



Central Illinois Agency on Aging, Inc.

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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, October Issue

Tessa Mahoney, MSW, MBA, Executive Director
Hoangvan Dinh, BS, Editor

SENIOR GAZETTE

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



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from the flu.

#FIGHT FLU

www.cdc.gov/flu

Sources: <https://www.cdc.gov/flu/resource-center/freeresources/graphics/animated-3-actions-fight-flu.htm#print>; and <http://www.cdc.gov/flu/images/freeresources/media/animated-take-3-fight-flu.gif>

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7



Did you know you have choices in your Medicare prescription drug and health coverage? Medicare's Open Enrollment Period (October 15 - December 7) is your chance to think about what matters most to you. **Plans can change from year to year, and your health needs may change, too.** So it's important to know your options.

Explore Coverage Options

You have 2 main ways to get your Medicare coverage — Original Medicare and Medicare Advantage (Medicare-approved plans from private companies). It's important to understand the [differences between the 2 options](#).

Start at [Medicare.gov](#), your official source to find the type of coverage that fits you best. If you need more help comparing options:

- **Call us at 1-800-MEDICARE** during Open Enrollment.
- **Contact your local State Health Insurance Assistance Program (SHIP).** Visit [shiphelp.org](#) to get the phone number for your state.

NOTE: If you make less than \$22,000 a year (\$30,000 for married couples), it's worth applying for "[Extra Help](#)." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs.

Visit [ssa.gov/extrahelp](#) or call Social Security at **1-800-772-1213** to apply for Extra Help.

Tips To **BOOST** Your Health as You Age

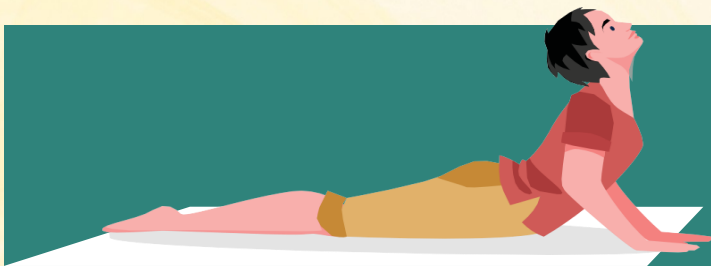
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving—
try gardening,
biking, or walking



Choose healthy foods
rich in nutrients.



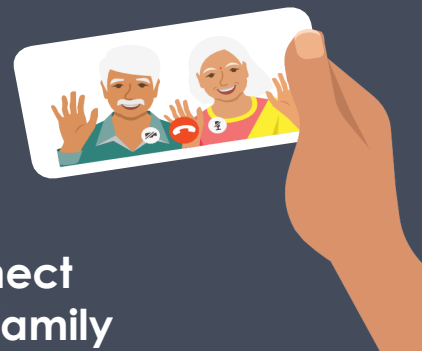
Manage stress—
try yoga or keep
a journal.



Learn something
new—take a class
or join a club.



Go to the
doctor
regularly



Connect
with family
and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Respiratory Syncytial Virus (RSV), is a common and dangerous virus that impacts the respiratory system of children two years old and under. RSV can be life-threatening and is contagious.

Way's You Can Spread Awareness in Your Community

The entire month of October [The National Coalition for Infant Health](#) asks you to use the hashtag #RSVAwareness on your social media posts. This hashtag will be used to share stories and resources about RSV to help parents, caregivers, health care providers and policymakers.

The [National Coalition for Infant Health has a plethora of resources](#), media, and much more that you can share on social media, and with your patients. They also include the following fact and tips:

RSV Fast Facts

- RSV is a highly contagious seasonal virus that can cause severe respiratory infections
- RSV is the leading cause of hospitalization for babies less than one year old
- On average, babies less than one year old are 16 times more likely to be hospitalized for RSV than for the flu
- RSV disproportionately impacts low-income and minority communities
- RSV is the most common cause of pneumonia and bronchiolitis in babies less than one year old
- All babies and young children are at risk of RSV
- RSV season usually runs from October to March
- RSV can live on surfaces for hours

Signs and Symptoms of RSV

- Cough
- Runny nose
- Struggling to breathe (breastbone sinks inward when breathing)
- Difficulty eating
- Lethargy
- Wheezing

RSV Prevention Tips

- Wash hands often
- Avoid taking your baby into large crowds
- Cover coughs and sneezes
- Clean and sanitize surfaces frequently, including toys
- Avoid contact with sick people
- Don't smoke around your baby

Source: <https://www.aarc.org/an22-october-is-rsv-awareness-month/>

Healthy Lung



October is National Healthy Lung Month, a time to increase awareness and education around the topic of having good lung health.

There's a misconception that only people

who smoke get lung cancer, but this is not true. In fact, as many as [20 percent of people in the U.S. with lung cancer](#) have never smoked!

To reduce your risk for lung cancer and other respiratory conditions, here are some of the best ways to keep your lungs healthy.

Prevent Illness

A cold or respiratory infection can be serious. To avoid complications, it's best to prevent the illness in the first place. While not all viruses can be avoided, you can reduce your risk for getting sick by washing your hands, avoiding crowded places, social distancing, wearing a mask and getting your vaccinations.

Exercise Regularly

Regular [physical activity makes your lungs stronger](#). When you're active, your heart and lungs work harder to supply oxygen to the muscles. This makes your heart and lungs stronger and more efficient at getting oxygen into the bloodstream. Talk to your doctor about starting an exercise program if you have an underlying health condition.

Quit Smoking

If you smoke, it's time to quit. Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD). Cigarette smoke can narrow the air passages and make it harder to breathe, raising your chances for chronic bronchitis and inflamed lung tissue. Schedule an appointment with your doctor to discuss your options for quitting smoking.

Minimize Exposure to Indoor and Outdoor Pollutants

Unfortunately, there are chemicals and toxins all around us that can worsen lung disease. Pay attention to the weather and avoid exercising outdoors on bad air days. Test your home or workplace for radon levels. Also keep your home and car free of cigarette smoke.

Visit Your Doctor Regularly

Lastly, be sure to schedule routine appointments with your doctor. If you have difficulty traveling, [schedule a checkup with visiting physician services](#) that will come to your home. Regular checkups and screenings help prevent diseases even when you are feeling well.

Lung cancer doesn't usually cause symptoms until the cancer has spread, making it difficult to treat. Talk to your doctor about the benefits of screening for lung cancer and if this is something you should do.

Source: <https://vnahg.org/healthy-lung-month-how-to-keep-your-lungs-healthy/>



Children's Environmental Health means **protecting children from environmental harm** where they **live, learn and play.**

Kids are especially vulnerable to **pollutants** due to:

- Developing body systems
- Breathing, eating, and drinking more, relative to their size
- Habits like playing outside or crawling

[epa.gov/children](https://www.epa.gov/children) & [epa.gov/schools](https://www.epa.gov/schools)



KNOW WHEN TO WASH YOUR HANDS AT SCHOOL



www.cdc.gov/handwashing



©2011 CDC

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



- Do you often feel sad, anxious, worthless, or even "empty"?



- Have you lost interest in activities you used to enjoy?



- Do you get easily frustrated, irritable, or angry?



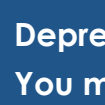
- Do you find yourself withdrawing from friends and family?



- Are your grades dropping?
- Have your eating or sleeping habits changed?



- Have you experienced any fatigue or memory loss?



- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you're been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called talk therapy), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



- **Try to keep a regular sleep schedule.**



- **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://www.988lifeline.org).



nimh.nih.gov/depression
NIMH Identifier No. OM 22-4321



Your Prescription Your Responsibility

44.9% of people who misuse prescription drugs get them from family or friends. Prevent your children, friends and relatives from misusing your own medication by securing your meds in places they cannot access.



BE AWARE. DON'T SHARE.

LOCK YOUR *meds.*

lockyourmeds.org



SCAN ME

Lock Your Meds is a registered trademark of the National Family Partnership.

Welcome to Medicare made for you.

Get a health plan that's made with you in mind. We partner with doctors and hospitals in our communities to offer POS Choice Rx, a \$0/month plan that bundles Parts A and B, along with dental, vision, hearing and prescription drug coverage. It also includes wellness perks, like a fitness benefit that covers gym memberships, golf and other activities.



See our 2024 Medicare Advantage plans – costs, benefits, wellness perks and other plan details – at HealthAlliance.org/HA24.



Or call: **(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.

Our customer service representatives resolve 97% of issues on the first call. Bring us your questions, and we'll help you compare plan options, benefits and savings.

Health Alliance® Medicare is a HMO plan with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

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ILLINOIS SENIOR MEDICARE PATROL

MEDICARE FRAUD

IN THE NEWS



Preventing Medicare Fraud

Protecting Medicare Beneficiaries from Marketing Violations

This month the Senior Medicare Patrol's National Resource Center published October's Medicare Minute on how to protect seniors from marketing violations. Below is the article.

During Medicare's Open Enrollment Period (OEP), beneficiaries will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads,



events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

Watch out for people who:

- Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll. Someone can use this information to enroll you in a plan without your permission.
- Say they represent Medicare. Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials in a way that implies this.
- Send you unsolicited text messages or phone calls.
- Pressure you to enroll in their plan. You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early.
- Offer you gifts to enroll in their plan. Gifts must be given to everyone at an event regardless of their enrollment choice and cannot be worth more than \$15.

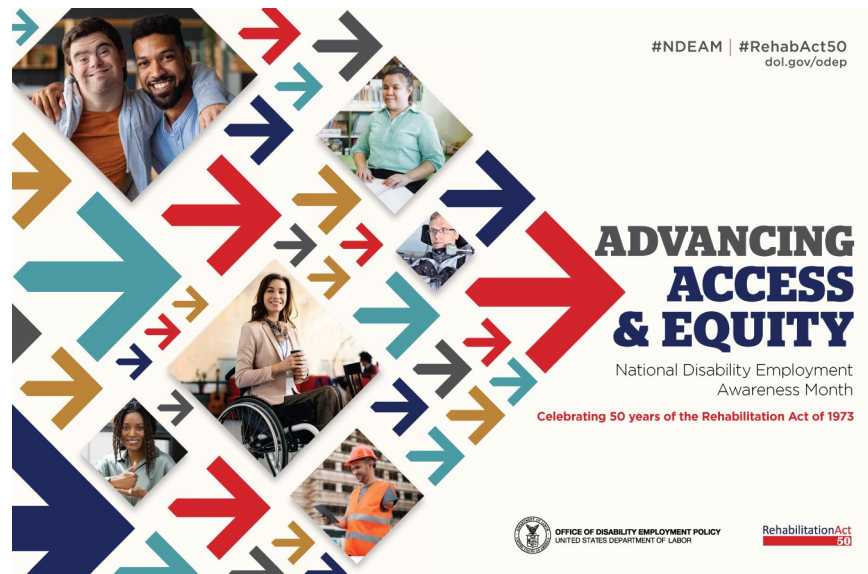
The Illinois SMP is also here to offer assistance if you feel you have been affected by any potential Medicare fraud, please call the Illinois SMP at AgeOptions at (800) 699-9043 or visit www.illinoissmp.org.

Protecting Yourself from Marketing Violations

 Plans can	 Plans cannot
<ul style="list-style-type: none"> ✓ Send you mail ✓ Have educational exhibits at public events ✓ Call or email you about other health plans and products, as long as you are already a plan member and haven't asked them not to call or email ✓ Schedule an appointment to discuss plan options with you, but <ul style="list-style-type: none"> • Before the appointment, you must formally decide which topics will be discussed • The appointment must occur 48 hours or more after it is scheduled (unless you walk into their office or it's the very end of OEP) • The plan agent must stick to the topics you have agreed on in advance • The plan agent may not use your appointment or the time before or after to market or sell plans to other people in your building or neighborhood 	<ul style="list-style-type: none"> ✗ Call, send text messages, or leave voicemail messages, unless you are already a plan member or you gave the plan permission ✗ Email you or call you (even if you are a plan member) if you opt out of this communication ✗ Ask for your personal information or try to sell you a plan at an educational exhibit ✗ Approach you in public areas, such as a parking lot, hallways, or sidewalks ✗ Give you prizes or gifts worth over \$15 <ul style="list-style-type: none"> • Cannot be in the form of cash • Cannot require enrollment or an appointment to get the gift ✗ Conduct promotional activities worth over \$15 per expected event attendee (for example, a raffle prize at an event for 10 people must be valued at or below \$150) ✗ Provide full meals at sales / marketing events



National Disability Employment Awareness Month (NDEAM)



To mark two significant events in 2023 for people with disabilities, the U.S. Department of Labor today announced its Office of Disability Employment Policy has selected themes to promote National Disability Employment Awareness Month and honor the 50th anniversary of the passage of the Rehabilitation Act of 1973.

*Office of Disability Employment Policy (ODEP) has chosen “**Advancing Access and Equity**” as its theme for [National Disability Employment Awareness Month](#) in 2023.*

Observed each October, NDEAM celebrates the contributions of America’s workers with disabilities past and present and showcases supportive, inclusive policies and practices that benefit employees and employers alike.

Each year, the agency chooses an NDEAM theme for use by organizations around the nation to recognize the importance of ensuring people with disabilities have equal opportunity to prepare for and succeed in employment. Similarly, ODEP will use “Advancing Access and Equity: Then, Now and Next” to celebrate the passage of the Rehabilitation Act a half-century ago and its importance in prohibiting discrimination based on disability in employment by federal agencies, federal contractors and recipients of federal funds, and in the delivery of federally funded programs and activities. ODEP will use the theme to promote activities to mark passage of the act, the first federal legislation to address access and equity for people with disabilities.

“National Disability Employment Awareness Month reminds us of the valued contributions people with disabilities make in our nation’s workplaces, and the 50th anniversary of the Rehabilitation Act of 1973 marks a major milestone in our nation’s ongoing quest to advance access and equity for all Americans,” said Assistant Secretary for Disability Employment Policy Taryn M. Williams. “So, from now through October, we will be exploring the act’s impact on everything from employment to community living to non-discrimination to accessible technology.”

The Rehabilitation Act laid the foundation upon which the more comprehensive Americans with Disabilities Act of 1990 now stands. These laws continue to be vital tools used to advance access and equity for workers from historically underserved communities and meet the goals in the department’s [Equity Action Plan](#).

[Learn more about ODEP](#) and [NDEAM](#), including how different organizations can participate.

Source: <https://www.dol.gov/newsroom/releases/odep/odep20230511>



*Grandparents
Holiday Toy Signup*

**Must be 50 yrs or Older
ID Required**

Church of the Living God

Vice-Chief Bishop, Leroy Smith, Jr., Pastor

**2815 W. Lake Ave.
Peoria, Illinois 61615**

**Saturday, November 18, 2023
10:00 am – 2:00 pm**

ONE DAY ONLY

**(Limited to SIX (6) Grandchildren)
Ages 0 to 12 yrs. Old**

**Agencies will be present: Oak St. Health
Central Illinois Agency on Aging
Illinois Breast and Cervical Cancer Program**

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



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).

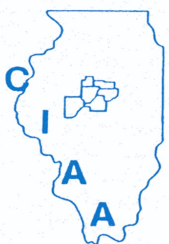


Planning a Group Trip or Outing?

**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

Halloween Food Safety Tips for Parents

Even though it's not an official holiday, Halloween is much beloved by children and adults alike. What could be more fun than trick-or-treating, apple bobbing, or costume parties? To make sure treats are safe for children, follow these simple steps:



- **Snacking:** Children shouldn't snack on treats from their goody bags while they're out trick-or-treating. Give them a light meal or snack before they head out – don't send them out on an empty stomach. Urge them to wait until they get home and let you inspect their loot before they eat any of it.
- **Safe treats:** Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- **Food Allergies:** If your child has a food allergy, check the label to ensure the allergen isn't present. Do not allow the child to eat any home-baked goods he or she may have received.
- **Choking hazards:** If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys. [To learn more about Halloween Safety](#)

Tips

Source: <https://www.fda.gov/food/buy-store-serve-safe-food/halloween-food-safety-tips-parents>



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)
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Peoria Heights, IL 61616
(309) 677-0120, Fax (309) 346-4650
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Rep. William Hauter (87th District—R)
133 S. Main Street Ste. A
Morton, IL 61550
(309) 819-8701
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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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).