



# 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, October 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)

## Healthy Habits to Help Protect Against Flu

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get [vaccinated](#) each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu.



The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

- 1. Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- 3. Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk
- 4. Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
  - ♦ [Handwashing: Clean Hands Save Lives](#) Tips on hand washing and using alcohol-based hand sanitizers
  - ♦ [It's a SNAP Toolkit: Handwashing](#) Hand washing resources from the It's A SNAP program, aimed at preventing school absenteeism by promoting clean hands. From the School Network for Absenteeism Prevention, a collaborative project of the CDC, the U.S. Department of Health and Human Services and the American Cleaning Institute.
- 5. Avoid touching your eyes, nose or mouth.** Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>



## Caregiver Information and Assistance Program

A caregiver can be anyone . . . a family member, a friend, a neighbor who can be relied upon to provide unpaid help to a senior.

A caregiver can be a grandparent or relative caregiver raising a child in their own home.

If you provide these services to anyone:



- ♥ Help with errands
- ♥ Prepare meals
  - ♥ Laundry
  - ♥ Pay bills
- ♥ Transportation
- ♥ Personal care
- ♥ Shopping
- ♥ Yardwork
- ♥ Housekeeping
- ♥ Help with homework
- ♥ Handle legal and financial issues



### **You Are A Caregiver!**

***If you are a caregiver, you may be eligible for respite services!***

We offer: support groups and counseling, through a contract with Bradley University Counseling and Research, social events, holiday parties, and back-to-school supplies, to name just a few activities offered.

We offer respite care, for example: help with the cost of summer camps.

*Central Illinois Agency on Aging, Inc. may be able to help if you are:*

- a caregiver of an individual 60 years of age or older, or
- a caregiver age 55 or older raising a grandchild under 18, and
- live in Fulton, Marshall, Peoria, Stark, Tazewell, or Woodford County.



**If you are an informal caregiver or grandparent raising grandchildren, contact Central Illinois Agency on Aging, Inc.**

**Phone: 309-674-2071**

**Visit our website at [www.ciaoa.net](http://www.ciaoa.net) or email Mitch Forrest at [mforrest@ciaoa.net](mailto:mforrest@ciaoa.net) or Pat Wells at [pwells@ciaoa.net](mailto:pwells@ciaoa.net) for additional information.**



*Clipart Credit: <http://clipart-library.com/clipart/813170.htm>*

## Denise Obrien, New Social Work Intern with Caregiver Program

My name is Denise Obrien and I am a student intern with Aurora University earning my MSW. I am a mother of 2 and I live in Canton with my son and our rescued 11 year old Border terrier Baron. My daughter and her friend started a rescue, licensed as the Tazewell County Animal Alliance Rescue, associated with the Tazewell County Animal Control that I help out with when I can. If anyone is wanting to rescue an animal I can tell you all that are available. I have previously completed an internship with Central Illinois Agency on Aging, Inc. (CIAA) while earning my BSW at Western Illinois University and I am anxious to begin this internship now. I have many skills to contribute including certifications in illiteracy, suicide prevention, domestic violence and sexual assault, trauma with children and their families, mandated reporter and CANS, Child and Adolescent Needs and Strengths. I'm really excited to learn more about what you do and help out with Central Illinois Agency on Aging on projects or anything that I can work to be of assistance to you during this internship. I am starting Monday, August 29 for two semesters until April, 2023, and will make a point to come and help you in any way I can. I will be introducing myself and learning about the different departments at CIAA to better help people with their needs.

# 2022 State of Illinois Tax Rebates



Under the Illinois Family Relief Plan\* passed by the Illinois House and Senate, one-time individual income and property tax rebates will be issued to taxpayers who meet certain income requirements.

You may be eligible to receive one or both of the following rebates, which are expected to begin being issued the week of September 12.



## Individual Income Tax Rebate

### How Much is the rebate?



If filing as a single person, your rebate amount is \$50.



If filing as a couple (married filing jointly), your rebate amount is \$100 (\$50 per person).



If filing with dependents, you will receive an additional rebate amount of up to \$300 (\$100 per dependent, with a maximum of three).

### You qualify if:



You are an Illinois resident and have filed a 2021 Form IL-1040; and



Your adjusted gross income on your 2021 Form IL-1040 is under \$400,000 (if filing jointly) or under \$200,000 (if filing as a single person).



## Property Tax Rebate

### How Much is the rebate?



Your rebate amount is equal to the property tax credit you were qualified to claim on your 2021 IL-1040 (up to a maximum of \$300).

### You qualify if:



You are an Illinois resident, and you paid Illinois property taxes in 2021 on your primary residence in 2020; and



Your adjusted gross income on your 2021 Form IL-1040 is \$500,000 or less (if filing jointly) or \$250,000 or less (if filing as a single person).



### More information & status of your rebates: [tax.illinois.gov/rebates](https://tax.illinois.gov/rebates)

Email us at:

REV.TA.IIT@illinois.gov

Call us at:

1 800 732-8866 or 1 217 782-3336

TDD:

1 800 544-5304

Our staff can help with any Illinois state income tax filing inquiries weekdays from 8:00 a.m. to 5:00 p.m.

\*The 2022 State of Illinois tax rebates were created by Public Act 102-0700.  
IL-1040-RS (N-06/22) Printed by the authority of the state of Illinois, electronic only, 1

**\*\*Please note** that in order to claim the property tax rebate, older adults and retirees who were not required to file an Illinois income tax return for 2021 **must complete** and **submit Form IL-1040-PTR**, either by mail or **electronically through MyTaxIllinois, on or before October 17, 2022**. Step-by-step instructions are available [here](#).

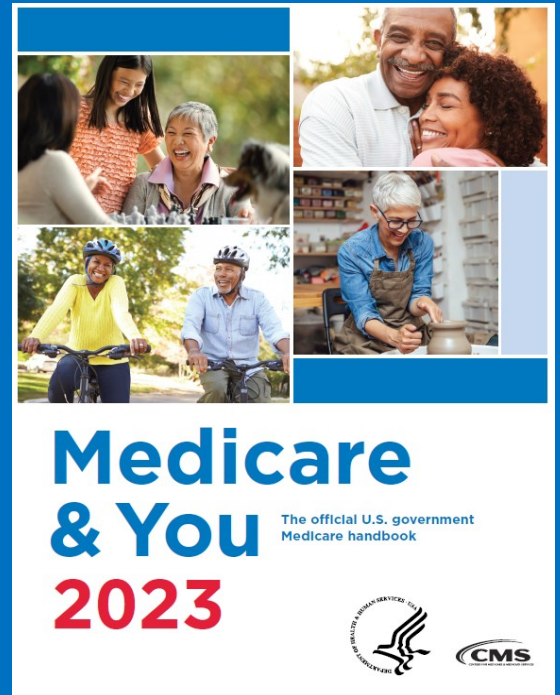
**\*\*\*View the rebate program packet**

The packet is also available in [Spanish](#) and [Polish](#). For additional information on the 2022 State of Illinois Rebates Program, please visit [tax.illinois.gov/rebates](https://tax.illinois.gov/rebates).

# Medicare Open Enrollment

## Opens

## October 15<sup>th</sup>



Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks.

Plans can change from year-to-year and all new plans are effective on January 1<sup>st</sup>, 2023.

Help is available at

**Central Illinois Agency on Aging, Inc.**

*Contact us at 309-674-2071*

*Central Illinois Agency on Aging, Inc.'s staff are trained by the Senior Health Insurance Program (SHIP).*

There are IL SHIP sites located all across Illinois.

You can find your local IL SHIP site [here](#).

You can visit the Illinois SHIP website [here](#) for more information or call (800)252-8966; (888)-206-1327 (TTY).



# MEDICARE

By Nancy Bell  
Prescription Assistance Manager

Central Illinois Agency on Aging has many Long Term Options available for all those we serve. We can assist with all Medicare related matters, discounts on license plates, and free bus passes.

You are eligible for Medicare when you become 65 year of age and some disabled people under 65.



## Medicare Has Four Parts: Part A, Part B, Part C, and Part D

### Part A-

#### Cover inpatient hospital care

if all of the following conditions are met:

- A physician prescribes inpatient hospital care for the treat of an illness or injury
- The beneficiary requires and receives the kind of care that can be provided only in the hospital
- The hospital participating in Medicare
- Part A 80% of the hospital bill

### Part B – Covers:

Physician's hospital care; Emergency hospital care; Ambulance services; Medical equipment; Medical supplies; Home health care, and other health services. The Part B beneficiary costs include monthly premiums, an annual deductible, coinsurance or copayment and excess charges.

**Medicare and Part D Extra Help**  
Extra help is a federal program that helps pay for most of the out-of-pocket costs and subsidizes Part D premiums. You will need to apply for the extra help to see if you qualified.

### Part D – Medicare

Part D is prescription drug insurance offered by insurance companies and other private companies approved by Medicare. It does not include doctor samples, discount cards, free clinics or drug discount websites. An individual's decision about Medicare prescription drug coverage will depend upon the type of prescription drug coverage a person currently has.

### Benefit Access Program

State program for people that is 65 or older and for disabled it is a discount on License Plates and Free Bus Pass.

Income limits to:  
\$33,562 for (ONE) person and  
\$44,533 (TWO) persons

### Part C –

#### Medicare Advantage plan

People with Medicare have another option on how they can receive their Medicare benefits other than through Original Medicare; this is known as Medicare Advantage plan also referred Health Maintenance Organization (HMO), Preferred Provider Organization (PPO) All Medicare Advantage plans have to cover services provided under Medicare Part A and Part B and Prescription Plans. Some plans may provide services that Medicare does not cover such as vision, hearing, dental and physical exams.

**For more Assistance, Call:**  
**Central Illinois Agency on Aging, Inc.**  
at (309) 674-2071.  
We have staff available to answer your questions and assist with your needs.

# Welcome to Medicare made for you.

Get a health plan that's made with you in mind. We partner with doctors and hospitals in our communities to offer \$0/month plans that bundle Parts A and B, along with dental, vision, hearing and prescription drug coverage. They also include wellness perks, like a fitness benefit that covers gym memberships, golf and other activities.



See our 2023 Medicare Advantage plans – costs, benefits, wellness perks and other plan details – at **[HealthAlliance.org/ILN23](https://HealthAlliance.org/ILN23)**.



Or call: **(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.

Our customer service representatives resolve 97% of issues on the first call. Bring us your questions, and we'll help you compare plan options, benefits and savings.



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Health Alliance™ Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

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NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

# DISABILITY:



+



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## PART OF THE EQUITY EQUATION

#NDEAM | DOL.GOV/ODEP



OFFICE OF DISABILITY EMPLOYMENT POLICY  
UNITED STATES DEPARTMENT OF LABOR

The U.S. Department of Labor announced that, in recognition of the vital role people with disabilities play in making the nation's workforce diverse and inclusive, ***"Disability: Part of the Equity Equation"*** has been chosen as the theme for *October's National Disability Employment Awareness Month 2022*.

Led by its Office of Disability Employment Policy, the department's annual observance of National Disability Employment Awareness Month acknowledges the contributions to the nation's economy made by workers with disabilities, current and past. The commemoration also showcases supportive and inclusive policies and practices benefiting workers and employers.

"A strong workforce is the sum of many parts, and disability has always been a key part of the equation," said Assistant Secretary for Disability Employment Policy Taryn M. Williams. "People with disabilities make up a wonderfully multifaceted group. By recognizing the full complexion of our community, we can ensure our efforts to achieve disability inclusion are, in fact, truly inclusive."

The Biden-Harris administration has taken a whole-of-government approach to identify and eliminate barriers to helping historically underserved communities, including people with disabilities. On his first day in office, President Biden signed Executive Order 13985, "Advancing Racial Equity and Support for Underserved Communities Through the Federal Government" and directed all federal departments and agencies to examine their policies and programs.

In April 2022, the department published its Equity Action Plan to support marginalized, vulnerable and underserved communities, and outline its efforts to advance equity across the department.

The federal effort to recognize people with disabilities began in 1945, when Congress declared the first week in October to be "National Employ the Physically Handicapped Week."

The word "physically" was dropped in 1962 to include individuals with all types of disabilities.

***In 1988, Congress expanded the week and christened the month of October as National Disability Employment Awareness Month.***

Source: <https://www.dol.gov/newsroom/releases/odep/odep20220622>





# 100 YEARS

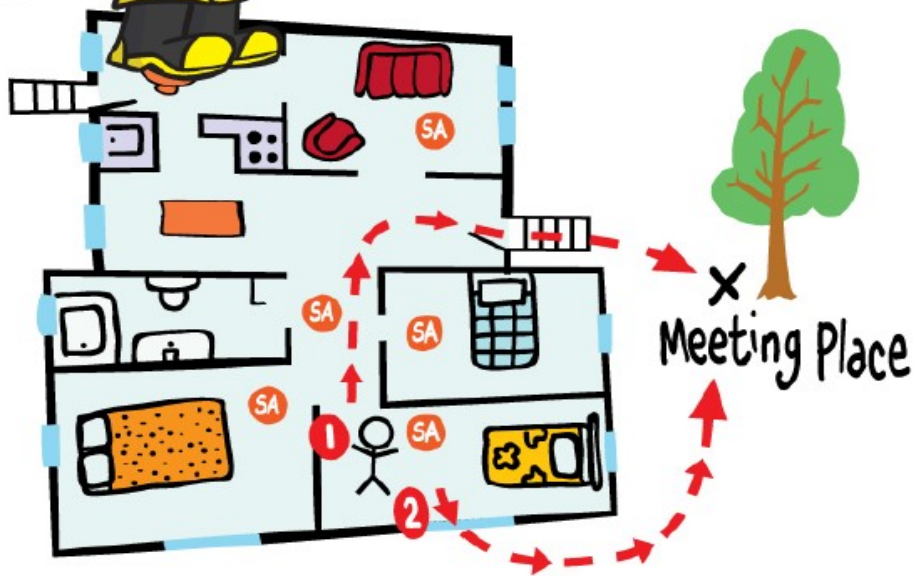
1922-2022



## FIRE PREVENTION WEEK™

# Fire won't wait.

## Plan your escape at fpw.org.



## FIRE PREVENTION WEEK™

## October 9-15, 2022

Source: <https://www.nfpa.org/Events/Events/Fire-Prevention-Week/Educate>



# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who had used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**Global Handwashing Day**  
October 15



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services of companies.

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# Breast Cancer Awareness

*Ask your doctor when you should get a mammogram.*

Other than skin cancer, [breast cancer](#) is the most common cancer among American women. [Mammograms](#) are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

***Are you worried about the cost?*** CDC's National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to women who have low incomes and are uninsured or underinsured.

[Find out if you qualify.](#)

## What Are the Symptoms?

There are different [symptoms of breast cancer](#), and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

## What Are the Risk Factors?

Some main [factors that affect your chance of getting breast cancer](#) include—



Being a woman.



Being older. Most breast cancers are found in women who are 50 years old or older.



Having changes in your BRCA1 or BRCA2 genes.

## How Can I Lower My Risk?

You can do things to help [lower your breast cancer risk](#).

- Keep a healthy weight and exercise regularly.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

## Fast Facts About Breast Cancer

- Each year in the United States, about 264,000 women get breast cancer and 42,000 women die from the disease.
- [Men also get breast cancer](#), but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects [younger women](#).

Source: <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

# Quick Fixes for Family Meals when There's No Time to Grocery Shop



The fridge is empty, there's no time to grocery shop between work and other activities, and appetites are ramping up. A little creative thinking can help you avoid resorting to fast food.

**Here are a few options to try for last-minute family meals:**

## *Use packaged and prepared foods wisely.*

Healthier options in the packaged and prepared foods sections can help round out a meal. For example, a grocery store rotisserie chicken can be a great time-saver for several meals during the week. Serve as a main dish for one meal and use remaining meat to top salads or add to a soup or casserole later in the week. A frozen, fast-food or takeout entree can serve as a good starting point when you add extra veggies, beans, whole grains or lean protein.



## *Get food delivered.*

In larger communities, you may be able to order groceries online and have them delivered to your doorstep. Some stores also offer services that shop for you and assemble your items for quick pick-up at the front of the store. And food delivery apps and services can be a lifesaver – as long as you've done a little research to identify healthier restaurants and choices. Look for special offers and discounts for signing up.

## *Shop your pantry.*

Pull together a quick meal with [staple ingredients](#) like canned beans, dried whole grain pasta, quick-cooking grains such as quinoa or bulgur, and canned fish or chicken. You can transform canned tomatoes into a healthy sauce, without the excess sodium or added sugars of prepared sauces. Canned broth or stock can be the start to a quick soup, using canned or frozen chicken and veggies.

## *Try a meal kit.*

Options abound! There are meal kits to fit a variety of diets and tastes as well as available prep time. While many require a subscription for delivery, some are available at grocery stores, drugstores and other major retailers. This is a quick way to pick up everything you need to prepare a meal without navigating the store aisles. Read the nutrition info and watch [portion sizes](#), which can be overly generous.

## *Shop the corner store.*

A nearby convenience store always works in a pinch. While there are shelves full of sugary and salty snacks, many also have some healthy options, including fresh produce, canned soup and frozen foods. Walk around the store to scan what's available and find the healthier options, rather than choosing impulsively.

**Bottom line:** Quick, healthy meal options are available. Just remember to make smart choices! [Read nutrition label information](#) and choose products with lower amounts of sodium, saturated fat and added sugars.

Source: <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/no-time-quick-fix-meals>

She gets her hair  
from her mom.

Her eyes from  
her dad.

And her drugs  
from her parents'  
kitchen cabinet.

53% of people who misuse prescription drugs  
get them from family or friends. Prevent your  
children, friends and relatives from misusing  
your own medication by securing your meds  
in places they cannot access.

**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**

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





# **“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.**

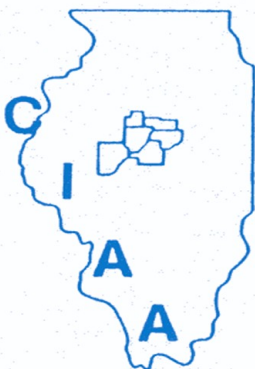
### **Contact:**

*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*

# 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*



# TAKE CHARGE OF YOUR HEALTH

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

## WHAT IS TAKE CHARGE OF YOUR HEALTH?

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

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

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



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

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

*By telephone : 309-674-2071 or*

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



*Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling Keith A. Rider, President/CEO, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).*

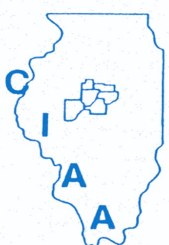


# Planning a Group Trip or Outing?

**Come  
Ride With Us!**

## Wheelchair Accessible Vehicle Available for Group Excursions

- Wheelchair lift for our friends with mobility issues
- AM/FM/CD stereo with 4 speakers and 3 T.V. screens for pleasurable DVD viewing
- Trips to group outings/functions/ shopping, out of town (i.e. Chicago/St. Louis)
- Transportation services available any day of the week, including evenings and weekends
- We can accommodate :
  - 20 passengers without wheelchairs
  - 18 passengers with 1 wheelchair
  - 16 passengers with 2 wheelchairs



***For more information contact:***

Robert Sea, Transportation Program Manager  
700 Hamilton Blvd.  
Peoria, IL 61603  
P: (309) 674-2071  
Email: [Rsea@ciaoa.net](mailto:Rsea@ciaoa.net)

# Healthy Halloween

- **Give your child a good meal prior to parties and trick-or-treating;** this will discourage filling up on Halloween treats.
- **Consider offering non-edible goodies to trick-or-treaters** visiting your home. Halloween is one of the trickiest days of the year for children with **food allergies**. Food Allergy Research & Education's **Teal Pumpkin Project**, which promotes safe trick-or-treating options for food-allergic children, suggests items such as glow sticks, spider rings, vampire fangs, pencils, bubbles, bouncy balls, finger puppets, whistles, bookmarks, stickers and stencils.
- **Keep an eye on what your child has in their mouth at all times** while on the trick-or-treat trail. Wait until children are home to sort and check treats. Though tampering is rare, it can happen. A responsible adult should closely examine all treats and throw away any spoiled, unwrapped, or suspicious items. Once your child is ready to enjoy treats at home, keep in mind that babies and toddlers should not have any hard candies, caramel apples, popcorn, gum, small candies (jelly beans, etc.), gummy candy, pumpkin seeds, or anything with whole nuts. Candy wrappers, stickers, small toys, or temporary tattoos can be a **choking hazard**, as well. As all parents know, babies and toddlers will put just about anything into their mouths!
- **Try to ration treats** for the days and weeks following Halloween. If you keep candy guidelines realistic, consistent, and positive, your Halloween is less likely to be about arguing or controlling candy. Make a plan together so everyone knows what to expect. It's also a great opportunity to teach your kids about moderation, balance, and healthful indulging. [Get tips for taming your child's sweet tooth here.](https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx)



Source: <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx>



## 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)

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](mailto: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

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**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)**  
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Peoria, IL 61614  
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**Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**  
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