



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

2022, April Issue

SENIOR GAZETTE

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

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

Celebrate

NATIONAL VOLUNTEER WEEK

April 17-23, 2022



To

*All of Our Volunteers at
Central Illinois Agency on Aging, Inc.*

for Their Generosity.

It Means the World to the People We Serve.

DO YOU HAVE CONCERNS ABOUT FALLING ?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fall in the past
- anyone who has restricted activities because of falling

**MUST BE FULLY
VACCINATED
WITH COVID-19
VACCINE TO
PARTICIPATE**



Thursday mornings from
10:00 am –noon (8– two hour sessions)

April 7, 14, 21, 28
May 5, 12, 19, and 26

***First English Lutheran Church
725 E. Forrest Hill, Peoria***

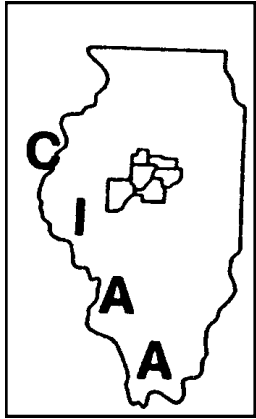
Need 8-12 people to make a class

Program Fee: \$4.00 suggested donation
(for program materials)

**To sign up or for more information, call
Renee Razo 309-674-2071,
ext. 2205**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model @ 2006.
This program is based on Fear of Falling: A Matter of Balance. Copyright@1995 Trustees of Boston University.
All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the
Administration on Aging (#90AM2780).



CENTRAL ILLINOIS AGENCY ON AGING, INC.

20TH ANNUAL

DR. LAURENCE E. NORTON

GOLF TOURNAMENT

Friday, August 19, 2022

Contest: 11:15 am
Shotgun Start: 12 noon
Fee: \$130 per person
(golf, cart and dinner)

Early Bird \$120 – *payment received by July 30, 2022*
4 person scramble

**Hole in One Prize:
\$10,000**

Sponsored by:
**Hecht-Stout
Insurance Agency**



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

**Sponsorship Opportunities available
call 674-2071 ext. 2204
for information**

**We will follow all COVID-19 related
Procedures and Protocols, whatever
they are at the time of the
Tournament.**



For more information contact:

Bert Marshall, 309-674-2071 ext. 2204
rmarshall@ciao.net or

Renee Razo, 309-674-2071 ext. 2205
rrazo@ciao.net

www.ciao.net

Second Round

Get *free* COVID test kits at [COVIDtests.gov](https://www.covidtests.gov)

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests.

If you already ordered your first set, [order a second today.](#)

- The tests are completely free.
 - There are no shipping costs.
- You don't have to give a credit card or bank account number.
 - You only need to give a name and address.

Order Free At-Home Tests

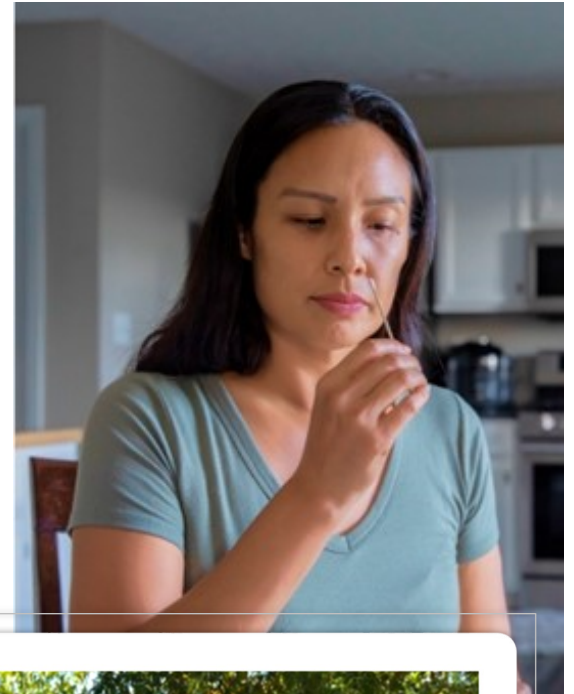
**Need help placing
an order for your
at-home tests?**

Call

[1-800-232-0233](tel:1-800-232-0233)

(TTY [1-888-720-7489](tel:1-888-720-7489)).

If you need a COVID-19 test now, please see [other testing resources](#) for free testing locations in your area.



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

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you are up to date on COVID-19 vaccinations or had confirmed COVID-19 within the last 90 days.

If you are up to date with COVID-19 vaccinations

- You do NOT need to quarantine unless you have symptoms
- Wear a well-fitting mask around others for 10 days following exposure
- Get tested at least 5 days after your exposure

If you are not fully up to date on COVID-19 vaccinations

- Stay home and quarantine for at least 5 full days
- Wear a well-fitting mask if you must be around others in your home
- Get tested at least 5 days after your exposure, even if you don't develop symptoms

If you had confirmed COVID-19 within the past 90 days

- You do NOT need to quarantine unless you develop symptoms



ISOLATION

keeps someone with confirmed or suspected COVID-19 away from others, even in their own home.

During isolation, stay in a separate room and use a separate bathroom, if possible. Wear a well-fitting mask and improve the ventilation in your home.

If you tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days and isolate from others
- Wear a well-fitting mask if you must be around others in your home

Ending isolation if you had symptoms

- After 5 days and when you are fever-free (without use of fever-reducing medication) and your symptoms are improving

Ending isolation if you did NOT have symptoms

- After at least 5 days after your positive test

If you were severely ill with COVID-19

- Isolate for at least 10 days
- Consult your doctor before ending isolation

Take precautions until day 10

- Wear a well-fitting mask anytime you are around others
- Avoid travel
- Avoid being around people who are at high risk



ILLINOIS ADULT PROTECTIVE SERVICES PROGRAM

The Illinois Adult Protective Services Act (Public Act 98-0049) was enacted into law to address abuse of adults with disabilities between the ages of 18-59 or persons age 60 or older who live in the community. (eligible adults). Under the authority of the Act, the Illinois Department on Aging administers a statewide Adult Protective Services (APS) intervention program to respond to the reports of alleged abuse, neglect, financial exploitation, and self-neglect, and to work with the adult to develop and implement a case plan to stabilize the situation and resolve the abusive circumstances.

In addition, the APS Program accepts reports of abandonment to help eligible adults who have been left without proper care or necessities. This information is intended to help you understand what abandonment means and how it fits into APS.

Abandonment:

Abandonment is defined as “the desertion of willful forsaking of an eligible adult by an individual responsible for the care and custody of that eligible adult under circumstances in which a reasonable person would continue to provide care and custody.” (Public Act 102-0244)

It is important to note the following criteria must be met:

- The abandonment must have been perpetrated by an individual “responsible for the care and custody” of the eligible adult and,
- A “reasonable person” would have continued to provide care and custody to the eligible adult.



Potential indicators of abandonment:

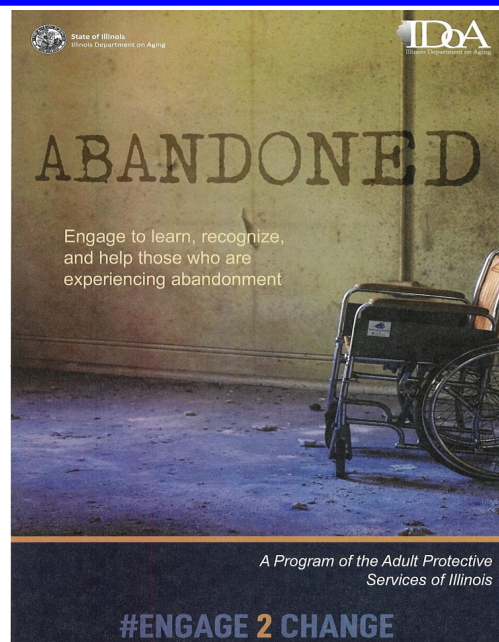
- Individual left alone without basic necessities creating a risk to the individual.
- Abuser surrendered care of the individual to another individual or agency that is incapable of meeting the individual’s needs.
- Abuser surrendered care of the individual to another individual or agency without arranging for follow up care with this entity.
- Abuser ceases providing care to an individual without a plan for replacement care.

Individual Choice:

The APS program is based on the adult’s right to self-determination; no decisions are made about the adult without the adult’s involvement and consent. Every effort is made to respect the choices, goals, and preferences of the eligible adult including their right to remain in their own home.

Senior Helpline

(8:30 am—5:00 pm; Monday—Friday)
1-800-252-8966



To Report:

The Adult Protective Services Program can only help those adults at risk who are identified through a report. Call if you suspect any type of abuse, exploitation, or abandonment. **All calls are confidential.**

**The 24-hour
hotline number is
1-866-800-1409**

When a report is received, a trained caseworker responds within a specified time period depending on the severity of the case.

APS Services:

With the adult’s consent, APS will intervene to assist the individual in obtaining items essential for them, such as food, clothing, shelter and health care, and obtaining goods and services necessary to maintain physical and mental health.



Illinois Department on Aging



NATIONAL
PUBLIC
HEALTH
WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

APRIL 4-10, 2022

PUBLIC HEALTH IS WHERE YOU ARE

No matter where you are, APHA invites you to join us as we celebrate National Public Health Week!

This year's theme, *Public Health Is Where You Are*, celebrates what we know is true: The places where we are, physically, mentally and societally, affect our health and our lives. As we celebrate the 27th NPHW, April 4-10, we want everyone to know they can make their communities healthier and safer for all. And as we move slowly back toward gathering in person, we're focusing not just on what we can do as individuals, but what we can do as communities to protect and prioritize public health.

This NPHW, we're taking a look at the intersections of our lives that affect our health and well-being. And we're encouraging everyone — public health professionals, students, elected leaders and the general public — to step in and do what they can to make our world a more equitable, safe, healthy and just place. We're also going to have some fun along the way. We hope you'll join us.

Thank you essential and health workers!



APHA

NATIONAL
PUBLIC
HEALTH
WEEK

National Public Health Week 2022

Daily Themes

Monday

Racism: A Public Health Crisis

Racist inequities in health care, income, housing, education have widened during the COVID-19 pandemic, harming health and well-being. We must address the public health crisis of racism and advance racial equity to improve health.

Tuesday

Public Health Workforce: Essential to our Future

The public health workforce is essential to our future. Let's support these professionals and strengthen the public health authority for better health outcomes in all of our communities, now and in the future.

Wednesday

Community: Collaboration and Resilience

We must work together to improve housing, education, food, transportation and the environment to support equity, resilience and the health of our communities and the people who live, work, play and learn there.

Thursday

World Health Day: Health is a Human Right

Celebrate World Health Day this National Public Health Week by supporting continued funding for U.S. global health efforts. We are all connected, as the COVID-19 pandemic has shown. Let's work together to make the world a safer place for everyone.

Friday

Accessibility: Closing the Health Equity Gap

We can close the health equity gap by reducing health disparities in health insurance, increasing physical accessibility to care, improving availability of appropriate care and building more inclusive public health programs and communities.

Saturday

Climate Change: Taking Action for Equity

While climate change hurts everyone, people of color and those with lower incomes experience greater health harms. APHA is at the forefront, calling for equity and investment in local solutions that meet community needs.

Sunday

Mental Wellness: Redefining the Meaning of Health

Each year, one in five Americans will experience mental illness. Mental health is public health. Prevention, early detection and treatment of mental health conditions can lead to improved physical and community health.



Diabetes and Foot Problems

Foot problems are common in people with diabetes. You might be afraid you'll lose a toe, foot, or leg to diabetes, or know someone who has, but you can lower your chances of having diabetes-related foot problems by taking care of your feet every day. Managing your blood glucose levels, also called blood sugar, can also help keep your feet healthy.

How can diabetes affect my feet?

Over time, diabetes may cause nerve damage, also called [diabetic neuropathy](#), that can cause tingling and pain, and can make you lose feeling in your feet. When you lose feeling in your feet, you may not feel a pebble inside your sock or a blister on your foot, which can lead to cuts and sores. Cuts and sores can become infected.

Diabetes also can lower the amount of blood flow in your feet. Not having enough blood flowing to your legs and feet can make it hard for a sore or an infection to heal. Sometimes, a bad infection never heals. The infection might lead to [gangrene](#).

Gangrene and foot ulcers that do not get better with treatment can lead to an [amputation](#) of your toe, foot, or part of your leg. A surgeon may perform an amputation to prevent a bad infection from spreading to the rest of your body, and to save your life. Good foot care is very important to prevent serious infections and gangrene.

Although rare, nerve damage from diabetes can lead to changes in the shape of your feet, such as [Charcot's foot](#). Charcot's foot may start with redness, warmth, and swelling. Later, bones in your feet and toes can shift or break, which can cause your feet to have an odd shape, such as a "rocker bottom."

What can I do to keep my feet healthy?

Work with your health care team to make a diabetes self-care plan, which is an action plan for how you will manage your diabetes. Your plan should include foot care. A foot doctor, also called a podiatrist, and other specialists may be part of your health care team.

Include these steps in your foot care plan:

Tips to Take Care of Your Feet

- [Check your feet every day.](#)
- [Wash your feet every day.](#)
- [Smooth corns and calluses gently.](#)
- [Trim your toenails straight across.](#)
- [Wear shoes and socks at all times.](#)
- [Protect your feet from hot and cold.](#)
- [Keep the blood flowing to your feet.](#)
- [Get a foot check at every health care visit.](#)



4 Ways to Improve Focus and Memory



Normal aging leads to gradual changes in many skills associated with thinking and memory. For example, you might find it harder to focus your attention and absorb information quickly. The slowdown in processing can lead to a bottleneck of information entering your short-term memory, reducing the amount of information that can be acquired and encoded into long-term memory.

But the following 4 strategies can help you learn how to improve focus and attend to the information presented to you:

1. When someone is talking to you, look at the person and listen closely. If you missed something that was said, ask the person to repeat it or to speak more slowly.
2. Paraphrase what is said to make sure that you understand it and to reinforce the information. For example, if someone says, "We can see the movie either at Loews Theater at 7:30 or at the Paramount at 7:50," you might respond, "Which would you prefer, 7:30 at Loews or 7:50 at the Paramount?"
3. If you find that you tend to become distracted during conversations, try getting together with people in quiet environments. For example, you could suggest meeting at someone's home instead of at a noisy restaurant. When you do meet people at a restaurant, sit at a table near a wall. If your companions sit against the wall and you sit facing them, you'll be able to focus on them without having your attention wander to other diners.
4. You can improve your ability to focus on a task and screen out distractions if you do one thing at a time. Try to avoid interruptions. For example, if someone asks you something while you're in the middle of reading or working, ask if the person can wait until you're finished. Don't answer the phone until you've finished what you're doing — let voice mail take the call.

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Harvard Health Publishing
HARVARD MEDICAL SCHOOL

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*1st Monday of the month
11:00a-12:45p at the Peoria Public Library– North Branch*

- 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

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE CREVE COEUR PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*Once Monthly on a Tuesday
at 5:00p-6:00p at the Creve Coeur Library*

- 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

END PLASTIC POLLUTION

7 TIPS TO RECYCLE BETTER

Recycling is a regional enterprise, and each city has different rules, which complicates things for residents who just want to know how to recycle correctly. The truth is that recycling is confusing.

Below are a few recycling best practices:

RULE #1: NO BAGS

Grocery bags, aka 'tangles,' in the biz



RULE #2: SMALL THINGS, BIG PROBLEMS



Don't recycle anything smaller than a credit card.

RULE #3: CLEAN, EMPTY, AND DRY

Should be clean enough to use again



RULE #4: COMBINED MATERIALS = TRASH



Plastic-coated coffee cup, I'm looking at you...

RULE #5: KNOW THY PLASTICS



Not all plastics are treated equally: Plastic cutlery, straws, and clamshell containers can't be recycled curbside!

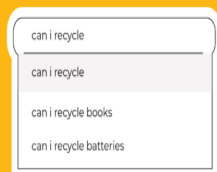
Don't ruin it for the rest of us



RULE #6: STOP WISHCYCLING

RULE #7: KNOWLEDGE IS POWER

Not sure if you can recycle it? Look it up!



Check out EARTHDAY.ORG's [End Plastic Pollution](#) campaign, [find additional ways](#) to reduce your plastic waste and [make a pledge](#) to reduce your use of plastic.



Source: <https://www.earthday.org/7-tips-to-recycle-better/>



alzheimer's association

Going for the Gold(en) Years

Saturday, April 30, 2022

10:00 am until 1:30 pm

Proctor Center 309 S. DuSable St. Peoria, IL 61605

Explore what Graceland Center for Purposeful Aging plans to offer for adults ages 50 +

10:00 am	Check in	Coffee and snacks, visit vendors
10:30 am –	<u>Welcome</u>	<u>Opening</u>
10:45am	Peggy Jacques Founder and Executive Director of Graceland Center	Dr. Joseph Babione UnityPoint Peoria UnityPlace
11:00 am –	<u>Healthy Living for your</u>	Daryl Carlson
11:30 am	<u>Brain</u>	Alzheimer's Association IL Chapter
11:45 am –	<u>Feisty Physical Fun for the</u>	Christine Clemons
12:15 pm	<u>50's and Beyond!</u>	CTRS
12:30 pm –	<u>Holding Back the Years</u>	Tahari N. Allen, MA, LPC
12:45 pm		OSF Strive-Trauma Recovery Center
12:45 pm –	<u>Box Lunch Included with</u>	<u>Recap</u>
1:30 pm	<u>registration</u> Visit Vendors and Door Prize Give Aways	Q & A Graceland Center's Purpose Gathering Community Input

- Registration is DUE by APRIL 15th, 2022!
- Registration MUST be completed BEFORE the event. Registrations after April 15th will be accepted only if there is room for more people. Walk ins will *not* be able to be accommodated due to COVID precautions.
- COVID rules will be followed. Be prepared to wear a mask to attend and to observe social distancing as indicated.
- Cost is \$5 per person, CASH ONLY.
- No one will be turned away due to inability to pay. Note on the registration form if you have a need for a scholarship, access accommodations, or food allergies.
- Register at <https://forms.gle/5Bbc6p18pzHnbtyA8> OR
- Call 833.503.7773 to leave a message; we will return your call promptly to help you register.

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!

Save big with low Medicare costs when you turn 65.

Health Alliance™ Medicare Advantage plans are made for you. Get the flexibility to see doctors you know and trust, plus comprehensive coverage options with all this and more:

- Plans that allow you to see any doctor who accepts Medicare.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.



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.**

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings call (888) 382-9771 (TTY 711).

“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.**

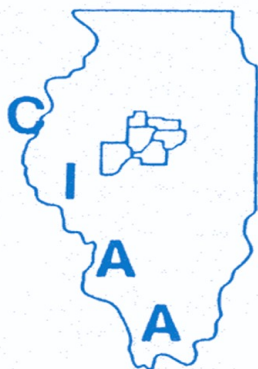
Contact:

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 ciao@ciao.net

Space is limited.

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



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 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).

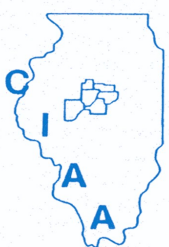


Planning a Group Trip or Outing?

**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:

Robert Sea, Transportation Program Manager

700 Hamilton Blvd.

Peoria, IL 61603

P: (309) 674-2071

Email: Rsea@ciaoa.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**
1st and 3rd 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**
2nd 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**
3rd Friday of the month (2:00 p.m.-3:30 p.m.)
Miller Senior Center, 551 S. 14th St., Pekin, IL 61554
Facilitator: Kaili Ruff, B.S.
- + **Woodford County Family Caring 4 Family Support Group**
3rd 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

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

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

Peoria Civic Center

201 SW Jefferson Avenue
Peoria, IL 61602

673-8900

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@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.



*Caring
for the Caregiver*

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 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
spain@ilhousegop.org

Rep. Mark Luft (91st District—R)
2964 Court Street
Pekin, IL 61554
(309)620-9191
luft@ilhousegop.org

Senator Dave Koehler (46th District—D)
400 NE Jefferson, Suite 200
Peoria, IL 61603
(309)677-0120, Fax (309)346-4650
senatordavekoehler@gmail.com

Rep. Keith Sommer (88th District—R)
121 W. Jefferson
Morton, IL 61550
(309)263-9242, Fax (309)263-8187
sommer@mtco.com

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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