



# 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, May Issue

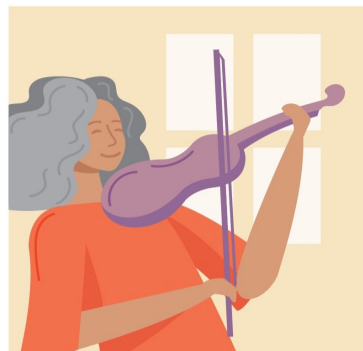
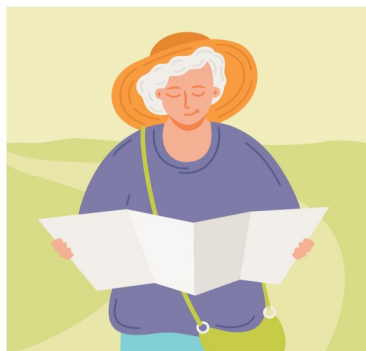
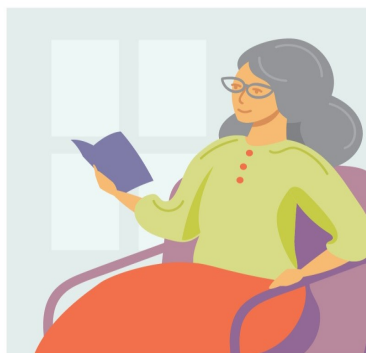
Keith Rider, CMA, President/CEO  
Hoangvan Dinh, B.S., Editor

# SENIOR GAZETTE

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To Receive Senior Gazette,  
e-mail Hoangvan Dinh at  
[hdinh@ciaoa.net](mailto:hdinh@ciaoa.net)



# Age my way!



Administration for Community Living

[acl.gov/oam](https://acl.gov/oam)

OLDER  
AMERICANS  
MONTH



AGE MY WAY: MAY 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.

The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Source: <https://acl.gov/oam/2022/older-americans-month-2022>

# **CENTRAL ILLINOIS AGENCY ON AGING, INC.**

## **Public Hearing Announcement**

### **Speak Out– Voice Your Opinion**

We want to hear from you!

The presentation of the Public Information Document represents a summary of Central Illinois Agency on Aging, Inc.'s (CIAA) proposed FY 2023 Amendment to the Public Information Document FY 2022, FY 2023, and FY 2024 Area Plan on Aging. The two Public Hearings will inform older persons, caregivers, service providers, and other interested persons about the Area Plan on Aging. The hearings will focus on CIAA's plan for providing access to needed services and giving attention to the CIAA Area Plan Initiatives. Due to the Pandemic, Illinois Department on Aging has allowed Area Agencies on Aging to conduct public hearings remotely for FY 2023.

*Central Illinois Agency on Aging, Inc. will be presenting the Public Information Document as listed below:*

**Topic: Public Hearing**  
**Zoom meeting**

**Time: May 25, 2022 02:00 PM**  
**Central Time (US and Canada)**

**Join Zoom Meeting**

[https://uso6web.zoom.us/j/8311203759?  
pwd=Z3loSGhySS85MzdmU2pnRFpoTodBdzoo](https://uso6web.zoom.us/j/8311203759?pwd=Z3loSGhySS85MzdmU2pnRFpoTodBdzoo)

Meeting ID: 831 1120 3759

Passcode: 037408

Dial by your location  
+1 312 626 6799 US (Chicago)

**Topic: Public Hearing**  
**Zoom and**

***In-Person Meeting at***  
***Central Illinois Agency on Aging, Inc.***  
***700 Hamilton Blvd., Peoria IL 61603***

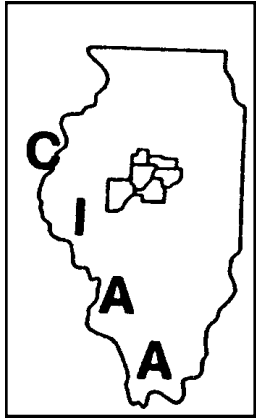
**Time: May 26, 2022 10:00 AM**  
**Central Time (US and Canada)**

**Join Zoom Meeting**

[https://uso6web.zoom.us/j/87092207127?  
pwd=eG5JRlJlTjJEYzBJWXhQZExjLzJzUTo9](https://uso6web.zoom.us/j/87092207127?pwd=eG5JRlJlTjJEYzBJWXhQZExjLzJzUTo9)

Meeting ID: 870 9220 7127  
Passcode: 322532

Dial by your location  
+1 312 626 6799 US (Chicago)



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

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

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

**Hole in One Prize:**  
**\$10,000**

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



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

**Major Sponsor**



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

*For more information contact:*

Bert Marshall, 309-674-2071 ext. 2204  
[rmarshall@ciao.net](mailto:rmarshall@ciao.net) or

Renee Razo, 309-674-2071 ext. 2205  
[rrazo@ciao.net](mailto:rrazo@ciao.net)

[www.ciao.net](http://www.ciao.net)





# Brain Health for Caregivers

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

Josh Sidney, a Bradley University Masters' level counseling intern gave a very engaging and informative presentation to a small group of caregivers on Thursday, April 28<sup>th</sup> at Central Illinois Agency on Aging's Hamilton Office conference room.

Professor Kathy Buchko, PhD from Bradley University was present in support of her student and helped to provide a light dinner from Avanti's for six family caregivers in attendance!

This talk was also sponsored by a coalition of professional caregivers called Caring Connections. Julie Johnson from Caring Connections and Petersen Healthcare was present during the seminar and donated a nice gift basket for caregivers.

Two more sources of give-away prizes from the Caring Connection were Spoon River Home Health and Methodist College!

The speaker, Josh helped us understand the importance of brain health for caregivers and all of us! He gave an overview of brain functions and biology including which parts of the brain control specific activities such as the Frontal Lobe controls motor functions and high level cognitive skills. If dementia, stroke or injury affects the frontal lobe that explains why sometimes people experience difficulty with balance when they have been diagnosed with one of those conditions. It is important for the caregiver to understand not only changes in brain chemistry and how it affects their loved one but also for their own well-being.

There were many tips given that have been supported by research to promote "brain health." Some of those tips included

- 1) Exercising consistently- increases blood flow to the brain
- 2) Getting plenty of sleep- 7-8hours allow your brain to recover from the day and consolidate and store memories. Also spinal fluid washes in and out of the brain during sleep. This literally flushes out what Josh described as "metabolic gunk" from the day.
- 3) Eat a varied and healthy diet- try and eat less red meat, more fish, vegetables and healthy fats, olive oil, avocado, and omega 3 fatty acids are all good for the brain!
- 4) Stay mentally active - do puzzles, reading, Sudoku or audiobooks
- 5) Remain Socially Involved – spend time with friends, family, or community groups can reduce depression and stress which are two things that can contribute to memory loss!

There was time for some very helpful and supportive discussion by participants and a reminder that Bradley University Counseling Research and Training Clinic is a funded provider of Central IL Agency on Aging, Inc. and has two new support groups starting.

**Bradley's services are available to any informal family caregiver by  
contacting their clinic at 309-677-3189 or  
call Central Illinois Agency on Aging, Inc. at 309-674-2071.**

*We want to thank Bradley and members of Caring Connection for making this event possible!*



# MAY is American Stroke Month and Hypertension Awareness



## F.A.S.T. Warning Signs

**Recognize the warning signs of stroke and call 9-1-1 immediately. This can make the difference between a strong recovery and disability or even death.**

**F** = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A** = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S** = Speech Difficulty – Is speech slurred?

**T** = Time to call 911

**Stroke is dangerous and deadly — the No. 5 killer and a leading cause of disability in America. But you can control and treat several risk factors for stroke.**

[Learn more about these and other warning signs of stroke.](#)

**A key risk factor for stroke is high blood pressure, the “silent killer”**

**Nearly half of American adults have high blood pressure. (Many don't even know they have it.) The best way to know if you have high blood pressure it is to [have your blood pressure checked.](#)**

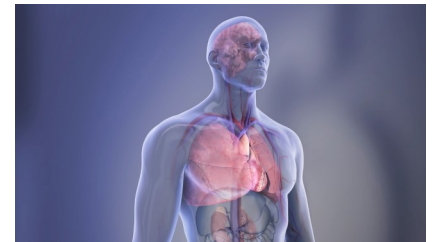
- Most of the time there are no obvious [symptoms.](#)
- Certain physical traits and lifestyle choices can put you at a [greater risk for high blood pressure.](#)
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to [heart attack](#), [stroke](#) and other [health threats.](#)

[Full text of understanding high blood pressure infographic](#)

**Whole body wellness can help you feel stronger, healthier and mentally sharp – and it can also reduce your stroke risk.**

**It's never too late to start making healthier choices:**

- Get enough sleep - Adults need 7-9 hours per night. Teenagers and children need more.
- Get regular check-ups - Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.
- Move more, sit less
- Aim for 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise (or a combination) per week.
- Eat Healthy Increase the amount of fruits and vegetables you eat.
- Reduce your intake of sodium, added sugar, and saturated and trans fats.
- Don't smoke or vape If you currently smoke or vape, quit.



**Stay healthy and active to help reduce your risk of STROKE, heart disease, memory loss and difficulty with thinking and learning.**

**Source:** <https://newsroom.heart.org/events/may-is-american-stroke-month-and-hypertension-awareness-and-more>

# 10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

## If you have possible or confirmed COVID-19

1. **Stay home** except to get medical care.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

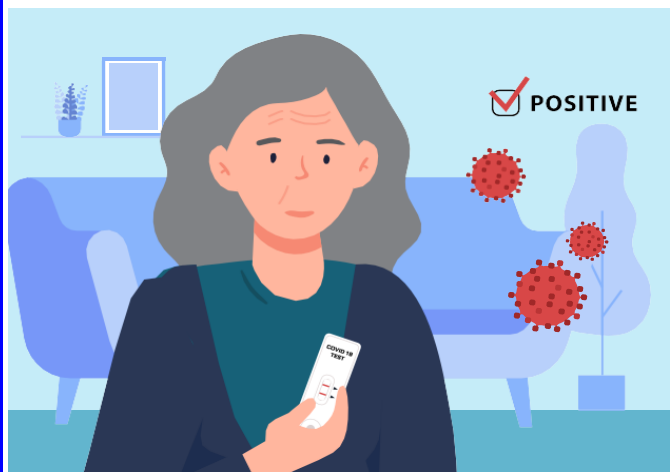


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# DON'T DELAY: TEST SOON AND TREAT EARLY

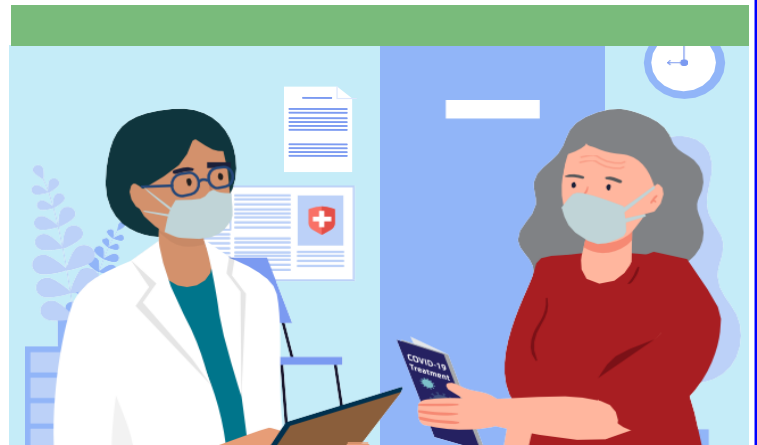
| COVID-19 |

If you are at high risk of getting very sick from COVID-19, and test positive, treatment may be available.



Get tested as soon as possible after your symptoms start.

Contact your healthcare provider right away if your result is positive.



Don't delay. Treatment must be started early to work.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# TOP 5 WAYS TO PROTECT YOUR VISION AS YOU AGE



You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease



**Eat a healthy diet**, including leafy greens such as spinach or kale, and maintain a healthy weight



**Wear sunglasses** that block out 99% to 100% of UVA UVB rays



**Quit smoking** or don't start



Get regular **eye exams**



Know your family's **eye health history**



# Skin Cancer 101



## *What Is Skin Cancer?*

Skin cancer is the out-of-control growth of abnormal cells in the epidermis, the outermost skin layer, caused by unrepaired DNA damage that triggers mutations. These mutations lead the skin cells to multiply rapidly and form malignant tumors.

## *What Causes Skin Cancer?*

The two main causes of skin cancer are the sun's harmful [ultraviolet \(UV\) rays](#) and the use of UV [tanning](#) beds. The good news is that if skin cancer is caught early, your dermatologist can treat it with little or no scarring and high odds of eliminating it entirely. Often, the doctor may even detect the growth at a [precancerous](#) stage, before it has become a full-blown skin cancer or penetrated below the surface of the skin.



## *General Facts*

- In the U.S., more than 9,500 people are diagnosed with skin cancer every day. More than two people die of the disease every hour.<sup>1,2,9</sup>
- More than 5.4 million cases of non melanoma skin cancer were treated in over 3.3 million people in the U.S. in 2012, the most recent year new statistics were available.<sup>1</sup>
- More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.<sup>2</sup>
- At least one in five Americans will develop skin cancer by the age of 70.<sup>3</sup>
- Actinic keratosis is the most common pre cancer; it affects more than 58 million Americans.<sup>4</sup>
- The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion: about \$4.8 billion for non melanoma skin cancers and \$3.3 billion for melanoma.<sup>5</sup>



**Sources:** <https://www.skincancer.org/skin-cancer-information/> and <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>



# What is Military Appreciation Month?

*By USO Staff*

365 days a year, 7 days a week and 24 hours a day, members of the U.S. military are on call around the world, defending the interests and security of the nation. This May, during Military Appreciation Month, is the perfect opportunity to express gratitude to them, and their families, for all that they do every day.

This year, as many service members are overseas supporting our NATO allies in Eastern Europe, it is especially important that we as a nonprofit military organization – and you, as a patriotic citizen – pause to honor them during Military Appreciation Month.

## *When is Military Appreciation Month?*

Officially [designated by Congress in 1999](#), **Military Appreciation Month takes place every year throughout the entire month of May**. Every year, [the president issues an annual proclamation](#) reminding Americans to celebrate this patriotic month that pays tribute to those who have sacrificed so much for our freedom.

Although the entire month is designated to honoring past and present military members and their families, there are several, specific military holidays sprinkled throughout Military Appreciation Month itself, including Loyalty Day, [VE Day](#), Military Spouse Appreciation Day, Mother's Day, Armed Forces Day and Memorial Day.

### *Loyalty Day: May 1, 2022*

One of the lesser-known Military Appreciation Month holidays is [Loyalty Day](#), which is celebrated on May 1.

### *VE Day: May 8, 2022*

Marking the end of a long, deadly war, [VE Day](#), short for "Victory in Europe Day," celebrated just that: the end of World War II on the European front. Since this momentous occasion in 1945, much of the world has continued to [celebrate VE Day on May 8](#) every year. It has since become an official holiday in Military Appreciation Month.

### *Military Spouse Appreciation Day: May 6, 2022 (The Friday Before Mother's Day)*

[Military Spouse Appreciation Day](#) takes place on the Friday before Mother's Day and [honors the military spouses](#) who sacrifice so much in support of their service member's mission.

Source: <https://www.uso.org/stories/2699-what-is-military-appreciation-month>

Image Credit: <http://clipart-library.com/clipart/rcLojRMAi.htm>

### *Mother's Day: May 8, 2022 (The Second Sunday of May)*

**Mother's Day takes place every year in the U.S. on the second Sunday of May** and was [created in 1908 by Anna Jarvis](#). It officially became a holiday, as [declared by President Woodrow Wilson, in 1914](#).

Today, children across the country observe this holiday by showing gratitude to the mother figures in their lives, often by sending cards, flowers or other tokens of appreciation to these special women – including our nation's service members and military spouses.

In particular, [military mothers](#) – whether they're a deployed service member, supporting their child who is currently serving, or holding down the fort while their spouse is on the front lines – especially deserve to be acknowledged and remembered on Mother's Day for the sacrifices they make every day.

### *Armed Forces Day: May 21, 2022 (The Third Saturday in May)*

[Armed Forces Day](#) is celebrated on the third Saturday in May, and it is the day Americans celebrate their military forces.

### *Memorial Day: May 30, 2022 (The Last Monday in May)*

[Memorial Day](#), which is celebrated on the last Monday in May, [honors service members who have died](#) in military service to the nation. The holiday has roots dating back to the post-Civil War era, when citizens would informally create spring flower memorials on the graves of fallen soldiers.

In modern history, the holiday is also often cited as the unofficial start to the summer and many families choose to pay tribute to fallen service members by visiting veterans' cemeteries or memorials, like the [Vietnam](#) or World War II Memorials in Washington, D.C.



# NATIONAL ELECTRICAL SAFETY MONTH



## What is National Electrical Safety Month?

The Electrical Safety Foundation International (ESFI) is a non-profit organization dedicated exclusively to promoting electrical safety in the home, school, and workplace. To commemorate National Electrical Safety Month each May, ESFI spearheads an annual campaign to educate key audiences about the steps that can be taken in order to reduce the number of electrically related fires, fatalities, injuries, and property loss. ESFI's National Electrical Safety Month 2022 campaign features a comprehensive collection of new and updated resources to help facilitate an effective electrical safety awareness campaign for your community, organization, school, or family. Included is an extensive collection of fact sheets and related safety tips, plus templates and tools you can use to promote electrical safety and National Electrical Safety Month in your home, school, community, or workplace. We have even provided media outreach materials to help further spread our lifesaving campaign messages.

## National Electrical Safety Month 2022 Campaign Overview

In celebration of National Electrical Safety Month 2022, ESFI is excited to announce the launch of our campaign materials and theme, "Energy Resilience." This year's materials examine how emerging technology, such as photovoltaics, electric vehicles, and energy storage systems, can provide energy resilience to homes and businesses.



### [Net Zero Energy Use & Energy Resilience](#)

Net zero buildings produce the same amount of energy as they use. Learn how to make your home or business...

→ [Learn More](#) ↓ [Download](#)



### [Benefits of Electric Vehicles](#)

According to the International Energy Agency, there were 10 million electric cars on the world's roads at the end of...

→ [Learn More](#) ↓ [Download](#)



### [Energy Resilience: Energy Storage Systems & Photovoltaics](#)

Do you have solar panels or photovoltaic modules installed on your home or business? Having energy storage systems helps increase...

→ [Learn More](#) ↓ [Download](#)



# BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

*A chance to meet with other caregivers in your area*

## CAREGIVER CHAT

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

- Cope with your caregiver roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always “being there”

*Light snacks will be provided*



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

*A chance to meet with other caregivers in your area*

## CAREGIVER CHAT

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

- Cope with your caregiver roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always "being there"

*Light snacks will be provided*



# Save big with low Medicare costs when you turn 65.

Health Alliance™ Medicare Advantage plans are made for you. Get the flexibility to see doctors you know and trust, plus comprehensive coverage options with all this and more:

- Plans that allow you to see any doctor who accepts Medicare.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.



**Call for a FREE Medicare evaluation: (888) 382-9771 (TTY 711).**

Available daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

**Or learn more at one of our upcoming webinars:  
[HealthAlliance.org/Events](https://HealthAlliance.org/Events).**

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings call (888) 382-9771 (TTY 711).

# **“I feel lonely. Can I talk to you?”**



## **Friendship Line 1-800-971-0016**

**Institute on Aging's 24-hour toll-free accredited crisis line for persons aged 60 years of age and older, and adults living with disabilities.**

**The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.**

**Friendship Line provides round-the-clock crisis support services including:**



- \* Suicide intervention;**
- \* Providing emotional support;**
- \* Elder abuse prevention and counseling;**
- \* Giving well-being checks;**
- \* Grief support through assistance and reassurance; and**
- \* Information and referrals.**

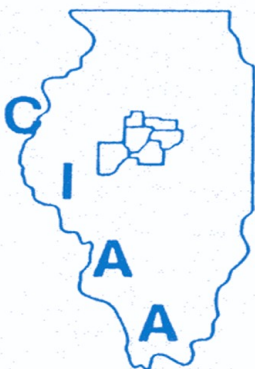
### **Contact:**

*Central Illinois Agency on Aging, Inc. for available information on services for seniors.*

Phone: (309) 674-2071

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

Facebook: <http://www.facebook.com/ciaoa.illinois>



*By Renee Razo, B.A., B.S., CIRS  
Director of Program Management*



# TAKE CHARGE OF YOUR HEALTH

We invite you to participate in this exciting interactive program!  
Get support and encouragement from others living with ongoing health conditions just like you!

## WHAT IS TAKE CHARGE OF YOUR HEALTH?

*Take Charge of Your Health* programs generally last 6 to 8 weeks. Participant and facilitators meet weekly for two and a half hours. Workshops are led by facilitators who have professional or personal experience with ongoing health conditions.

\* **A Matter of Balance** is a program designed to reduce fear of falling and increase activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

\* **Medication Management Improvement System (MMIS) – Home Meds** is an in-home, medication review and intervention that includes a computerized risk assessment and alert process, plus a pharmacist review and recommendation for improvement.



\* **Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)** is a depression self-management program designed to detect and reduce the severity on depressive symptoms in older adults with chronic conditions and functional limitations. The program includes screening and assessment, education, referral to appropriate health professionals, and behavioral activation. The presence and severity of depression will determine the scope and duration of the program.

*For more information on classes or class schedules contact us*

*By telephone : 309-674-2071 or*

*By email at [ciaa@ciao.net](mailto:ciaa@ciao.net)*

***Space is limited.***





## SIGN UP NOW SPACES ARE LIMITED

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

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

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

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



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

# Healthy Living

For more information contact:

**Central Illinois  
Agency on Aging, Inc.**  
**309-674-2071 or**  
**email [ciaa@ciao.net](mailto: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 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).*

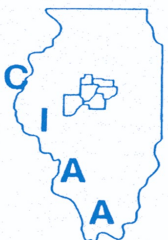


# Planning a Group Trip or Outing?

**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@ciao.net](mailto:Rsea@ciao.net)

# What Is a Food Allergy?

Food allergy is a serious and potentially life-threatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy—that's about 2 in every U.S. classroom.



Food allergy is among the diseases considered to be part of the Atopic March. Also known as the Allergic March, this term refers to the progression of allergic diseases in a person's life: eczema, food allergy, allergic rhinitis and asthma. Not everyone will follow this progression, or experience every condition.

## *What Causes a Food Allergy?*

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a harmless food protein—an allergen.

In the U.S., the eight most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish.

Family history appears to play a role in whether someone develops a food allergy. If you have other kinds of allergic reactions, like eczema or hay fever, you have a greater risk of food allergy. This is also true of asthma.

Food allergies are not the same as food intolerances, and food allergy symptoms overlap with symptoms of other medical conditions. It is therefore important to have your food allergy confirmed by an appropriate evaluation with an allergist.



**Every 3 minutes, a food allergy reaction sends someone to the emergency room.**

## *Food Allergies Are Serious*

Food allergy may occur in response to any food, and some people are allergic to more than one food. Food allergies may start in childhood or as an adult.

All food allergies have one thing in common: They are potentially life-threatening. Always take food allergies—and the people who live with them—seriously.

Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, though some food allergy reactions progress to severe [anaphylaxis](https://www.foodallergy.org/resources/what-food-allergy) with low blood pressure and loss of consciousness.

***Currently, there is no cure for food allergies.***

Source: <https://www.foodallergy.org/resources/what-food-allergy>

## Places to Go ... Things to See

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

### **Hult Center For Healthy Living**

5215 N. Knoxville Avenue  
Peoria, IL 61614

692-6650

[www.hulthealthy.org](http://www.hulthealthy.org)

### **The Peoria Playhouse Children's Museum**

2218 N. Prospect Road  
Peoria, IL 61603

323-6900

[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

### **Peoria Riverfront Museum**

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

686-7000

[www.peoriariverfrontmuseum.org](http://www.peoriariverfrontmuseum.org)

### **Peoria Park District**

Luthy Botanical Gardens—Owens Center  
Forest Park Nature Center

2218 N. Prospect Road  
Peoria, IL 61603

682-1200

[www.peoriaparks.org](http://www.peoriaparks.org)

### **RiverPlex Wellness & Recreation Center**

600 NE Water Street  
Peoria, IL 61603

282-1700

[www.riverplex.org](http://www.riverplex.org)

### **Peoria Civic Center**

201 SW Jefferson Avenue  
Peoria, IL 61602

673-8900

[www.peoriaciviccenter.com](http://www.peoriaciviccenter.com)

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## 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 8<sup>th</sup> Street  
Springfield, IL 62703  
(217) 492-4062, Fax (217) 492-4382

### **Senator Tammy Duckworth (D)**

8 South Old State Capitol Plaza  
Springfield, IL 62701  
(217) 528-6124

## Illinois General Assembly

### **Senator Win Stoller (37<sup>th</sup> District—R)**

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

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

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

### **Rep. Mark Luft (91<sup>st</sup> District—R)**

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

### **Senator Dave Koehler (46<sup>th</sup> District—D)**

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

### **Rep. Keith Sommer (88<sup>th</sup> District—R)**

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

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

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

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