



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, June Issue

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

SENIOR GAZETTE

IN THE ISSUE

- World Elder Abuse Awareness Day.....1
- 21st Annual Dr. Laurence E. Norton Golf Tournament.....2
- Medicaid Redetermination Process Resume in May3
- June is Men’s Health Month4
- Men’s Health Facts5
- More Vaccines Covered at No Cost to You!6
- Medicare Fraud Prevention Week.....7
- Nutrition Tips for Ages 60+ **and** Loneliness Awareness Week Social Media Campaign.....8
- June is Cataract Awareness Month9
- Flag Day—June 14.....10
- Heart Safety in Extreme Heat11
- Facts about Migraine.....12
- Save Big with Low Medicare Costs When You Turn 65.....13
- Caregiver Chat at the Peoria & Creve Coeur Public Library by Bradley CRTC.....14
- Friendship Line.....15
- Take Charge of Your Health16-17
- Planning a Group Trip or Outing.....18
- Fireworks Safety, Place to Go ... Things to See, and Facebook.....19
- U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....20

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

June 15



WORLD ELDER ABUSE AWARENESS DAY

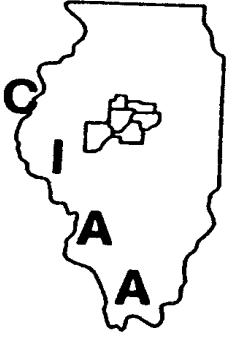
Building Strong Support for Elders

Elder abuse is a serious problem in the United States.

The available information is an underestimate of the problem because the number of nonfatal injuries is limited to older adults who are treated in emergency departments. The information doesn't include those treated by other providers or those that do not need or do not seek treatment. Additionally, many cases are not reported because elders are afraid or unable to tell police, friends, or family about the violence. Victims have to decide whether to tell someone they are being hurt or continue being abused by someone they depend upon or care for deeply.



1-800-CDC-INFO (232-4636) • www.cdc.gov/violenceprevention



**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!**

Medicaid Redetermination Process Resumes in May



Molina Healthcare's Staff

In 2020, in response to the COVID-19 Public Health Emergency, the State of Illinois paused the annual redetermination process for Medicaid eligibility. This process will start again beginning May 1, 2023.

What is Medicaid redetermination?

This process normally happens once a year. The state may ask questions that include, what is the annual household income. They may ask you to confirm the address where you live, and how many people are in your household.

The state will confirm your income by asking for copies of your pay stubs, and other possible sources of income such as Social Security, SSI, Unemployment, etc. You will also be asked if anyone in the house is pregnant and the expected number of babies. They will also ask if anyone in your house is covered by other health insurance.

Once you complete your response, and supply the required paperwork, the State will review your answers. This information is used to decide if you and/or your family are eligible to continue with the Medicaid program.

When does this happen?

Not everyone has the same redetermination date. Your redetermination will take place over the course of the next 12 months. Be on the lookout for a letter from the state, requesting this information. Once you receive it, you will only have **30 days** to complete your response and send it back. If you don't send it back, you will lose your Medicaid coverage.

You can check your redetermination date using Manage My Case at www.abe.illinois.gov. This is also the best way to respond to the request.

When you get your notice, here are the ways to respond:

- Online through Manage My Case at www.abe.illinois.gov
- Over the phone by calling 1-800-843-6154
- Fill out the form and mail or fax it back
 - ◆ Mail to: P.O. Box 19138, Springfield, IL, 62704
 - ◆ Fax to: 1-844-736-3563
- In person at a local DHS office, or community connector location. You can call 1-800-843-6154 to find a location near you.



Happy Father's Day





June is Men's Health Month

On average, men live about 5 years less than their female counterparts. Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide. 1 in 2 men will develop cancer in their lifetime. Men make $\frac{1}{2}$ as many physician visits for prevention as women

**WANT TO SEE THESE STATS CHANGE?
SCHEDULE A CHECKUP TODAY!**

Do it for yourself and for those who count on you.

Learn more at
www.menshealthmonth.com
or call 1-866-543-6461 ext. 101



WORLD'S HEALTHIEST PEOPLE



Health Facts:

Men die at higher rates than women from 9 of the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)
 In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men (CDC 2001)

Silent Health Crisis

There is a silent health crisis in America...it's that fact, on average, American men live sicker and die younger than American women."

Dr. David Gremillion
Men's Health Network

Cause & Rate¹

	Men	Women
Heart Disease	207.5	127.9
Cancer	176.8	128.6
Injuries	65.9	31.0
Stroke	37.6	36.1
Suicide	22.8	6.2
HIV/AIDS	2.3	0.8



Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk.
 Change of being a Homicide Victim*
 1 in 30 for black males 1 in 179 for white males
 1 in 132 for black females 1 in 495 for white females

*BJS DATA REPORT, 1989

Who is the Weaker Sex?

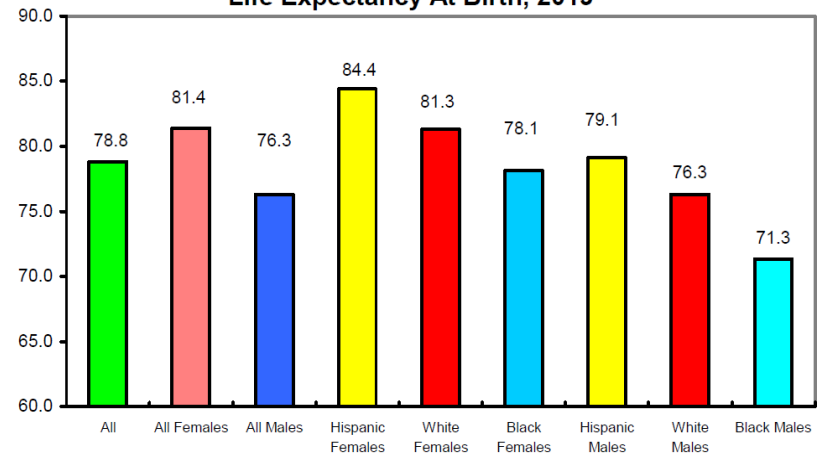
- ◆ 115 males are conceived for every 100 females.
- ◆ The male fetus is at greater risk of miscarriage and stillbirth.
- ◆ 25% more newborn males die than females.
- ◆ 3/5 of SIDS victims are boys.
- ◆ Men suffer hearing loss at 2x the rate of women.
- ◆ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ◆ Men have fewer infection-fighting cells and are thought to have weaker immune systems than women.
- ◆ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

Depression and Suicide¹

Depression in men is undiagnosed contributing to the fact that men are 4x as likely to commit suicide.

- ◆ Among ages 15 to 19, boys were 3.1x as likely as girls to commit suicide
- ◆ Among ages 20 to 24, males were 4.6x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men...31.5—women...5.

Life Expectancy At Birth, 2019²



To learn more, contact:

Men's Health Network
 P.O. Box 75972
 Washington, D.C. 20013
 202.543.MHN.1 (6461) X 101
info@menshealthnetwork.org
www.MensHealthNetwork.org

1 Centers for Disease Control and Prevention and the National Center for Health Statistics, Health, United States 2019. Retrieved June 22, 2022
 2 Life Expectancy data are from CDC/NCHS, Health, United States, 2019
 Compiled by: Chris Komst



More Vaccines Covered at No Cost to You!



We've got good news to share! Thanks to the [prescription drug law](#) that went into effect this year, even more **vaccines are free for people with Medicare Part D** — an average savings of up to \$70 in out-of-pocket costs each year.

This means more people with Medicare being protected against disease and severe illness.

Examples of vaccines now covered under Medicare Part D include:

- Shingles
- Tetanus/diphtheria (Td)
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- Hepatitis A
- Hepatitis B

Flu shots, COVID-19 vaccines, and pneumococcal shots are still covered by Medicare.

[More Info](#)

Serious diseases can impact our health and quality of life. That's why it's so important to stay up-to-date with vaccines.

Talk with your doctor about which vaccines are right for you!

[Medicare.gov](#)

Medicare Fraud Prevention Week



6/5

ACTIONS EVERYONE CAN TAKE

- 6/6 Beneficiaries**
Learn how to read your Medicare statements.
- 6/7 Caregivers**
Educate yourself and loved ones on how to prevent and detect health care fraud.
- 6/8 Families**
Talk to loved ones about protecting their Medicare number.
- 6/9 Partners & Professionals**
Share SMP information on social media and invite the SMP to speak.
- 6/10 Health Care Providers**
Talk to patients about health care-related scams.
- 6/11 Community**
Look out for your older neighbors.

ABOUT SMP

Your local Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns.



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Central Illinois Agency on Aging, Inc.

SUPPORTED BY GRANT #90MPRC0002 FROM ACL

1-309-674-2071
Ask for Nancy Bell

Nutrition Tips for Ages 60+



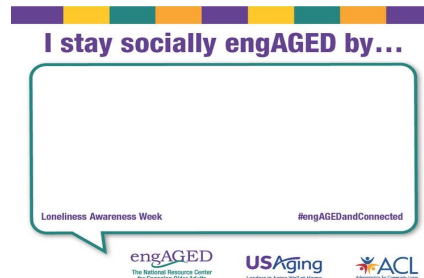
Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a

healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The [My Dietary Supplement and Medicine Record](#) can help you track your supplement and medicine use.

Source: <https://www.myplate.gov/life-stages/older-adults>

Loneliness Awareness Week Social Media Campaign June 12-18



Help engAGED promote the importance of social connection during Loneliness Awareness Week. Taking place June 12-18, our fill-in-the-blank campaign is open to anyone who would like to participate.

HOW TO PARTICIPATE

1. Print the sign and fill in the blank to complete the sentence, "I stay socially engAGED by..."
[Download \(PDF\)](#)
2. Think about how you stay #SociallyengAGED and encourage your staff, volunteers and the consumers you serve to do the same. This may be through volunteering, using technology, lifelong learning, spending time with family or friends, reading to children, participating in group art classes or more!
3. Take a photo of yourself, your organization's staff or volunteers, or the older adults you serve holding the sign. If you prefer to make a video, that works too
4. Tweet your picture or video using #engAGEDandConnected or post it to Facebook. Don't forget to tag @engAGEDCenter in your posts! See below for some post ideas!
Questions? Contact info@engagingolderadults.org.

SAMPLE SOCIAL MEDIA POSTS

Twitter

- [Name of Participant] stays #SociallyengAGED by [Insert the activity.] #engAGEDandConnected #LonelinessAwarenessWeek

Facebook

- [Name of Participant] stays socially engAGED by [Insert the activity.] (@engAGEDCenter)

Source: <https://www.engagingolderadults.org/2023-loneliness-awareness-week>

June is Cataract Awareness Month



What is a Cataract?

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

How common are cataracts?

Cataracts are a leading cause of blindness among older adults in the United States. More than half of all Americans have cataracts by the time they are 80 years old. Cataracts can also sometimes be found in young people or even newborn babies.

Am I at risk for developing cataracts?

The exact cause of a cataract is unknown. Most often, a cataract is part of getting older. As you age, you are at greater risk of developing a cataract. There are also several possible risk factors for cataracts, such as:

- * Intense heat or long-term exposure to UV rays from the sun
- * Certain diseases, such as diabetes
- * Inflammation in the eye
- * Hereditary influences
- * Events before birth, such as German measles in the mother
- * Long-term steroid use
- * Eye injuries
- * Eye diseases
- * Smoking

What are the symptoms of a cataract?

Generally, a cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

- * You have blurred vision, double vision, ghost images, or the sense of a “film” over your eyes.
- * Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
- * You change eyeglass prescriptions often and the change does not seem to help your vision.
- * You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

Why do cataracts form?

Cataracts are probably caused by changes related to aging. Throughout our lives, our bodies replace old cells with new ones. As we grow older, the old cells in our eye's lens build up and block light as it tries to pass through. The end result is cloudy vision.

Besides getting older, other factors may cause cataracts to form. Eye infections, some medicines (such as steroids), injuries or exposure to intense heat or radiation may cause cataracts. Too much exposure to non-visible sunlight (called UV or ultraviolet light) and various diseases, such as diabetes or metabolic disorders, may also contribute to cataracts forming.

What are the types of cataracts?

Age-related – 95% of cataracts are age-related, usually after age 40.

Congenital – These are present at birth, usually caused by infection or inflammation during pregnancy; possibly inherited.

Traumatic – Lens damage from a hard blow, cut, puncture, intense heat or chemical burn may cause cataracts.

Secondary – Some medicines, eye disease, eye infection, or diseases such as diabetes cause these cataracts.



Flag Day

June 14

June 14th is observed as Flag Day each year because on June 14, 1777, the Second Continental Congress adopted the Stars and Stripes for the flag of the United States.

- The first national observance of Flag Day took place 100 years after the original resolution on June 14, 1877.
- President Woodrow Wilson issued a 1916 proclamation for the national observance of Flag Day on the 14th of June. Read the Presidential Proclamation as printed in the [June 3, 1916, issue of the Congressional Record](#).
- H.J. Res 170 (81st Congress) was signed into law by President Truman on August 3, 1949 (see the [August 9, 1949, issue of the Congressional Record](#)). This made Flag Day a permanent observance as you can see in [36 U.S.C. 110](#).

The history of Flag Day is recorded in Senate Document 109-18, [Our Flag](#), which briefly describes the history of the flag and sets forth the practices and observances appropriate to its display.

You'll find out much more about the flag in this publication including these fun facts:

- Flag proportions were designated by President Eisenhower's August 21, 1959, Executive Order.
 - A flag should not be stored wet which can cause permanent creases.
 - If a flagpole is 40 feet, the flag dimensions should be 6 by 10 feet.
 - The custom of flying flags 24 hours a day over the east and west fronts of the Capitol building started during World War I.
 - The original "Star-Spangled Banner," was 30 by 42 feet and made by Mary Pickersgill in her home in Baltimore, Maryland from 1807 to 1857.



Painting of Betsy Ross showing the United States flag to George Washington and others. Credit: Moran Percy, artist. "The Birth of Old Glory," 1917. Source: Library of Congress, Prints and Photographs Division, Reproduction Number LC-USZC4-2791

Source: <https://www.govinfo.gov/features/flag-day-2022>

Heart Safety in Extreme Heat

Knowing what to do in an emergency can save a coworker's life



Warm weather can stress the heart

Warm weather puts additional stress on your heart by pumping harder and beating faster, which can become a medical emergency if not prevented or treated.

Every minute counts. Emergency preparedness is critical to a workplace safety and health program.



Watch for signs of heat stroke

Confusion

Feeling faint or fatigued

Dizziness

Nausea or vomiting

Muscle cramps

Seizure

Take action immediately!

- ✓ Call 911
- ✓ Move the person to a cooler or shaded area
- ✓ Limit their physical activity
- ✓ Remove their excess clothing
- ✓ Cool the worker right away with water or ice
- ✓ Begin Hands—Only CPR if they are not breathing. If you have an OSHA card or are CPR trained, conduct conventional CPR.



Know Hands – Only CPR

If a worker is unresponsive and not breathing normally, **2 Steps** can save a life:

Step 1: Ask someone to call 911 or emergency services. If you are alone, call first.

Step 2: Perform Hands—Only CPR. Here's how:



Ask someone else to get an AED, if available.



Ensure the person is on their back on a flat surface. Kneel beside the person



Place your hands one on top of the other and interlock your fingers.



Push hard and fast in the center of the chest at 100 to 120 compressions per minutes. If still unconscious, follow the instructions to use an AED.



Scan to learn more
about Hands-Only CPR

[osha.gov/safeandsound](https://www.osha.gov/safeandsound)



FACTS ABOUT MIGRAINE

The World Health Organization places migraine as **one of the 10 most disabling medical illnesses** on Earth

Migraine impacts over **37 million men, women and children** in the United States.

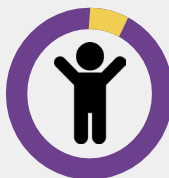
Non-specific oral preventative medications reduce headache frequency by **½ in about 40% of patients** who take these medication—more than 80% discontinue them by 12

It's estimated that up to **148 million people in the world** suffer from chronic migraine.

PEDIATRIC MIGRAINE



Colic in infants may be the earliest sign of migraine attacks.



Approximately **10% of children** experience migraine.



Children with one parent suffering from migraine have a **50% chance** of having it too.



The risk of children having migraine increases to **75% if both parents** have it.

Fewer than 5% have been seen by a health care provider, received an accurate diagnosis, and obtained appropriate care.

Migraine is **3x more common in women than men**. Migraine affects **over 30% of women** over a lifetime.

Most people with migraine have a few attacks per month, but **2% of the population** have chronic migraine, and experience headache on more than 15 days per month.

For **more than 90%** of those affected, migraine interferes with education, career or social activities

In 2018, the FDA approved **three preventive treatments** designed specifically for migraine.



1 in 4 households in America has a member with migraine.



Migraine is the **third most common disease** in the world, affecting **1 out of every 7 people** globally.

Costs more than **\$20 million** each year in the United States due to direct medical expenses and lost productivity.

americanmigrainefoundation.org

AMERICAN  MIGRAINE
FOUNDATION



Happy
Father's
Day

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.**

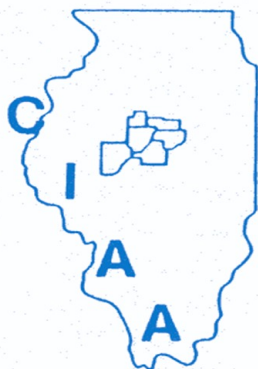
Contact:

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).

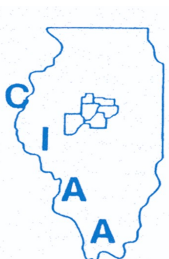


Planning a Group Trip or Outing?

**Come
Ride With Us!**

Wheelchair Accessible Vehicle Available for Group Excursions

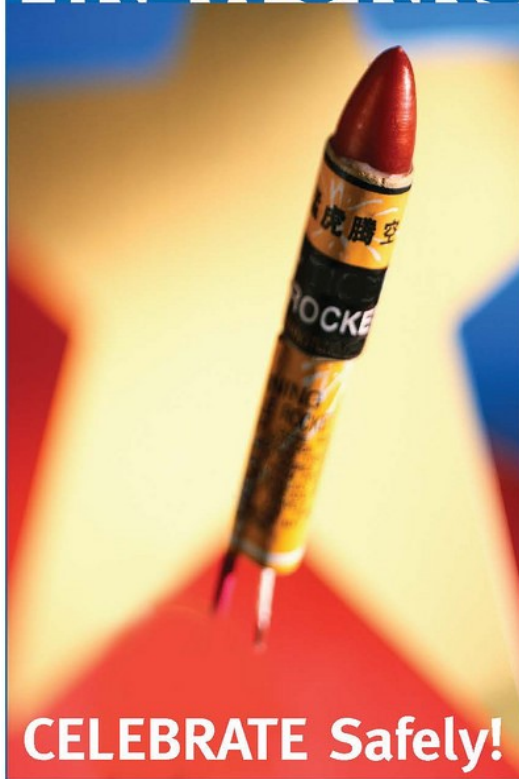
- Wheelchair lift for our friends with mobility issues
- AM/FM/CD stereo with 4 speakers and 3 T.V. screens for pleasurable DVD viewing
- Trips to group outings/functions/ shopping, out of town (i.e. Chicago/St. Louis)
- Transportation services available any day of the week, including evenings and weekends
- 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

FIREWORKS SAFETY



CELEBRATE Safely!

1. Find out if fireworks are legal where you live.
2. Read and follow all warnings and instructions.
3. Never allow children to play with or ignite fireworks.
4. Make sure other people are **out of range** before lighting fireworks.
5. Only light fireworks on a smooth, flat surface **away** from the house and flammable materials.
6. Keep a **bucket of water** handy in case of a malfunction or fire. If your fireworks fizzle and don't go off, consider them duds and douse them with water. **Don't relight a dud!**



U.S. Consumer Product Safety Commission

CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)

www.cpsc.gov

NSN-2 June 04

Source: <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>

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@ciaoa.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



Have a fun
&
safe summer!

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)
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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)
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Peoria, IL 61614
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