



# 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

2021, August Issue

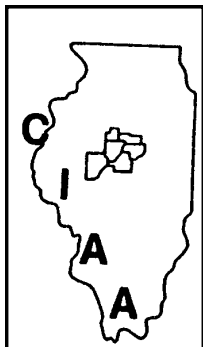
Keith Rider, CMA, President/CEO  
Hoangvan Dinh, B.S., Editor

# SENIOR GAZETTE

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



## CENTRAL ILLINOIS AGENCY ON AGING, INC.

19<sup>TH</sup> ANNUAL  
DR. LAURENCE E. NORTON  
GOLF TOURNAMENT  
Friday, August 20, 2021

## STILL TIME TO REGISTER

4 person scramble  
Registration and  
Driving Range:  
10:30—11:30  
Contest: 11:15 am  
Shotgun Start: 12 noon  
Fee: \$130 per person  
(golf, cart and dinner)



Proceeds Benefit CIAA's Faith Based  
Meals and New Year's Day Meal  
Programs for Homebound Seniors.

## TITLE SPONSOR

**AARP**® Real Possibilities  
Illinois

Hole in One Prize:  
\$10,000

Sponsored by:

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Insurance



For more information contact:

Beth Stalker, 309-674-2071 ext. 2204  
[bstalker@ciaoa.net](mailto:bstalker@ciaoa.net) or  
Renee Razo, 309-674-2071 ext. 2205  
[rrazo@ciaoa.net](mailto:rrazo@ciaoa.net)  
[www.ciaoa.net](http://www.ciaoa.net)





## Medicare made for you.

Supporting health and wellness  
in your community.

Learn more at [HealthAlliance.org/Medicare](https://HealthAlliance.org/Medicare).

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## Four Fantastic Foods to Keep Your Eyes Healthy

Everybody knows that eating right is the way to keep your heart healthy. The good news is that the same diet that helps your heart is probably also good for your eyes. A diet low in fat and rich in fruits, vegetables and whole grains can pay benefits not only to your heart but to your eyes. The connection isn't surprising: your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Keeping those arteries healthy will help your eyes.

Some foods stand out as particularly helpful for eye health. Here are four you should make sure are part of your diet.

**Salmon.** Some studies suggest that diets rich in omega-3 fatty acid from cold-water fish like salmon, tuna, sardines and halibut reduce the risk of developing eye disease later in life. A 2010 study from Johns Hopkins found that people who had a diet high in omega-3 fatty acid were much less likely to develop AMD.

**Kale.** Leafy green vegetables, like kale, are high in lutein and zeaxanthin, two nutrients found in the healthy eye that are believed to lower your risk for [age-related macular degeneration \(AMD\)](#) and [cataracts](#). One large study showed that women who had diets high in lutein were 23 percent less likely to develop cataracts than women whose diets were low in this nutrient. Not a big fan of kale? Not to worry. Other dark leafy green vegetables, like spinach, romaine lettuce, collards and turnip greens, also contain significant amounts of lutein and zeaxanthin. Eggs are also a good source of these nutrients, as are broccoli, peas and corn.

**Oranges.** Oranges and all of their citrus cousins — grapefruit, tangerines, and lemons — are high in vitamin C, an antioxidant that is critical to eye health. Scientists have found that your eyes need relatively high levels of vitamin C to function properly, and antioxidants can prevent or at least delay cataracts and AMD. Lots of other foods offer benefits similar to oranges, including peaches, red peppers, tomatoes and strawberries.

**Black-eyed peas.** Legumes of all kinds, including black-eyed peas, kidney beans, lima beans, and peanuts contain zinc, an essential trace mineral that is found in high concentration in the eyes. Zinc may help protect your eyes from the damaging effects of light. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.



Source: <https://www.aaio.org/eye-health/news/four-fantastic-foods>

# COVID-19 Vaccination



## Your COVID-19 Vaccine

- COVID-19 vaccines are [safe and effective](#).
- Everyone 12 years of age and older is now eligible to [get a free COVID-19 vaccination](#).
- Learn about the [different vaccines available](#).
- Search [vaccines.gov](#), text your zip code to 438829, or call 1-800-232-0233 to find COVID-19 vaccine locations near you.



If you are fully vaccinated, you can resume activities that you did prior to the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).



### Find a COVID-19 Vaccine

- How do I get a COVID-19 vaccine?

[How Do I Find a Vaccine](#)



### Before You Get the Vaccine

- Should I get vaccinated if I've had COVID-19?
- Should I take medications before getting the vaccine?
- Can I have other medical procedures before or after the vaccine?

[Preparing for Your Vaccine](#)



### Vaccine Information for Different Groups of People

- What if I have allergies?
- What if I'm pregnant or breastfeeding?
- What if I'm at risk for severe illness?

[Different Groups of People](#)



### When You Get the Vaccine

- What are the possible side effects?
- Do I need a second shot?
- Register for v-safe

[Getting Your Vaccine](#)



### When You've Been Fully Vaccinated

- How long after my shot am I fully vaccinated?
- What things can I do after I'm fully vaccinated?

[When You've Been Fully Vaccinated](#)

Other Questions? See

[Frequently Asked Questions](#)



# FORGETFULNESS

## Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild  
forgetfulness**



**serious  
memory problems**



like Alzheimer's disease?

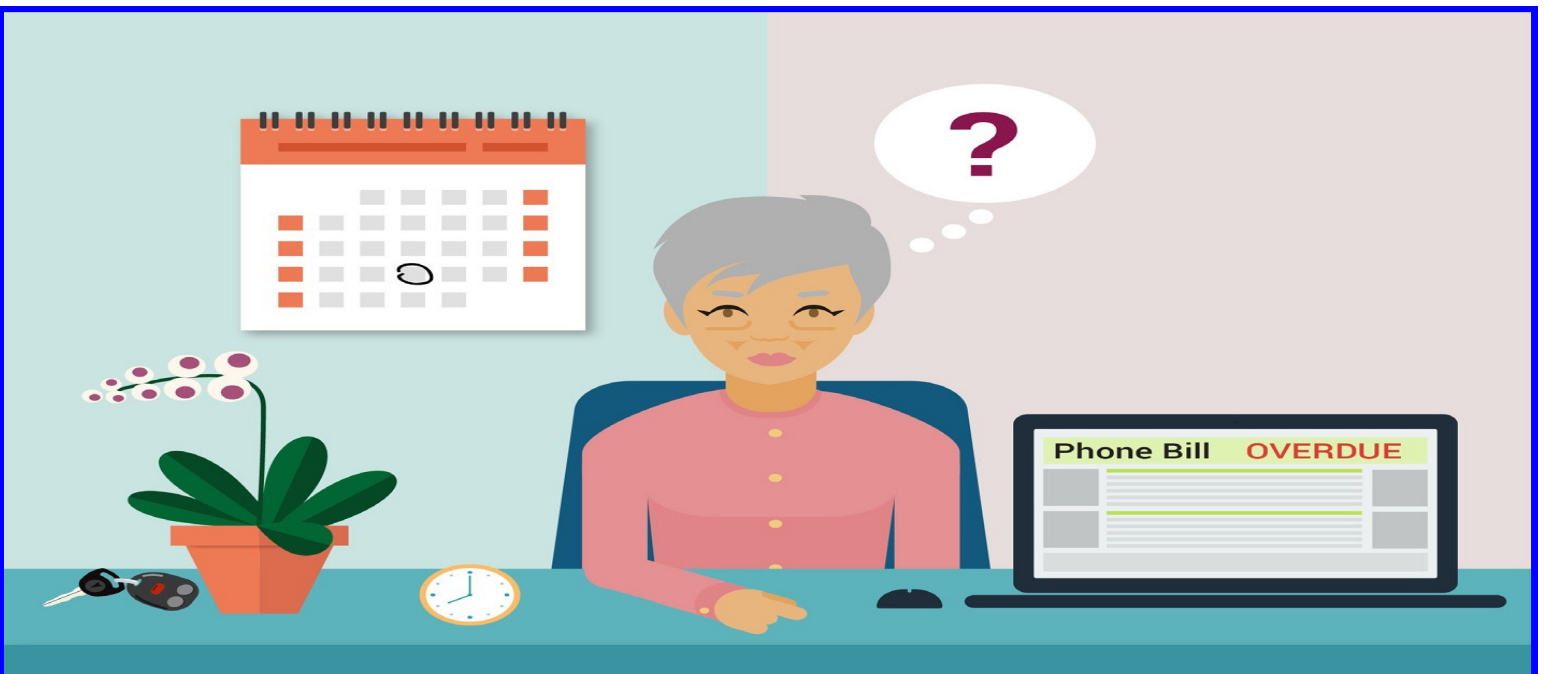
## See what's typical and what's not:

### NORMAL AGING

- Make a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

### ALZHEIMER'S DISEASE

- Making poor judgments and decision a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Although some forgetfulness comes with age,  
don't ignore changes  
in memory or thinking that concern you.

**Talk with your doctor** if you notice you have more serious  
memory problems than normal.



Visit [www.nia.nih.gov/understanding-memory-loss](http://www.nia.nih.gov/understanding-memory-loss)  
for more information about forgetfulness and memory loss

**NIH** National Institute  
on Aging

Resource: <https://www.nia.nih.gov/health/infographics/forgetfulness-normal-or-not>



# It's Time!

After Being Shut Down for Covid-19  
Let's Get Back to SeniorNet Computer  
Classes Starting with Our...



## Open House

Saturday, August 21, 2021, 10:00 AM to 12:00 Noon

First Baptist Church Friendship Hall, 411 W. Lake Ave., Peoria

Following a short presentation on SeniorNet and the classes it offers, there will be a question and answer session at which prospective students can get their questions about PCs, Laptops, Smart Phones, SeniorNet, Cameras, and more answered.

## Fall Computer Class Registration

Saturday, August 21, 2021, 10:00 AM to 12:00 Noon

First Baptist Church Friendship Hall, 411 W. Lake Ave., Peoria

Most classes start the week of Sept. 13 and meet once a week for three to six weeks.

Classes will include: Computer Basics for Beginners, Windows 10 Basics, Windows 10 Advanced, Introduction to Scanners, Computer Maintenance and Security, E-mail Orientation, eBay Buying and Selling, Social Media, Microsoft Excel, Microsoft Word, iPhone/iPad Operation, and Android Phones/Tablets.

In addition, eight one-session seminars on technology and other topics of interest to Seniors will be offered on Wednesdays and Thursdays.

For more information check our web site at [www.PeoriaAreaSeniorNet.org](http://www.PeoriaAreaSeniorNet.org) or call 1-800-457-1089 and leave a message. A SeniorNet volunteer will return your call and answer any questions you may have.



**SeniorNet is  
Sponsored by**



# Protect Your Heart in the Heat



## Tips for heart patients

If you're a heart patient, older than 50 or overweight, you might need to take special precautions in the heat, according to Gerald Fletcher, M.D., professor of medicine at the Mayo Clinic, in Jacksonville, Fla.

Check with your healthcare professional before starting an exercise routine if you are experiencing symptoms or have a specific medical question or chronic disease. Certain [heart medications](#) like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics (which deplete the body of sodium) can exaggerate the body's response to heat, Fletcher said.

But Fletcher points out that it's important to keep taking your medications —and taking them when you're supposed to. Even if they're not on medications, older people also need to take precautions in the heat.

"If you're older than 50, you may not be aware that you're thirsty," Fletcher said. "If you're going to be outside, it's important to drink water even if you don't think you need it."

## Tips for everyone

Think you're ready to brave the heat? Watch the clock and buddy up, Fletcher said. It's best to avoid the outdoors in the early afternoon (about noon to 3 p.m.) because the sun is usually at its strongest, putting you at higher risk for heat-related illnesses.

If you can, exercise with a friend, because it's safer — and more fun — to have someone at your side. Here are some other tips:

- **Get off on the right foot.** You probably sweat the most in your shoes, so choose well-ventilated shoes and look for socks that repel perspiration. Foot powders and antiperspirants can also help with sweat.
- **Dress for the heat.** Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a synthetic fabric that repels sweat. Add a hat and/or sunglasses.
- **Drink up.** Before you get started, apply a water-resistant sunscreen with at least SPF 15, and reapply it every two hours. Stay hydrated by drinking a few cups of water before, during and after your exercise. Avoid caffeinated or alcoholic beverages.
- **Take regular breaks.** Find some shade or a cool place, stop for a few minutes, hydrate and start again.

Whatever you do, don't throw in the towel, Fletcher said. "Do NOT exercise — adapt!"



*Whatever brings you outside — a bike ride with friends, a jog in the park or just a stroll around the block — it's important to stay safe when the temperature rises.*

## Symptoms of heat exhaustion:

- Headaches
- Cool, moist skin
- Dizziness and light-headedness
- Weakness
- Nausea and vomiting
- Dark urine

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by using cool wet cloths, compresses, and fanning. You may need to seek medical attention.

## Symptoms of heat stroke:

The symptoms of heat stroke include (call 911 or the local emergency number right away):

- Fever (temperature above 104 °F)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures
- Unconsciousness

If you experience these symptoms, seek medical attention right away.

**Source:** <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/protect-your-heart-in-the-heat>



American  
Heart  
Association.



# August is Children's Eye Health & Safety Month

As parents begin to schedule those end of summer health appointments, it's important to remember to include an annual eye screening. Your children's eyes should be regularly examined during pediatric well-child visits beginning around the age of three. These screenings may help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as the following diseases:



**Amblyopia (lazy eye):** Amblyopia, also known as lazy eye, is decreased vision that results from abnormal visual development in infancy and early childhood and is the leading cause of decreased vision among children.

**Ptosis (drooping of the eyelid):** Ptosis, or eyelid drooping, in infants and children is when the upper eyelid is lower than it should be. This may occur in one or both eyes.

**Strabismus (crossed eyes):** Strabismus, or crossed eyes, is a condition in which the eyes do not line up properly. Indications that your child may have this disorder could be their eyes looking in different directions, with each eye focusing on a different object.

**Color deficiency (color blindness):** Most of us share a common color vision sensory experience. Some people, however, have a color vision deficiency, which means their perception of colors is different from what most of us see.

If you or your pediatrician suspects that your child may have a vision problem, you can make an appointment with your local pediatric ophthalmologist for further testing. It is important to note there are additional warning signs that may indicate a possible vision problem with your child. Parents should be on alert for the following:

- Sitting close to the TV or holding a book too close
- Squinting
- Tilting their head
- Frequent rubbing of the eyes
- Short attention span (dependent on the child's age)
- Turning of an eye in or out
- Sensitivity to light
- Difficulty with eye-hand-body coordination when playing ball or bike riding
- Avoiding coloring activities, puzzles and other detailed activities
- Disinterest in reading or viewing distant objects
- Poor school performance – even in a pre-school environment

## Eye Safety:

Another component of maintaining healthy vision is keeping your children's eyes safe. Unfortunately, preventable eye injuries are the leading cause of vision loss in kids. Each year, there are approximately 42,000 sports-related eye injuries every year in America. Sadly, most of these result in permanent, irreversible vision loss for the child. You can help prevent your child from being one of the more than 12 million children who suffer from vision impairment by following two specific rules.

**Rule #1: Wear Protective Eye Wear:** All children should wear protective eyewear while participating in sports or recreational activities. Parents should invest in sports related eye protection made with polycarbonate lenses for baseball, basketball, football, racquet sports, soccer, hockey, lacrosse, and paintball.

**Rule #2: Check the Recommended Age Limit on All Toy Purchases:** We encourage all our readers to purchase age-appropriate toys for the children in your lives. Avoid projectile toys such as darts, bows and arrows, and missile-firing toys. In addition, look for toys marked with "ASTM", which means the product meets the national safety standards set by the American Society for Testing and Materials.

**Source:** <https://lowvisionmd.org/august-is-childrens-eye-health-safety-month/>



# Back to School with Allergies and Asthma



The first day of school is an exciting time for children and parents. It can also be a time of anxiety if your child has asthma or allergies.

## Before the First Bell Rings

Start preparing before the new school year begins so you can feel confident sending your child off to class. Make sure your child takes his asthma or allergy medications as prescribed. Keep this routine during the summer so doses aren't missed. Skipping medications can lead to increased symptoms, which often equals less time learning.

Depending on your child's allergic condition, you may want to:

- Tour the school to identify potential asthma or allergy triggers
- Talk with your child's teacher(s) and other relevant school personnel (such as sports coaches) about your child's condition and treatment plan
- If your child is at risk for life-threatening reactions, such as those to food or insect stings, complete an [Anaphylaxis Action Plan](#) and show school staff how to administer auto injectable epinephrine.



## In the Classroom

There are many potential allergy and asthma triggers in schools. It is very important that your child's allergies have been accurately diagnosed in order to determine what allergens to avoid. If your child has not been tested, make an appointment with an allergist / immunologist.

Common asthma and allergy triggers in the classroom include:

- Dust mites
- Mold
- Chalk dust
- Animal dander

## At Recess, Gym Class and After-School Sports

Recess may be the favorite time of the school day for many children, but for those with allergies or asthma, it can be a minefield of potential triggers.

If your child has allergic rhinitis (hay fever), sign up for regular [National Allergy Bureau™](#) pollen count email alerts. When levels are very high, plan accordingly if your child takes medication to control symptoms. When indoors, ask staff to keep windows closed to keep pollen out.

Children with [exercise-induced bronchoconstriction](#) may complain about participating in physical activities. However, it is very important for children to stay active, so work with school staff to develop strategies to keep your child symptom-free while exercising. These may include:

- Using a short-acting inhaler 15 minutes prior to exercise
- Drinking plenty of water before, during and after exercise
- Choosing sports that are less likely to trigger symptoms.

Insect bites can cause severe reactions in children with stinging insect allergy. Explain the symptoms to school staff and make sure your child always carries auto injectable epinephrine in case of an emergency.



# 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:

- Dental, vision and hearing coverage.
- Prescription drug coverage with a \$0 pharmacy deductible.
- \$0 medical deductible.



**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 learn more at one of our upcoming webinars:  
[HealthAlliance.org/Events](https://HealthAlliance.org/Events).**

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. For accommodations of persons with special needs at meetings call (888) 382-9771 (TTY 711).



# **“I feel lonely. Can I talk to you?”**



## **Friendship Line 1-800-971-0016**

**Institute on Aging's 24-hour toll-free accredited crisis line for persons aged 60 years of age and older, and adults living with disabilities.**

**The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.**

**Friendship Line provides round-the-clock crisis support services including:**



- \* Suicide intervention;**
- \* Providing emotional support;**
- \* Elder abuse prevention and counseling;**
- \* Giving well-being checks;**
- \* Grief support through assistance and reassurance; and**
- \* Information and referrals.**

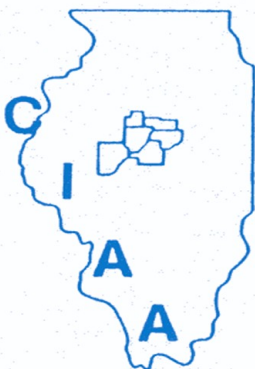
### **Contact:**

*Central Illinois Agency on Aging, Inc. for available information on services for seniors.*

Phone: (309) 674-2071

Website: <http://www.ciaoa.net>

Facebook: <http://www.facebook.com/ciaoa.illinois>



*By Renee Razo, B.A., B.S., CIRS  
Director of Program Management*



# 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.*

*Due to  
Coronavirus Disease 2019  
(COVID-19) pandemic,  
workshops are suspended*





## SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

- \* 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!**

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.

# Healthy Living

For more information contact:

**Central Illinois  
Agency on Aging, Inc.**  
**309-674-2071 or**  
**email [ciaa@ciaaa.net](mailto:ciaa@ciaaa.net)**



*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 Keith A. Rider, President/CEO, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).*

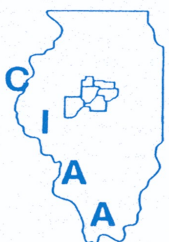


# Planning a Group Trip or Outing?

**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:***

Cliff Williams, Transportation Program Manager

700 Hamilton Blvd.

Peoria, IL 61603

P: (309) 674-2071

Email: [Cwilliams@ciao.net](mailto:Cwilliams@ciao.net)

## Support Groups

(Due to Coronavirus Disease 2019 (COVID-19) pandemic, support groups are suspended)



### Bradley University Counseling Research & Training Clinic Caregiver Support Group Meetings



The Caregiver Program provides emotional support to help family caregivers and grandparents raising grandchildren:

- + Cope with their caregivers roles
- + Develop and strengthen their capacities for better social and personal adjustments.
- + Meet other caregivers and grandparents raising grandchildren
- + Learn how to self-care
- + Learn how to be there without always "being there".

There is NO CHARGE for services; however, contributions are accepted.

- + **Grandparents Raising Grandchildren Support Group**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (1:00 p.m.-2:30 p.m.)  
Central Illinois Agency on Aging, Inc., 700 Hamilton Boulevard Peoria, IL 61603  
*Facilitator: Kaili Ruff, B.S.*
- + **Liberty Village Caregiver Support Group**  
2<sup>nd</sup> Monday of the month (1:00 p.m.- 2:30 p.m.)  
Liberty Village of Peoria, 6906 North Stalworth Drive, Peoria, IL 61615  
*Facilitator: Nargis Khan, NCC, LCPC*
- + **Pekin Miller Center Caregivers, Coffee, & Chat Group**  
3<sup>rd</sup> Friday of the month (2:00 p.m.-3:30 p.m.)  
Miller Senior Center, 551 S. 14<sup>th</sup> St., Pekin, IL 61554  
*Facilitator: Kaili Ruff, B.S.*
- + **Woodford County Family Caring 4 Family Support Group**  
3<sup>rd</sup> Monday of the Month (1:00-2:30 p.m.)  
Maple Lawn Apartments Community Room, 700 N. Main St., Eureka, IL 61530  
*Facilitator: Kaili Ruff, B.S.*

*\*New groups will be available soon\**

*Last Updated 02.18.2020*

For more information, call (309) 677-3189 or visit  
[www.bradley.edu/sites/caregiver](http://www.bradley.edu/sites/caregiver)

Bradley University is committed to a policy of non-discrimination and the promotion of equal opportunities for all persons regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, sexual orientation, or veteran status. The University is committed to compliance with all applicable laws regarding non-discrimination, harassment and affirmative action.

Co-sponsored by Central Illinois Agency on Aging, Inc. and Bradley University



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<http://clipart-library.com/clipart/1000922.htm>

## 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)

### Peoria Civic Center

201 SW Jefferson Avenue

Peoria, IL 61602

673-8900

[www.peoriaciviccenter.com](http://www.peoriaciviccenter.com)

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](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 18—R)**  
100 NE Monroe Street, Room 100  
Peoria, IL 61602  
(309)671-7027, Fax (309)671-7309

**Congresswoman Cheri Bustos (District 17—D)**  
820 SW Adams St., Suite 1  
Peoria, IL 61602  
(309)966-1813

## 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  
[spain@ilhousegop.org](mailto:spain@ilhousegop.org)

**Rep. Mark Luft (91<sup>st</sup> District—R)**  
2964 Court Street  
Pekin, IL 61554  
(309)620-9191  
[luft@ilhousegop.org](mailto:luft@ilhousegop.org)

**Senator Dave Koehler (46<sup>th</sup> District—D)**  
400 NE Jefferson, Suite 200  
Peoria, IL 61603  
(309)677-0120, Fax (309)346-4650  
[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

**Rep. Keith Sommer (88<sup>th</sup> District—R)**  
121 W. Jefferson  
Morton, IL 61550  
(309)263-9242, Fax (309)263-8187  
[sommer@mtco.com](mailto:sommer@mtco.com)

**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)

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