



# 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, November Issue

# SENIOR GAZETTE

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

## IN THE ISSUE

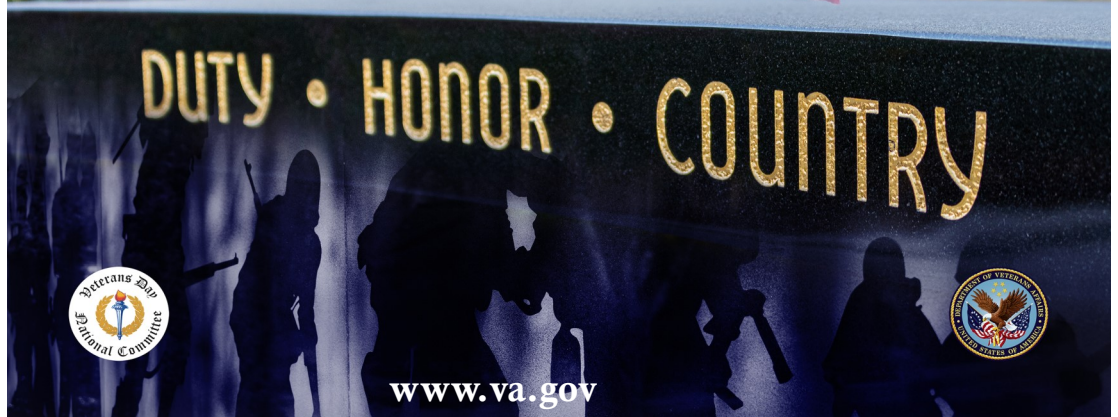
- Veterans Day.....1
- CIAA Gets Help with TCARE Assessment for Caregivers.....2
- Make Yourself a Priority, Too (Tips for Caregivers).....3
- 2022 Alzheimer's Disease Facts and Figures.....4
- Chronic Obstructive Pulmonary Disease (COPD) Awareness Month.....5
- National Diabetes Month 2022.....6
- Children with Type 2 Diabetes at Risk of Eye Disease .....7
- Touch-A-Heart Program.....8
- CIAA Holiday Programs.....9
- Grandparents Raising Grandchildren Holiday Party.....10
- Already?.....11
- Medicare Open Enrollment.....12
- Different Parts of Medicare.....13
- Welcome to Medicare made for you.....14
- Thanksgiving Safety.....15
- Caregiver Chat at the Peoria Public Library by Bradley CRTC.....16
- Caregiver Chat at Creve Coeur Public Library by Bradley CRTC.....17
- Hult Center Oncology Counseling Services Support Groups.....18
- Friendship Line.....19
- Take Charge of Your Health.....20-21
- Planning a Group Trip or Outing.....22
- Happy Thanksgiving, Place to Go ... Things to See, and Facebook.....23
- U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....24

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

## HONORING ALL WHO SERVED

November 11, 2022

# VETERANS DAY





# CIAA Gets Help with TCARE Assessment for Caregivers

*Mitch Forrest MSW, LSW, CIRS-A/D*  
*Family Caregiver Information and Assistance Specialist*

*Susan M. Smith, MSN, RN*  
*Senior World Adult Day Services Manager*

Central Illinois Agency on Aging Inc. Family Caregiver Information and Assistance Program has been using the evidenced base caregiver assessment TCARE on a limited basis for few years now. This tool has been highly regarded by Federal and State providers including Illinois

Department on Aging, Inc. Area Agencies on Aging in Illinois are being encouraged to adopt the TCARE assessment as a core part of their Family Caregiver Information and Assistance Programs. This is in part due to over 30 years of research that



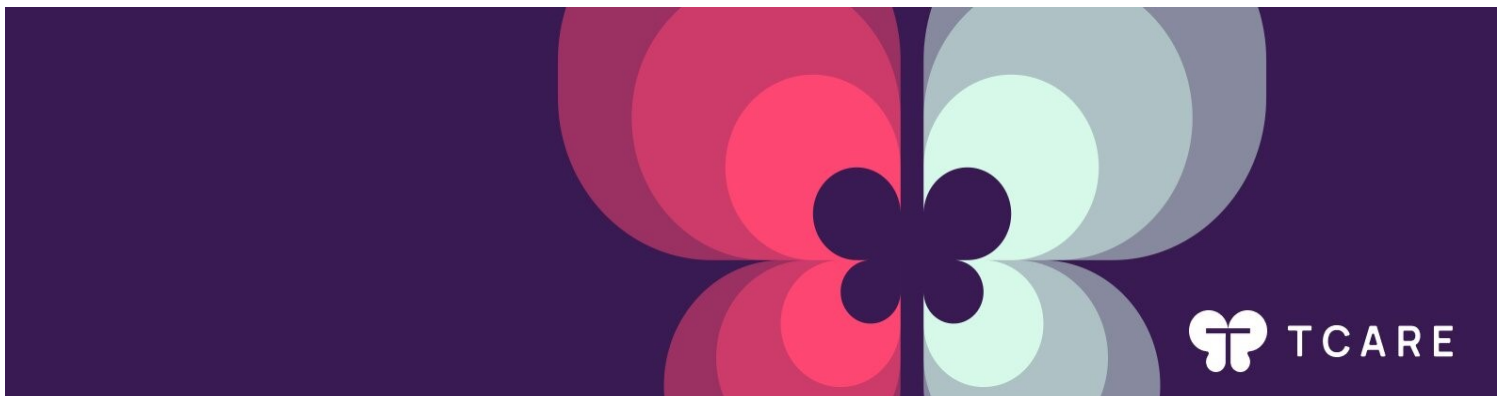
showed Caregivers who used the TCARE system had up to 84% improved levels of stress and depression.

Due to the ever increasing needs of caregivers in our six county area, taking care of a loved one who have a chronic or acute medical condition, CIAA felt it necessary to increase the ability to offer TCARE assessment services. The agency is grateful that OSF Senior World agreed to help expand TCARE assessment services and give more family caregiver the opportunity to benefit from this helpful service. There will be OSF nursing and social work staff trained and certified in the use of TCARE of whom, will provide screening, assessment and care plans for caregivers living in our six county area. In addition, I will continue to offer TCARE assessment as part of the information and assistance services offered at Central IL Agency on Aging. TCARE screens have recently been made available on the agency website [ciaoa.net](http://ciaoa.net) and as a part of discussion around respite services. You are welcome to contact me at 309-674-2071 to talk about TCARE, respite care or other specific questions you have around providing care for a family member or friend.

OSF Senior World Adult Day Services and the Central Illinois Agency on Aging are excited to announce their most recent efforts in providing care to the community. Senior World will begin to offer an evidence based assessment tool for individuals who care for those living with memory loss due to Alzheimer's disease or related dementias. Based off of the assessment, resources will be provided and multiple follow up sessions will be offered by the OSF professionally trained staff. This enhanced partnership and collaboration of care will allow us to better care for those individuals and better equip them with the tools, training, and resources needed to continue to care for their loved ones in addition to improving their own quality of life. We look forward to this collaboration in addition to the positive impact it will have on the community we serve.



**OSF<sup>®</sup>**  
**HEALTHCARE**





# MAKE YOURSELF A PRIORITY, TOO: [TIPS FOR CAREGIVERS]

Nearly  
**15 million**  
Americans provide  
**unpaid care**  
to an older adult.



*National Health and Aging Trends Study., 2011*



Caregivers who provide substantial care are more likely to have **physical & emotional health problems.**<sup>1</sup>

*National Health and Aging Trend Study, 2011*

<sup>1</sup> Substantial care refers to involvement in health care activities, including care coordination and medication management.

## Take care of yourself.

It is one of the most important things you can do as a caregiver



Ask for help when you need it.



Spend time with friends.



Join a support group—  
in person or online.



Take breaks each day.



Keep up with hobbies.



# 2022 Alzheimer's Disease Facts and Figures



**1 in 3**

seniors dies with Alzheimer's or another dementia

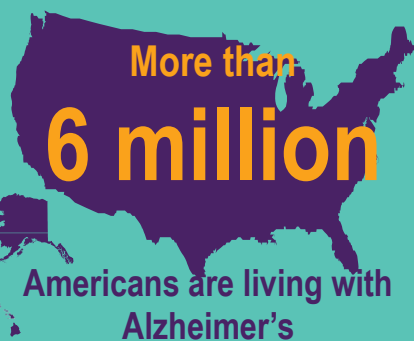
Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

**\$272** billion



In 2020, COVID-19 contributed to a

**17%** increase

in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

**\$321** billion

By 2050, these costs could rise to nearly

**\$1** trillion

Between 2000 and 2019, deaths from heart disease have

decreased **7.3%**

It kills more than **breast cancer** and **prostate cancer**

**combined**

while deaths from Alzheimer's disease have

increased **145%**

More than **80%** of Americans

know little or are not familiar with **mild cognitive impairment (MCI)**, which can be an early state of Alzheimer's.



# Chronic Obstructive Pulmonary Disease (COPD) Awareness Month



## *What Causes COPD?*

Over time, exposure to irritants that damage your lungs and airways can cause chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. The main cause of COPD is smoking, but nonsmokers can get COPD too.

## *Smoking*

About 85 to 90 percent of all COPD cases are caused by cigarette smoking. When a cigarette burns, it creates more than 7,000 chemicals, many of which are harmful. The toxins in cigarette smoke weaken your lungs' defense against infections, narrow air passages, cause swelling in air tubes and destroy air sacs—all contributing factors for COPD.



## *Your Environment*

What you breathe every day at work, home and outside can play a role in developing COPD. Long-term exposure to air pollution, secondhand smoke and dust, fumes and chemicals (which are often work-related) can cause COPD.

## *Alpha-1 Deficiency*

A small number of people have a rare form of COPD called alpha-1 deficiency-related emphysema. This form of COPD is caused by a genetic (inherited) condition that affects the body's ability to produce a protein (Alpha-1) that protects the lungs.

## *COPD Risk Factors*

Smoking is the biggest risk factor for chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. It increases your risk of both developing and dying from COPD. Approximately 85 to 90 percent of COPD cases are caused by smoking. Female smokers are nearly 13 times as likely to die from COPD as women who have never smoked; male smokers are nearly 12 times as likely to die from COPD as men who have never smoked.

Other risk factors for COPD include:

- Exposure to air pollution
- Breathing secondhand smoke
- Working with chemicals, dust and fumes
- A genetic condition called Alpha-1 deficiency
- A history of childhood respiratory infection



## *5 Steps to Reduce Your Risk for COPD*

*If you are concerned about getting COPD, there are steps you can take to protect yourself.*

1. ***If you are a smoker, [STOP SMOKING](#).*** Quitting smoking is the single most important thing a smoker can do to live a longer and healthier life. The American Lung Association has [many programs to help you quit for good](#).
2. ***If you don't smoke, don't start.*** Smoking causes COPD, [lung cancer](#), heart disease and other cancers.
3. ***Avoid exposure to secondhand smoke.*** Make your home smokefree. You'll not only protect yourself, but your family too. [Learn about your rights to a smokefree environment at work and in public places](#).
4. ***Be aware of other dangers.*** Take care to [protect yourself against chemicals, dust and fumes](#) in your home and at work.
5. ***[Help fight for clean air](#).*** Work with others in your community to help clean up the air you and your family breathe.

**Source:** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/what-causes-copd>

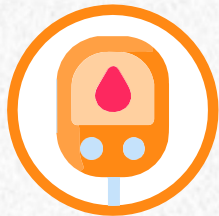
# NATIONAL DIABETES MONTH 2022



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.



## MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.



## PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



## SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



## MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.



## FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



## STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://www.niddk.nih.gov).





# Children with Type 2 Diabetes at Risk of Eye Disease

As diabetes diagnoses continue to climb among children in the United States, a [new study](#) makes a worrisome discovery: Children with type 2 diabetes may be more vulnerable than previously thought to a dangerous eye complication called diabetic retinopathy.

Kids with type 2 diabetes are nearly twice as likely than those with type 1 diabetes to develop diabetic retinopathy, the study found. Frequent ophthalmologist check ups are more important than ever for these children, experts say, as these exams could help spot the eye disease before serious damage is done.

Both types of diabetes have been on the rise among children in the U.S., with the rate of type 2 diabetes increasing more rapidly, according to the Centers for Disease Control and Prevention. The American Diabetes Association projects that the number of young people with type 1 diabetes will triple and those with type 2 diabetes will nearly quadruple by the year 2050.

## *Eye disease more common, severe in kids with type 2 diabetes*

The study followed 525 children diagnosed with type 1 or type 2 diabetes for 50 years. Over time, a trend emerged: Children with type 2 diabetes were more likely than those with type 1 to develop diabetic retinopathy — and their eye disease was much more serious. They were also more likely to need retinal surgery to save their vision, and they had a higher risk of cataracts.

It's not clear why the risk of eye complications might differ by type of diabetes. The study only included patients from predominantly white Olmstead County, Minnesota, so it's possible that the results may not generalize to the U.S. population at large. Nonetheless, researchers believe the findings indicate a significant trend.

“All patients with diabetes, regardless of age and type, should monitor closely for symptoms of eye complications. Don't hesitate to reach out to your eye doctor immediately if you detect any changes in your vision,” says ophthalmologist and Academy member G. Atma Vemulakonda, MD. Pediatric ophthalmologists should note the different risks posed by diabetes type, he says, and “perhaps keep a closer eye on young patients with type 2 diabetes when planning follow-up care.”



## *Symptoms of eye disease in people with diabetes*

Patients with diabetes need to see an ophthalmologist annually for dilated eye exams. Diabetic retinopathy can be present long before symptoms or vision problems are noticed.

If you or a family member experience any of the following symptoms, contact your ophthalmologist immediately:

- Spots or dark strings floating in your vision
- Blurry vision
- Vision that fluctuates from blurry to clear
- Dark or empty areas in your vision
- Difficulty seeing well at night
- Noticing colors appear dull or faded



AMERICAN ACADEMY™  
OF OPHTHALMOLOGY





## Please help us **“Touch A Heart”**

Many times in our communities there are individuals who are forgotten during the holiday season. Central Illinois Agency on Aging, Inc. has undertaken the following efforts to bring some holiday cheer to individuals who might otherwise be overlooked.

If you would like to help CIAA **“Touch A Heart”** this holiday season by making a donation please indicate the amount of the donation. Donation amount \$\_\_\_\_\_.

*Donations can be mailed to CIAA at 700 Hamilton Blvd, Peoria, IL 61603.*

**To donate by credit card, please call  
Susan Needham or Van Dinh  
(309) 674-2071.**

### **Holiday Gifts for Seniors & Disabled Individuals**

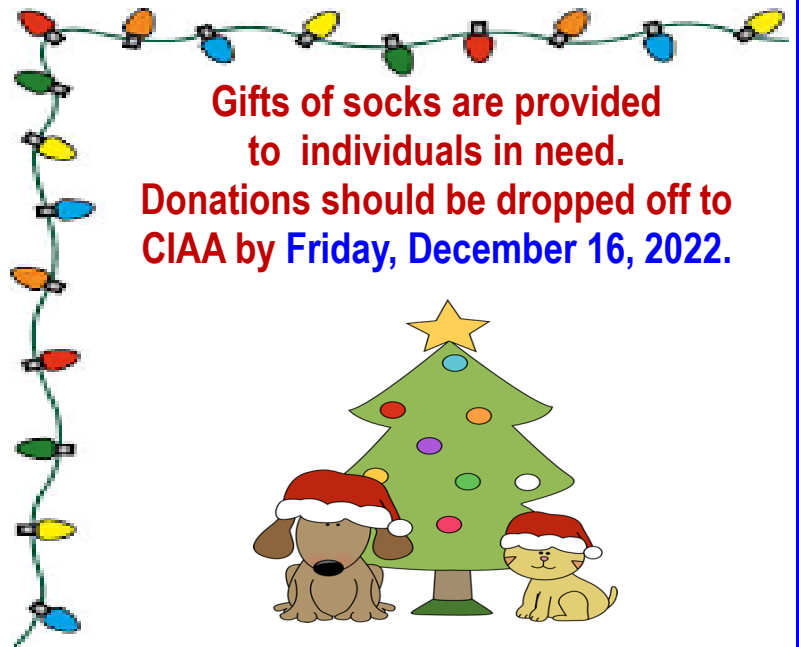
**Gifts are provided for individuals who would otherwise not receive a gift. *Donated unwrapped gifts should be dropped off to CIAA by Friday, December 16, 2022.***



### **Possible Gift Suggestions**

- Gift Cards to grocery stores or pharmacies
- Socks, non-skid slipper socks
- Large Print books, puzzles, calendars, playing cards, adult coloring books
- Blankets, throws, afghan, comforter
- Forever Postage Stamps & box of greeting cards
- Washcloth, hand and bath towels
- Fruit basket, candy, snacks, or hot chocolate mix
- Bed Pillows & Pillow Cases (Standard)
- Assistive Devices (Jar opener, Magnifying Glass, Reacher/Grabber, Night Lights [automatic on/off])
- Pot Holders, dish towels, Kitchen utensils with built up handles for easy use
- Personal care items (soap, shampoo, conditioner, shaving lotion, razors, deodorant, toothbrushes, lotion, tissues, and toilet paper)
- Flashlight with batteries, automatic nightlight

# Socks For Seniors



Gifts of socks are provided to individuals in need. Donations should be dropped off to CIAA by **Friday, December 16, 2022.**



## Grandparents Raising Grandchildren

***Must*** RSVP by calling (309) 677-3189 by ***Friday, December 2, 2022.***

*Holiday party on **Wednesday, December 7, 2022,** for Grandparents Raising Grandchildren and Relatives as Parents program. **Each child infant—18 receives a gift.***



## *New Year's Day Home Delivered Meals*

*Home Delivered Meals are prepared and delivered to area home-bound seniors on New Year's Day, since this is a day when other programs are not providing meals.*

*Volunteers are always needed to help deliver meals .*

*For more information on volunteering call **Sonia Townsend** at (309) 674-2071.*



CENTRAL ILLINOIS AGENCY ON AGING AND  
BRADLEY UNIVERSITY'S COUNSELING  
RESEARCH AND TRAINING CLINIC

*Save the date to attend the*

# **GRANDPARENTS RAISING GRANDCHILDREN**

## *Holiday Party*

**When: Wednesday, December 7th, 2022 from 3:00pm -  
5:30pm**

**Where: First United Methodist Church parking lot, 116 NE  
Perry Avenue, Peoria, IL 61603**

**RSVP: By Friday, December 2nd to be assigned to a time  
and be eligible to receive a gift card**

**\*\*No same day/on-site registration**

CALL (309) 677- 3189 AND PROVIDE:

- NAME AND PHONE NUMBER
- NUMBER ADULTS AND CHILDREN ATTENDING
- NAME, AGE, AND GENDER OF CHILDREN ATTENDING



AS OUR RESOURCES ARE SOMEWHAT LIMITED, THERE IS A MAXIMUM OF ONE ADULT GIFT PER FAMILY AND ONE GIFT PER CHILD (INFANT- 18). MUST BE A GRANDPARENT RAISING GRANDCHILDREN TO REGISTER.





# ALREADY?

Now is the time to make your plans for  
New Year's Day!

Volunteer to deliver a hot  
nutritious meal to  
home-bound seniors



Several churches are volunteering to cook and prepare the  
meals, but assistance is needed in delivering meals.



Help to make 2023 little  
brighter & merrier for  
some seniors.



***Call Sonia at 309-674-2071 ext. 2204 to sign up or get additional information***

## Time to compare plans.



Open Enrollment is your chance to review and **compare your current Medicare coverage with other plan options for 2023!**

Even if you're happy with your current plan, it's important to check for any changes next year, and compare with other available plan options. You may even find plans that save you money! Now's the time to explore your options and find the best fit for your needs and budget.

[Compare Plans](#)

**Create or log in to [your Medicare account](#)** — and add your prescription drugs — to get more personalized recommendations. Drug costs can vary based on the pharmacy you use, so we'll help you easily find pharmacies in your area.

**Important:** If your income for 2022 is below \$18,600 (\$25,000 for married couples), you may be able to save on your monthly Medicare premiums and other out-of-pocket Medicare costs, including prescription drug costs. See if you qualify for [Medicare Savings Programs](#) and learn how to apply.



**Help is available at**

**Central Illinois Agency on Aging, Inc.**

**To make appointment, contact us at 309-674-2071**

**Central Illinois Agency on Aging, Inc.'s staff are trained by the Senior Health Insurance Program (SHIP).**

# MEDICARE

By Nancy Bell  
Prescription Assistance Manager

Central Illinois Agency on Aging has many Long Term Options available for all those we serve. We can assist with all Medicare related matters, discounts on license plates, and free bus passes.

You are eligible for Medicare when you become 65 year of age and some disabled people under 65.



## Part A- Cover inpatient hospital care

if all of the following conditions are met:

- A physician prescribes inpatient hospital care for the treat of an illness or injury
- The beneficiary requires and receives the kind of care that can be provided only in the hospital
- The hospital participating in Medicare
- Part A 80% of the hospital bill

**Medicare and Part D Extra Help**  
Extra help is a federal program that helps pay for most of the out-of-pocket costs and subsidizes Part D premiums. You will need to apply for the extra help to see if you qualified.

## Part B – Covers:

Physician's hospital care; Emergency hospital care; Ambulance services; Medical equipment; Medical supplies; Home health care, and other health services. The Part B beneficiary costs include monthly premiums, an annual deductible, coinsurance or copayment and excess charges.

## Medicare Has Four Parts: Part A, Part B, Part C, and Part D

### Part D – Medicare

Part D is prescription drug insurance offered by insurance companies and other private companies approved by Medicare. It does not include doctor samples, discount cards, free clinics or drug discount websites. An individual's decision about Medicare prescription drug coverage will depend upon the type of prescription drug coverage a person currently has.

### Benefit Access Program

State program for people that is 65 or older and for disabled *it is a discount on License Plates and Free Bus Pass.*

Income limits to:  
\$33,562 for (ONE) person and  
\$44,533 (TWO) persons

## Part C – Medicare Advantage plan

People with Medicare have another option on how they can receive their Medicare benefits other than through Original Medicare; this is known as Medicare Advantage plan also referred Health Maintenance Organization (HMO), Preferred Provider Organization (PPO) All Medicare Advantage plans have to cover services provided under Medicare Part A and Part B and Prescription Plans. Some plans may provide services that Medicare does not cover such as vision, hearing, dental and physical exams.

**For more Assistance,  
Call:  
Central Illinois  
Agency on Aging, Inc.  
at (309) 674-2071.  
We have staff available  
to answer your  
questions and assist  
with your needs.**



# Welcome to Medicare made for you.

Get a health plan that's made with you in mind. We partner with doctors and hospitals in our communities to offer \$0/month plans that bundle Parts A and B, along with dental, vision, hearing and prescription drug coverage. They also include wellness perks, like a fitness benefit that covers gym memberships, golf and other activities.



See our 2023 Medicare Advantage plans - costs, benefits, wellness perks and other plan details - at [HealthAlliance.org/ILN23](https://HealthAlliance.org/ILN23).



Or call: **(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.

Our customer service representatives resolve 97% of issues on the first call. Bring us your questions, and we'll help you compare plan options, benefits and savings.



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Health Alliance™ Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

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# Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children—up high in locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarm are working. Test them by pushing the test button.

## Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

**Have activities** that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparation with recipes that can be done **outside** the kitchen.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**

The leading information and knowledge resource  
on fire, electrical and related hazards

Source: <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Thanksgiving>



# 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*



## Oncology Counseling Services

### **SUPPORT GROUPS**

#### **Gynecological Cancers Support Group**

For women who have or have had a gynecological cancer; caregivers welcome. Meets every Monday from 3:30 – 5:00 p.m. virtually. To gain access to the virtual meeting please call or email [info@hulthealthy.org](mailto:info@hulthealthy.org). There is no cost to attend.

#### **Cancer Support Group**

\*All cancer types are welcome.  
Meets every Wednesday from 1-3 p.m. virtually and at the Hult Center (hybrid). To gain access to the virtual meeting please call or email [info@hulthealthy.org](mailto:info@hulthealthy.org). There is no cost to attend.

#### **Hult Center for Healthy Living**

5215 N. Knoxville Ave.

Peoria, IL 61614

**309-243-3461**  
**[info@hulthealthy.org](mailto:info@hulthealthy.org)**

Support groups are offered at no cost for individuals; services are limited and dependent on grant funding and donations and therefore subject to change.

# “I feel lonely. Can I talk to you?”



## Friendship Line 1-800-971-0016

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

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

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



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

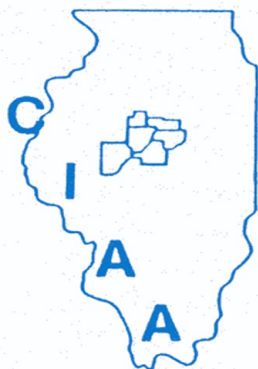
### **Contact:**

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

Phone: (309) 674-2071

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

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



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





# TAKE CHARGE OF YOUR HEALTH

We invite you to participate in this exciting interactive program!  
Get support and encouragement from others living with ongoing health conditions just like you!

## WHAT IS TAKE CHARGE OF YOUR HEALTH?

*Take Charge of Your Health* programs generally last 6 to 8 weeks. Participant and facilitators meet weekly for two and a half hours. Workshops are led by facilitators who have professional or personal experience with ongoing health conditions.

\* **A Matter of Balance** is a program designed to reduce fear of falling and increase activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

\* **Medication Management Improvement System (MMIS) – Home Meds** is an in-home, medication review and intervention that includes a computerized risk assessment and alert process, plus a pharmacist review and recommendation for improvement.



\* **Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)** is a depression self-management program designed to detect and reduce the severity on depressive symptoms in older adults with chronic conditions and functional limitations. The program includes screening and assessment, education, referral to appropriate health professionals, and behavioral activation. The presence and severity of depression will determine the scope and duration of the program.

*For more information on classes or class schedules contact us*

*By telephone : 309-674-2071 or*

*By email at [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net)*

*Space is limited.*



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).*

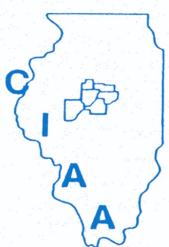


# Planning a Group Trip or Outing?

**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)





**Central Illinois  
Agency on Aging, Inc.**

*Wishing You and  
Your Family  
a Safe and  
Happy  
Thanksgiving.*



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**Places to Go ...  
Things to See**

*To see what's happening in Peoria,  
visit these websites:*

**Hult Center For Healthy Living**

5215 N. Knoxville Avenue  
Peoria, IL 61614  
692-6650  
[www.hulthealthy.org](http://www.hulthealthy.org)

**The Peoria Playhouse Children's Museum**

2218 N. Prospect Road  
Peoria, IL 61603  
323-6900  
[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

**Peoria Riverfront Museum**

222 S.W. Washington St.  
Peoria, IL 61602  
686-7000  
[www.peoriariverfrontmuseum.org](http://www.peoriariverfrontmuseum.org)

**Peoria Park District**

Luthy Botanical Gardens—  
Owens Center  
Forest Park Nature Center  
2218 N. Prospect Road  
Peoria, IL 61603  
682-1200  
[www.peoriaparks.org](http://www.peoriaparks.org)

**RiverPlex Wellness & Recreation Center**

600 NE Water Street  
Peoria, IL 61603  
282-1700  
[www.riverplex.org](http://www.riverplex.org)

Central Illinois Agency on Aging is now on Facebook 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](mailto: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.



## U.S. House of Representatives

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

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

## U.S. Senators for Illinois

**Senator Richard J. Durbin (D)**  
525 South 8<sup>th</sup> Street  
Springfield, IL 62703  
(217) 492-4062, Fax (217) 492-4382

**Senator Tammy Duckworth (D)**  
8 South Old State Capitol Plaza  
Springfield, IL 62701  
(217) 528-6124

## Illinois General Assembly

**Senator Win Stoller (37<sup>th</sup> District—R)**  
5415 University St., Suite 105  
Peoria, IL 61614  
(309) 693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

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

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

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

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

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

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