



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, November Issue

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

SENIOR GAZETTE

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VETERANS DAY

ARMY
 MARINE CORPS
 NAVY
 AIR FORCE
 SPACE FORCE
 COAST GUARD

NOVEMBER 11, 2023

HONORING ALL WHO HAVE SERVED

WWW.VA.GOV

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



MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7



**IT'S ALWAYS A GOOD
IDEA TO COMPARE.**



What to consider when comparing 2024 Medicare coverage options

Just as your health care needs can change from year to year, so do Medicare plans. And not all coverage options offer the same benefits. Open Enrollment is your chance to [review your Medicare coverage options](#), and find the best fit for you. You may save money, find better coverage, or both!

Compare Coverage Options

Here are some things to consider when comparing Medicare coverage:

- Check if your doctors are still in-network.
- Make sure your prescriptions are on the plan's list of covered drugs, or "formulary."
- Consider how the plan's deductible and other out-of-pocket costs factor into total costs.

[Some coverage options](#) offer extra benefits, like vision, hearing, or dental coverage, that could help meet your needs in 2024.

Visit [Medicare.gov](https://www.Medicare.gov) through December 7 to compare your choices. If you make any changes, your new coverage will start January 1. If you're happy with your current Medicare coverage and it's still being offered next year, you're all set!

Medicare.gov



The flu shot can protect you.

It's covered by Medicare.



Protect yourself and your loved ones this flu season — get your flu shot. For better protection against flu, the CDC recommends **people 65 or older get one of the [higher-dose flu vaccines](#)**, if available.

The flu virus can be a very serious health risk if you're 65 or older. Getting your flu shot is the best way to protect yourself against the flu. And if you do get sick with the flu, your symptoms likely won't be as bad or last as long.

Get Your Flu Shot

Medicare covers the [flu shot](#) at no cost to you. Also, people with Medicare Part D (drug coverage) can now get even more covered vaccines, including vaccines for shingles, whooping cough, and more.

**UPDATED
COVID-19 VACCINE**

**COVERED
AT NO COST
TO YOU**



Important: The [updated 2023-2024 COVID-19 vaccines](#) are now available to better protect you against the most common variants of the virus circulating now. Medicare covers the COVID-19 vaccine at no cost to you.

The CDC recommends that **everyone ages 6 months and older get the updated 2023-2024 COVID-19 vaccine** to protect against serious illness. Protection from previous vaccination or infection weakens over time, so it's important to get the updated COVID-19 vaccine now to stay protected.

Find COVID-19 Vaccines

Also, every U.S. household can order **4 more COVID-19 at-home tests** — shipped directly to your home at no cost. **Visit [COVIDTests.gov](#)** to place your order.

Common Symptoms of a Cold, the Flu, and COVID-19

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Learn more at
www.nia.nih.gov/flu

* Symptoms may vary based on new COVID-19 variants and vaccination status.



Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Managed your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professional for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov



@niddkgov

2023

ALZHEIMER'S DISEASE FACTS AND FIGURES



More than
6 million Americans
are living with Alzheimer's

Over 11 million
Americans
provide unpaid care for
people with Alzheimer's
or other dementias

These caregivers
provided more
than 18 billion
hours valued
at nearly

\$340
billion

1 in 3
seniors dies with
Alzheimer's or another
dementia

It kills more than
breast cancer
+
prostate cancer
combined

The
lifetime
risk for
Alzheimer's
at age
45 is

1 in 5 for women
+
1 in 10 for men

Between 2000 and
2019, deaths from
heart disease has

↓
decreased
7.3%

In 2023, Alzheimer's
and other dementias will
cost the nation

\$345 billion

By 2050,
these costs
could rise
to nearly

\$1 trillion

while deaths
from Alzheimer's
disease have
increased
145%



While only 4 in 10 Americans
talk to their doctor right away
when experiencing early
memory or cognitive loss,



7 in 10 would want to know
early if they have Alzheimer's
disease if it could allow for
earlier treatment

November is NATIONAL FAMILY CAREGIVERS MONTH

#CaregiverAnd

Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.



Learn more about caregiving at www.nia.nih.gov/caregiving.



Warning Signs Of Lung Disease

Your body gives you clues when there is something abnormal happening with your lungs. The symptoms may start out mild and you might consider dismissing them but getting checked out now can help you receive treatment before the disease becomes serious. Early detection could save your life.

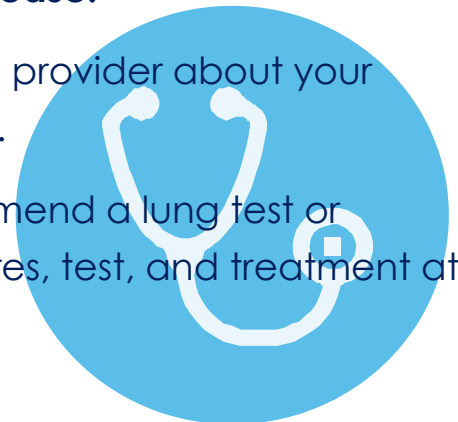
Signs and symptoms of lung disease differ based on the disease, but often include:

- A cough that lasts longer than eight weeks
- Shortness of breath that doesn't go away after exercise
- Chest tightness
- Coughing up mucus or phlegm for a month or longer
- Wheezing or noisy breathing
- Unexplained chest pain
- Coughing up blood

Early detection is key to successful treatment of lung disease.

Make an appointment and then talk to your healthcare provider about your symptoms, exposures to risk factors, and medical history.

Depending on your symptoms, your doctor may recommend a lung test or procedure. You can learn more about routine procedures, test, and treatment at [Lung.org](https://www.lung.org).



Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



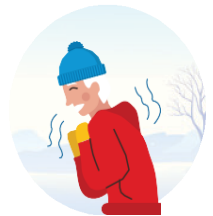
3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



Visit www.nia.nih.gov/health/exercising-outdoors to learn more.



5 Healthy Eating Tips for the Holidays

Here's your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and [travel](#) disrupt daily routines. What's more, it all goes on for *weeks*.

How do you stick to your [diabetes meal plan](#) when everyone around you seems to be splurging? Here are 5 tips that can help:



1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Source: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

Central Illinois Agency on Aging, Inc. at the Pedal for Parkinson's Event



*Mitch Forrest MSW, LSW, CIRS-A/D
Family Caregiver Information and Assistance Specialist*



Last Saturday I attended the Pedal for Parkinson's event sponsored by the Central Illinois Parkinson's Support Group. The leader of the support group Roger Halleen invited me to the event due to his participation in the Caring Connection coalition that meets monthly. This event was used to raise awareness about Parkinson's disease as well as gather donations for group activities. The RiverPlex Recreation and Wellness Center in Peoria made a good venue for them to hold their event.

Roger Halleen gave some opening remarks, and introduced me, Bill Bucklew and Dr. El Kouzi Director the

Parkinson's disease Center at SIU school of Medicine in Springfield. I shared some highlights of Central Illinois Agency on Aging, Inc. (CIAA) including our mission, counties served and specific CIAA programs that could help a person living with Parkinson's continue to live independently. There were caregivers and their family there from as far away as Bloomington-Normal, IL. One participant's birthday was celebrated with a huge, delicious sheet cake. One other couple they had just celebrated their 50th wedding anniversary!

The experience helped me understand that people can live with Parkinson's disease for a long time. Michael J Fox was diagnosed around the age of 29 and as I was reminded by one participant, he was making the third Back to the Future movie when he was diagnosed. Through new medical therapies, exercise, counseling and stimulation that affects one's dopamine levels, symptoms of Parkinson's can be managed over an extended amount of time. The disease eventually becomes more debilitating in its progression.

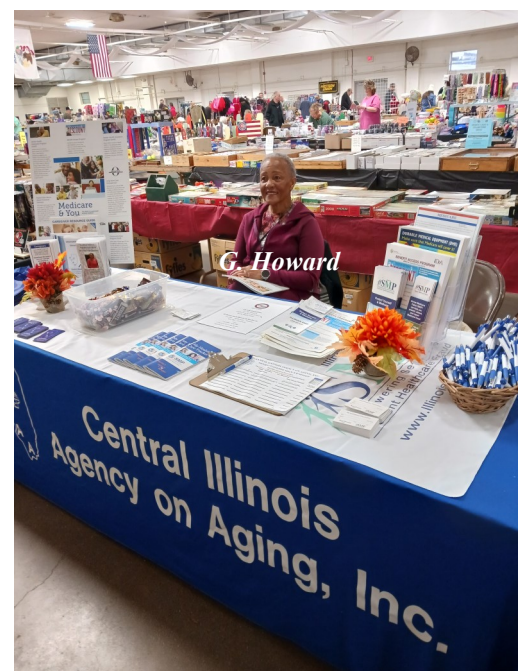
I really appreciated this opportunity to share with people affected by Parkinson's disease, agency programs, learn more about this condition and meet some of the people coping with this chronic condition.



CIAA @ the Expo Gardens , Peoria

Melanie Hoeft and Mitch Forrest, CIAA staff, Genevieve Howard and Cassandra Anderson, CIAA Advisory Council members and Carolyn Schuldt, CIAA volunteer spent Sunday, 29th of October from 7:30am.-3pm at Expo Gardens , Peoria. Melanie Hoeft and Genevieve were instrumental in setting up Saturday and getting there bright and early Sunday to start greeting people at the Flea Market and handing out CIAA information. Melanie was able to hand out many flyers on Benefits Access program and obtained attendees contact information to follow up.

Thanks also to Charles Minor, CIAA Advisory Council member for helping us know about this opportunity.





Graceland

CENTER FOR PURPOSEFUL AGING

Presents a NEW Series of Programming

Aging with Vitality!

Make new friends!

Have FUN!
Games and Activities!

Tips for Your Health

Connect to Community Resources

We want YOU to help create programs that YOU want!

Satellite Program: Free Event!

Thursday, November 16, 2023

11:00 am to 1:30 pm

West Peoria City Hall

2506 W. Rohmann Ave. West Peoria, IL 61604

(Enter through side door)

Program:



11:00 am -11:45 am **Refreshments, visit vendor,**
socializing with games and activities. Come learn
about Graceland.

11:45 am-1230 pm **Avoiding Fraud & Scams**
Learn tips to avoid being a victim of Fraud or a
SCAM from Elizabeth Edwards, Banking Center
Officer Hickory Point Bank & Trust.



12:30 pm-1:30 pm **Raffle prize, more games and mingling**

Please browse our website at: www.Gracelandcenter.com

Or email us at: gracelandcenterpurposefulaging@gmail.com

We welcome your questions, insight, and enthusiasm for this project for ALL
older adults in the Peoria area!



**COMMUNITY
FOUNDATION**
OF CENTRAL ILLINOIS

This series of programs are generously funded by the
Community Foundation of Central Illinois.



*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@ciao.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).

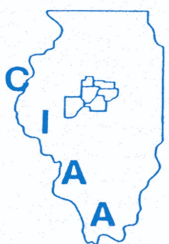


Planning a Group Trip or Outing?

**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:

Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd.

Peoria, IL 61603

P: (309) 674-2071

Email: ciao@ciao.net

Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd., Peoria IL 61603 309-674-2071 FAX 309-674-3639

An independent, not-for-profit organization serving older adults and informal caregivers in
Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties

<http://www.ciaoa.net>

Our Office will be Closed on These Holidays

Veterans Day (Observed)	Friday, 11/10/2023
Thanksgiving Day	Thursday, 11/23/2023
Day After Thanksgiving	Friday, 11/24/2023
Christmas Eve (Observed)	Friday, 12/22/2023
Christmas Day	Monday, 12/25/2023
New Year Eve (Observed)	Friday, 12/29/2023
New Year Day	Monday, 01/01/2024



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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JoAnn Olson, Secretary

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Frances Hackwith
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Alfreida DeGroot
Robert Herath
Genevieve Howard
Becky Jones
Sharon Kennedy
Delores Lassiter
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Charles Miner
Frank Sciortino
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).