



# 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

2022, August 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](mailto:hdinh@ciaoa.net)



**CENTRAL ILLINOIS AGENCY ON AGING, INC.**  
**20<sup>TH</sup> 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)**  
**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.**



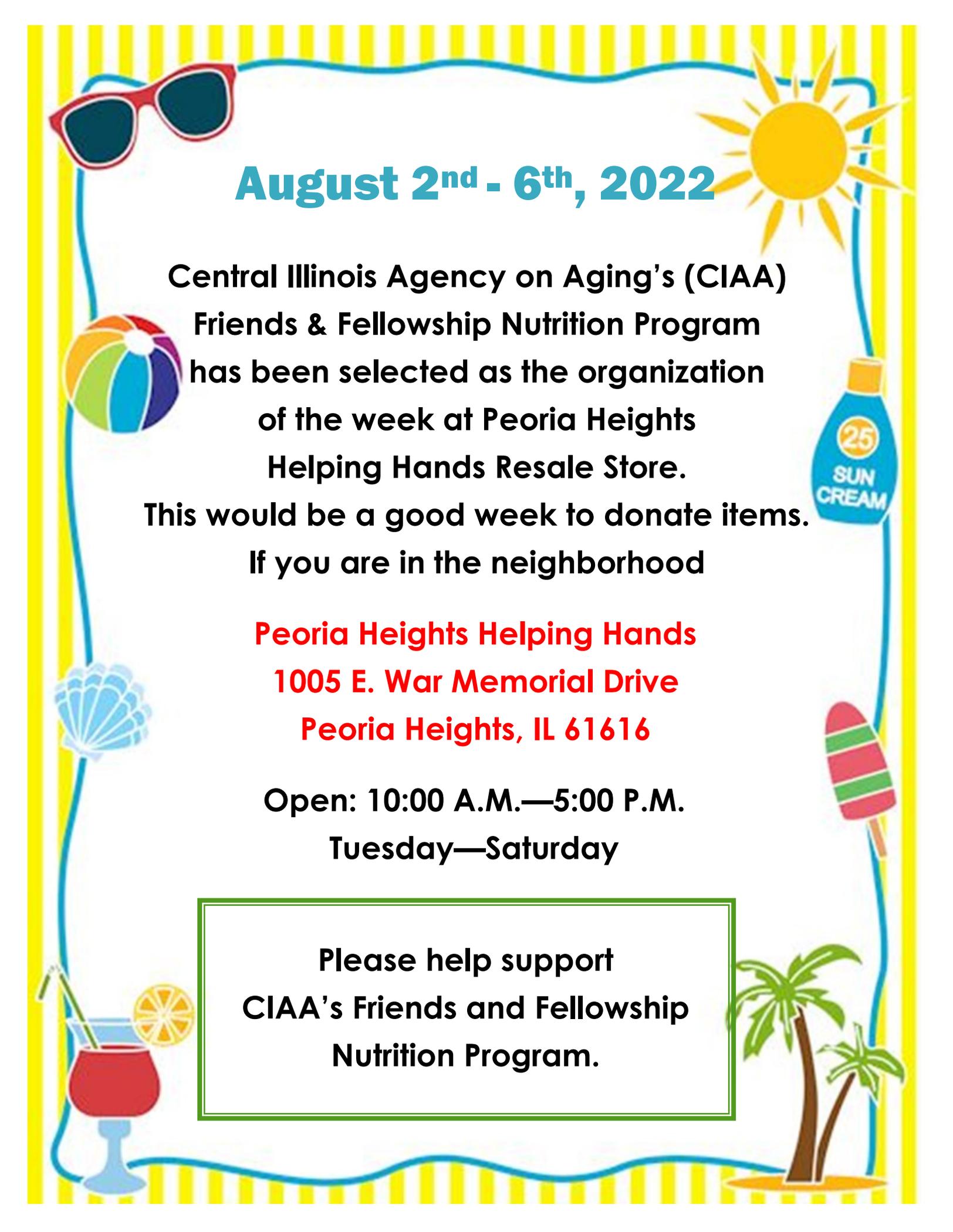
**Major Sponsor**



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



*For more information contact:*  
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[www.ciaoa.net](http://www.ciaoa.net)



**August 2<sup>nd</sup> - 6<sup>th</sup>, 2022**

**Central Illinois Agency on Aging's (CIAA)  
Friends & Fellowship Nutrition Program  
has been selected as the organization  
of the week at Peoria Heights  
Helping Hands Resale Store.  
This would be a good week to donate items.  
If you are in the neighborhood**

**Peoria Heights Helping Hands  
1005 E. War Memorial Drive  
Peoria Heights, IL 61616**

**Open: 10:00 A.M.—5:00 P.M.  
Tuesday—Saturday**

**Please help support  
CIAA's Friends and Fellowship  
Nutrition Program.**

# COVID-19 Vaccines Are Free to the Public



## *What You Need to Know*

- COVID-19 vaccines are available for everyone ages 6 months and older at **no cost**.
- Vaccines were paid for with taxpayer dollars and will be given free of charge to all people living in the United States, regardless of insurance or immigration status.
- COVID-19 vaccination is an important tool to help stop the pandemic.
- CDC recommends you [get a COVID-19 vaccine](#) as soon as you can.

## *COVID-19 Vaccines Are Free to Anyone in the United States*

COVID-19 vaccines are available for everyone ages 6 months and older at **no cost**. Vaccines were paid for with taxpayer dollars and will be **free of charge** to all people living in the United States, regardless of health insurance or immigration status.

- CDC does not require U.S. citizenship for individuals to receive a COVID-19 vaccine.
- Jurisdictions (state, tribal, local, and territorial) cannot add U.S. citizenship requirements or require U.S. Citizenship verification as a requirement for vaccination.

## *Be Aware of Scams*

If anyone asks you to pay for access to a COVID-19 vaccine, it's **a scam**. Don't share your personal or financial information if someone calls, texts, or emails you promising access to a vaccine for an extra fee.

### **COVID-19 vaccination providers cannot:**

- Charge you for a vaccine
- Charge you directly for any administration fees, copays, or coinsurance
- Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
- Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination
- Require additional services in order for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate

### **COVID-19 vaccination providers can:**

- Seek appropriate reimbursement from the recipient's plan or program (e.g., private health insurance, Medicare, Medicaid) for a vaccine administration fee
  - \* However, providers **cannot** charge the vaccine recipient the balance of the bill.

## *More Information*

[Find a COVID-19 Vaccine](#)

[Safety of COVID-19 Vaccines](#)

[Stay Up to Date with Your Vaccines](#)



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/no-cost.html>



# The Importance of Covid/Shingles Vaccines/Boosters

By CIAA Volunteer

*With the President's recent positive test result for Covid,  
I hope his outcome is speedy and perhaps this will reinforce my narrative.*



From medical family, pro-vaccine senior with heart meds for 14 years (beta blocker/warfarin), I wish to chronicle my shingles story to alert others of symptoms and encourage them to get their shots! My unwelcome Valentine gift was shingles with intense itching on my left torso, as I had been unable to get my 10-yr booster from February 23, 2012. Thinking it was another mole, I checked to find a small red/purple spot; I was able to see my doctor the next day and he verified the "rose" within the necessary 48 hours of diagnosis and prescribed 3xdaily for one week pill easing my symptoms. My next step was to get relief from the intense 24/7 itch spreading to my back in its "nerve tunnel" as shingles is a nerve irritation, not skin problem.

Rather than getting a steroid shot, I opted to try itch relief ointment early March with no results, prescription sleeping aid late March but didn't like side effects, an expensive and awkward prescription patch early May, then another prescription sleeping aid with similar side effects. I wisely decided it was time for the shot to hasten recovery and ease itching on April 23, 2022 but had to wait again until May 18 for the shingles vaccine. The time frames are specific and mandatory--a minimum of 3 weeks between the steroid shot, end of symptoms and shingles vaccination and may also depend upon patient's medical history.

On Monday, July 23, I was given the shingles booster shot with minor shoulder soreness...now thankfully I am good for another ten years! This is an experience I would not wish on anyone but due to quick detection and initial one week pills, I didn't have the horrid shingles rashes, blisters or intense pain as now seen on TV ads-- they are both visual and accurate.

My Covid story is a contrast--I was fortunate to get first Pfizer shot February 4, 2021 and the second 3 weeks later, February 25, 2021. My two boosters were given October 14, 2021 and May 9, 2022 and I am thus far Covid free but quickly add that I mask in public, distance when possible and wash my hands frequently. Many people choose for personal reasons not to take the Covid vaccine so I am very careful when out as I do not know who has/has not done so. Please do yourself a favor and consider, if you haven't done so, getting this vital vaccine for your protection and others as well. I do know people who won't get the shot, have had Covid more than once and that is their prerogative. The facts remain that I am older, have a heart condition, and want to remain Covid-free.



Image Credit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html#print>

*By intent, I have tested negative four times.*



*This is written in memory of my parents  
with my thanks to the Agency for publishing...  
if one person decides to vaccinate,  
it has served its purpose.*

*To learn more about Shingles and Covid,  
check out the links list below:*

<https://www.cdc.gov/shingles/vaccination.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

## Get Vaccinated



Find COVID-19 vaccines and boosters near you.

[Find a vaccine near you](#)

Call 1-800-232-0233

Text your zip code to 438829

Message & data rates may apply.  
[CDC Privacy Policy](#)

**August is National Immunization Awareness Month**

Vaccine-preventable  
diseases are still a threat.

Vaccination is the best

**protection.**



**National Immunization  
Awareness Month**





## *Slow Down:* Back to School Means Sharing the Road

School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

### *If You're Dropping Off*

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

### *Sharing the Road with Young Pedestrians*

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way



Source: <https://www.nsc.org/community-safety/safety-topics/school-safety/back-to-school-safety-tips-for-drivers>

### *Sharing the Road with School Buses*

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

### *Sharing the Road with Bicyclists*

On most roads, [bicyclists have the same rights and responsibilities as vehicles](#), but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

*By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.*

# HELP KEEP YOUR CLASSMATES WITH FOOD ALLERGIES SAFE

## WASH HANDS



before and after handling or eating food



Wet with water



Lather with soap



Scrub for 20 seconds



Rinse



Dry

For more information on managing food allergies, visit [foodallergy.org](http://foodallergy.org)



**FARE**  
Food Allergy Research & Education



# Sugar: Does It Really Cause Hyperactivity?

*Contributors: Karen Ansel, MS, RDN, CDN and Esther Ellis, MS, RDN, LDN*

Round up a group of kids for a party, ply them with cake and soda and before you know it they'll be bouncing off the walls, right? Not exactly. While many parents swear that sugar makes their kids hyperactive, a substantial body of research shows there's no link between the two.

## *The Sweet Truth*

The sugar-hyperactivity myth is based on a single study from the mid 1970's in which a doctor removed the sugar from one child's diet and that child's behavior improved. Since then, over a dozen larger studies have been conducted without proving sugar causes hyperactivity. Interestingly enough, researchers have

found that parents are more likely to say that their kids are overly active when they think they've consumed sugar. In one study, parents were asked to rate their child's hyperactivity after consuming a drink with sugar. Unknown to the parents, the drink was sugar-free, but the parents still rated their child as more hyperactive.

## *Guilty By Association?*

You may think that your child is acting out during his or her birthday party because of the sweet snacks being consumed, but actually your child may be wired up because of the excitement of playing games and being with friends. Experts say you should take stock of your child's environment before blaming sweets for hyperactivity or bad behavior. Some studies even suggest that sugar may actually have a calming effect because it produces a chemical called serotonin which contributes to a feeling of well-being.

## *Get Sugar Savvy*

Hyperactivity aside, there is another reason you should be concerned with the amount of added sugars your child consumes. When kids fill up on sugar-sweetened foods and beverages they have little appetite for healthier foods their growing bodies need, such as fruits, vegetables, whole grains, lean protein and low-fat dairy. While you don't need to restrict the sweet stuff entirely (a little teaches balance and moderation), you can offer it strategically. For example, top a small bowl of ice cream or frozen yogurt with fresh berries. That way, everyone gets their just desserts – and a side of nutrition, too.



*Image Credit: Stockbyte/Stockbyte/Getty Images*

**KIDS eat right.**

*Karen Ansel, MS, RDN, CDN is a nutrition consultant, journalist and author specializing in nutrition, health and wellness.*

**Source:** <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/sugar-does-it-really-cause-hyperactivity>

**WHEN A CHILD DOES THIS:**



**INABILITY TO SLEEP**

**FREQUENT RUBBING OF EYES**

**TIRED EYES**

**HEADACHES**

**DIFFICULTY FOCUSING**

**IT'S TIME TO DO THIS:**

**ENCOURAGE HEALTHY SCREEN HABITS!**



**Birth through 1 year:**  
No digital media use.



**Ages 2 through 5 years:**  
1 hour a day maximum.



**Ages 6 years & older:**  
Consistent management of screen time & content.

**PLAY OUTDOORS!**

1 to 2 hours daily.



**LOOK OUT!**

Discourage use of ANY screen held close to the eyes.



**SIT UP!**

**Screen**

- At arms-length
- Slightly below eye level
- Tilted away

Light behind user.

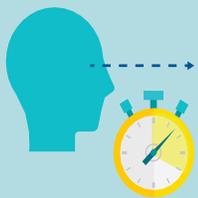


**SEE COMFORTABLY!**



**Adjust** screen brightness & contrast.

**Avoid Screen Glare**



**LOOK UP!**

Look into the distance several times an hour.



**BLINK!**

To keep eyes moist.



**SHUT DOWN!**

Stop device use 1 to 2 hours before sleep.



**KNOW THE SIGNS!**

that might indicate a vision problem. Children's vision can change quickly.



**VISIT AN EYE DOCTOR!**

Always seek eye care if:

- Vision symptoms persist.
- The child does not pass a vision screening.

- Replace damaged or out-of-date eyeglasses & contact lenses.
- Schedule routine eye exams as recommended.

**FIND OUT MORE! [preventblindness.org/kids-screens](http://preventblindness.org/kids-screens)**



## What Are the Health Benefits of Pears?

The beauty of pears is more than just skin deep.

This is a fruit with a healthy personality, too – the kind of fruit you want to have around all the time. That they are luscious and satisfying goes without question. But pears also possess these fine nutritional points:

- ◆ Low in calories
- ◆ Contain no fat, cholesterol or sodium
- ◆ A delicious source of energy (carbohydrates)
- ◆ High in fiber
- ◆ A good source of vitamin C
- ◆ Contain natural antioxidants

have a  
**plant**<sup>™</sup>  
fruitsandveggies.org

*And that's just the basics. There's more to tell.*

1 medium pear has 100 calories; 0 fat; 0 cholesterol; 0 sodium; 26g CHO (6 g fiber; 16g sugar); 10% vitamin C; 2% calcium; 190 mg potassium.

Soluble fiber has also been associated with lower blood pressure and reduced inflammation. While short-term inflammation is part of the body's natural defenses and critical to healing from injuries or infections, it is not good for the body to remain in this state, known as chronic inflammation. Chronic inflammation is extremely damaging and considered the root of many diseases including heart disease among others.

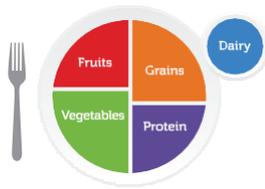
Soluble fiber also helps to slow the absorption of carbohydrates which may help people with diabetes in controlling their blood sugar levels. Diabetes is a metabolic disorder affecting the body's ability to secrete insulin and use blood sugar for energy. A key component of managing diabetes is to control blood sugar levels, and slower absorption of carbohydrates is very beneficial.

Insoluble fiber helps maintain a healthy GI tract by moving foods through the body efficiently. Fiber in general helps promote satiety, or a feeling of fullness, which can be helpful in weight loss or weight maintenance efforts. A diet that includes insoluble fiber has also been associated with a reduced risk of developing Type 2 Diabetes.

Now here's the beauty part: Pears contain a mix of both soluble and insoluble fiber, offering a total of 6 grams of fiber in just one medium-size pear. That makes pears one of the top food choices for fiber. Just one pear each day gets you well on your way!

Source: <https://fruitsandveggies.org/expert-advice/what-are-the-health-benefits-of-pears/>

Start *simple*  
with **MyPlate**



# Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



## Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



## Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



## Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



## Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



## Offer nonfood rewards

Food aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



Go to [MyPlate.gov](https://www.myplate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

# Feeling Lonely or Socially Isolated?



**Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problem such as heart disease, depression, and cognitive decline.**

## Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

**If you are feeling lonely or isolated, talk with your doctor about your concerns.**

## Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

## For More Information

Find tips and resources at [www.nia.nih.gov/CommitToConnect](http://www.nia.nih.gov/CommitToConnect), or call the Eldercare Locator at **800-677-1116** to connect with resources and services in your community.



# “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.**

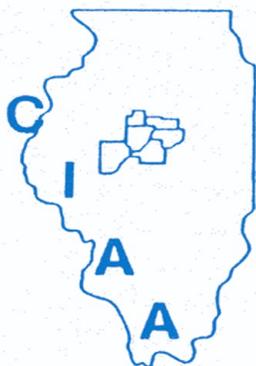
### **Contact:**

*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*

# BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

*A chance to meet with other caregivers in your area*

# CAREGIVER CHAT

*1<sup>st</sup> 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*



# 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 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](mailto:Rsea@ciaoa.net)



Clipart Credit: <http://clipart-library.com/clipart/school-clipart-48.htm> and <http://clipart-library.com/clipart/8TxrMdek.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)**  
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Peoria, IL 61614  
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[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

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400 NE Jefferson, Suite 200  
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121 W. Jefferson  
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[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  
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