month>



AMERICAN ACADEMY
OF OPHTHALMOLOGY®





American Heart Association®

Healthy for Good™

4 Protein Mistakes to Avoid

IGNORING PLAN PROTEIN

Plants have more of it than you think!



That's not just nuts and beans, but rice, oatmeal and veggies like peas and broccoli.

BEING SCARED OF EGGS

Eggs can be included as part of a heart-healthy diet. Enjoy 1-2 eggs a day as a high-quality protein.



GETTING STUCK IN A RUT

Get protein from different sources to



maximum nutrients, like omega-3s from seafood and choline from eggs.

RELYING ON BARS AND POWDERS

Protein is already in many foods.



Plus, bars and powders are often more expensive than whole foods.



LEARN MORE AT
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthy-for-good)

Egg Nutrition Center is a national supporter of American Heart Association's Healthy for Good initiative.

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Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/4-protein-mistakes-to-avoid>

Food Allergies



Food allergies and other types of food hypersensitivities affect millions of Americans and their families. Food allergies occur when the body's immune system reacts to certain proteins in food. Food allergic reactions vary in severity from mild symptoms involving hives and lip swelling to severe, life-threatening symptoms, often called anaphylaxis, that may involve fatal respiratory problems and shock. While promising prevention and therapeutic strategies are being developed, food allergies currently cannot be cured. Early recognition and learning how to manage food allergies, including which foods to avoid, are important measures to prevent serious health consequences.

To learn more about Food Allergies, visit the [website](#).



Skin Cancer Prevention Starts with You!

Get the Facts About Skin Cancer



Skin cancer is the most common type of cancer in the U.S. and worldwide.



1 in 5 Americans will develop skin cancer by age 70.



Every hour, more than 2 people die of skin cancer.

If you catch skin cancer early enough, you can be A-OK.



Your risk for melanoma doubles if you've had more than 5 sunburns.



Regular daily use of SPF 15 or higher sunscreen reduces your risk of melanoma by 50%



9 Ways You Can Protect Your Skin



1. Seek the shade, especially between 10 AM and 4 PM.

2. Don't get sunburned.

3. Avoid tanning and never use UV tanning beds.



4. Cover up with clothing including a broad-brimmed hat and UV blocking sunglasses.

5. Keep newborns out of the sun. Use sunscreen on babies over the age of six months.

6. Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher.



7. Apply 1 ounce of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or sweating.

8. Examine your skin head-to-toe every month.

9. See a dermatologist at least once a year for a professional skin exam.

Controlling Mosquitoes at Home



Control mosquitoes outside your home

Remove standing water where mosquitoes could lay eggs



- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
- Tightly cover water storage containers (buckets, cisterns, rain

barrels) so that mosquitoes cannot get inside to lay eggs.

- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

Kill mosquitoes outside your home

- Use an outdoor insect spray made to kill mosquitoes in areas where they rest.
- Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.

Control mosquitoes inside your home

Keep mosquitoes out

- Install or repair and use window and door screens. Do not leave doors propped open.
- Use air conditioning when possible.



Kill mosquitoes inside your home

- Kill mosquitoes inside your home. Use an indoor insect fogger or indoor insect spray to kill mosquitoes and treat areas where they rest. These products work immediately, and may need to be reapplied. When using insecticides, always follow label directions. Only using insecticide will not keep your home free of mosquitoes.
- Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room.

Source: [Controlling Mosquitoes at Home](#) | [Zika Virus](#) | [CDC](#)

For more information on diseases spread by mosquitoes:

- www.cdc.gov/chikungunya
- www.cdc.gov/dengue
- www.cdc.gov/Zik





SAVE THE DATE!

Free Dental Care Coming to Peoria

Date: June 28th and June 29th
Hours: 8 a.m. to 3 p.m.
Location: Peoria Civic Center



What Services Are Offered?

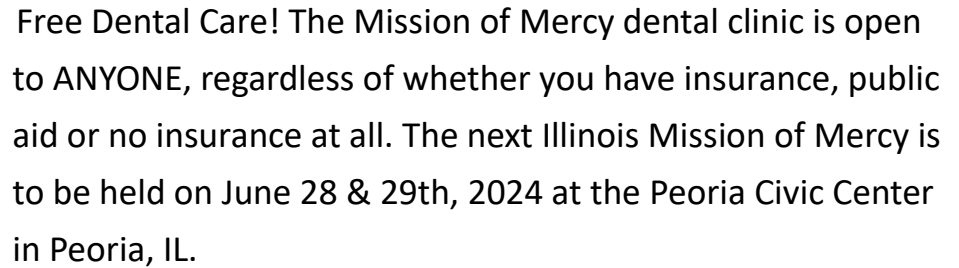
- DENTISTRY FOR ADULTS & CHILDREN
- CLEANINGS
- FILLINGS
- EXTRACTIONS
- X-RAYS
- MORE!

If you or someone you know needs dental treatment but can't afford it, mark your calendars for Mission of Mercy 2024. The event will provide **free dental care** to over 2,000 children and adults.

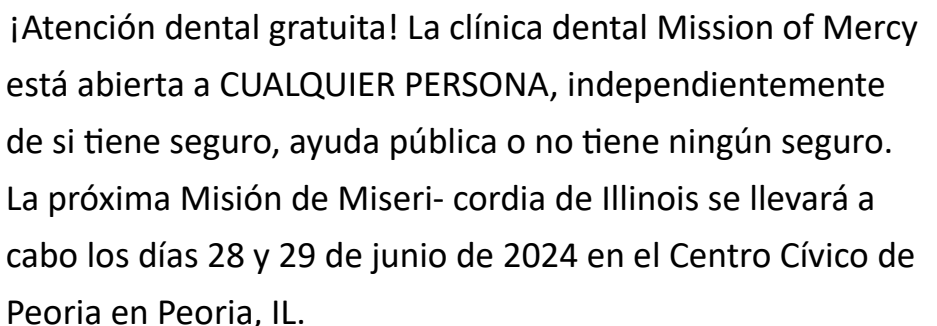
Spread the word and help us reach those in need. Together, we can make a difference in our community's oral health!

For more information visit isds.org/mom or contact
Mission of Mercy Coordinator Linda Thomas at lthomas@isds.org





The clinic doors open at 8 am each day. The doors will close to the clinic for patients at 3pm each day. We typically treat 1,000 patients per day depending on the number of licensed volunteers available. Clinic capacity may be reached as early as 10 am, so please plan to come early.



Las puertas de la clínica abren a las 8 am todos los días. Las puertas de la clínica se cerrarán para los pacientes a las 3 p.m. todos los días. Normalmente tratamos a 1000 pacientes por día, dependiendo de la cantidad de voluntarios autorizados disponibles. La capacidad de la clínica se puede alcanzar a las 10 a. m., así que planee llegar temprano.

National Water Safety Month 2024



Pool simple steps
save lives
SAFELY

Headed back to the Pool this Summer?

Always Pool Safely!

Safety Tips to Prevent Drownings:



Always watch kids in and around the water-- and designate a water watcher.



Teach children to swim-- or sign them up for swim classes.



Properly fence all pools at least 4-feet in height around the perimeter of the pool/spa.



Use a self-closing and self-latching gate.



Stay away from drains and other pool openings.



Know life-saving skills, including CPR for adults and kids.



United States
Consumer Product Safety Commission



PoolSafely.gov
f i s y
PoolSafely



NSN
NATIONAL SAFETY NETWORK
NSN-07-052024

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

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



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

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 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 Fruit Snacks for Kids

10. **Popsicles!** Freeze [100% juice](#) to make popsicles.
9. **Fruit Sandwiches.** Use slices of [apples](#) or [pears](#) and low-fat cheese.
8. **Peanut Butter & ...Whatever!** Serve fresh fruit with a dab of peanut butter.
7. **Fruit & Yogurt.** Fresh fruit dipped in your kid's favorite low-fat yogurt.
6. **Smoothies.** Kids won't pass up tasty fruit smoothies.
5. **Fruit Cups.** Canned fruit or single-serve fruit cups.
4. **Applesauce Dip.** Fresh fruit dipped in applesauce.
3. **Dried Fruits.** Pack up dried fruits such as [raisins](#), [blueberries](#), apricots and apple slices for great on-the-go snacks.
2. **Fun Fruit Salad.** Serve fresh fruit that can be dipped in salad dressings such as poppy seed or balsamic vinegar.
1. **Fruit Chunks.** Frozen fruit chunks such as [grapes](#), [banana](#) slices, blueberries or [watermelon](#) are perfect when you're in a rush.

Source: [Top 10 Fruit Snacks For Kids - 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)

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info@repchung.com

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

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Pekin, IL 61554
(309) 204-6514

Senator Dave Koehler (46th District—D)

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senatordavekoehler@gmail.com

Rep. William Hauter (87th District—R)

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(309) 819-8701
hauter@ilhousegop.org

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

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repigordon@gmail.com

FY 2024

CIAA

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FY 2024

CIAA

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Autum Jones, Chair
Joe Hendel, Vice-Chair

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