



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

2023, April 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

*Thank you to all of our
dedicated volunteers
at Central Illinois
Agency on Aging, Inc.
We appreciate
your dedication in
helping
others.*



National Volunteer Week April 16-22, 2023

CENTRAL ILLINOIS AGENCY ON AGING, INC.

Public Hearing Announcement

Speak Out– Voice Your Opinion

We want to hear from you!

The presentation of the Public Information Document represents a summary of Central Illinois Agency on Aging, Inc.'s (CIAA) proposed FY 2024 Amendment to the Public Information Document FY 2022, FY 2023, and FY 2024 Area Plan on Aging. The three Public Hearings will inform older persons, caregivers, service providers, and other interested persons about the Area Plan on Aging. The hearings will focus on CIAA's plan for providing access to needed services and giving attention to the CIAA Area Plan Initiatives. The Public Information Document will be presented at three Public Hearings, as listed below:

Wednesday
May 17, 2023 at 10 am
(In-Person Only)

**TOULON
UNITED METHODIST
CHURCH**

229 W. Main Street
Toulon, IL 61483

Thursday
May 18, 2023 at 10 am
(In-Person & Zoom)

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

700 Hamilton Blvd.
Peoria, IL 61603

Join Zoom Meeting

[https://us06web.zoom.us/j/84684825636?
pwd=WFkYL2NtSmx3Y1dQRVRqUVBuNkg0dz09](https://us06web.zoom.us/j/84684825636?pwd=WFkYL2NtSmx3Y1dQRVRqUVBuNkg0dz09)

Meeting ID: 846 8482 5636
Passcode: 441734
Dial by your location
+1 312 626 6799 US (Chicago)

Friday
May 19, 2023 at 10 am
(In-Person Only)

**MAPLE MANOR
APARTMENTS**

250 S. Main
Canton, IL 61520

Central Illinois Agency on Aging, Inc.
700 Hamilton Blvd., Peoria, IL 61603
Phone: (309) 674-2071
Fax: (309) 674-3639
Email: ciaa@ciaoa.net
Website: www.ciaoa.net



Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.



GOT MEDICAID? GET READY TO RENEW!

Click Manage
My Case at
abe.illinois.gov.



Illinois is checking to see
if you are still eligible for Medicaid.
Here's what you need to do now:

Click Manage My Case at abe.illinois.gov to:

- ✓ Verify your mailing address under "contact us."
- ✓ Find your due date (also called redetermination date) in your "benefit details."

Watch your mail and complete your renewal
right away.

If you are no longer eligible for Medicaid, connect to coverage at work or through the official Affordable Care Act marketplace for Illinois, GetCoveredIllinois.gov

Scan here and click
Manage My Case now.



HFS

Illinois Department of
Healthcare and Family Services

1-800-843-6154

TAKE CHARGE OF YOUR DIABETES



Healthy Feet

Did you know that diabetes can harm your feet and lead to complications? The good news is that you can take steps to help keep your feet healthy. You've already taken an important step by finding this guide!

Tips to Keep Your Feet Healthy



■ Keep the skin on your feet soft and smooth.

- Rub a thin coat of lotion over the tops and bottoms of your feet.
- Do not put lotion between your toes. It could cause an infection.

■ Protect your feet.

- Do not walk barefoot. It is easy to step on something and hurt your feet.
- Wear shoes that fit well and protect your feet.
- Check inside your shoes before you put them on to make sure the lining is smooth and there are no subjects in them.
- Always wear shoes at the beach and on hot pavement.
- Do not use hot water bottles or heating pads on your feet.
- Do not use over-the-counter products for corns and calluses. They may harm your skin.
- Keep your blood sugar within your target levels.
- Ask your primary care provider to check your at every visit.
- Have a podiatrist (a doctor who treats feet) examine your feet once a year or more.

■ Check your feet every day.

- Look for calluses, cuts, sores, blisters, red spots, and swelling. A good time to check Your feet is when you put on or take off your shoes and socks.
- Use a mirror to check the bottoms of your feet if you have trouble seeing them. You can also ask a family member to help you.
- Contact your health care provider if you see a problem.

■ Wash your feet every day.

- Use warm water, not hot, to wash your feet. Do not soak your feet.
- Check bath water with your hands first to make sure it's not too hot. You might not feel how hot the water is with your feet.
- Dry your feet well, including between your toes.



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

How Can Diabetes Harm Your Feet:

- Diabetes is a major cause of amputation of a toe, foot, or leg. Many amputations could be prevented with daily foot care.
- If you have diabetes, you can lose feeling in your feet. When that happens, it can be hard to tell when you have a problem—like a callus, cut, sore, or blister on your foot.
- Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow can slow the time it takes for sores to heal and lead to foot problems.



What Is a Podiatrist?

- A *podiatrist* (poh-DY-Uuh-trist) is a doctor who specializes in finding and treating foot and ankle problems. You should have a podiatrist check your feet once a year or more.

What to Do When You Visit a Podiatrist

- Work with your podiatrist to create a plan to care for your feet.
- Ask how to trim your toenails and treat corns and calluses safely.
- Ask if you qualify for special shoes. They might be covered by Medicare or other insurance plans.
- Ask your podiatrist to send your exam results to your other doctors after every visit.
- Be sure to keep your next podiatrist appointment!

Manage Your ABCs



Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol and stop smoking—also known as the ABCs of diabetes.

- **A1C (a measure of your average blood sugar over 3 months):** The goal set for many people is less than 7% for this blood test, but your doctor might set a different goal for you.
- **Blood pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but check with your doctor to see what your goal should be.

- **Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask your doctor what your cholesterol numbers should be.

- **Smoking:** If you smoke or use other tobacco products, take steps to quit. Call 1-800-QUIT-NOW (1-800-781-8669) for support.

Teach your family about your diabetes and the ABCs so they can help you.

Join the millions of Americans learning to manage their diabetes:

Ask your health care provider to refer you to diabetes self-management education and support (DSMES) services to help you manage your diabetes. Search for “[Find a Diabetes Education Program in Your Area](#)” to go to a website that lists programs recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists.

Visit [CDC's Diabetes website](#) for information on how to manage your diabetes and live your healthiest life.

Source: <https://www.cdc.gov/diabetes/library/factsheets/diabetes-and-healthy-feet.html>





Health Benefits of Houseplants

Plants and flowers can brighten up your space with colorful blooms and can help improve your mood. You may not know it, but houseplants have many other possible health benefits as well.

These include:

- ◆ Less dust and mold
 - ◇ Leaves and other plant parts act as a natural filter to catch allergens and other particles in the air.
 - ◇ Violets and other plants with textured leaves further trap possible allergens.
 - ◇ Avoid plants with pollen or spores.
- ◆ More moisture in the air
 - ◇ Furnaces and air conditioners can lower indoor humidity, especially in the winter. This can increase the chances for illness or itchy, dry skin.
 - ◇ House plants like spider plants can add moisture to the air.
- ◆ Better air purification
 - ◇ Carpets, paint, household cleaners, printer toner/ink and other indoor objects can give off pollutants called volatile organic compounds (VOCs); these can build up in the air causing eye and skin irritation as well as making conditions like asthma worse.
 - ◇ Houseplants like English ivy, asparagus fern and dragon trees can soak up VOCs.
- ◆ Herbs for cooking and better digestion
 - ◇ Mint can help with bloating, gas, and other digestive issues; common types include peppermint and spearmint.
 - ◇ Herbs like basil, cilantro and dill can be grown in containers both indoors and outdoors and can add flavor to different foods.
- ◆ Lower anxiety
 - ◇ Lavender can be used in many different ways to lower anxiety and offer calming effects.
 - ◇ Philodendrons and snake plants may help you relax too.
- ◆ First aid remedies
 - ◇ Gel from the aloe vera plant is a popular home remedy. It can be used to treat sunburns and other minor burns.
- ◆ More restful sleep
 - ◇ Plants take in the carbon dioxide we produce when we breathe out, while creating oxygen.
 - ◇ Some plants like gerbera daisies continue to give off oxygen, even after the sun goes down.
 - ◇ Think about getting a Chinese evergreen or peace lily -- these are plants that do not need a lot of natural light.
- ◆ Better focus
 - ◇ Research has shown that because plants have a calming effect, they also improve our focus. Consider potted plants like golden pothos or bamboo.
- ◆ Faster healing
 - ◇ Taking a bouquet of flowers or a potted plants to a loved one in the hospital is not only thoughtful, but may actually help them recover more quickly, according to researchers. Consider an orchid or peace lily.



Dr. Marina Claudio

Whether you pick it at your local flower shop or a garden center, a bouquet or potted plant is a great way to show someone that you care. It can also add a splash of color to your space and, in some cases, have healing powers. Be sure to read up on the correct way to care for your plant, especially for your potted plants, so that they grow healthy and become a part of the family. If you don't have a green thumb, spending time outside in nature can have major health benefits, such as lowering blood pressure and releasing muscle tension, in addition to other benefits.



PRODUCE FOR BETTER HEALTH® HAPPINESS RESEARCH



So Happy Together

Emerging research suggests eating more fruits and veggies can help improve happiness, satisfaction, and emotional well-being.¹



65% of people who eat vegetables daily say they are happy

vs

42% of people who do not eat vegetables.²

42%



68% of people who eat fruit daily say they are happy

vs

33% of people who do not eat fruit.²

33%



73% of people who eat vegetables daily say they are satisfied

vs

47% of those who do not eat vegetables.²

47%



76% of people who eat fruit daily say they are satisfied

vs

33% of those who do not eat fruit.²

33%



SOURCES

1. Mujcic R and Oswald AJ. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. Am J Pub Health. 2016; 106: 1504-1510.

2. Produce for Better Health Foundation. Novel Approaches to Measuring and Promoting Fruit and Vegetable Consumption, 2017.

©2022 Produce for Better Health Foundation

Meet #TEAMGOODFAT

What do walnuts, avocados, salmon and extra virgin olive oil have in common? They're all sources of good fats! No need to pair all these ingredients at once, use one or two while cooking to add different varieties of good fats to your meal.

Walnuts are the only nut that supply a rich source of the plant-based omega-3 ALA (2.5 grams per ounce).



Grind em' up as a sauce thickener!

Walnuts

Walnuts + olive oil vinaigrette for the "good fat" win!



Extra Virgin Olive Oil

Extra virgin olive oil is one of the richest sources of monounsaturated fats (10 grams per tablespoon).

More than 75% of the fat in **avocados** is the "good" unsaturated type (1 gram polyunsaturated fat and 5 grams monounsaturated fat per 1/3 medium avocado).

Avocados



Avocado toast + toasted walnuts = YUM

Salmon



Walnut encrusted salmon - chop it, top it, bake it, done!

Salmon has the marine-based omega-3 fatty acids EPA and DHA (0.5 to 2 grams per 3-ounce cooked portion).



FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

PROTECTING OUR PLANET STARTS WITH YOU



**BIKE MORE
DRIVE LESS**



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three “R’s” to conserve natural resources and landfill space.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



**PLAN
A TREE**



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.



**Don't send
chemicals
into our
waterways.**
Choose nontoxic chemicals in the home and office.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!

Choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.

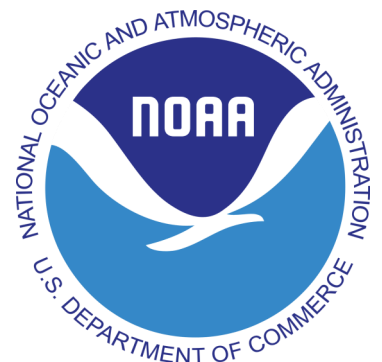


Buy less plastic and bring a reusable shopping bag.



**Long-lasting
light bulbs
— ARE A—
BRIGHT
IDEA**

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



Is the Distraction coming from...inside the car?

Vehicle touchscreens may be advanced, but they can still cause distractions.



Your vehicle's touchscreen takes your eyes off the road...

Your hands off the wheel...



And your mind off of driving.



Adjust your touchscreens while you're still parked. Need to make changes? Ask a passenger for help or pull over safely.

For professional drivers, this includes dispatching devices and mobile data terminals.

Any distraction behind the wheel is dangerous for everyone.

Just Drive.

nsc.org/justdrive


National Safety Council



For Older Adults and People with Disabilities

What Is BenefitsCheckUp?

BenefitsCheckUp® is a free, confidential online tool that helps older adults and people with disabilities find benefits programs they might be eligible for depending on their location.

How we help match you with benefits that can help you save money

1. Answer some questions to get more information

Start browsing benefits by entering your ZIP code and choose the categories that you're most interested in. Once you have made your selections and click next, you'll have the ability to review your initial results or enter more details to further personalize your options. For programs like the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps), the Medicare Low-Income Subsidy, and Medicare Savings Programs, among others, additional information may be required to determine your eligibility.

2. Check to see if you qualify or if further information is required

When clicking 'See If You May Be Eligible', our free, confidential tool will ask you additional questions to help determine your eligibility and will provide you with a personalized report. Once your 'Eligibility Results' report has been created, you can view it as a PDF, email it, go back and edit your answers, and you also have the option to screen for someone else.

3. Find out how to apply or view more information on the agency's website

Now that you have your personalized benefits report, you have the option to apply online through the agency's website by clicking 'Apply Online', view more info about the program, or use the contact information provided to call the agency directly.

If you're having trouble determining your next step, you can always speak to a BenefitsCheckUp support specialist through our website's chat feature, calling our hotline at 1-800-794-6559, or you may find talking to a benefits enrollment specialist helpful.



Benefits
CheckUp



all
illinois

IDoA
Illinois Department on Aging

This spring, say good riddance to fear.

Make sure you have the latest COVID-19
booster so we can **Keep Illinois Moving.**



Vaccines.gov



1-800-232-0233

To Schedule Yours, visit

Vaccines.gov



Sports Eye Safety

Nearly [30,000 sports-related eye injuries](#) are treated in U.S. emergency rooms each year. The good news is that 90% of serious eye injuries could be prevented by wearing appropriate [protective eyewear](#).



How to Prevent and Treat Sports Eye Injuries

Different activities and sports have different levels of risk for eye injury. Make sure that you're using the right kind of eye protection for each activity. Regular eyeglasses do not offer proper eye protection and in some cases can make an injury worse if they shatter. Be careful during activities or games involving projectiles and other sharp objects that could create injury if in contact with the eye.

If you [have an eye injury](#) go to the emergency room immediately, even if the injury appears minor. Delaying medical attention can result in permanent vision loss or blindness.

What Sports Cause Eye Injuries?

Eye injuries can happen in almost any sport, but some sports are higher risk than others.

- ***Basketball causes most sports eye injuries in the U.S.***

One study found that [basketball was the leading cause of sports-related eye injuries](#) in the United States [followed by baseball, softball](#), airsoft rifles, pellet guns, racquetball and [hockey](#).

Protective sports glasses with shatterproof plastic, called polycarbonate lenses, should be worn for sports such as basketball, racquet sports, soccer and field hockey. Choose eye protectors that have been tested to meet the American Society of Testing and Materials (ASTM) standards or that pass the CSA racquet sports standard. Read our full guidelines about [protective eyewear for sports and activities](#) for additional details.

- ***Sports that require face masks or face shields for eye protection***

Protect Yourself if You Have Vision Loss in One Eye

If you already have reduced vision in one eye, consider whether it's worth the risk of injuring your other eye before participating in a high-risk sport. Check with your ophthalmologist to see what appropriate eye protection is available and whether they advise participating in any high impact or other high-risk sports.

Spectator Eye Safety at Sporting Events


Spectators at sporting events should also be careful. Balls, bats, and players can end up in the stands at any time. Keep your eyes on the game and watch out for foul balls and flying objects.

On-the-Field Visual Test Helps Diagnose Concussions in Athletes

About 3.8 million Americans sustain sports-related concussions each year. A quick, reliable screening test is useful on the sidelines to keep injured athletes from returning to play too soon. An [on-the-field visual test](#) helps physicians better diagnose, treat and rehabilitate patients with concussions.



AMERICAN ACADEMY
OF OPHTHALMOLOGY®



Memory Loss & The Southside

Join us for a community forum on Alzheimer's Disease, dementia, and memory loss.

Thursday, April 27 | 6:00 p.m.—7:00 p.m.

**Minority Business Development Center
2139 SW Adams St | Peoria, IL 61602**

We want to hear from you! Join us to share your experience with memory loss and discuss how we can best serve our community. Together we can help enhance care and support resources for those facing Alzheimer's Disease and dementia.



Call 800.272.3900 or visit alz.org to register

ALZHEIMER'S  ASSOCIATION®

Do You Love You?

Saturday

May 13, 2023 ~ 10 a.m. to 1 p.m.

Church of the Living God

2815 W. Lake Avenue, Peoria, IL 61615

Chaotic relationships?

Needy?

Stressed out?

Lack of self-confidence?

Unlovable?

Hiding who you really are?

Overwhelmed?

Burned out?

Any of this sound familiar or like someone you know?

This event is especially for you. You will be provided with open, honest discussions, an opportunity to get answers to your questions, tools and resources to help you ***change your life!***

T.H.I.N.K. is hosting a panel discussion on self-love and mental health in a safe space.

FREE

The panelists include individuals in various age groups-young adult, adult, and senior.
This event introduces the book "Trials of a Misunderstood Man" by Charles Miner.

To register, please call 309.322.5621.



thinkmentoringacademy@gmail.com

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.**

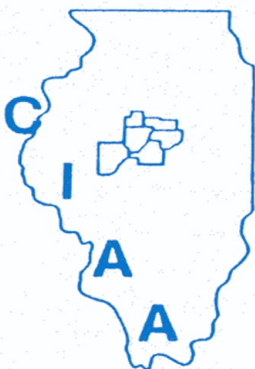
Contact:

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).

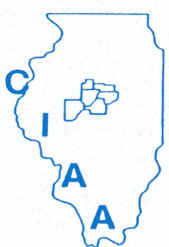


Planning a Group Trip or Outing?

**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

Combating Social Isolation among Seniors

Friendly visitors

Denise Obrien, Intern BSW MSW

CYFsolutions.org

Worried someone, you know is suffering in silence? According to the AARP Foundation, here are the signs to look for with Social Isolation:

1. Deep boredom, general lack of interest and withdrawal
2. Losing interest in personal hygiene
3. Poor eating and nutrition
4. Significant disrepair, clutter, and hoarding in the home

One of the more effective ways to combat social isolation among seniors is weekly visits from a caring and compassionate volunteer, like the Friendly Visitor program offered through the New Day Senior Services at The Center for Youth and Family Solutions. In this program, volunteers are matched with a senior who is in need of social interaction. The Friendly Visitor volunteer may provide a variety of activities with seniors, from having regular visits, taking walks, working puzzles together, going shopping, or providing transportation to medical appointments. The schedule and activities are very flexible, and completely up to the interest of the volunteer (Cyfadmin., 2019).

In the greater Peoria community, the need for Friendly Visitors is great. “We get calls every week requesting our Friendly Visitor services. In order to meet these needs, we simply need more volunteers,” According to Ruth Urbanc, New Day Senior Services Program Coordinator.

If you or someone you know would like to become a Friendly Visitor Volunteer, contact The Center for Youth and Family Solutions Volunteer Coordinator, Sue Hirschman at (309) 323-6632 or email shirschman@cyfsolutions.org.



References

Cyfadmin. (2019, October 18). Combating social isolation among seniors: Friendly visitors. Welcome To Center For Youth and Family Solutions. Retrieved January 5, 2023 from <https://www.cyfsolutions.org/combating-social-isolation-among-seniors-friendly-visitors/>

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)
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spain@ilhousegop.org

Rep. Sharon Chung (91st District—D)
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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
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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)
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