



SENIOR GAZETTE

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



SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH #NFVM2023 #haveaplant

Top 10 Reasons to Eat More Fruits & Vegetables

- 10. **Color & Texture.** Fruits and veggies add color, texture ... and appeal ... to your plate.
- 9. **Convenience.** Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
- 8. **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- 7. **Low in Calories.** Fruits and veggies are naturally low in calories.
- 6. **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 5. **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- 4. **Variety.** Fruits and veggies are available in an almost infinite variety... there's always something new to try!
- 3. **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.
- 2. **Fun to Eat!** Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!
- 1. **Fruits & Veggies are Nutritious AND Delicious!**

Source: <https://fruitsandveggies.org/stories/top-10-reasons-to-eat-more/>



Thank you from Central Illinois Agency on Aging, Inc.

CIAA would like to thank everyone who assisted us in making the 21st Annual Dr. Laurence E. Norton Golf Tournament a success. The proceeds of the tournament support CIAA's New Year's Day Meal Program and our Faith-Based Meal Program for shut-ins. Through these efforts, last year we were able to provide meals to more than 695 older persons.

Thank you to Quail Meadows Golf Course



Thank you to our Tournament Sponsors

*Hole-In-One Sponsor: Hecht-Stout Insurance
Dinner Sponsors: Busey Bank and Health Alliance
Snack/Beverage Sponsor: Koenig
Prize Sponsor: City Link and Friend of CIAA*

Thank you to our Hole Sponsors

- CEFCU • GFI Digital •
- Illinois Eye Center • Uftring Auto Group •

Thank you to our Raffle Basket Sponsors

- Escape 60 • Friar Tuck • Nothing Bundt Cakes •
- Friends of CIAA •

Thank you to our Door Prize Sponsors and additional donors

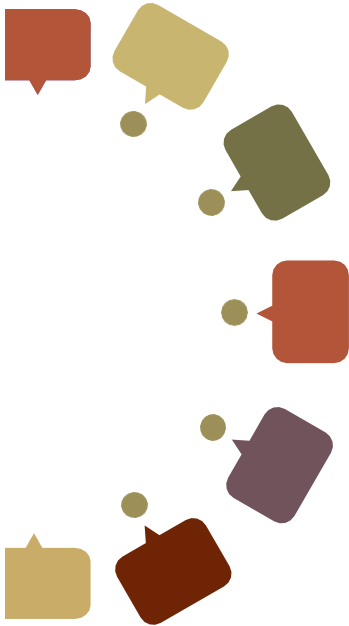
- Bernardi's • Club Car Wash • Escape 60 • Illini Golf •
- Illinois Eye Center • Kay's Hallmark • Tanner's Orchard • Olio and Vino •
- Peoria Park District • Pleasant Grove Missionary Baptist Church •
- Portillo's Hot Dogs • Sherman's • Texas Roadhouse •
- Wildlife Prairie Park •



State of Illinois
Illinois Department on Aging

Central Illinois Area Agency on Aging

in collaboration with Illinois Department
on Aging (IDoA), invites you to...



JOIN THE CONVERSATION!

A Regional Caregiver Roundtable Discussion

DATE: September 22, 2023

TIME: 1 pm - 2:30 pm

Location: Bradley University - Next Innovation
Center Room A114
801 W Main St.- Peoria, IL 61606

IDoA will focus on identifying the needs and challenges faced by caregivers, both met and unmet, and explore additional support that can enhance your caregiving journey. Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers like yourself.

Please RSVP to:

Hoangvan Dinh- hdinh@ciaoa.net or 309-674-2071

to confirm your attendance.

We kindly request your response by

September 19, 2023

to ensure adequate arrangements for seating and materials.

Please inform staff when RSVPing if any accommodation or interpretation is needed.

For those unable to join us in person, IDoA will have virtual options available at a later date to ensure inclusivity and accessibility. If you require a virtual participation option, please mention your preference when you RSVP.

Your voice matters, and we believe that by working together we can create a more supportive and caring environment for all caregivers in our state.





SEPTEMBER 18-22, 2023

NUTRITION CARE IS A PATIENT RIGHT

#ASPENMAW23

What is malnutrition?

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. The term malnutrition addresses 3 broad groups of conditions:

- undernutrition, which includes wasting (low weight-for-height), stunting (low height-for-age) and underweight (low weight-for-age);
- micronutrient-related malnutrition, which includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess; and
- overweight, obesity and diet-related non communicable diseases (such as heart disease, stroke, diabetes and some cancers). (<https://www.who.int/news-room/fact-sheets/detail/malnutrition>)

Steps to Prevent Malnutrition in Older Adults

The good news is that there are simple steps you can take to stay well-nourished.

Here are some tips to get started:

- 1. Understand what malnutrition is and isn't.** Malnourished individuals come in all sizes and can even be obese. [Learn five important facts about malnutrition in older adults.](#)
- 2. Make smart food choices.** Learn how to [eat well after 50](#), including how to make a well-balanced plate, identify foods highest in key nutrients like protein, and more.
- 3. Try an oral nutritional supplement.** Supplements have protein, calories, and vital nutrients that can help provide complete and balanced nutrition for individuals at any stage of life.
- 4. Take care of your teeth.** Poor oral health can lead to gum disease and other dental problems that may limit your ability to eat well or eat certain foods that are vital for good nutrition.
- 5. Consult your health care provider.** Talk to your doctor if you're experiencing unintentional weight loss, poor appetite, difficulty chewing or swallowing, problems with ill-fitting dentures, or other problems that affect eating.
- 6. Find help.** If it's difficult for you to drive, prepare, or purchase food, enlist a friend or family member to help or contact [Meals on Wheels](#) to see if you can get home-delivered meals. If you need help paying for groceries, try applying for the [Supplemental Nutrition Assistance Program](#) (SNAP). Millions of older adults use SNAP to supplement their monthly food budget.

Source: <https://www.ncoa.org/article/10-ways-malnutrition-can-impact-your-health-and-6-steps-to-prevent-it>

Take Control of Your Health:

6 Steps to Prevent a Fall



Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

1



Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2



Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

3



Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4



Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5



Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6



Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

www.facebook.com/NCOAging

www.twitter.com/NCOAging

[ncoa.org](https://www.ncoa.org)

[@NCOAging](https://twitter.com/NCOAging)

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ncoa
national council on aging



STAY UP TO DATE ON VACCINES



It's easier to stay up to date with your immunizations now that **people with Medicare Part D pay nothing out of pocket for even more vaccines.** This means more people with Medicare can get protection against disease and severe illness.

Medicare Part D now covers these vaccines and more at no cost to you:

- Shingles
- RSV
- Tetanus/diphtheria (Td)
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- Hepatitis A
- Hepatitis B, if you're at low risk for the virus

Also, Medicare still covers flu shots, COVID-19 vaccines, and pneumococcal shots.

[See What's Covered](#)

Stay up to date with vaccines. Talk with your doctor about which vaccines are right for you!

Medicare.gov

Get started with Medicare

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Follow these steps to learn about Medicare, how to sign up, and your coverage options. Learn about it at your own pace.



Step 1

Medicare basics

Start here. Learn the parts of Medicare, how it works, and what it costs.

Parts of Medicare

General Costs

How Medicare Works

Working Past 65

Step 2

Prepare to sign up

First, you'll sign up for Parts A and B. Find out when and how to sign up, and when coverage starts.

When to Sign Up

How to Sign Up

When Coverage Starts

Ready to Sign Up

Step 3

Get more coverage

Then, review your options for more coverage, when and how to get it, and browse plans.

Coverage Options

Joining a Plan

Buying a Medigap Policy

Find Plans

Step 4

Using Medicare

When you're ready, find out how to get services and ways we can help you.

Your Medicare Card

How to Get Services

5 Tips for Using Medicare

Helpful Tools

Help is available at

Central Illinois Agency on Aging, Inc.

**To make appointment,
contact us at 309-674-2071**

**Central Illinois Agency on Aging, Inc.'s staff
are trained by the
Senior Health Insurance Program (SHIP).**

Medicare.gov

Source: <https://www.medicare.gov/basics/get-started-with-medicare>



American Heart Association®

Healthy for Good™

HOW TO CONTROL CHOLESTEROL



Life's Essential



UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL)



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/Atherosclerosis

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

HDL level + LDL level + 1/5th of triglyceride level = **total cholesterol level**



TRACK LEVELS



A health care professional can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps improve cholesterol levels.



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.

Learn more at heart.org/lifes8

DISASTER PREPAREDNESS FOR OLDER AMERICANS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Including medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical providers.
- ✓ Need-to-know information for first responders and others who might need to help you.





Take Charge of Your Diabetes: Healthy Teeth

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

Tips To Keep Your Teeth Healthy

Get a dental exam once a year or more often if your dentist says you need it. At your exam, your dentist or dental hygienist can:

- Explain how diabetes affects your teeth and gums and check for problems, like cavities or gum disease.
- Treat any problems you have with your teeth or gums.
- Teach you how to check for signs of gum disease at home.
- Provide care, like a fluoride treatment, to keep your mouth healthy.
- Tell you how to treat problems, such as dry mouth.



Work with your dentist to create a health plan for your teeth.

- Ask your dentist how to take care of your teeth at home and how often to come in for a dental visit.
- Ask what to do if you start having problems with your teeth or gums.
- Ask your dentist to send your exam results to your other doctors after every visit.
- Be sure to keep your next dentist appointment!

Take care of your teeth at home.

- Brush with a soft-bristled toothbrush two times a day or more.
- Use toothpaste with fluoride and floss once a day.
- Check your mouth for red or swollen gums, bleeding gums, loose teeth, a change in how your bite feels, or bad breath.
- Visit a dentist if you think you have gum disease.
- Limit food and drinks that are high in sugar.

How Can Diabetes Harm Your Teeth?

- Diabetes is linked to gum disease, also known as periodontal disease.
- Gum disease can lead to tooth loss.
- If people who have uncontrolled diabetes get treated for gum disease, their blood sugar will go down over time.

What Are the Signs of Gum Disease?

- Red, swollen, or bleeding gums.
- Gums pulling away from the teeth or sores on the gums.
- Loose teeth or change in bite or tooth position.
- Bad breath.

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 (1-800-784-8669) for support.

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



Recover your Balance & Re-claim your Life!

You are invited to participate in a class to reduce your risk of falling. A consent form will be required prior to participation.

Where: CFH Glen Park

5114 North Glen Park PL Rd.
Peoria IL 61614

When:

Tuesdays: September 19th -
October 24th
4:30 – 6:30 p.m.
for 6 weeks

Program Fee: **No Cost!**

Register Today.

Space is limited!

Snacks and water provided.

To Register, Contact:

Michael Adair RN DNP-L
309-696-7783

WHO SHOULD ATTEND?

- Age 60 and older.
- Anyone concerned about falls.
- Anyone interested in improving balance, flexibility, and strength.
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns.

WHAT YOU WILL LEARN:

- How to view falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercises to increase strength and balance.



Don't Get Mad! Get Even!

Master Your Computer or Phone With SeniorNet Classes

Fall classes begin the week of September 11. If you did not get a newsletter in the US mail, you can still register by US mail or in person. Go to www.PeoriaAreaSeniorNet.org and click on the Class Information button on the Classes page. There you will find links to class descriptions, a schedule of class days and times, and a registration form. Mail in the form or bring it with you to the classes that you wish to attend. Classes are held in the Media Center of the First Baptist Church.

**WHERE: FIRST BAPTIST CHURCH
411 W. LAKE AVE. AT NORTH ST.
PEORIA**

WHEN: See the Class Schedule Page

**QUESTIONS: CALL 1-800-457-1089
AND LEAVE A MESSAGE**



SeniorNet is
Sponsored by



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.



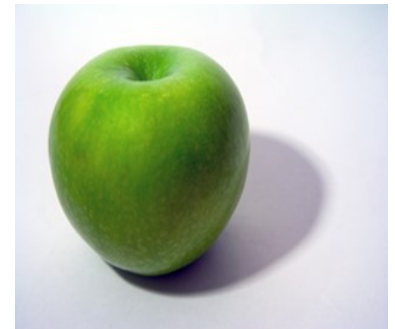
Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

- * 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).

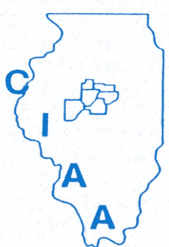


Planning a Group Trip or Outing?

**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

UPCOMING



EVENTS

SEPTEMBER 22, 2023

A Regional Caregiver Roundtable Discussion

Central Illinois Area Agency on Aging in collaboration with Illinois Department on Aging

Peoria Next Innovation
801 W Main Street—Center Room A114
Peoria, IL 61606
1:00 PM—2:30 PM

SEPTEMBER 25, 2023

Central Illinois Agency on Aging, Inc.
2023 Annual Meeting
First United Methodist Church
116 NE Perry Ave.
Peoria, IL 61603
12:00 PM—3:00 PM



MR. ERIC BROWN
Systems Advocacy Coordinator
RAMP Center for Independent Living

Guest Speakers



MS. ALICE NICHOLS
Curriculum & Training Manager
RAMP Center for Independent Living

Historical treatment of and events, awareness and etiquette, and advocacy regarding disabled persons and independent living.

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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Jan Wherley

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).