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

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2023, March Issue

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SENIOR GAZETTE

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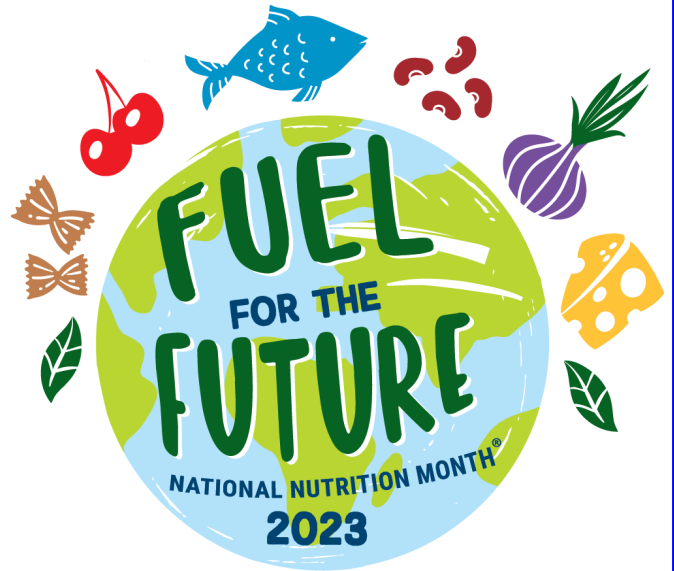
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To Receive Senior Gazette, e-mail Hoangvan Dinh at hdinh@ciaoa.net

National Nutrition Month®

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "*Fuel for the Future.*" Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.



Fuel for the Future

No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.

Ways we can Fuel for the Future:

- ◆ Eat with the environment in mind
- ◆ See a Registered Dietitian Nutritionist (RDN)
 - ◆ Stay nourished and save money
- ◆ Eat a variety of foods from all food groups
 - ◆ Make tasty foods at home

Source: <https://www.eatright.org/national-nutrition-month-2023>



Celebrate the Senior Nutrition Program

2023 • Cooking up Community

Through Older Americans Act (OAA) Nutrition Services, ACL's Administration on Aging (AoA) provides grants to states to support nutrition services for adults age 60 and older nationwide.

Provided by local senior nutrition programs, these services include healthy home-delivered meals and meals served in group settings, such as senior centers and faith-based locations. In addition, the programs provide a range of services including nutrition screening, assessment, education, and counseling. Nutrition services also provide an important link to other supportive in-home and community-based supports such as homemaker and home-health aide services, transportation, physical activity and chronic disease self-management programs, home repair and modification, and falls prevention programs.

Eligibility

Eligibility for these programs is determined almost entirely by states and local entities. The only federal eligibility criteria for participation is age – a person must be at least 60 years old to participate in either the congregate or home-delivered nutrition programs.

In addition, Section 339 of the [Older Americans Act](#) expands eligibility to spouses (of any age) of older adults, and creates the option for programs to offer meals to the following:

- People who provide volunteer services during meal hours
- People with disabilities who live in housing facilities where mainly older adults live and which also provide congregate nutrition services
- People with disabilities who reside with eligible older adults
- Spouses (of any age) of people age 60 or older

Learn More about Senior Nutrition Program in your community, contact Nutrition Service Providers:

**** Fulton County:***

Lucinda Leezer: 309-706-5663

**** Peoria and Rural Peoria County:***

Faye Harris: 309-674-2071

**** City of Peoria & Tazewell County:***

Katrina Rogers: 309-674-1131, Ext. 231

**** Marshall, Stark and Woodford Counties:***

Traci Dowell: 309-364-2287

Purpose of the OAA Nutrition Program

Nutrition services are authorized under Title III-C of the OAA. Designed to promote the general health and well-being of older individuals, the services are intended to:

- Reduce hunger, food insecurity and malnutrition of older adults
- Promote socialization of older individuals
- Promote the health and well-being of older people
 - ♦ by assisting them in gaining access to nutrition and other disease prevention and health promotion services
 - ♦ to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior

Services are not intended to reach every individual in the community. Programs target adults age 60 and older who are in greatest social and economic need, with particular attention to the following groups.

- Low-income older adults
- Minority older individuals
- Older adults in rural communities
- Older individuals with limited English proficiency
- Older adults at risk of institutional care



Source: <https://acl.gov/programs/health-wellness/nutrition-services>

ATTENTION SNAP CUSTOMERS:

Your SNAP benefits will be reduced in March as a result of federal policy changes.

WHAT CHANGES ARE HAPPENING

SNAP benefits increased during COVID-19 due to the public health emergency. Since April 2020, Illinois LINK households received their regular monthly benefit and an emergency SNAP issuance. You will receive your emergency SNAP issuance for the last time in February 2023.

SNAP participants will see their benefits go down by anywhere from \$55 to \$255 per person per month. The size of the cut each household will experience will vary greatly depending on income and household size. Households with little to no net income will see the smallest cut. Households with larger net income will receive larger cuts.

HOW TO GET IMMEDIATE FOOD HELP

If your SNAP benefits don't last you through the month, you can get groceries from a food pantry.

Find a food pantry in Illinois: eat-move-save.extension.illinois.edu

UNDERSTAND CHANGES TO YOUR SNAP BENEFITS

The Illinois Department of Human Services is here to help answer questions about changes to your SNAP benefits.

Visit able.illinois.gov or call the hotline at 1-800-843-6154.

MAKE SURE YOUR SNAP DEDUCTIONS ARE ACCURATE

If you have experienced certain changes, you may be eligible for more in SNAP benefits:



The number of people in your household increased



Your income went down



Your housing, medical, or child care expenses went up

If you experienced one of these changes, contact the Illinois Department of Human Services to report a decrease in income, increase in expenses, or increase in the number of people in your household.

Call **1-800-843-6154** or visit able.illinois.gov.



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DO YOU HAVE CONCERNS ABOUT FALLING ?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fall in the past
- anyone who has restricted activities because of falling

**MUST BE FULLY
VACCINATED
WITH COVID-19
VACCINE TO
PARTICIPATE**



Thursday mornings from
10:00 am – noon (8– two hour sessions)

April 6, 13, 20, 27
May 4, 11, 18, and 25

***First English Lutheran Church
725 E. Forrest Hill, Peoria***

Need 8-12 people to make a class

Program Fee: \$4.00 suggested donation
(for program materials)

**To sign up or for more information, call
Renee Razo 309-674-2071,
ext. 2205**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model @ 2006.
This program is based on Fear of Falling: A Matter of Balance. Copyright@1995 Trustees of Boston University.
All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the
Administration on Aging (#90AM2780).

Building Your Best Bones Forever!™



So you've got the message that you need to eat and drink plenty of foods with calcium and vitamin D and do lots of **bone-strengthening** physical activity. But I bet you're wondering why these things give you strong, healthy **bones**.



Why Do Our Bones Need Calcium?

From the day you're born, your **bones** are being built with calcium to make them stronger.

◆ *Calcium makes bones as strong as steel!*

When your body makes new bone tissue, it first lays down a framework of collagen. Then, tiny crystals of calcium from your blood spread throughout the collagen framework. The hard crystals fill in all the nooks and crannies. Calcium and collagen work together to make **bones** strong and flexible.

◆ *Too little calcium makes bones weak.*

Your body needs calcium to do lots of things. Calcium helps your muscles work so you can throw a softball. It helps send out nerve impulses. If you touch something hot, for instance, your brain quickly gets and sends the message to say, "Ouch!" and move your hand away. Calcium also helps your body heal from cuts and scrapes.

Every cell in your body needs calcium. Your **bones** store calcium for your blood and cells. If your body doesn't get enough calcium, which can be found in some foods and drinks, it takes it from your **bones**. And that can make your **bones** weak. From the day you're born, your **bones** are built and strengthened with calcium. In fact, when you're in your 20s, your **bones** will be their strongest ever.

To make sure your **bones** are still powerful, even after you're 30, 40 or even 50 (ancient!), you need to get enough calcium now and keep getting it.

How Does Vitamin D Fit In?

Calcium can't do its job without vitamin D. This important vitamin helps your **bones** use the calcium they get from the foods you eat. Not many foods contain vitamin D, so it is added to common foods like milk, orange juice, yogurt, and cereals to help you reach the 600 international units (IU) you need every day. You can also get vitamin D from canned tuna or salmon or from sunlight.

Run, Jump, and Dance to Build Your Best Bones Forever!™

Are you saying, "I get the whole calcium thing, but why is physical activity so important?" Here's why: Activities that include running and jumping, like soccer or basketball, make your **bones** work against gravity (the force that keeps us from floating out to space). **Bones** are living tissue.

Bone strengthening activity helps form new bone tissue. Also, **bone-strengthening** activity makes muscles stronger, and muscles push and tug against **bones**, making them even stronger.

Swimming, which is good for your heart and other muscles, isn't the **best** choice for building **bones**. Ever notice how you feel a lot lighter in a pool? Water cuts down on the pull of gravity, so your **bones** really don't get a good workout. Riding your bike is also not an activity that's **best** for your **bones**. Just like water, the bike is actually doing the work for you. These activities are fun, though, and good for your health! Just make sure you mix in some **best-for-bones** activities too.

Ingredients for Strong Bones

Strong **bones** need calcium, vitamin D, and **bone-strengthening** activity. It's not enough to just eat right or just get lots of physical activity. It takes all of these to make **bones** strong. So jump to it!



AMERICAN
BONE HEALTH™

Source: <https://americanbonehealth.org/best-bones-forever/building-your-best-bones-forever/?highlight=Best%20bones%20forever>

Safe Medicine Use & Poison Prevention Tips

Tips For Caregivers

Here are some things that you can do to help older adults use medicine safely:

Keep a Current Medicine List

This includes all prescription medicines, OTC medicines, vitamins, and herbal supplements.

Plan Ahead to Refill Prescriptions On Time

Get prescriptions refilled early to avoid running out of medicine. Make sure the right medicine is being used at the right time, in the right amount, and the way it is prescribed.

Prevent Bad Interactions Between Medicines

Tell health care professionals about all medicines the older adult is using. The information is important to share before a new medicine is prescribed.

Work with a pharmacist or doctor to make it safe for older adults to use medicine correctly.

More useful tips [click here](#).



PoisonHelp.HRSA.gov

• 1-800-222-1222

U.S. Department of Health and Human Services Health
Resources and Services Administration



Bradley University's Counseling Research
and Training Clinic invites you to our
presentation on:

BEING A HEALTHY CAREGIVER WITH BOUNDARIES, HEART & COMPASSION

**A talk for caregivers on
learning how to set
boundaries through
communication &
compassion.**

Thursday, March 30th, 2023
from 5:00p-6:30p
at the Innovation Center
RSVP by Friday, March 24th



309-677-3189

801 W Main Street, Peoria IL

Sponsored by Bradley University's Counseling Research
and Training Clinic, Alzheimer's Association, Peterson
Healthcare and Caring Connections.

A light supper will be served!



March is Red Cross Month

Every eight minutes,
the American Red Cross brings help and hope to people in need.
We're all in this together.

The tradition of March being declared Red Cross Month began in 1943 with a proclamation from President Franklin D. Roosevelt and for more than 75 years, all U.S. presidents have designated this month. This March, we are honored to recognize all those who have answered the call to help others under our Red Cross emblem that continues to stand for help and hope during the most challenging of times.

We salute all of our volunteers and employees who make a difference in their communities by donating blood or platelets; volunteering to help people affected by a disaster; taking a first aid or CPR class to help in an emergency; or providing comfort to a member of the military, a veteran or their family.

What does the Red Cross do?

- Responds to more than 60,000 disasters across the country every year.
- Trains more than 4.6 million people in first aid, water safety and other skills that help save lives.
- Delivers more than 6.3 million blood products to meet the needs of patients at 2,500 hospitals and other facilities across the country.
- Provides more than 540,000 services to service members, veterans and their families.
- Helps nearly 143 million people outside the U.S. through disaster management and disease prevention efforts.

Help Can't Wait DURING EMERGENCIES

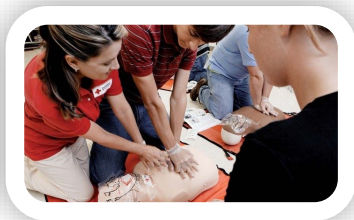
 American Red Cross

Volunteer. Give Blood. Donate. Take a Class.
redcross.org

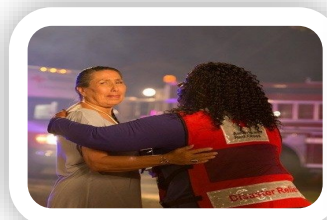
Join us during Red Cross Month by visiting redcross.org to make a financial donation, give blood or platelets, become a volunteer or take a class in lifesaving skills, such as first aid, CPR and how to use an AED. On March 22, you can also join our annual Red Cross Giving Day campaign by donating at redcross.org/givingday to help provide shelter, food, relief items, emotional support and other assistance for people affected by disasters big and small.



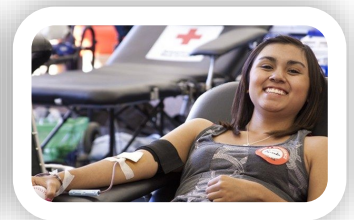
VOLUNTEER



TAKE A CLASS



DONATE



GIVE BLOOD



Follow Your Kidney Health



March is National Kidney Month!

Did you know?



More than **1 in 7 U.S. adults** are estimated to have **chronic kidney disease**.



Early kidney disease usually has **no symptoms**.



You are at **higher risk for kidney disease** if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.

How can you protect your kidneys? **Get tested!** 



A urine test and a blood test can **check for kidney disease**.



Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.



Start following your kidney health today!
Visit niddk.nih.gov for more information.



Act Fast If You Have COVID Symptoms

Feeling sick? If you have any **COVID-19 symptoms**, **act fast!** COVID-19 antiviral treatments can help reduce your symptoms and keep you out of the hospital, but **you must take them as soon as possible.**

Follow these steps to reduce your chances of severe illness:

1. Get tested as soon as possible.

- ◆ Medicare covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you until May 11, 2023.
- ◆ You can also search for no-cost **COVID-19 testing locations** near you.

2. If you test positive, and are more likely to get very sick, talk to your doctor or healthcare provider right away to find out if treatment is right for you.

3. If you're eligible for treatment, start as soon as possible. Treatment must be started within days after you first develop symptoms to be effective.

COVID-19 Treatments

Consider using a **Test to Treat location** where you can get tested and have the prescription filled, all in one location.

Medicare.gov



Happy Spring!

Common Symptoms of a Cold, the Flu, and COVID-19

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Learn more at
www.nia.nih.gov/flu

* Symptoms may vary based on new COVID-19 variants and vaccination status.





Slam the Scam

The Inspector General for the Social Security Administration (SSA) has designated March 9, 2023, as National “**Slam the Scam**” Day – an outreach campaign to raise public awareness of Social Security scams and other government imposter scams. This is part of [National Consumer Protection Week](#), March 5 - 11, 2023.

In 2022, the Federal Trade Commission (FTC) received over 191,000 [complaints of government imposter scams](#). Of those, 14.6% said they lost money to a scammer – a total of \$508.96 million. To prevent further losses, we urge everyone to use caution when receiving calls or messages from someone claiming to be from a government agency.

Recognizing the basic signs of a scam is helpful in stopping fraudulent activity. Remember:

- Scammers **pretend** to be from an agency or organization you know to gain your trust.
- Scammers say there is a **problem** or a prize.
- Scammers **pressure** you to act immediately.
- Scammers tell you to **pay** in a specific way.



Social Security will never:

- Threaten arrest or legal action if someone does not immediately send money to resolve an overpayment.
- Promise to increase benefits or resolve identity theft issues for a fee or by moving money into a protected account.
- Require payment with a retail gift card, prepaid debit card, cryptocurrency, wire transfer, internet currency, or by mailing cash.
- Send text, email, or social media messages that contain personal information.

Visit our [Scam Awareness](#) and [Social Media Resources](#) webpages for additional resources and information on how to [report](#) Social Security Scams.



Tame Your Computer

SeniorNet Open House with Seniors Teaching Seniors

Learn about computers, smart phones, tablets, scanners, e-mail, eBay, computer software and more at our Open House on March 18, 2023 at 10:00am at the First Baptist Church at 411 W. Lake Ave. in Peoria.

Spring Class Registration

Class registration will take place from 10:30 until noon at the First Baptist Church following a short presentation. Former SeniorNet students who have no computer questions and know what classes they want to take can skip the Open House and arrive later for Class Registration.

All students on our database will receive the newsletter with information for Spring 2023 classes by 3/1. If you are not already on our database and you wish to be added, contact us with your name and mailing address by phone or email. See our contact details below. Most spring classes will start during the week of April 3 and will meet once a week for three to seven weeks.

The Peoria Area SeniorNet website, www.PeoriaAreaSeniorNet.org, contains class schedules, course descriptions, and contact information. If you are unable to use the web site, call 1-800-457-1089 and leave a message. A SeniorNet volunteer will return your call and answer any questions you may have.

Our Proud Sponsors





Tips to Help People with the 2023 Tax Season

The IRS recommends several things for people to keep in mind for a smooth filing experience this year:

- ◆ **Have the right information before filing.** The IRS encourages individuals to have all the information they need before filing a complete and accurate return. Organize and gather 2022 tax records including Social Security numbers, Individual Taxpayer Identification Numbers, Adoption Taxpayer Identification Numbers and this year's [Identity Protection Personal Identification Numbers](#) valid for calendar year 2023.

Filing an accurate tax return can help taxpayers avoid delays or later IRS notices. Sometimes this means waiting to make sure individuals have accounted for all their income and the related documents. This is especially important for people who may receive one of the various Forms 1099 from banks or other payers reporting [unemployment compensation, dividends, pension, annuity or retirement plan](#) distributions.

People should also remember that most income is taxable, including unemployment income, interest received or money earned from the gig economy or digital assets. Individuals should make sure they report the correct amount on their tax return to avoid processing delays.

- ◆ **Visit IRS.gov first for questions.** The IRS reminds people to visit IRS.gov first for common questions and also to check on the status of their refunds. IRS.gov has much of the same information that IRS phone assistants have.

The IRS anticipates making significant improvements to phone service this year for taxpayers and tax professionals as more training for new phone assistants is completed in the weeks ahead. However, the IRS emphasizes it's important to note that call volumes remain at historically high levels. The IRS urges people to visit IRS.gov for the information they need.

"Our phone volumes remain at very high levels," O'Donnell said. "For faster access to information, we urge people to start with IRS.gov. From there, taxpayers can quickly access the variety of free resources available to help taxpayers anytime, day or night."

- ◆ **Speed refunds by filing electronically and choosing direct deposit.** There are important steps people can take to help ensure their tax return and refund are processed without delays. The most important is to [file electronically](#) with [direct deposit](#). This is still the fastest and easiest way to file and receive a refund. To avoid delays in processing, people should avoid filing paper returns wherever possible.

To speed refunds, the IRS urges people to file electronically with direct deposit information as soon as they have every thing needed to file an accurate return. Individuals can use a bank account, prepaid debit card or mobile app to use direct deposit and will need to provide routing and account numbers with their return. Learn how to open an account at an [FDIC-insured bank](#) or through the [National Credit Union Locator Tool](#).



Source: <https://www.irs.gov/newsroom/irs-sets-january-23-as-official-start-to-2023-tax-filing-season-more-help-available-for-taxpayers-this-year>

Consumer Alerts on Tax Scams

Note that the IRS will never:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

For more information on tax scams, please see [Tax Scams/Consumer Alerts](#). For more information on phishing scams, please see [Suspicious emails and Identity Theft](#). Source: <https://www.irs.gov/newsroom/whats-hot>

Tax Time



Peoria North Library

3001 W. Grand Pkwy.
Peoria, IL 61615

Contact: 309-497-2100

Hours:

Wednesdays: 11:00 AM—7:00 PM
Thursdays and Fridays 10:00 AM—3:00 PM

Dates Open: 02/03/2023—04/20/2023

Language: English

Service Type: In-Person

Appointment Required: Yes

Accessible: Yes

Fondulac District Library

400 Richland St
East Peoria, IL 61611

Contact: 309-699-3917

Hours:

Fridays: 9:00 AM—1:00 PM

Dates Open: 02/03/2023—04/15/2023

Language: English

Service Type: In-Person

Appointment Required: Yes

Accessible: Yes

Pekin Public Library

301 S. 4th St.
Pekin, IL 61554

Contact: (309) 347-7111; *Extension 0*

Hours:

Tuesdays and Thursdays 9:00 AM – 1:00 PM

Dates Open: 02/07/2023—04/13/2023

Language: English

Service Type: In-Person


Appointment Required: Yes

Accessible: Yes

Free File:

IRS Free File is now available

IRS Free File opened on January 13 when participating providers will accept completed returns and hold them until they can be filed electronically with the IRS. Many commercial tax preparation software companies and tax professionals will also be accepting and preparing tax returns before January 23 to submit the returns when the IRS systems open.

The IRS's [Free File](#) program,  available only at IRS.gov, allows taxpayers who made \$73,000 or less in 2022 to file their taxes electronically for free using brand-name software provided by commercial tax filing companies. Free File Fillable forms, a part of this effort, is available to any income level and provides free electronic forms that people fill out and file themselves also at no cost.

Give it a try!

TAX DEADLINE—Tuesday, 4/18/2023

The filing deadline to submit 2022 tax returns or an extension to file and pay tax owed is Tuesday, April 18, 2023, for most taxpayers. By law, Washington, D.C., holidays impact tax deadlines for everyone in the same way as federal holidays.

The due date is April 18, instead of April 15, because of the weekend and the District of Columbia's Emancipation Day holiday, which falls on Monday, April 17.

Taxpayers requesting an extension will have until Monday, October 16, 2023, to file.

Sources: https://www.aarp.org/money/taxes/aarp_taxaide/locations.html and <https://www.irs.gov/newsroom/irs-sets-january-23-as-official-start-to-2023-tax-filing-season-more-help-available-for-taxpayers-this-year>



Top 10 Ways to Enjoy Dates



- 10. Stuffed Snack.** Remove the pit and add a nut—pecan, walnut, almond, or even peanut butter—for a filling snack
- 9. Date Shake.** Frappé fat-free vanilla, banana, or plain yogurt and dates in a blender for a delicious drink anytime of the day!
- 8. Bold Breakfast.** Add and new texture and taste to hot or cold cereal. Just mix in diced dates and enjoy. **Recipe:** Heart Warming Oatmeal with Fruits and Nuts
- 7. Sweet Salad!** Mix dates in with a salad of your choice!
- 6. Wrap & Enjoy!** Wrap dates, tuna or chicken salad, and other vegetables into a whole wheat tortilla or pita. **Recipe:** [Tuna Salad Wraps](#)
- 5. Concoct a Trail Mix!** Make your own trail mix by mixing dates in with your favorite nuts such as almonds, peanuts, pecans and walnuts and other dried fruits.
- 4. A Different Drizzle.** Blend dates with a small amount of milk until smooth then drizzle over whole wheat waffles, oatmeal, or French toast.
- 3. Date Parfait!** Brighten up your morning with a parfait filled with dates and all of your favorite fruits. **Recipe:** Tropical Sunrise Parfait
- 2. Diced ... Over Dessert.** Dice and serve dates with vanilla frozen yogurt or any of your favorite low-fat frozen yogurts.
- 1. A Great Date:** Enjoy dates as they are!

See Nutrition Information for Dates

Source: <https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-dates/>

Save big with low Medicare costs when you turn 65.

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

- Plans as low as \$0 a month.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.
- Fitness and healthy lifestyle benefit.
- Plans with a \$0 pharmacy deductible and \$2 Tier 1 generics.



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

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

Or compare plans at HealthAlliance.org/ILN23.

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



BRADLEY COUNSELING RESEARCH & TRAINING CLINIC

**THE PEORIA
PUBLIC LIBRARY
North Branch**

*1st Monday of the month
11:00am-12:45pm*

**THE CREVE COEUR
PUBLIC LIBRARY**

*2nd Thursday of the month
5:30pm-6:30pm*

A chance to meet with other caregivers in your area

CAREGIVER CHAT

- 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

“I feel lonely. Can I talk to you?”



Friendship Line 1-800-971-0016

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

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

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



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

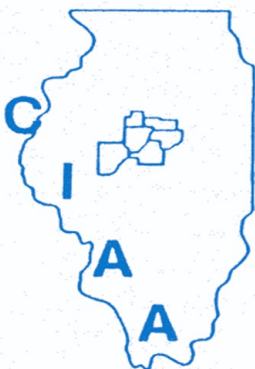
Contact:

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

Phone: (309) 674-2071

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

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



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



TAKE CHARGE OF YOUR HEALTH

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

WHAT IS TAKE CHARGE OF YOUR HEALTH?

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

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

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



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

For more information on classes or class schedules contact us

By telephone : 309-674-2071 or

By email at ciaa@ciaoa.net

Space is limited.



Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.

SIGN UP NOW SPACES ARE LIMITED

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

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.

- * 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!**

For more information contact:

**Central Illinois
Agency on Aging, Inc.
309-674-2071 or
email ciaa@ciaoa.net**



Healthy
Living

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).

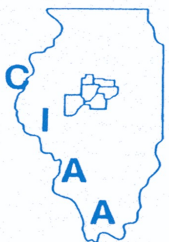


Planning a Group Trip or Outing?

**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

ILLINOIS SENIOR MEDICARE PATROL

MEDICARE FRAUD IN THE NEWS



Medicare Card Scam Makes National News, Happening All Across the United States

The "new" Medicare card scam has been reported by the Illinois SMP Fraud Alert for the past year. Now it is being reported by states all across the USA. This isn't a new scam for most readers, but it is playing a significant role in Medicare scams across the country.

The scammer will call and say they are from "Medicare Services" or something else equally as generic. The voice promises to improve your Medicare benefits, possibly save you money, or even get you more money in your Social Security check. "Hold on to be transferred to one of our agents," the caller says. Your phone displays a local number, "spoofed" to make you think it's someone you know.

They will soon offer you a "new" Medicare card that will be "plastic, gold or have a chip in it." They will then ask you to confirm all of your personal information. You should just hang up and report the potential scam to your local SMP. Never give out any personal information, including your Medicare card number over the phone. Medicare will never call you!

You can read the whole story from the Seattle Times [here](#).

If you or someone you know has had any potential home health care fraud please contact the Illinois SMP at (800)699-9043.



Illinois SMP Hotline: 1 (800) 699-9043

Places to Go ... Things to See

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

Hult Center For Healthy Living

5215 N. Knoxville Avenue
Peoria, IL 61614
692-6650
www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road
Peoria, IL 61603
323-6900
www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St.
Peoria, IL 61602
686-7000
www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—
Owens Center
Forest Park Nature Center
2218 N. Prospect Road
Peoria, IL 61603
682-1200
www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street
Peoria, IL 61603
282-1700
www.riverplex.org

Central Illinois Agency on Aging is now on Facebook and our fan base is on an upward trend. CIAA wants Facebook to be a place where our fans/those we serve and those interested in what we do as an agency can come to find information and updates that pertains to those that visit our page or for those wanting to know more about our services and programs. CIAA also wants to know what you/our fans would like to know more about. ? Please email ciaa@ciao.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



U.S. House of Representatives

Congressman Darin LaHood (District 16—R)
100 NE Monroe Street, Room 100
Peoria, IL 61602
(309) 671-7027, Fax (309) 671-7309

Congressman Eric Sorensen (District 17—D)
1205 Longworth House Office Building
Washington, DC 20515
(202) 225-5905

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
spain@ilhousegop.org

Rep. Sharon Chung (91st District—D)
216 N. Center St
Bloomington, IL 61701
(309) 808-2351
info@repchung.com

Senator Dave Koehler (46th District—D)
400 NE Jefferson, Suite 200
Peoria, IL 61603
(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

Rep. Jehan Gordon-Booth (92nd District—D)
300 E. War Memorial Drive, Suite 303
Peoria, IL 61614
(309) 681-1992, Fax (309) 681-8572
repjgordon@gmail.com

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