



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, June 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

NATIONAL CENTER ON ELDER ABUSE



5 Things Everyone Can Do to Prevent Elder Abuse

Here are 5 things everyone can do to build community supports and prevent elder abuse.

- 1) **Learn the signs** of elder abuse and how we can solve the issue together.
- 2) **Prevent isolation** call or visit our older loved ones and ask how they are doing on a regular basis.
- 3) **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
- 4) **Sign up to be a friendly visitor** to an older person in our communities.
- 5) **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.

JUNE 15

It is up to all of us to prevent and address elder abuse!

For more information on elder abuse prevention, please visit us on line or call:

ncea.acl.gov | 855-500-3537

Source: [5 Things Everyone Can Do to Prevent Elder Abuse](#)



Beginning **6/5**
**MEDICARE
 FRAUD
 PREVENTION
 WEEK**

SUPPORTED BY GRANT # 907PRC0002 FROM ACL



Celebrating 25 Years of the Senior Medicare Patrol (SMP)

June 5 through June 11, 2022

Why Is This Week Important?

Medicare loses an estimated \$60 billion each year due to:

1. Fraud
2. Errors
3. Abuse

How to Take Part in the Week

Remember the three steps from the SMP: Prevent, Detect, Report!

1. Prevent: Learn to read your Medicare Summary Notice
2. Detect: Look for services, products or equipment you didn't order
3. Report: Call or email SMP if you believe that you have experienced health care fraud, errors, or abuse.

Caregivers: Help by educating yourself and your client or loved one on how to prevent and detect health care fraud, errors and abuse.

Families: Help by talking to your loved ones about protecting their **MEDICARE** number just like a credit card.

Health care providers: Help by talking to patients about health care –related SCAMS such as those related to durable medical equipment and genetic testing schemes. Reminder them that products and services should only be ordered by physicians they regularly see, not medical items through TV ads or unsolicited calls.

Community: Help by looking out for your older neighbors. When in public, be aware of older individuals purchasing gift cards in large amounts. If you overhear someone talking about Medicare, don't be afraid to offer information about SMP and SHIP. Encourage those you know to talk to a trusted source about their Medicare questions. Tell your neighbors about the most recent Medicare Scams.



Consider Volunteering with Your Local SMP!

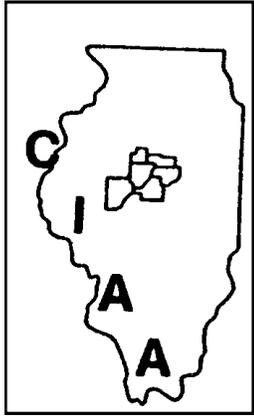
Contact: Nancy Bell, Program Manager

Senior Medicare Patrol Program

Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd.; Peoria, IL 61603

309-673-7758



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.**

Major Sponsor

AARP[®]
Illinois

**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



June is Men's Health Month



Want to
see these
stats
change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make $\frac{1}{2}$ as many physician visits for prevention as women

Schedule a checkup today!

Do it for yourself and for those who count on you.



Learn more at:

www.MensHealthMonth.com

or call 1-866-543-6461 ext. 101

MensHealth-
Month.com



facebook.com/
MensHealth-
Month



twitter.com/
MensHealth-
Month





Why Is It Important to Eat Fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Nutrients

- ◆ Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- ◆ Fruits are sources of many essential nutrients that many people don't get enough of, including potassium, dietary fiber, vitamin C, and folate.
- ◆ Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peached and apricots, cantaloupe, honeydew melon, orange juice, sapote, jackfruit, guava, and kiwi.
- ◆ Diet fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- ◆ Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C helps your body absorb iron more easily.



Health Benefits

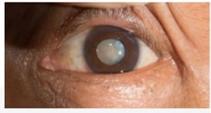


- ◆ As part of an overall healthy diet, eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- ◆ Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- ◆ Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- ◆ Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet.

Source: <https://www.myplate.gov/eat-healthy/fruits>



What Are Cataracts?

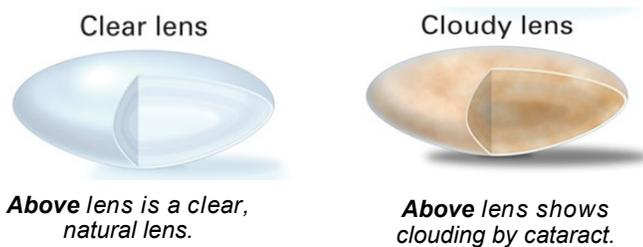


A cataract is when your eye's natural lens becomes cloudy. Proteins in your lens break down and cause things to look blurry, hazy or less colorful.

Inside our eyes, we have a natural [lens](#). The lens bends (refracts) light rays that come into the eye to help us see. The lens should be clear, like the top lens in the illustration.

Vision Problems with Cataracts

If you have a [cataract](#), your lens has become cloudy, like the bottom lens in the illustration. It is like looking through a foggy or dusty car windshield. Things look blurry, hazy or less colorful with a cataract.



Cataracts Symptoms

Here are some vision changes you may notice if you have a cataract:

- Having [blurry vision](#)
- [Seeing double](#) or a ghosted image out of the eye with cataract
- Being extra [sensitive to light \(especially with oncoming headlights at night\)](#)
- Having [trouble seeing well at night](#), or needing more light when you read
- Seeing bright colors as faded or yellow instead

If you notice any of these cataract symptoms, notify your ophthalmologist.



Above: Cataracts can make images appear dull or yellow.



Above: Cataracts can cause distortion or ghost images.



On the Left: Blurry or dim vision is a symptom of cataracts.

See a [simulation of what vision with cataract looks like](#).

Source: <https://www.aaopt.org/eye-health/diseases/what-are-cataracts>

What Causes Cataracts?

Aging is the most common cause. This is due to normal eye changes that begin to happen after age 40. That is when normal proteins in the lens start to break down. This is what causes the lens to get cloudy. People over age 60 usually start to have some clouding of their lenses. However, vision problems may not happen until years later.

Other reasons you may get cataracts include:

- having parents, brothers, sisters, or other family members who have cataracts
- having certain medical problems, such as [diabetes](#)
- smoking
- having had an [eye injury](#), eye surgery, or radiation treatments on your upper body
- having spent a lot of time in the [sun](#), especially without [sunglasses that protect your eyes from damaging ultraviolet \(UV\) rays](#)
- using certain medications such as [corticosteroids](#), which may cause early formation of cataracts.

Most age-related cataracts develop gradually. Other cataracts can develop more quickly, such as those in younger people or those in people with [diabetes](#). Doctors cannot predict how quickly a person's cataract will develop.

You may be able to slow down your development of cataracts.

[Protecting your eyes from sunlight](#) is the best way to do this. Wear [sunglasses](#) that screen out the sun's ultraviolet (UV) light rays. You may also wear regular [eyeglasses](#) that have a clear, anti-UV coating. Talk with your eye doctor to learn more.

Fireworks Eye Safety



The best way to avoid a potentially blinding fireworks injury is by attending a professional, public fireworks show rather than purchasing fireworks for home use.

If you attend or live near a professional fireworks show:

- **Respect safety barriers, follow all safety instructions and view fireworks from at least 500 feet away.**
- **Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to help.**



For those who decide to purchase and use consumer fireworks in states where they are legal (PDF), follow these safety tips from the Consumer Product Safety Commission:

- **Do not allow young children to play with fireworks. Sparklers, a firework often considered by many to be the ideal "safe" device for the young, burn at very high temperatures and should be not be handled by young children. Children may not understand the danger involved with fireworks and may not act appropriately while using the devices or in case of emergency.**
 - **Older children should be permitted to use fireworks only under close adult supervision.**
 - **Do not allow any running or horseplay.**
- **Set off fireworks outdoors in a clear area, away from houses, dry leaves, or grass and other flammable materials.**
- **Keep a bucket of water nearby for emergencies and for pouring on fireworks that fail to ignite or explode.**
- **Do not try to relight or handle malfunctioning or "dud" fireworks. Soak them with water and throw them away.**
 - **Be sure other people are out of range before lighting fireworks.**
 - **Never light fireworks in a container, especially a glass or metal container.**
 - **Keep unused fireworks away from firing areas.**
 - **Store fireworks in a cool, dry place.**
 - **Check instructions for special storage directions.**
 - **Observe local laws.**
- **Never have any portion of your body directly over a firework while lighting.**
 - **Do not experiment with homemade fireworks.**



Staying Physically Active with Alzheimer's

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun.

You want someone with Alzheimer's to do as much as possible for himself or herself. At the same time, you need to make sure that the person is safe when active.



Getting Started

Here are some tips for helping the person with Alzheimer's disease stay active:

- Help get the activity started or join in to make the activity more fun.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Make sure the person with Alzheimer's disease has an ID bracelet with your phone number if he or she walks alone.
- Check your local TV guide to see if there is a program to help older adults exercise, or watch exercise videos made for older people.
- Add music to the exercises if it helps the person with Alzheimer's disease. Dance to the music if possible.
- Break exercises into simple, easy-to-follow steps.
- Make sure the person wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise

HAPPY FATHER'S DAY

Gentle Exercise

Some people with Alzheimer's may not be able to get around well. This is another problem that becomes more challenging to deal with as the disease gets worse. Some possible reasons for this include:

- Trouble with endurance
- Poor coordination
- Sore feet or muscles
- Illness
- Depression or general lack of interest

Even if people have trouble walking, they may be able to:

- Do simple tasks around the home, such as sweeping and dusting.
- Use a stationary bike.
- Use soft rubber exercise balls or balloons for stretching or throwing back and forth.
- Use stretching bands, which you can buy in sporting goods stores. Be sure to follow the instructions.
- Lift weights or household items such as soup cans.

For More Information About Physical Activity and Alzheimer's

www.nia.nih.gov/alzheimers

www.alzheimers.gov

GET FIT FOR FREE

Exercise is key to healthy aging.

Physical activity can make your muscles stronger, increase your heart rate, improve your balance, and stretch your muscles, just to name a few benefits.

Try all 4 types of exercise for the most benefits: **endurance, strength, balance, and flexibility.**

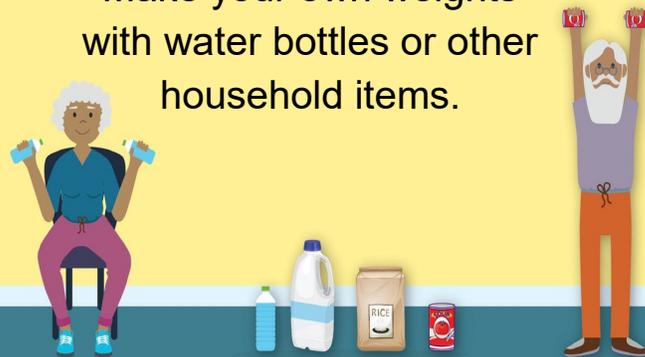
Not sure how to get moving?

Here are some ideas that don't cost a dime.

Go for a hike in a park or up and down some stairs.



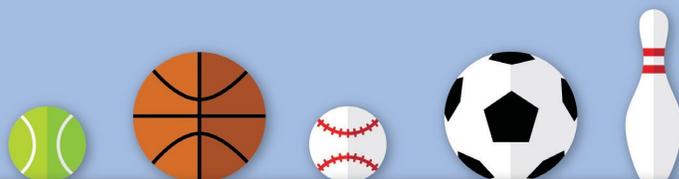
Make your own weights with water bottles or other household items.



Participate in a community-sponsored cleanup or fun run/walk.



Join a local recreational sports league.



Walk or roll with friends or family at the mall or around your neighborhood.



For more free exercise ideas, visit [nia.nih.gov/health/exercise](https://www.nia.nih.gov/health/exercise)



Third Round

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

Residential households in the U.S. are now eligible for another order of free at-home tests on [USPS.com](https://usps.com). Here's what you need to know about your order:

- Each order now includes **8** rapid antigen COVID-19 tests
- Your order of 8 tests will come in 2 separate packages (4 tests in each package), each with its own tracking number
 - Packages will ship free

Order Free At-Home Tests

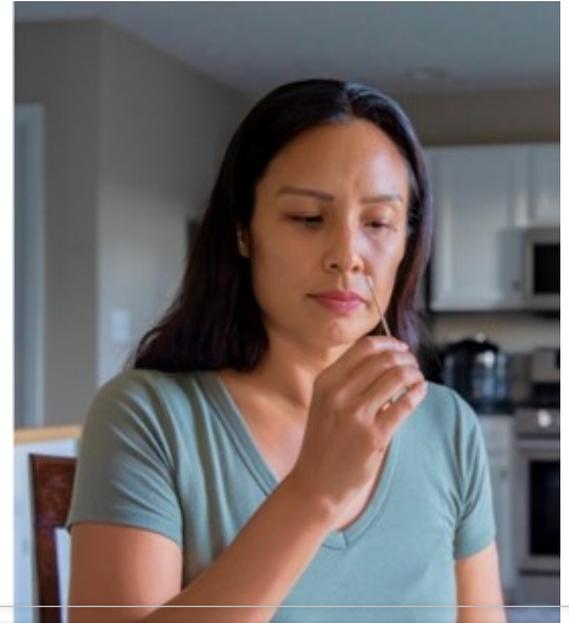
**Need help placing
an order for your
at-home tests?**

Call

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

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

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



Source: [COVID.gov/tests](https://www.covid.gov/tests)

USING YOUR SELF-TEST | COVID-19 |

1

Follow instructions very carefully.



2

Use the QR code below for more information about self-testing and how-to videos.

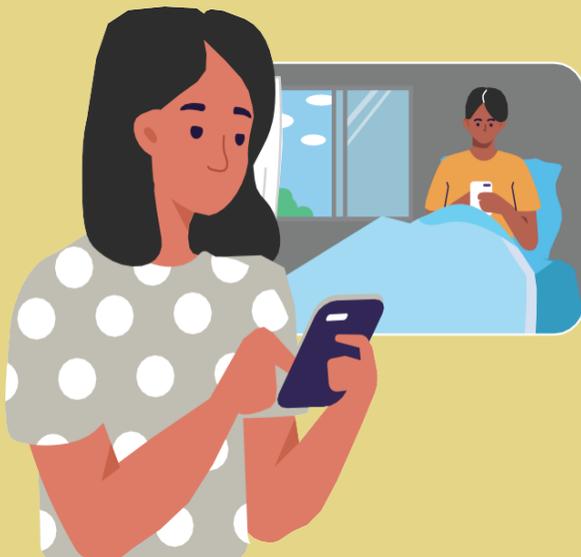


3

If your results are positive

Isolate yourself from others. As much as possible, stay in a specific room and away from other people and pets in your home.

Tell your close contacts that they may have been exposed to COVID-19.



4



If you are at an increased risk of becoming severely ill, treatment maybe be available. Contact your health care provider right away if your test result is positive.

Name of provider

Phone number of provider



www.cdc.gov/covidtesting

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

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.**

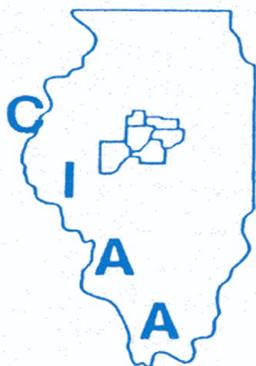
Contact:

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 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**



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

Keep Pollution Out Of Your Home

Make healthy air in your home your goal. How? First, keep pollution out. Here are some easy, but important tips for healthy indoor air. For more details, click on the link in each tip. Second?

Check out our [tips on ventilation](#).

Keep Sources of Pollution Out of Your Home

- Declare your home a [smokefree zone](#). Never let anyone smoke indoors. Ask smokers to go outside.
- Test your home for [radon](#), an invisible gas that causes lung cancer. Every home should be tested since radon may be found in any home. If your home has high radon, it can be fixed.
- Keep [humidity levels](#) under 50 percent. Use a dehumidifier or air conditioner, as needed. Clean equipment regularly so they don't become a source of pollution themselves.
- Fix all leaks and drips in the home. Standing water and high humidity encourage the growth of [mold](#) and other pollutants.
- Put away food, cover trash and use baits to [control pests](#), like cockroaches.
- Avoid [burning wood](#) because it adds pollution indoors and out. Don't use outdoor wood boilers, also called hydronic heaters, to heat your home's water. They add unhealthy soot to the air in your neighborhood.
- [Don't use scented candles or fragrances](#) to hide odors. Figure out what is causing the odor, then clean that up and ventilate to add fresh air.
- Use cleaning, household and hobby products that are less toxic. Don't store [hazardous chemicals](#) in your home.



Source: <https://www.lung.org/clean-air/at-home/keep-pollution-out-home>

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@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 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
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Rep. Keith Sommer (88th District—R)
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