



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, July Issue

Keith Rider, CMA, President/CEO
Hoangvan Dinh, B.S., Editor

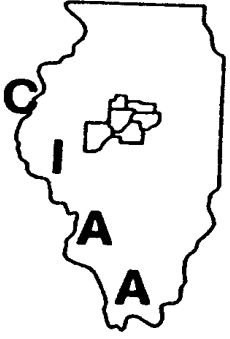
SENIOR GAZETTE

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





**CENTRAL ILLINOIS AGENCY ON AGING, INC.'S
21st ANNUAL
DR. LAURENCE E. NORTON GOLF TOURNAMENT
FRIDAY, AUGUST 18, 2023**

**Hole in One Prize:
\$10,000**

***Sponsored by:*
Hecht–Stout Insurance Agency**



Start: 12 noon

**Fee: \$130 per person
(golf, cart and dinner)**

**Early Bird \$120 –
payment received by
July 31, 2023**



**Proceeds Benefit
CIAA's Faith-Based
Meals
and New Year's Day
Meal Programs for
Homebound
Seniors.**

**Sponsorship
Opportunities are available.
For more information call
Renee Razo at (309) 550-5815
or rrazo@ciaoa.net**



**Get the
Quail Meadows
App Now!**

Keep Food “Cool for the Summer” to Avoid Foodborne Illness



One of the best things about the summer is finally getting to enjoy the warm weather outside! Backyard barbecues and picnics can be a great way to get outside, but rising temperatures can also bring food safety risks. During warm weather it's important to make sure your food is safe by keeping it “cool for the summer.”

Normally, perishable foods can be left out for only two hours before they need to be chilled or discarded. That keeps your food out of the “Danger Zone” for too long; germs that cause foodborne illness can grow rapidly in temperatures between 40 and 140°F. But in the summer, hot and humid weather creates an ideal environment for bacteria to grow even more quickly. When the temperature outside is above 90°F, food is only safe outside for one hour. If you're planning on spending hours in the sun, then follow these tips to keep your food “cool for the summer.”



“Cool” Tip #1: Bring on the Cold (Sources)

When you're serving food outside, extra cold sources are a must to keep everything cool. Pack coolers with bags of ice, gel packs or even frozen water bottles so that your food will stay cold and safe for as long as possible. Keep an appliance thermometer in your cooler to make sure it's keeping your food at 40°F or below during all your summer fun.

“Cool” Tip #2: Pack It Tight

Full coolers will keep your perishable foods cold and safe for much longer than half full ones. Stock up your coolers before you go outside so that you can keep everything at a safe temperature all day long. If you don't fill your cooler with food, fill the rest with extra ice. You can also pack foods when they are frozen to maintain a nice, cold temperature for your snacks, even when it's hot outside.

“Cool” Tip #3: Open and Close It Quick

When you're having fun in the sun, you may want a nice, cold drink to stay cool. Because beverage coolers tend to be opened more frequently, keep your drinks in a separate cooler from your perishable foods. For snacks, only take out what you need at a time, and keep the rest chilling for later. And never leave your cooler open for long!

“Cool” Tip #4: When in Doubt, Throw It Out

The last thing you want to bring inside from the outdoors is a case of foodborne illness. If your food has been out for a while, it may not be safe to repack and eat later. Don't hesitate to throw away any food that has been left out in the sun for too long. Keep coolers in the shade so they can stay cool and keep your food cool, too.

“Cool” Tip #5: Remember Groceries and Food Deliveries, Too

Don't forget to keep your groceries and food deliveries cool when the weather is warm. If you go to the store, bring a cooler or cold storage bag with cold sources to keep your food safe until you get home. If you get groceries or meal kits delivered, track their progress so you can bring them inside immediately. Check that the temperature of your perishable foods is at 40°F or below with a thermometer, then put them in the refrigerator or freezer as soon as possible.



Sunscreen for Your Sun Day

What is sunscreen?

Sunscreen filters out the sun's dangerous UV (ultraviolet) rays. These invisible rays can cause skin cancer. Some skin cancers can cause cancer. Some skin cancers can cause death if not found and treated early.



Who should wear sunscreen?

People of all skin colors can get skin cancer from the sun's UV rays. Those who are most likely to get skin cancer from these rays have:

- Lighter natural skin color.
- Skin that burns, freckles, gets red easily, or becomes painful from the sun.
- Blond or red hair.
- Blue or green eyes.
- A family member who has had skin cancer.

Also, people who spend a lot of time outdoors, either for work or play, are more likely to get skin cancer from UV rays.



Which sunscreen should I use?

Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Sunscreens come in many forms, including ointments, creams, gels, lotions, wax sticks, and sprays.



Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients, if your or your child's skin reacts badly to one product, try another one or call a doctor.

When do I need to apply sunscreen?

The sun's UV rays can damage your skin in as little as 15 minutes. Put sunscreen on before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours, and after you swim or do things that make you sweat.

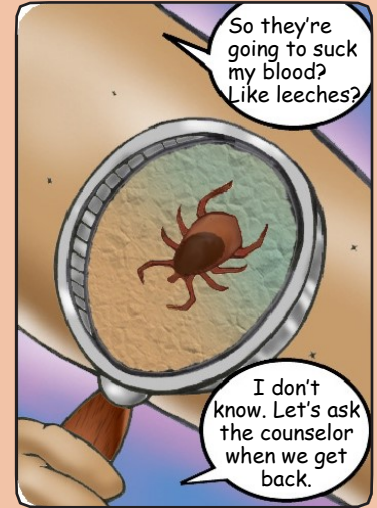


Source: <https://www.cdc.gov/cancer/skin/resources/print.htm>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Don't Let a Tick Make You Sick!



Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

Hey Grown-Ups!

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET)
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (**age 3-5**) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (**ages 6-17**) should try to get at least **60 minutes per day** of moderate-to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.



Sit less and move more.
Learn more at heart.org/movemore

Childhood Arthritis



What is childhood arthritis?

Arthritis in children is called childhood arthritis or juvenile arthritis. The most common type of childhood arthritis is juvenile idiopathic arthritis (JIA), also known as juvenile rheumatoid arthritis.

Childhood arthritis can cause permanent physical damage to joints. This damage can make it hard for the child to do everyday things like walking or dressing and can result in disability.



Is there a cure for childhood arthritis?

Although there is no cure, some children with arthritis achieve permanent remission, which means the disease is no longer active. Any physical damage to the joint will remain.

What are the signs and symptoms of childhood arthritis?

Symptoms may come and go over time. There may be times when symptoms get worse, known as flares, and times when symptoms get better, known as remission. Signs and symptoms include:

- Joint pain
- Swelling
- Fever
- Stiffness
- Rash
- Fatigue (tiredness)
- Loss of appetite
- Inflammation of the eye
- Difficulty with daily living activities such as walking, dressing, and playing

Source: <https://www.cdc.gov/arthritis/basics/childhood.htm>

What causes childhood arthritis?

The exact cause of childhood arthritis is unknown. In childhood arthritis the immune system may not work right which causes the inflammation in the joints and other body systems.

How is childhood arthritis diagnosed?

Childhood arthritis is diagnosed through a physical examination and review of symptoms, X-rays, and lab tests. A doctor should make this diagnosis, particularly a rheumatologist who specializes in arthritis and other related conditions in children. These doctors are called pediatric rheumatologists.

Who gets childhood arthritis?

Childhood arthritis can affect children of all ages, races and ethnic backgrounds.



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HEAT STROKE VS STROKE

What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

104°F

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



UP TO **80%** OF STROKES MAY BE PREVENTED

Factors you maybe able to treat and control:

Atrial fibrillation
Cigarette smoking
Diabetes
Heart disease

High blood pressure
High cholesterol
Obesity
Poor Diet

Factors you cannot control

Age
Race

Family history
Medical history

Signs

Body temperature of 104°F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

F.A.S.T.

Face Drooping Arm Weakness Speech Difficulty Time to Call 911

* Other signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

What to do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

CALL 911

or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes—negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefits for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™



Diet Supplements

Dietary supplements can be taken to improve your health or well-being. Vitamins, minerals, and herbs are all considered supplements. They typically come in pills or capsules. They can also come in powders, drinks, and foods. They are not meant to cure diseases or health conditions, unless the U.S. Food and Drug Administration (FDA) has approved them for a specific health claim.

You can get vitamins and minerals by eating a variety of foods in your daily diet. Vitamins and minerals help nourish your body and keep you healthy. It is important to eat a variety of healthy foods such as fruits, vegetables, lean meats, and fish. If you don't, your body may not get the proper nutrition it needs and may end up with low levels of nutrients in the blood and tissues. Taking a daily multivitamin can help in this situation. People who may benefit from multivitamins include:

- Women who are pregnant or trying to get pregnant
- Women who are breastfeeding
- Women who have heavy menstrual periods
- Women who have gone through menopause
- People who don't eat animal products (vegetarians and vegans)
- People who have had weight loss surgery
- People who have diseases of the stomach, liver, pancreas, or gallbladder
- People who have conditions that affect their digestive system; this includes gastrointestinal disease, lactose intolerance, or food allergies

There are hundreds of supplements available. They often make promises to treat a wide range of symptoms and conditions. Be aware that very often, evidence to support these claims is not available.

Talk to your healthcare provider before you begin taking a dietary supplement. Your provider will tell you if it may be helpful or not. Make sure you tell them about anything you already take. This includes all medicines, both prescription and over-the-counter. Some medicines and supplements can react in a bad way. Read the ingredient list on supplements to make sure you know what is in them. Don't take more than the recommended dosage on the label, unless your doctor says it is okay. A "natural" supplement doesn't mean it's safe. In general, they are safe as long as they aren't used in large amounts. Check the recommended daily dose (RDA) on the label. Taking too much can cause harmful or unpleasant side effects.

Some herbal supplements may not be safe. They could contain unlisted ingredients that can make you sick. Ingredients that aren't listed on the label can include steroids or estrogens. Products may even contain toxic, or poisonous, substances. Examples include arsenic, mercury, lead, and pesticides. Supplements must be recalled if they are found to contain toxic ingredients.



If you are worried that you are not getting enough vitamins and minerals in your diet, talk to your health care provider to see if you would benefit from dietary supplements. Your provider can recommend a supplement and also advise if it may affect any health conditions you have.

Source: <https://familydoctor.org/dietary-supplements-what-you-need-to-know/>



Dr. Marina Claudio

Eye Care



Your eyes are an important part of your health. Most people rely on their eyes to see and make sense of the world around them. But some [eye diseases](#) can lead to [vision loss](#), so it is important to identify and treat eye diseases as early as possible. You should get your eyes checked as often as your health care provider recommends it, or if you have any new vision problems. And just as it is important to keep your body healthy, you also need to keep your eyes healthy.

Eye Care Tips

There are things you can do to help keep your eyes healthy and make sure you are seeing your best:

- **Eat a healthy, balanced diet.**
Your diet should include plenty of fruits and vegetables, especially deep yellow and green leafy vegetables. Eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut can also help your eyes.
- **Maintain a healthy weight.**
Being overweight or having obesity increases your risk of developing diabetes. Having diabetes puts you at higher risk of getting [diabetic retinopathy](#) or [glaucoma](#).
- **Get regular exercise.**
Exercise may help to prevent or control diabetes, high blood pressure, and high cholesterol. These diseases can lead to some eye or vision problems. So if you exercise regularly, you can lower your risk of getting these eye and vision problems.
- **Wear sunglasses.**
[Sun exposure](#) can damage your eyes and raise your risk of [cataracts](#) and [age-related macular degeneration](#). Protect your eyes by using sunglasses that block out 99 to 100% of both UV-A and UV-B radiation.
- **Wear protective eye wear.**
To prevent [eye injuries](#), you need eye protection when playing certain sports, working in jobs such as factory work and construction, and doing repairs or projects in your home.
- **Avoid smoking.**
Smoking increases the risk of developing age-related eye diseases such as macular degeneration and cataracts and can damage the [optic nerve](#).



- **Know your family medical history.**
Some eye diseases are inherited, so it is important to find out whether anyone in your family has had them. This can help you determine if you are at higher risk of developing an eye disease.
- **Know your other risk factors.**
As you get older, you are at higher risk of developing age-related eye diseases and conditions. It is important to know your risk factors because you may be able to lower your risk by changing some behaviors.
- **If you wear contacts, take steps to prevent eye infections.**
Wash your hands well before you put in or take out your contact lenses. Also follow the instructions on how to properly clean them, and replace them when needed.
- **Give your eyes a rest.** If you spend a lot of time using a computer, you can forget to blink your eyes and your eyes can get tired. To reduce eyestrain, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

B BRADLEY'S COUNSELING
RESEARCH AND TRAINING
CLINIC

BACK TO SCHOOL: SUPPLY DRIVE

For Grandparents Raising Grandchildren

When: Wednesday, July 26th, 2023

Where: Bradley Park, Bradley Park Shelter

Time: 3:00p- 5:00p

All RSVP'd grandchildren between K-12th grade will receive a backpack with school supplies. Registered families will also be provided a light meal.

Drive Through
Option Available!



PLEASE RSVP BY JULY 24TH BY CALLING (309) 677-3189. PLEASE LEAVE A MESSAGE INCLUDING THE FOLLOWING INFO:
1. NAME OF GRANDPARENT REGISTERING GRANDCHILDREN 2. NUMBER OF GRANDCHILDREN BEING REGISTERED 3. NAME, AGE, GENDER, AND GRADE ENTERING OF CHILD(REN) 4. CONTACT NUMBER TO BE REACHED. 5. PICNIC OR DRIVE THROUGH

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

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).





There is hope.



If you or
someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**

988 SUICIDE & CRISIS
LIFELINE





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).

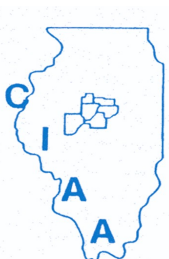


Planning a Group Trip or Outing?

**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



Enjoy
Summer
Days

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)
Conductor's Quarters Building
403-1/2 NE Jefferson Street
Peoria, IL 61602

U.S. Senators for Illinois

Senator Richard J. Durbin (D)
525 South 8th Street
Springfield, IL 62703
(217) 492-4062, Fax (217) 492-4382

Senator Tammy Duckworth (D)
8 South Old State Capitol Plaza
Springfield, IL 62701
(217) 528-6124

Illinois General Assembly

Senator Win Stoller (37th District—R)
5415 University St., Suite 105
Peoria, IL 61614
(309) 693-4921
senatorstoller@gmail.com

Rep. Ryan Spain (73rd District—R)
5407 N. University, Arbor Hall, Suite B
Peoria, IL 61614
(309) 690-7373, Fax (309) 690-7375
repyanspain@gmail.com

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

Senator Dave Koehler (46th District—D)
1203 East Kingman Avenue
Peoria Heights, IL 61616
(309) 677-0120, Fax (309) 346-4650
senatordavekoehler@gmail.com

Rep. William Hauter (87th District—R)
133 S. Main Street Ste. A
Morton, IL 61550
(309) 819-8701
hauter@ilhousegop.org

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

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Robert Mueller, Vice-Chair
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JoAnn Olson, Secretary

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Philip Grgurich
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Bryna Warren
Jan Wherley

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