



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, August Issue

Tessa Mahoney, Executive Director
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.

WELCOMES

New Executive Director

Tessa Mahoney
As Central Illinois Agency on Aging, Inc.
New Executive Director



The Board of Directors of Central Illinois Agency on Aging, Inc. (CIAA) is pleased to announce Miss Tessa Mahoney as new Executive Director.

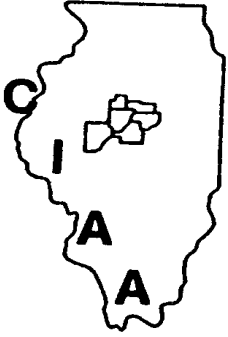
Before joining CIAA, Miss Mahoney served as Associate Director at Illinois Valley Center for Independence Living for 3 years. She has background in human services including leadership, case management, community rehabilitation, and applied behavior analysis.

Miss Mahoney is finishing her Master's in Social Work and Master's in Business Administration at Aurora University, Aurora IL in August. She also earned her bachelor's degree from Aurora University.

She will be starting as part-time in the month of August and will be full-time Executive Director starting Friday, September 1, 2023.

The Board of Directors and Council members and staff at Central Illinois Agency on Aging, Inc. want to thank Mr. Keith Rider for his 7 ½ years of service as President and CEO and warm welcomes Miss Tessa Mahoney as the new Executive Director.

Congratulations, Miss Mahoney!



**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!**



August 8th - 12th, 2023




Central Illinois Agency on Aging's (CIAA)

**Socks for Seniors Program has been selected
as the organization of the week at
Peoria Heights Helping Hands Resale Store.
This would be a good week to donate items.**

**If you are in the neighborhood
please stop by and shop.**



**Peoria Heights Helping Hands
921 E. War Memorial Drive
Peoria Heights, IL 61616**



**Open: 10:00 A.M.—5:00 P.M.
Tuesday—Saturday**



**Please help support
CIAA's Socks for
Seniors Program.**

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How to Save More on Fruits and Vegetables

Support your health with good nutrition while spending less money. [Nutrition.gov](https://www.nutrition.gov) has resources to help you get the best price on produce and cook tasty, low-cost recipes while staying at home to protect yourself and others and slow the spread of COVID-19. Fit fruits and vegetables into your food budget with these 3 tips:

1. *Plan before you shop.*

Whether you are getting groceries delivered or going to the store, meal planning can help you to stay within your food budget. It makes it easier to buy only what you need, so your fruits and veggies do not go bad before you use them. Plus, if you are visiting the grocery store, you can keep your shopping trip shorter and return home quicker. Use Nutrition.gov's [Food Shopping and Meal Planning](#) resources to get started.

2. *Choose low-cost recipes.*

Have you been cooking more while staying at home? Save money by preparing dishes that usually use budget-friendly ingredients, such as seasonal produce. Bulk veggies or fruits (such as potatoes, onions, and apples) can often be another way to save if you know you can use them before they spoil. Find recipes to fit your budget in our [Recipe Collection](#) and basic food prep tips to help you get comfortable in the kitchen on our [Food Preparation and Safety](#) page. Browse the Historical Dietary Guidance Digital Collection for throwback cookbooks, including [Money-Saving Main Dishes](#) from the 1970s.

3. *Go beyond fresh produce.*

It's true that buying seasonal fruits and veggies can save you money. However, frozen and canned produce can be budget-friendly alternatives when you need out-of-season items or want foods that stay fresh longer. Get tips on choosing frozen and canned produce on the [Healthy Eating](#) page.

For more support with your food budget, visit the [Food Assistance Programs](#) page. Follow us on [Twitter](#) and sign up for our [Food and Nutrition Updates](#) to get the latest recipes and nutrition information, including tips for making realistic, healthy choices during this challenging time.



A paper grocery bag filled with healthy groceries, including apples, bananas, oranges, and tomatoes.



Top 10 Ways to Enjoy Blueberries

1. **A Sweet, Green Salad.** Make a sweet salad by topping spinach leaves or lettuce with blueberries, nuts, strawberries, mandarin oranges, and a light Vidalia onion dressing.
2. **Pancakes & Waffles.** Make a whole wheat pancake or waffle batter and add fresh blueberries. Prepare and enjoy!
3. **Blue Juice.** The kids will love this one! Toss blackberries, blueberries, and a splash of orange juice into a blender and add some *blue* to your kids' day!
4. **Blueberries & Bran.** Add fresh blueberries to a bran muffin mix. Bake and enjoy!
5. **Top Your Oatmeal.** Top your favorite cereal or oatmeal with a handful of fresh blueberries.
6. **Fruit Kabobs.** Make fruit kabobs by stacking blueberries, kiwi, and strawberries on toothpicks. Enjoy as is or dip them in low-fat vanilla yogurt.
7. **Blue Smoothie.** Combine milk, low-fat frozen vanilla yogurt, and blueberries in a blender for a tasty blue smoothie.
8. **Parfait.** Layer blueberries, low-fat vanilla yogurt, low-fat granola, and pineapple to make a delicious after-dinner snack.
9. **Blue Quesadillas.** That's *got* to be something new for you!
10. **Just Pop a Few!** Then a few more. They're delicious as is!

[See More Recipes And Nutrition Information For Blueberries](#)



have a
plant
fruitsandveggies.org



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

KIDS eat right. Month[®] August 2023

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation
kidseatright.org

Celebrate KIDS EAT RIGHT MONTH[®]!

Everyone has a role to play in ensuring a healthy future for our children. That's why the Academy of Nutrition and Dietetics and the Academy's Foundation is inviting you to **celebrate Kids Eat Right Month[®] in August.**

Kids Eat Right Month[®] focuses attention on the importance of healthy nutrition and Active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists.



SHOP SMART To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.



COOK HEALTHY Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.



EAT RIGHT Sit down together as a family to enjoy a meal and the opportunity to share the day's experiences with one another.

Learn more about how you can shop smart, cook healthy and eat right at
KidsEatRight.org.

Tips for Protecting Your Child's Vision



Eye exams at every age and life stage can help keep your vision strong. Take care of your vision health, just as you take care of the rest of your body—and help your child do the same. Your child's vision health affects how well they can see, learn, and enjoy life.

You can help your child follow these tips to protect their eyes and their developing vision:

- **Eat well:** Eating a healthy diet rich in fruits and vegetables can help protect your child's vision. Fruits and vegetables have many vitamins and minerals necessary to maintain healthy eyes and vision. Remember, your kids look up to you. If you include healthy foods on your plate, you'll be a role model they can follow.
- **Limit screen time:** Increased screen time can make uncorrected vision problems worse. Limiting screen time each day and having your child take frequent breaks when using any type of digital device will help to protect their vision. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities, such as reading, writing, or drawing.
- **Get enough sleep:** As we sleep, our bodies heal and recharge. This includes our eyes. Not getting enough sleep can affect how well your child's eyes heal from everyday eye strain and irritants in the environment—like dry air, allergens, and pollutants.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities. Just like other muscles in the body, the muscles in the eyes need time to relax. Going outdoors allows their eyes to look at objects in the distance, which gives their eyes a chance to recover from eye strain and fatigue. Playing outdoors also helps kids be physically active, get essential vitamin D from the sun, and improve their social skills.
- **Wear sunglasses:** Spending time outdoors has many health benefits, but you must also protect your child's eyes from the sun. Exposure to the sun's ultraviolet (UV) rays over time can be harmful to the eyes. For the best protection, make sure your child wears sunglasses that have 100% UV protection.
- **Use protective eyewear:** About 90% of eye injuries can be prevented with protective eyewear. If your child is involved in sports or other activities, make sure they wear [protective eyewear](#) to avoid serious eye injuries.
- **Get regular eye exams:** When your child gets regular eye exams, their eye doctor can follow their vision at every stage of development. If anything changes, the doctor will be able to treat and manage your child's vision quickly.



If you have any concerns about your child's vision, ask their pediatrician to help you find an eye doctor.

Learn more by clicking [here](#).



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

Source: <https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>

National Immunization Awareness

Month (NIAM) is an annual observance held in August to highlight the importance of routine vaccination for people of all ages. To learn more about vaccines and immunizations, [click here](#).



National Immunization Awareness Month

Before they turn walls into masterpieces

**LET'S
CATCH UP
ON ROUTINE
VACCINES**



National Immunization Awareness Month





Head Up, Phone Down When Headed Back to School

Summertime offers a reprieve from school-year activities, but once fall rolls around again life becomes much more hectic. Parents and kids have a lot of new distractions to deal with: carpools, early schedules, after-school activities, bus traffic and more.

As your children march out the door on that first day of school – and every day – there is really only one priority: Making sure they get home safe.

Teens at Greater Risk

Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. Today, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.

[According to Injury Facts](#), over all age groups since 2009, pedestrian fatalities have trended up sharply, totaling 6,516 traffic-related deaths in 2020.



Cell Phones: A Deadly Distraction

The National Safety Council is focused on efforts to eliminate distracted walking – specifically walking while using a mobile device. Kids often don't recognize the dangers of distracted walking, [as this eye-opening video by Safe Kids Worldwide indicates](#).

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks

Kids Aren't the Only Ones Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. [One call or text can change everything](#).

A study conducted by the Centers for Disease Control and prevention reveals that the [most common form of travel to school for students age 5 to 14 is the family car](#). That translates into a lot of cars in school zones at the same time.

Eliminating all distractions is key to keeping children safe. [Learn more about motorist safety around schools](#).

Source: <https://www.nsc.org/community-safety/safety-topics/school-safety/head-up-phone-down>

10 Essentials for Your Emergency Kit

Older adult can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



 <p>Non-perishable food & water</p>	 <p>Flashlight & extra batteries</p>
 <p>First aid kit</p>	 <p>Sanitation & hygiene supplies</p>
 <p>Sleeping bags & warm blankets</p>	 <p>Communication devices</p>
 <p>Change of clothes & shoes</p>	 <p>Eyeglasses & hearing aids</p>
 <p>Medications & equipment</p>	 <p>Health information & documents</p>

To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.



Taking a quick exercise break? Try one of these ideas!



Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.



Flexibility

Stretching can improve your flexibility to make everyday activities easier.



Balance

Balance exercises help prevent falls and can improve balance.



Strength

Strength exercises can help you stay independent and prevent fall-related injuries.



To learn more about exercise, visit: www.nia.nih.gov/exercise.



Eczema

Eczema is a general term used to describe rash-like skin conditions. The most common type of eczema is called atopic dermatitis. It is caused by some type of allergic reaction, but the exact cause is unknown. Atopic dermatitis is a chronic skin condition. It is caused by an allergic reaction. You can't catch it from other people. You are more likely to have this condition if a family member has it.



Dr. Marina Claudio

“Atopic” refers to a form of allergy where a reaction such as dermatitis may occur in a part of the body not in contact with the allergy trigger. “Dermatitis” refers to skin that is red and itchy. Atopic dermatitis usually starts during infancy and continues into childhood. Some children outgrow this condition.

Eczema is most common in babies but also affects children and adults. The condition can get worse or flare up. The more you scratch, the worse it tends to get. Common places for eczema rashes are in elbow creases, behind the knees, on the cheeks, and on the buttocks. Flare-ups in adults tend to be less severe. Symptoms can include dry, itchy skin. There can also be redness, swelling, and soreness of the affected skin.

Your healthcare provider will be able to diagnose eczema by examining the skin and asking about your medical history. People with allergies and asthma tend to be at higher risk of having eczema. Your healthcare provider may order blood tests or skin patch tests to exclude other possible conditions. You might not know exactly what is causing your eczema. Discovering and then avoiding triggers can help you better manage your symptoms.

Some things that may irritate your skin:

- Household cleansers
- Detergents
- Aftershave lotions
- Soap

How to decrease flare-ups:

- Wash your hands only when necessary, as soaps and wetness can cause skin irritation
- Use mild unscented soap, especially if you have hand eczema
- Dry hands completely after washing
- Wear vinyl or plastic gloves if you need to have your hands in water (e.g., dishwashing)
- Wear gloves when your hands could be exposed to anything irritating
- Wear gloves outside during the winter to avoid dryness
- Wear clothes made of cotton or a cotton blend
- Bathe only with a small amount of mild unscented soap
- Keep water temperature cool or warm, not hot
- Keep baths or showers short
- Use a soft towel to pat skin dry without rubbing
- Immediately after drying, use a moisturizer to seal the moisture
- Use moisturizer, without fragrances, daily
- Avoid activities that make you hot and sweaty
- Reduce stress

Treatment includes over the counter [steroid cream or ointment](#) that is applied directly to your rash. Antihistamines can reduce itching. A new drug class (immunomodulators) work well for severe rashes. The Food and Drug Administration recommends these drugs be used only when other, more common treatments don't work.

Be sure to see your healthcare provider if you suspect eczema or your symptoms get worse or don't go away.



Source: [Eczema vs Atopic Dermatitis - Types and Causes | familydoctor.org](#)

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 Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).

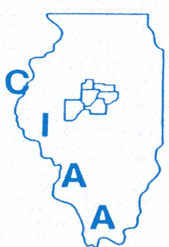


Planning a Group Trip or Outing?

**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

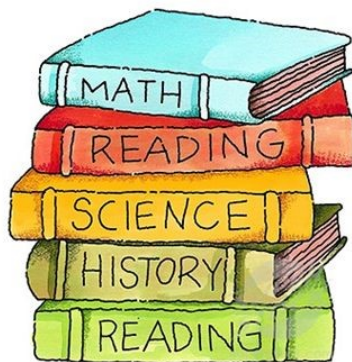


Back to School



**HAVE A
GREAT**

**SCHOOL
YEAR!**



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.



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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