



# 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, December Issue

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

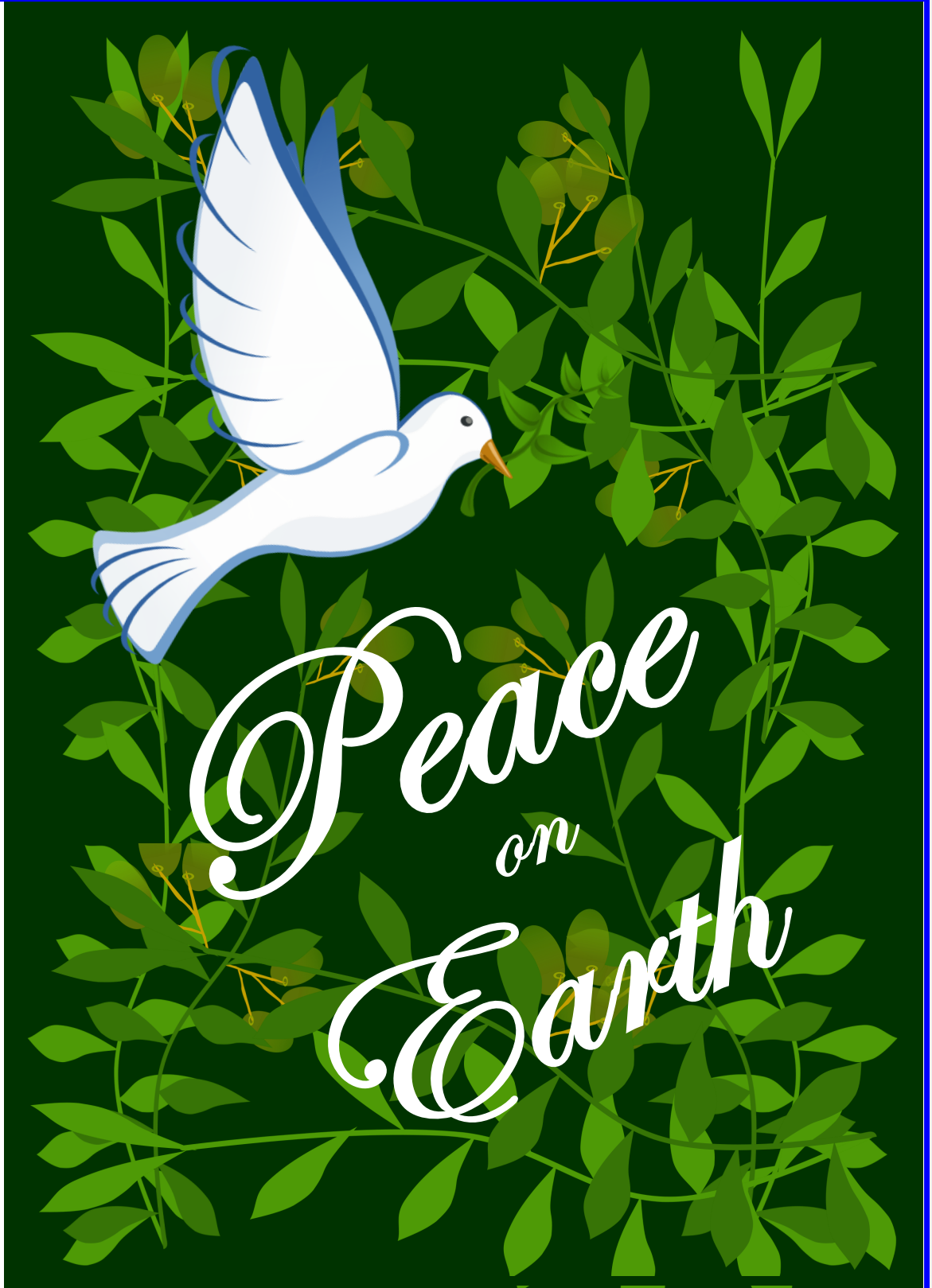
# SENIOR GAZETTE

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*Happy New Year 2024!*

To Receive Senior Gazette,  
e-mail Hoangvan Dinh at  
[hdinh@ciaoa.net](mailto:hdinh@ciaoa.net)



# Older Adults Are at High Risk for Severe RSV Illness

Respiratory Syncytial Virus, or **RSV**, is a common virus that affects the lungs and breathing passages

- ✓ **RSV vaccine is available to adults 60 and over**
- ✓ **It can PROTECT against severe illness**
- ✓ **Talk to your doctor to see if vaccination is right for you**



## RSV can be dangerous for older adults

**Adults who are 60 years or older are at highest risk, especially:**

- Adults who have chronic heart or lung disease
- Adults who have weakened immune systems

## RSV can lead to serious conditions

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

## Everyday preventive measures help protect against respiratory viruses

- Wash hands often
- Avoid close contact with sick people
- Avoid touching your face with unwashed hands
- Cover coughs and sneezes
- Clean frequently touched surfaces
- Stay home when sick

**EACH  
YEAR**

**RSV**

**causes  
serious illness  
in older adults**

**60,000—160,000  
hospitalizations**

**6,000—10,000  
deaths**



[www.cdc.gov/rsv](http://www.cdc.gov/rsv)

# FIGHT FLU



of US adults agree flu vaccination is the best way to prevent flu-related hospitalizations and deaths



but **43%** say they do not plan to or are unsure if they will get vaccinated against flu during the 2023-2024 season

**#StopTheSpread**  
**#GetVaccinated**  
**#FightFlu**



National  
Foundation for  
Infectious  
Diseases



[www.nfid.org](http://www.nfid.org)

# Get free at-home COVID-19 tests on COVIDTests.gov

As of November 20, 2023, residential households in the U.S. are eligible for another order of 4 free at-home tests from [USPS.com](https://usps.com). Here's what you need to know about your order:

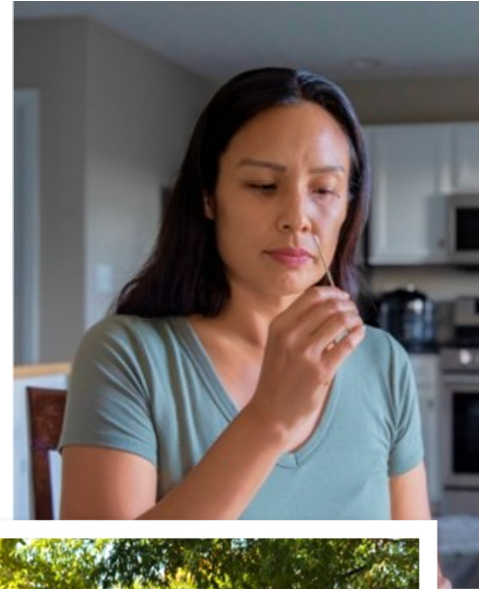
- Each order includes 4 individual rapid antigen COVID-19 tests ([COVIDTests.gov](https://covidtests.gov) has more details [about at-home tests](#), including extended shelf life and updated expiration dates)
- If an order has not been placed for your address since the program reopened on September 25, 2023, you can place 2 orders now
- Orders will ship free

**Order Free At-Home Tests**

**Need help placing an order for your at-home tests?**

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact a [HRSA-funded health center](#) or [Increasing Community Access to Testing \(ICATT\) location](#) near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government.



Source: [COVIDtests.gov](https://covidtests.gov)



MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

DECEMBER 2023

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

ONLY 1  
WEEK LEFT!

REVIEW AND  
COMPARE COVERAGE  
OPTIONS TODAY.



**Reminder: Medicare Open Enrollment ends on December 7.** Have you compared your coverage options yet? You could save money, find better coverage, or both!

Just as your health care needs can change from year to year, so can Medicare plans. And not all options offer the same benefits. On [Medicare.gov](https://www.Medicare.gov), you can compare all the coverage options in your area — Part D drug plans, Medicare Advantage Plans, and more.

[Compare Coverage Options](#)

**Some things to consider when shopping for 2024 Medicare coverage:**

- Check if your preferred doctors are still in-network.
- Make sure your prescriptions are on the drug plan's list of covered drugs (sometimes called a "formulary").
- Consider how the plan's deductible and other out-of-pocket costs factor into the plan's total costs.

Review your current health care coverage and see if it still meets your needs for 2024. If you're happy with the coverage you have now, and the plan is still being offered next year, you're all set. If you choose a new option for 2024, it's easy to enroll on [Medicare.gov](https://www.Medicare.gov), and your new coverage will start January 1.



State of Illinois  
Illinois Department on Aging

*Illinois Department on Aging (IDoA)  
invites you to ...*



# Join the Conversation!

## A Virtual Caregiver Roundtable Discussion

Central IL—Tuesday, December 5, 2023; 9AM-10:30 AM  
Southern IL—Friday, December 15, 2023; 2PM—3:30 PM

**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 register for your region by clicking the link below:**

<https://illinois.webex.com/webappng/sites/illinois/webinar/webinarSeries/register/93a5950d2931446f954e3e3094021a2f>

**Please make sure to note on  
the registration if any accommodation or  
interpretation is needed.**

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.



The Illinois Department does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, order of protection status, marital status, physical or mental disability, military status, sexual orientation, gender identity, pregnancy, or unfavorable discharge from military service in admission to programs or treatment of employment in programs or activities. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging.

For information call the Senior Helpline: 1-800-252-8966; 711 (TRS)



# SUBARU share the love® EVENT



This holiday season, we hope you'll *share the love* by supporting our aging neighbors nationwide

## MILLIONS OF SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, AND THE PROBLEM IS ONLY GROWING.



**1 IN 2 SENIORS  
LIVING ALONE**

lacks the income to pay for basic needs<sup>1</sup>

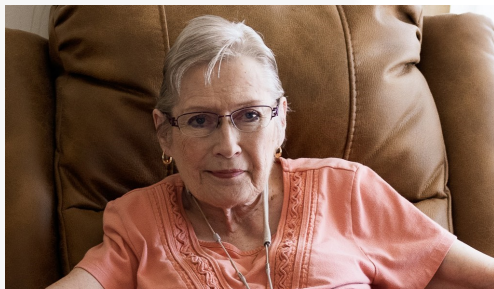
**THE SENIOR  
POPULATION IS SET  
TO REACH 93M**

in the next decade, with  
**118M EXPECTED**  
by 2060<sup>1</sup>



**ABOUT  
10 MILLION SENIORS**  
are threatened by or  
experience hunger.<sup>2</sup>

## MEALS ON WHEELS DELIVERS NUTRITIOUS MEALS AND COMPANIONSHIP, WE HELP SENIORS AGE IN THEIR HOMES.



*"I am so grateful for the volunteers—people who have it in their heart to help. They don't have to do it, but they do."*

**MARTHA**  
MEALS ON WHEELS CLIENT

Over the last 16 years, Subaru and its retailers have helped the Meals on Wheels network provide more than **MORE THAN 4.3 MILLION MEALS** to seniors in need across the country.

**GET A GREAT VEHICLE AND SUPPORT A GREAT CAUSE.  
WITH EVERY NEW SUBARU PURCHASED OR LEASED, SUBARU AND ITS RETAILERS  
ARE DONATING A MINIMUM OF \$300 TO CHARITY, LIKE MEALS ON WHEELS.  
NOVEMBER 16, 2023 THROUGH JANUARY 2, 2024.**

**LEARN MORE AT [WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE).**

Information data sources available at [www.MealsonWheelsAmerica.org/Facts](http://www.MealsonWheelsAmerica.org/Facts);

<sup>1</sup> The Escalating Issue of Senior Hunger, pg.1; <sup>2</sup> The Escalating Issue of Senior Hunger, pg.2



# Season's Healing: 5 Tips to Reduce Holiday Stress

This time of year, nature's crisp beauty invites us to unwind, embrace family and friends and renew connections that help sustain us. Here are a few ideas on how to tap into the season's healing bounty.



## 1. Stress Less

*Give yourself space — and grace. Try:*

- Not saying “yes” to all that is asked of you.
- Making realistic holiday plans and to-do lists and learning what you can “let go.”
- Breathing deeply and slowly before starting each new task.
- Refreshing your coziest spot at home — with a soft chair, warm throw, fire logs or a candle, and a place to rest your head.
- Setting aside time for a book you've been meaning to read or show you've wanted to watch.

## 2. Mind Over Matters

*No matter what you're doing, be present. Try:*

- Noticing the details that make up one of your favorite places.
- Stretching to reach a falling leaf and crumbling it in your hand.
- Indulging in only your absolutely favorite treats — and experiencing their taste, smell and texture fully.
- Giving someone your complete attention.
- Gazing at the stars or looking for shapes in the clouds.

## 3. People Power

*Connect with your whole heart. Try:*

- Turning shopping or cooking into a pairs or team event.
- Scheduling a festive lunch date or a walk outdoors with someone new.
- Sharing a favorite food or [recipe](#) with a friend or co-worker.
- Retelling a favorite memory at a gathering or in a holiday greeting.
- Enlisting a friend to help you rake leaves or build a snowman.

## 4. Giving Thanks

*Note blessings big or small. Try:*

- Listing objects that comfort you. Think about your morning coffee, a favorite meal, a pair of snuggly socks or a warm, chunky scarf.
- Smiling as the winter sun shines on your face.
- Jotting down all the things that went right today.
- Savoring the abundance of food at a local market (and taking a bite of a perfect apple!)
- Thanking someone for making your life better.

## 5. Rest for Your Best

*Replenish both body and mind. Try:*

- Sticking to a regular [sleep schedule](#) of seven to nine hours per night.
- Renewing your stamina with [exercise](#), yoga or a good stretch.
- Closing your eyes for a few minutes at work.
- Scheduling “me” time to relax with a hot bath or cup of tea.
- Snoozing one afternoon, for no good reason.





## USDA ACTIONS ON NUTRITION SECURITY

### WHAT IS NUTRITION SECURITY?

Consistent and equitable access to healthy, safe, and affordable foods that promote optimal health and well-being.



### HOW DOES NUTRITION SECURITY INTERSECT WITH HEALTH EQUITY?

Structural racism increases food insecurity and the risk of diet-related chronic diseases for historically underserved populations. Efforts to improve nutrition security also promote health equity.

## WHY DOES NUTRITION SECURITY MATTER?



Poor nutrition is a leading cause of illness in the United States.

**600,000**  
Americans die each year due to diet-related diseases



Obesity



Diabetes



Heart Disease



Diet-related chronic diseases disproportionately impact historically underserved populations and hit hardest in communities with high food insecurity.

**3x**

Black households experience food insecurity at more than triple the rate of white households.



Beyond health, this has negative impacts on other things.

**85%**

of health care spending is related to diet-related chronic disease



Military Readiness



Healthcare Costs



Productivity

## HOW WILL WE ACHIEVE NUTRITION SECURITY?



MEANINGFUL SUPPORT

Provide nutrition support throughout all stages of life.



HEALTHY FOOD

Connect all Americans to healthy, safe, affordable food sources.



COLLABORATIVE ACTION

Develop, translate, and enact nutrition science through partnership.



EQUITABLE SYSTEMS

Prioritize equity every step of the way.

## WHAT IS USDA DOING TO PROMOTE NUTRITION SECURITY?

USDA's approach to nutrition security recognizes that structural barriers and inequities make it hard for many Americans to maintain an active, healthy life. Therefore, our efforts emphasize equity to ensure all Americans have access to the nutrition they need. Some of our key initiatives underway include:

### ADJUSTING SNAP BENEFITS

USDA re-evaluated the [Thrifty Food Plan](#), the basis for calculating SNAP benefit amounts, to make sure SNAP participants can afford a healthy, and practical diet.

### UPDATING SCHOOL NUTRITION STANDARDS

Working closely with school meal stakeholders, USDA is developing practical, long-term [school nutrition standards](#) that build on the success of the school meal programs.

### REVISING THE WIC FOOD PACKAGES

USDA is updating the WIC food packages to align with recommendations from the National Academies of Sciences, Engineering, and Medicine and the latest Dietary Guidelines for Americans (DGA).

### PROMOTING NUTRITION EDUCATION

USDA supports a variety of nutrition education efforts such as [SNAP-Ed](#), [MyPlate](#), and [WIC breastfeeding support](#). The department will continue to invest in data-driven strategies that acknowledge diversity and help people put the DGA into action.

Learn more about USDA's actions to promote nutrition security at [www.usda.gov/nutrition-security](http://www.usda.gov/nutrition-security).



# How to Get Emergency Food Assistance

You can get immediate food assistance from government and private organizations. If you are hungry now, learn where to find food in your area.

Contact government or private organizations for immediate food assistance:

- **Call 211** to find agencies and community organizations that can assist you with finding food in an emergency.
- **Call the USDA National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273).** Information is available in English and Spanish.  
The hotline operates Monday through Friday, 7:00 AM to 10:00 PM Eastern Time.
- Use [HUD's Find Shelter tool](#) to enter your zip code and find your closest food pantry.
- **Contact community or religious organizations** to find a local food bank or food pantry.



## Facing financial hardship

Find more government programs that can help during tough financial times.

Source: <https://www.usa.gov/emergency-food-assistance>



U.S. Consumer Product Safety Commission

# Never miss a recall



# 4 Keys to Holiday Toy Safety

✓ For children under 3, avoid toys with small parts, which can cause choking.

✓ Do not allow children under 8 to play with un-inflated balloons or balloon pieces. They can present an aspiration/suffocation hazard.

✓ For children under 8, avoid toys with sharp edges and electric toys with heating parts.

✓ Look for labels with age and safety advice.



**U.S. Consumer Product Safety Commission**  
CPSC HOTLINE: 800-638-2772  
And 800-638-8270 (TTY)

This alert was produced by CPSC's Neighborhood Safety Network program. Sign up to receive free NSN safety alerts and posters at [www.cpsc.gov](http://www.cpsc.gov)



## Beware of Scams During the Holiday Season

Now that the holiday shopping season is in full swing, thousands of people will become victims of holiday scams. Fraudsters can scam you of your money, personal information, and, at the very least, a festive holiday mood.

A lot of scammers also view the holiday season as an opportunity to take advantage of the giving spirit. They make bogus phone calls, often spoofing legitimate charities' phone numbers, or may even create fake charities to try to steal your money or personal information.

### Here are some tips for what to watch out for during the holidays this year.

- Don't click any suspicious links or attachments in emails, on websites, or on social media. Phishing scams and similar crimes get you to click on links and give up personal information like your name, password, and bank account number. In some cases, you may unknowingly download malware to your device.
- Avoid paying for items with pre-paid gift cards. In these scams, a seller will ask you to send them a gift card number and PIN. Instead of using that gift card for your payment, the scammer will steal the funds, and you'll never receive your item.
- Always get tracking numbers for items you buy online, so you can make sure they have been shipped and can follow the delivery process.
- Pay by credit card. Credit cards give you extra protection for most online purchases. And many cards offer benefits, like protection for returns and purchases. If unauthorized charges pop up on your statement, you'll be able to dispute those charges.
- Donate to trusted, well-known charities. Beware of scammers who create fake charities. Always verify a charity's legitimacy through its official website. If you have doubts, you can check with Better Business Bureau's Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.
- Verify information in online solicitations. Double-check any social media solicitation for charitable donations before you give. Crowd-funding websites often host individual requests for help, but they are not always vetted by the site or other sources to ensure legitimacy.

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](http://www.illinoissmp.org).



# BRADLEY COUNSELING RESEARCH & TRAINING CLINIC

**THE PEORIA  
PUBLIC LIBRARY  
North Branch**

*1<sup>st</sup> Monday of the month  
11:00am-12:45pm*

**THE CREVE COEUR  
PUBLIC LIBRARY**

*2<sup>nd</sup> 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**



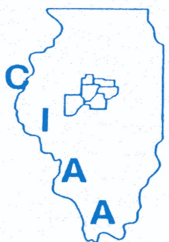


# Planning a Group Trip or Outing?

**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](mailto:ciao@ciao.net)





# 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](mailto: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](mailto: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).*

## 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

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



# Happy Holidays

*From Central Illinois  
Agency on Aging, Inc.*



## 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](http://www.hulthealthy.org)

### The Peoria Playhouse Children's Museum

2218 N. Prospect Road  
Peoria, IL 61603  
323-6900

[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

### Peoria Riverfront Museum

222 S.W. Washington St.  
Peoria, IL 61602  
686-7000

[www.peoriariverfrontmuseum.org](http://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](http://www.peoriaparks.org)

### RiverPlex Wellness & Recreation Center

600 NE Water Street  
Peoria, IL 61603  
282-1700

[www.riverplex.org](http://www.riverplex.org)

Central Illinois Agency on Aging is  
now on [Facebook](https://www.facebook.com) 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](mailto: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 8<sup>th</sup> 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 (37<sup>th</sup> District—R)**  
5415 University St., Suite 105  
Peoria, IL 61614  
(309) 693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

**Rep. Ryan Spain (73<sup>rd</sup> District—R)**  
5407 N. University, Arbor Hall, Suite B  
Peoria, IL 61614  
(309) 690-7373, Fax (309) 690-7375  
[repyanspain@gmail.com](mailto:repyanspain@gmail.com)

**Rep. Sharon Chung (91<sup>st</sup> District—D)**  
216 N. Center St  
Bloomington, IL 61701  
(309) 808-2351  
[info@repchung.com](mailto:info@repchung.com)

**Senator Dave Koehler (46<sup>th</sup> District—D)**  
1203 East Kingman Avenue  
Peoria Heights, IL 61616  
(309) 677-0120, Fax (309) 346-4650  
[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

**Rep. William Hauter (87<sup>th</sup> District—R)**  
133 S. Main Street Ste. A  
Morton, IL 61550  
(309) 819-8701  
[hauter@ilhousegop.org](mailto:hauter@ilhousegop.org)

**Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**  
300 E. War Memorial Drive, Suite 303  
Peoria, IL 61614  
(309) 681-1992, Fax (309) 681-8572  
[repjgordon@gmail.com](mailto:repjgordon@gmail.com)

### FY 2024 CIAA Board of Directors

Wanda Aberle, Chair  
Robert Mueller, Vice-Chair  
Roger Wiseman, Treasurer  
JoAnn Olson, Secretary

Barry Beck  
Philip Grgurich  
Frances Hackwith  
Terry Hillegonds  
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**HAPPY  
NEW YEAR**

**2024**

*May the New Year  
bring peace, joy, health,  
and prosperity to you  
and your family.*