



Central Illinois Agency on Aging, Inc.

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

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

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

2024, September Issue

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SENIOR GAZETTE

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To Receive Senior Gazette,
e-mail Hoangvan Dinh at
hdinh@ciaoa.net

FOLLOW THESE 3 STEPS TO FIGHT THE FLU



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of persons, hundreds of thousands get hospitalized, and ten of thousands die because of the flu. The CDCs urge you to take the following measures to protect yourself and others from the flu.

YOU AND YOUR FAMILY SHOULD GET VACCINATED!



The first and most important step to protect yourself against flu viruses is getting a flu vaccine each year. All persons 6 months of age or older should get a flu vaccine, if possible before the end of October, or as soon as possible if after October.



Flu vaccines are offered in many places, such as physician offices, clinics, health departments, drugstores, and university health centers, as well as from many employers and even at some schools.

Protect yourself. Protect your family. Get vaccinated.

#FightTheFlu

Learn More: <https://cdc.gov/flu/consumer/vaccinations.htm>

AVOID

Avoid any close contact with sick people; avoid touching your eyes, nose, and mouth; cover your nose and mouth with a paper towel when coughing or sneezing, wash your hands frequently (with soap and water), and clean and sanitize the surfaces and objects that maybe contaminated with the flu viruses.

If you get sick, limit your contact with other people as much as possible. Please remember to cover your nose and mouth with a paper towel when coughing or sneezing, and throw the paper towel into the garbage bin after using it. Stay at home until at least for 24 hours after the fever is gone, except to receive medical care or for other needs. (Before resuming your regular activities, your fever must have disappeared for about 24 hours without using a drug to decrease it).

Learn more: <https://www.cdc.gov/flu/treatment/treatment.htm>

TAKE ANTIVIRAL DRUGS IF PRESCRIBED BY YOUR DOCTOR!



If you catch the flu, antiviral drugs can be used to treat it. Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can also prevent severe flu complications, such as pneumonia.



The CDCs recommend the use of antiviral drugs during the early stages of treatment for persons who are very sick from the flu (such as: people who are hospitalized) and those who got it and are at high risk of severe complications, due to their age or to having a high-risk condition.

Learn more: <https://www.cdc.gov/flu/treatment/treatment.htm>

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





State of Illinois
Illinois Department on Aging

Central Illinois Area Agency on Aging and
East Central Illinois Area Agency on Aging

in collaboration with Illinois Department
on Aging (IDoA), invites you to...

JOIN THE CONVERSATION!

A State Plan on Aging Regional Roundtable Discussion

Date: September 25, 2024

Time: 9:00 AM - 10:30 AM

Location: Graceland Ctr. for Purposeful Aging
Life Together Center
3625 N. Sheridan Rd
Peoria, IL 61604

IDoA will focus on assessing the needs and challenges of older adults and their caregivers, both met and unmet, and explore additional support that can enhance your aging journey. Your valuable insights will help shape future policies and establish statewide priorities to address the specific concerns of older Illinoisans and caregivers.

Please RSVP to:

Hoangvan Dinh at HDinh@ciaoa.net or 309-674-2071 ext. 2226

to confirm your attendance.

We kindly request your response by

September 20th

to ensure adequate arrangements for seating and materials.

Please inform staff when RSVPing if any accommodation or interpretation is needed.

For those unable to join us in person, IDoA will have virtual options available at a later date to ensure inclusivity and accessibility. If you require a virtual participation option, please mention your preference when you RSVP.

Your voice matters, and we believe that by working together we can create a more supportive and caring environment for older Illinoisans.



The Illinois Department on Aging does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, order of protection status, marital status, physical or mental disability, military status, sexual orientation, gender identity, pregnancy, or unfavorable discharge from military service in admission to programs or treatment of employment in programs or activities. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call the Senior HelpLine: 1-800-252-8966; 711 (TRS)

5 Facts about Malnutrition

FACT 1: Malnourished individuals can come in all sizes

- 715,000 U.S. adults aged 65+ are **underweight**
- 1 in 3 U.S. adults aged 65+ are **overweight**
- You can be underweight or overweight and still malnourished

FACT 2: Malnutrition affects all groups of people

- 9 millions older adults **can't afford nutritious food**
- 1 in 4 adults aged 65+ either reduces meal sizes or **skips meals**
- 16% of independent older adults are **at high risk** for malnutrition
- Up to 60% of older adults in **health care settings** are malnourished

FACT 3: Malnutrition can come from a number of factors

- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders



FACT 4: You can't always prevent or treat malnutrition by just eating more

- **Adjust your diet** to get all the nutrients your body needs
- **Exercise** to build muscle and improve strength
- **Consult** a Registered Dietitian Nutritionist
- Consider using an **oral nutritional supplement**

FACT 5: Malnutrition has many warning signs

- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite



Tips for Adding Fruits and Veggies to Every Meal

The 6 Basics

1. **Half Your Plate.** Fill half your plate with fruits and veggies at every meal and snack.
2. **Add More.** Add extra fruits and vegetables to dishes, even if they already contain/call for them in the recipe.
3. **Substitute.** Substitute fruits & veggies in any meal – they're lower in calories than many other foods.
4. **Stay Stocked.** Always stock frozen and canned fruits & veggies for quick meal prep. Choose canned fruit and vegetables without added sugar, syrup, cream sauces, or other ingredients that will add calories.
5. **Steam & Flavor.** Steamed vegetables make great sides. Add flavor with low-calorie or low-fat dressings and herbs and spices.
6. **Grab & Go.** Always have fresh fruits and vegetables in easy-to-grab places (a fruit bowl, sliced in the fridge, trail mix)

Tips for Every Meal

Breakfast

- Substitute spinach, onions, or mushrooms for one of the eggs or half the cheese in your morning omelet. This will add volume but decrease the fat!
- Add fruit to your whole-grain cereal, top with low-fat milk and grab a bottle of vegetable juice for the road.
- Get up 10 minutes early or plan an on-the-go nutritious breakfast (including fruits or vegetables) the night before.
- Make some thick oatmeal in a mug that'll fit in your car's console. Top with nuts, seeds or dried fruit.
- Make a waffle or pancake the night before (add blueberries and sprinkle wheat germ in the batter) then pop it in the toaster before you leave in the morning.

[Continue to Read](#)



Source: <https://fruitsandveggies.org/stories/tips-for-adding-fruits-veggies>

4 Ways to Eat Your Way to Lower Cholesterol



Many people can lower their cholesterol levels simply by changing what they eat. For example, eating less meat (and leaner cuts) and more vegetables, fruits, and whole grains can potentially lower your total cholesterol by 25% or more.

Here are four steps for lowering your cholesterol through diet.



Image Credit : iStock

1. ***Stick with unsaturated fats and avoid saturated and trans fats.*** Most vegetable fats (oils) are made up of "healthy" unsaturated fats that are good for your heart. Foods that contain healthy fats include oily fish, nuts, seeds, and some vegetables. At the same time, try to limit your intake of foods high in saturated fat, such as many meat and dairy products.
2. ***Get more soluble fiber.*** Eating more soluble fiber, such as that found in oatmeal and fruits, can lower blood cholesterol levels when eaten as part of a healthy-fat diet.
3. ***Include plant sterols and stanols in your diet.*** These naturally occurring plant compounds are similar in structure to cholesterol, so when you eat them, they help limit the amount of cholesterol your body can absorb. Plant sterols and stanols are found in an increasing number of food products such as spreads, juices, and yogurts.
4. ***Find a diet that works for you.*** When a friend or relative tells you how much his or her cholesterol level dropped after trying a particular diet, you may be tempted to try it yourself. If you do, and after a few months you discover that you're not getting the same benefits, you may need to chalk it up to genetic and physiological differences. There is no one-size-fits-all diet for cholesterol control. You may need to try several approaches to find one that works for you.

Although diet can be a simple and powerful way to improve cholesterol levels, it plays a bigger role for some people than for others. Don't be discouraged if you have followed a diet but haven't reached your goal blood level. Keep it up. Even if you do end up needing medication to keep your cholesterol in check, you likely will need less than if you didn't make any dietary changes.

For more on lowering cholesterol, read [Managing Your Cholesterol](#), a Special Health Report from Harvard Medical School.



Types of Care are Available for a Person with Dementia



People with dementia need more care as their symptoms get worse over time. Problems with memory, thinking, and behavior often present challenges for people with dementia, along with their family members and caregivers. There are support systems, resources, and services available to help people in any stage of the disease.

This type of help can come in the form of:

- **Day-to-day support.** These services provide short-term care through adult day centers and respite services, which can allow caregivers to take a break. It might include supervision, meals delivered to the home, and/or transportation.
- **Long-term care in the home.** Care may be provided by unpaid family members and friends or by paid service providers and can include general care or medical care. Long-term care comes in many forms, such as home care services and home health care services.
- **Residential care.** This type of care may become necessary as a person with dementia requires more care and supervision than can be provided at home. Assisted living facilities may provide enough support in the early stages of dementia, whereas nursing homes may be more appropriate for those who cannot live safely at home.
- **Hospice services.** Hospice care provides end-of-life care and comfort for people with dementia and their families. Services can be provided at home, in a residential facility, in a hospital, or in a hospice facility.

Learn more about the [different types of care for someone with dementia](#).

 **Alzheimers.gov**



Six Signs of Hearing Loss



About one-third of older adults have hearing loss, and the chance of developing it increases with age.

1

Trouble understanding people over the phone

4

Needing to turn up the TV volume higher than other people do

2

Finding it hard to follow conversations when two or more people are talking

5

Trouble understanding others because of background noise

3

Often asking people to repeat themselves

6

Thinking that others seem to mumble



To learn more about hearing loss, visit www.nia.nih.gov/hearing-loss



National Institute on Aging

Four Things You Can Do to Prevent Falls

1. Speak up.

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

2. Keep moving

Begin an exercise program to improve your leg strength and balance.

3. Get an annual eye exam

Replace eyeglasses as needed.

4. Make your home safer

Remove clutter and tripping hazards.

Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- cdc.gov/falls
- www.stopfalls.org

Stay Independent

Learn more about fall prevention.



**1 in 1 people
65 and older
falls each year.**

For more information, visit www.cdc.gov/steady

**Prevent falls
to stay injury-free
and independent.**



**Centers for Disease Control
and Prevention**
National Center for Injury
Prevention and Control

STEADI

Stopping Elderly Accidents,
Deaths & Injuries

September is Fall Prevention Awareness Month

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence.

Source: <https://www.cdc.gov/steady/index.html>

[Completed Brochure](#)



CHILL



**Partnership for
Food Safety
Education**

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

CATEGORY	FOOD	REFRIGATOR (40°F or BELOW)	FREEZER (0°F or BELOW)
Salad	Egg, chicken, ham, tuna, and macaroni salads	3-5 days	Does not freeze well
Hot dogs	Opened package	1 week	1-2 months
	Unopened package	2 weeks	1-2 months
Luncheon meat	Open package or deli sliced	3-5 days	1-2 months
	Unopened package	2 weeks	1-2 months
Bacon and sausage	Bacon	7 days	1 month
	Sausage, raw—from chicken, turkey, pork, beef	1-2 days	1-2 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb and mixtures of these	1-2 days	3-4 months
Fresh beef, veal, lamb and pork	Steaks	3-5 days	6-12 months
	Chops	3-5 days	6-12 months
	Roasts	3-5 days	6-12 months
Fresh poultry	Chicken or turkey, whole	1-2 days	1 year
	Chicken or turkey, pieces	1-2 days	9 months
Soups and stews	Vegetables or meat added	3-4 days	2-3 months
Leftovers	Cooked meat or poultry	3-4 days	2-6 months
	Chicken nuggets or patties	3-4 days	1-3 months
	Pizza	3-4 days	1-2 months

THE FOUR WAYS TO FIGHT BAC!

CLEAN



SEPARATE



COOK



CHILL



Partnership for Food Safety Education

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

WWW.FIGHTBAC.ORG



facebook.com/FightBAC



twitter.com/FightBAC



Screen Use for Kids

The American Academy of Ophthalmology does not have specific recommendations for amount of screen time for children. But parents should be aware of the possible effects of screen use on children's eyes, as well as the broader health concerns raised by other groups like the WHO.

Digital Eye Strain

[Digital eye strain](#) isn't a single eye condition, like [glaucoma](#) or [pink eye](#). It's a name for the kinds of symptoms that people experience when they spend too long looking at a screen. These symptoms can include [dry eyes](#), [itchy eyes](#), [blurry vision](#) and [headaches](#). These symptoms are temporary and no permanent damage is being done to the eyes.



The easiest way to avoid digital eye strain (or eye strain from any extended near-focus task like reading or sewing) is to make sure to give your eyes a break occasionally. Make it a habit to look up from your device and look at an object in the distance for a bit.

How to Protect Children's Eyes During Screen Time

Pediatric ophthalmologist and Academy member Luxme Hariharan, MD, [recommends a simple five-step strategy](#) to help prevent screens from damaging [children's eyes and vision](#). These same tips are good practices for adults and anyone suffering from chronic dry eyes or eye strain.

- **B - BLINK:** Blinking helps moisturize the eyes. Look at an object in the distance for a moment while blinking and relaxing the shoulders and neck muscles. This will force the eyes to reset, refocus and relax.
- **L - LUBRICATE:** Lubricate your eyes with [artificial tears](#) throughout the day. Artificial tear ointment at night may be helpful as well. If you wear contact lenses, try wearing glasses to reduce dryness while using electronic devices. If your house is dry, consider using a humidifier.
- **I - INCHES AWAY:** Keep the computer or desk an arms length away and at a slight downward angle from your child's face. Adjust the computer screen's settings, including contrast and brightness, so that it is comfortable for your children. Avoid using screens outside or in brightly lit areas, where the glare on the screen can create strain. Also, maintain good posture while using a screen. Poor posture can contribute to muscle tightness and headaches associated with eye strain.
- **N - NEAR DEVICE BREAKS:** Encourage children to go outside or play with a pet, sibling or non-electronic toys when taking breaks from online learning or computer use. Or look out the window for after completing a level in a video game. Pre-mark books with a paperclip every few chapters to remind your child to look up. On an e-book, use the "bookmark" function for the same effect.
- **K - KNOW YOUR SOURCES:** Rely on eye health information from trusted sources, including your child's pediatrician, pediatric ophthalmologist, the Academy or the American Association of Pediatric Ophthalmology and Strabismus. For example, there is no scientific evidence that the light coming from computer screens is damaging to the eyes. Because of this, the Academy [does not recommend blue light glasses](#) or any special eye wear for computer use.

Is that Gift Card Helping Your Congregation or Paying a Scammer?



You get an email from someone in your place of worship asking you to buy gift cards for a worthy cause. It might look legit, but hold on. Some scammers pretend to be pastors, rabbis, imams, or bishops to steal worshippers' money. Learn to spot [gift card scams](#) — or your money might end up in a scammer's collection plate.

If you get an unexpected message from legitimate looking email addresses asking you to send them money, it might be a [phishing scam](#). Scammers use real religious leaders' names — and sometimes even your real name — in the message to get you to trust them. They'll say they need your help buying gift cards for a mission project or a surprise staff appreciation gift (so you don't tell anyone) — and that you need to act quickly. They might tell you to put money on specific types of gift cards like Apple, Target, or Google Play. Then, they'll ask you for the gift card number and PIN on the back of the cards. That's the scam. If you do it, it's like handing the scammer cash. Scammers don't want to give you time to check out what they're saying. But don't let anyone rush you. Slow down and take these steps:

- **Talk to someone.** Don't trust the name on an email address or what the message says. Contact someone from your place of worship using a phone number you know is real, never one that's in the scammer's email. Ask if this is a real request.

Know [how scammers tell you to pay](#). A leader in your place of worship won't ask you to buy gift cards and give them the numbers off the back, but a scammer will.

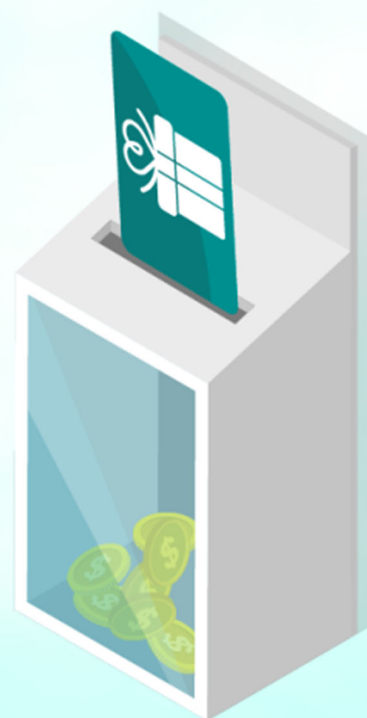
Learn what to do [if you already paid the scammer](#). Contact the company that issued the gift card. Tell them it was used in a scam and ask them to refund your money. The money you paid might be gone already, but it's always worth asking if there's a way to get it back.

Share this advice with your congregation and community. If someone spots a gift card scam, tell them to report it at [ReportFraud.ftc.gov](#).



Your place of worship
won't tell you to put money
on gift cards and give them
the numbers off the back.

That's a scam.





Central Illinois Agency on Aging, Inc.

In Conjunction with
Caring Connection's
Presents
You Need a Break!

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

An Educational program and roundtable discussion
concerning Respite Care.

Please feel free to bring your loved one, as Bradley
University Physical Therapy Department will provide
a separate activity room.

Save the Date

October 12, 2024, 11:00 AM

Peoria Public Library North Branch

3001 West Grand Parkway, Peoria, IL 61615





NO EXCUSES

It's time for your cancer screenings

Overdue for you cancer screenings?

Time for you to start cancer screenings?

Your busy schedule can make it hard to set up your screenings. Our No Excuses event makes it easy for you with a one-stop cancer screening opportunity.

Learn about cancer risks and prevention

Your lifestyle, habits and family history all play a role in determining your risk for cancer. The first step to preventing cancer is understanding your risk. Join us for education, screenings and give-a-ways.

For questions or to register, call (309) 308-0200.

Are you age 40-64 and uninsured or under insured?
If so, we invite you to come and receive a FREE screening mammogram. Medicare recipients are not eligible.

To see if you qualify, call (866) 925-5511, ext. 5324.

*This project has been made possible, in part, by the grant from IDPH Illinois Breast & Cervical Cancer Program.

**A one-stop cancer screening event
9 a.m. - 3 p.m.**

~~May 17 and August 20~~

**OSF HealthCare Cancer Institute
Peoria**

October 18

**OSF Center for Health - Route 91
Peoria**

Walk-in welcome!

Screening guidelines must be met for screening to be completed. Some screenings are free of charge, while others will be billed to your insurance.

- Colon cancer screening
- Education on cancer prevention and screening
- Genetic cancer risk assessment
- Low-dose lung CT
- Mammography
- Oral cancer screening
- Skin cancer checks
- OSF Care-A-Van wellness screenings

Screenings are subject to change.



**OSF[®]
HEALTHCARE**

ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUPS

Peoria Tri-County Area

To register call 800.272.3900



Peoria's PALZ Support Group

2nd Thursday, 3:00 pm—4:30 pm

St. Paul's Episcopal Church

3601 N. North Street, Peoria, IL 61604

Pekin Support Group

3rd Wednesday, 2:00 pm—3:00 pm

Miller Center

551 S 14th St., Pekin, IL 61554

Canton Support Group

4th Tuesday, 6:00 pm—7:00 pm

Wesley United Methodist Church

120 N. Ave A., Canton, IL 61520

Chillicothe Support Group

3rd Tuesday, 5:00 pm – 6:00 pm

Chillicothe Public Library

430 N. Bradley Ave., Chillicothe, IL 61523

Bartonville Support Group

3rd Thursday, 10:00 am—11:00 am

Alpha Park Public Library

3527 S. Airport Rd., Peoria, IL 61607

Washington Support Group

4th Thursday, 4:00 pm—5:00 pm

Crossroads Global Methodist Church

1420 N. Main St., Washington, IL 61571

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources.

#

Visit www.alz.org/illinois to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at www.alzconnected.org.

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/>



People with Medicare Part D (drug coverage) pay nothing out of pocket for even more vaccines, making it easier to stay up to date with your immunizations.

What's Covered?

- Shingles
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- RSV
- Hepatitis A
- Hepatitis B, if you're at low risk for the virus

Remember, Medicare also covers flu shots, COVID-19 vaccines, and pneumococcal shots. Talk with your doctor about which vaccines can help you stay healthy!

Medicare.gov

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@ciaoa.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

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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

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Senator Win Stoller (37th District—R)

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repyanspain@gmail.com

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info@repchung.com

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

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Pekin, IL 61554
(309) 204-6514

Senator Dave Koehler (46th District—D)

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

Rep. William Hauter (87th District—R)

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(309) 819-8701
hauter@ilhousegop.org

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

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repigordon@gmail.com

FY 2024

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