



Central Illinois Agency on Aging, Inc.

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

Office Hours:

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

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SENIOR GAZETTE

IN THE ISSUE

Veterans Day.....	1
“The What, Why and How’s of Respite Care”.....	2
Medicare Card Scams—Tips for Protecting Yourself and Your Medicare.....	3
Updated COVID-19 Vaccines and Free at-home Tests.....	4
Medicare Open Enrollment	5
10 Tips for Family Caregivers.....	6
2024 Alzheimer’s Disease Facts and Figures.....	7
Managing Diabetes.....	8
How Diabetes Can Affect Your Feet.....	9
Get Vaccines to Protect Your Health (50+ Years or Older)	10
Carbon Monoxide Safety.....	11
Agency is Closed for Veterans Day and For Veterans Day, Share How You Spot and Avoid Scams.....	12
Let’s Talk Turkey: Tips for a Safe Thanksgiving.....	13
FEMA Assistance for the Disaster in Illinois.....	14
Caregiver Chat at the Peoria Public Library—North Branch by Bradley CRTC.....	15
Take Charge of Your Health	16-17
988 Suicide & Crisis Lifeline.....	18
Medicare Open Enrollment Contact CIAA, Places to Go...Things to See, and Facebook.....	19
U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....	20

To Receive Senior Gazette,
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Veterans Day



HONORING ALL WHO SERVED

November 11, 2024

www.va.gov





“The What, Why and How's of Respite Care”

***Mitch Forrest, LCSW, CIRS A/D
Director of Planning and Researching***



Saturday, Oct 12th members of the Caring Connection collaborated to offer family and friends who provide care for an older adult a panel discussion on benefits of respite care. Pictured on the left and a part of the panel were Cathi Sipes, Central Illinois Agency on Aging Inc. Board member and caregiver, Daryl Carlson, Alzheimer's Association, Tia Mortensen, Interim Healthcare and Nargis Khan, Bradley University Counseling Research and Training Clinic

This panel's comments led to valuable discussion from audience members about respite and struggles local informal care provider's experience. One common challenge that was expressed is the need for better follow-up among providers of respite to approve and schedule respite hours. A common emotion that is felt by informal care providers is guilt about taking time off from caring for a family member or friend, when it's primarily the person they are caring for that needs help. Audience members were also not aware of some of the basic eligibility criteria for Central Illinois Agency on Aging Inc. Federal respite funding that excludes any kind of financial eligibility criteria for the care provider and or the care recipient. Basic eligibility for the Central Illinois Agency on Aging Inc. Respite program is

1. The term “family caregiver,” means an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual or an individual with Alzheimer's disease or related disorder. (Sec 600 of the Illinois Department on Aging Older Americans Act, 2018)
Or are the Grandparent or Older Individual who is a relative caregiver who lives with a child or young adult under 18 years of age, is the primary caregiver for the child and has a legal relationship with the child.
2. the following definition for older individual care recipient must be determined functionally impaired because individual is unable to perform at least two activities of daily living or due to cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to another individual (Sec. 600 of the Illinois Department on Aging, Older Americans Act, 2018)

I would also like to thank Saxony Courts, Tammy Schneider, Edi Janes, Oak Street Health, Roger Halleen from Central Illinois Parkinson's Support Group and Shannon Petersen, Central Illinois Agency on Aging, Inc., for their help in planning. providing refreshments and inviting participants to this discussion.

***If you or a family member has questions about how to obtain help
through the Central Illinois Agency on Aging Inc. Caregiver Respite program,
please contact the agency at 309-674-2071, Monday through Friday between 8am. and 4pm.***

Medicare Card Scams

Tips for Protecting Yourself and Your Medicare

In 2018, Medicare updated the Medicare card from containing a person's SOCIAL Security number to a random identifier that includes numbers and letters. That was the last time the card was updated and there is no plan to update it again.

What Does the Card Look Like?

- The card from Medicare is a paper card that has a blue banner on the top, a white middle, and a red banner on the bottom. However, you can print your own in black and white.

Examples of Medicare Card Scams

- Someone calls you claiming:
 - * You are getting a new, plastic Medicare card.
 - * Medicare is switching to a card with chip in it.
 - * It's a new year so you need a new card.
 - * You need a black and white card.
 - * They need your Medicare number to see if you have received your new one yet.
 - * They need you to verify your Medicare number so they can confirm you have the correct Medicare card.



What Can You Do to Stop New Medicare Card Scams?

- Do not answer calls from numbers you do not recognize.
- Do not confirm your Medicare number or answer "Yes" to any question.
- Guard your Medicare card and number like a credit card! Don't share your number, laminate it, make copies, or let anyone else make a copy.

How Can Your Senior Medicare Patrol (SMP) Help?

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained teams help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about abuse issues. It also can provide information and educational presentations.

To locate your local Senior Medicare Patrol (SM), visit:

www.smpresource.org or call 1-877-808-2468.

Or contact:

Central Illinois Agency on Aging at 309-674-2071

This project was supported, in part, by grant number 90MPRC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Source: [Medicare Card Scams](#)

Now available

Updated COVID-19 vaccines and free at-home tests.



Medicare.gov

The [updated 2024–2025 COVID-19 vaccine](#) is now available. It's especially important for people 65 or older to get the updated vaccine. It can help protect against the most common variants of the virus circulating now. **Medicare covers the COVID-19 vaccine at no cost to you.**

Protection from previous vaccination or infection weakens over time, so it's important to get the updated COVID-19 vaccine now to stay protected. If you've recently had COVID-19, you can wait 3 months to get a COVID-19 vaccine.

[Find COVID-19 Vaccines](#)

[Find COVID-19 Vaccines](#)

Also, every U.S. household can order **4 COVID-19 at-home tests** — shipped directly to your home at no cost. Visit [COVIDTests.gov](#) to place your order.

Medicare.gov

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

Have you compared coverage options?



Medicare plans aren't "one size fits all." Open Enrollment is your chance to **review your Medicare coverage options**, and find the best fit for you. You may save money, find better coverage, or both!

Visit [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) to compare all your choices, and log in for a more personalized experience.

[Compare Coverage Options](https://www.Medicare.gov/plan-compare)

Just as your health care needs can change from year to year, so can Medicare plans. And not all coverage options offer the same benefits.

Even if you're happy with your current coverage, it's **important to check for any changes next year, and compare with other available options**. You have until December 7 if you're thinking about making a change.

NOTE: If you make less than \$22,591 a year (\$30,661 for married couples), it's worth applying for "[Extra Help](https://www.ssa.gov/extrahelp)." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit [ssa.gov/extrahelp](https://www.ssa.gov/extrahelp) or call Social Security at **1-800-772-1213** to apply for Extra Help.

Medicare.gov



10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10

CAREGIVER
ACTION
NETWORK
CAN

CaregiverAction.org

2024 ALZHEIMER'S DISEASE FACTS AND FIGURES

NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S



1 IN 3

OLDER ADULTS DIES WITH
ALZHEIMER'S OR
ANOTHER DEMENTIA

IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER

— + —
COMBINED

OVER **11 MILLION**

AMERICANS PROVIDE
UNPAID CARE
FOR PEOPLE WITH ALZHEIMER'S
OR OTHER DEMENTIAS



THESE CAREGIVERS
PROVIDED MORE THAN

18 BILLION HOURS

VALUED AT NEARLY
\$347 BILLION

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE

DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE

INCREASED 141%

IN 2024, ALZHEIMER'S
AND OTHER DEMENTIAS WILL
COST THE NATION
\$360 BILLION

— \$\$\$\$ —

BY 2050, THESE COSTS
COULD RISE TO, NEARLY

\$1 TRILLION

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



70% OF DEMENTIA
CAREGIVERS
FEEL STRESSED WHEN
COORDINATING CARE

AND MORE
THAN HALF
OF CAREGIVERS
SAID NAVIGATING
HEALTH CARE IS

DIFFICULT



3 IN 5 DEMENTIA
CAREGIVERS

SAY LESS STRESS AND MORE PEACE OF
MIND ARE POTENTIAL BENEFITS OF

HAVING A **CARE NAVIGATOR**

56% SAY IT COULD
HELP THEM BE

BETTER CAREGIVERS

For more information, visit [alz.org/facts](https://www.alz.org/facts)
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alzheimer's  association®

Source: <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf>



Managing Diabetes

[Diabetes](#) can affect almost every part of your body, including your heart, eyes, kidneys, and nerves. Diabetes is also linked to some types of cancer. You may be able to prevent or delay [diabetes health problems](#) by leading a healthy lifestyle, taking your medicines, and managing your blood glucose level, also called blood sugar level. Work with your health care team to create a diabetes care plan that works for you.

What are the diabetes ABCs?

The diabetes ABCs can help you manage your blood glucose, blood pressure, and cholesterol levels. If you smoke, quitting is also important. Managing your ABCs may lower your chances of having health problems from diabetes, such as a heart attack, stroke, kidney disease, blindness, and foot or leg [amputations](#).

A is for the A1C blood glucose test

The [A1C test](#) shows your average blood glucose level over the last 3 months. This test is done at a health care professional's office or lab. For most people with diabetes, their goal is an A1C level below 7%.¹ Your A1C goal may be different if you have other health problems.² Ask your health care team how often you should have the test and what your goal should be.

B is for blood pressure

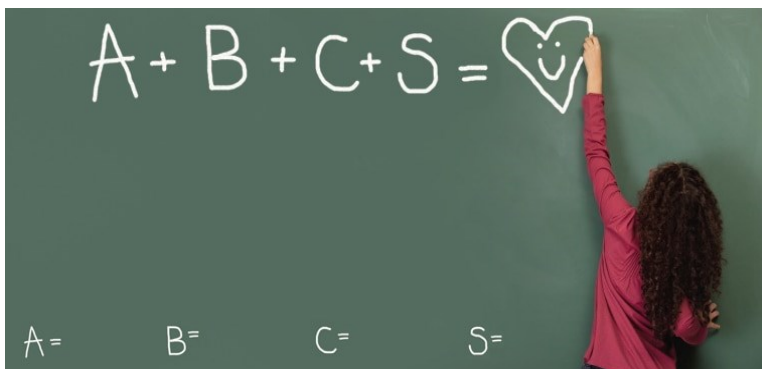
[High blood pressure](#) [NIH external link](#) can damage your heart, kidneys, brain, and eyes. Some people with diabetes have a blood pressure goal below 130/80 mm Hg.^{2,3} If you have heart disease or are at high risk for diabetes health problems, your goal may be lower. Ask your health care team what your goal should be.

C is for cholesterol

[Cholesterol](#) [NIH external link](#) is a fat, also called lipid, that is produced by your liver. Unhealthy levels of cholesterol in your blood can build up and clog your blood vessels, which may result in a heart attack or a stroke. Ask your health care team how often you need a [cholesterol test](#) [NIH external link](#), also called a lipid panel, and what your cholesterol level should be. Some people may need to take a medicine called a [statin](#) [External link](#), or another medicine, to lower their cholesterol for heart health.

S is for stop smoking

Not smoking is important for your health, especially if you have diabetes. Both smoking and diabetes can make your blood vessels narrow. E-cigarettes aren't a safe option either. If you smoke, vape, or use other tobacco products, stop. [Ask for help](#) [External link](#) so you don't have to do it alone.



Source: [Managing Diabetes - NIDDK](#)

Follow your ABCs to keep your heart healthy. A is for the A1C blood glucose test, B is for blood pressure, C is for cholesterol, and S is for stop smoking.

[Continue to read to learn more about how to manage diabetes](#)

HOW DIABETES CAN AFFECT YOUR FEET



Tips for healthy feet

Check your feet every day for cuts, redness, swelling, sores, blisters, corns, calluses, or other change to the skin or nails. Use a mirror if you can't see the bottom of your feet, or ask a family member to help.



Diabetes can reduce blood flow and damage nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation.

Learn tips to manage your diabetes at cdc.gov/diabetes

Check your feet every day. Use a mirror if you can't see the bottom of your feet or ask a family member to help.

Wash your feet every day in

warm (not hot) water. Don't soak your feet. Dry your feet completely and apply lotion to the top and bottom. Don't put lotion between your toes; that could lead to infection.

Never go barefoot. Always wear shoes and socks or slippers, even inside, to avoid injury. Check that there aren't any pebbles or other objects inside your shoes. Make sure that the lining is smooth.

Wear shoes that fit well. For the best fit, try on new shoes at the end of the day when your feet tend to be largest. Break in your new shoes slowly. Wear them for an hour or two a day at first until they're completely comfortable. Always wear socks with your shoes.

Trim your toenails straight across and gently smooth any sharp edges with a nail file. Have your foot doctor (podiatrist) trim your toenails if you can't see or reach your feet.

Don't remove corns or calluses yourself. Also, don't use over-the-counter products to remove them. They could burn your skin.

Get your feet checked at every visit with your primary care provider. Also, visit your foot doctor every year (more often if you have nerve damage) for a complete exam. A complete exam will include checking for feeling and blood flow in your feet.

Keep the blood flowing. Put your feet up when you're sitting. Wiggle your toes for a few minutes several times throughout the day.

Choose feet-friendly activities like walking, riding a bike, or swimming. Check with your doctor about which activities are best for you and any you should avoid.

Be sure to ask your doctor what else you can do to keep your feet healthy.



Get Vaccines to Protect Your Health (50+ Years or Older)



Older adults need to get vaccines (shots) to prevent serious diseases. Protect your health by getting all your vaccines on schedule.

If you're age 50 years or older:

Get a **shingles vaccine**. Shingles causes a painful rash that can last for months. [Learn about shingles vaccines.](#)

If you're age 60 years or older:

Talk to your doctor about getting an **RSV vaccine**. RSV (respiratory syncytial virus) infections are usually mild, but can be serious for some people. [Learn more about RSV vaccines.](#)

If you're age 65 years or older:

Get a **pneumococcal vaccine**. Pneumococcal disease can include pneumonia, meningitis, and blood infections. [Learn about pneumococcal vaccines.](#)

It's also important for all adults to:

- Get a **flu vaccine** every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu. [Learn about the flu vaccine.](#)
- Get the **Tdap vaccine** to protect against tetanus, diphtheria, and whooping cough (pertussis). Everyone needs to get the Tdap vaccine at least once. [Learn about the Tdap vaccine.](#)
- After you get a Tdap vaccine, get a **Td vaccine** every 10 years to keep you protected from tetanus and diphtheria. [Learn about the Td vaccine.](#)
- Get a **COVID-19 vaccine** to protect yourself and others from COVID-19. [Find a COVID-19 vaccine near you.](#)

Ask your doctor, nurse, or pharmacist about other vaccines you may need to stay healthy.

Why do I need to get vaccines?

Vaccines help protect you from diseases that can be serious — and sometimes deadly. Many of these diseases are common, but vaccines can prevent them.

Even if you've always gotten your vaccines on schedule, you still need to get some vaccines as an older adult. That's because:

- Older adults are more likely to get certain diseases
- Older adults are at higher risk for serious health problems caused by diseases like COVID-19 or the flu
- Protection from some vaccines can wear off over time

Getting vaccinated also protects other people.

When you get vaccines, you don't just protect yourself — you also protect others. This is especially important if you spend time around anyone with a long-term health problem or a weakened immune system (the system in the body that fights infections).

Protect yourself and the people around you by staying up to date on your vaccines. [Find out how getting vaccinated helps protect people in your community.](#)

Carbon Monoxide Safety



Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high level can be fatal.

Learn what you can do to protect your family from the dangers of CO.



Install and maintain CO alarms inside your home to provide early warning of CO.



Install CO alarms in a central location outside each separate sleeping area and on every level of your home.



Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.



Make sure vents for dryer, furnace, stove and fireplace are clear of snow and other debris.

For more information and free resources, visit

www.usfa.fema.gov



FEMA



U.S. Fire Administration





Central Illinois Agency on Aging

THE OFFICE WILL BE CLOSED ON

VETERANS DAY



NOVEMBER 11, 2024

IN OBSERVANCE THE HOLIDAY

**WE WILL RESUME OUR
REGULAR BUSINESS HOURS
ON TUESDAY, NOV 12 AT 8:00 AM**



Veterans

Get email updates about
the latest scams.

MILITARYCONSUMER.gov



For Veterans Day, Share How You Spot and Avoid Scams

Every November, people put out social media posts to honor family and friends who've served in the military. But did you know that servicemembers and veterans reported losing more than \$350 million to fraud last year? Chances are, fraud has happened to someone you know. This year, make sure your Veterans Day tribute includes ways to help veterans, servicemembers, and military families spot scammers.

When you talk about scams you're seeing, you help veterans spot and avoid them too. So, tell your neighbor if you've heard about scammers who call [claiming to help veterans file for benefits](#) — but they're really trying to steal their personal information or military benefits. Let grandpa know about a scam call you got that sounded real and said there's something supposedly wrong, like unauthorized charges, with your bank account. You knew it was a scam because the caller told you to withdraw cash and [deposit it into a specific Bitcoin ATM](#) to protect it (big red flag!), so help your family members spot that scam. Offer to help your newly enlisted cousin [sign up for free active duty credit monitoring](#) to restrict access to their credit report and protect against identity theft.

Once the conversation gets going, let them know you're there to help. Share advice and resources to help them spot scams — and to know [what to do if they were scammed](#). Here are three resources to get you started:

- [MilitaryConsumer.gov/blog](#) gives you the latest on scams. Subscribe to get updates sent straight to your inbox.
- [VSAFE.gov](#) combines federal resources to help veterans learn about many different fraud types and how to handle them — from car-buying to housing to military and veteran benefits.
- [The National Veterans Financial Resource Center \(FINVET\)](#) knows that financial well-being is linked to better mental health. Check out their tools to [protect your money](#).

If you or someone you care about spots a scam, tell the FTC at [ReportFraud.ftc.gov](#).



Let's Talk Turkey: Tips for a Safe Thanksgiving



Thanksgiving is just days away and for those concerned about preparing this special meal, don't worry, USDA is here to help. The USDA Meat and Poultry Hotline is available all week and even on Thanksgiving Day to answer your questions. ***Here are some quick tips:***

Clean: Keep bacteria out of your kitchen by washing your hands before, during and after you handle raw food. Make sure food preparation surfaces and utensils are clean.

Separate: Keep raw meat and poultry separate from produce and cooked foods by using different cutting boards.

Cook: Use a food thermometer to ensure your turkey is safe to eat. The recommended internal temperature must reach 165 F in three places: the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing.

Chill: Your meal on the dinner table has only two hours before it becomes unsafe, and bacteria start to multiply. Make sure you put out just enough food for your guests and place the rest in your fridge in shallow containers.

[USDA offers more advice](#) on how to safely thaw your turkey and also offers a chart listing how much time you will need to roast a stuffed or unstuffed turkey.

For more information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or email MPHotline@usda.gov to reach a food safety expert or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday. If you need help on Thanksgiving Day, the hotline is available from 8 a.m. to 2 p.m. Eastern Time.

For more Thanksgiving food safety tips, visit [FoodSafety.gov](https://www.foodsafety.gov) or follow FSIS on Twitter [@USDAFoodSafety](https://twitter.com/USDAFoodSafety) or on Facebook at [Facebook.com/FoodSafety.gov](https://www.facebook.com/FoodSafety.gov).



**Illinois Emergency Management Agency
and Office of Homeland Security**



FEMA

More Than \$1.5M in FEMA Assistance Approved for Illinois

CHICAGO – In just one week since President Biden announced the major disaster declaration for Illinois, FEMA assistance for residents affected by the **July 13 -16** severe storms, tornadoes, straight-line winds and flooding topped **\$1.5 million**.

Here is a snapshot of FEMA disaster assistance as of Sept. 27:

More than **300** households have been approved for FEMA grant funding totaling **\$1.5 million**, including:

- **\$987,000** in housing grants, including short-term rental assistance and home repair costs.
- **\$560,000** approved for other essential disaster-related needs, such as expenses related to medical, dental, and lost personal possessions.

More than **750** home inspections have been completed.

Reminder: Apply with FEMA

Residents with property damage from the July 13 - 16, 2024, severe storms, tornadoes, straight-line winds and flooding in Cook, Fulton, Henry, St. Clair, Washington, Will, and Winnebago counties are encouraged to apply for federal assistance if they haven't done so already.

There are several ways to start the process:

- Go online to DisasterAssistance.gov.
- Use the [FEMA mobile app](#).
- Call the FEMA helpline at 800-621-3362. Multilingual operators are available. If you use video relay service, captioned telephone service or others, give FEMA your number for that service.

For more information about the Illinois recovery, visit www.fema.gov/disaster/4819.

Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency, or economic status. Reasonable accommodations, including translation and American Sign Language interpreters via Video Relay Service will be available to ensure effective communication with applicants with limited English proficiency, disabilities, and access and functional needs. If you or someone you know has been discriminated against, call FEMA toll-free at 800-621-3362. If you use video relay service, captioned telephone service or others, give FEMA your number for that service.

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@ciaa.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)

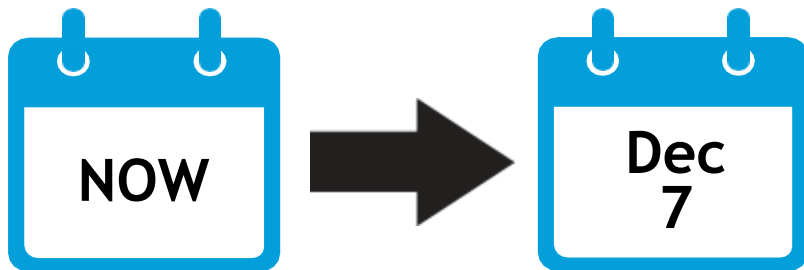
services to the 988 Suicide and Crisis Lifeline. Doing so is part of ongoing efforts to expand accessibility to behavioral health care for underserved communities such as people who are Deaf and Hard of Hearing. To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, 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/>

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options.
Choose or change your Medicare health and
prescription drug plans for the coming year.
Help is available!

Medicare.gov
1-800-MEDICARE

(1-800)-633-4227) TTY: 1-877-486-2048

To schedule an appointment, please reach out to
Central Illinois Agency on Aging
at

309-674-2071.

We look forward to helping you find
the coverage that suits your needs!



CMS Product no:12196 (7/23)

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](https://www.facebook.com/ciaa) 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 2025

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