



# 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>

# SENIOR GAZETTE

Serving Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties

Office Hours:  
Monday — Friday: 8:30 am—5:00 pm  
Saturdays: Closed

2023, February Issue

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)

Images Credit: <https://www.whitehouse.gov/about-the-white-house/presidents/>

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

## **Area Advisory Council Vacancy**

Central Illinois Agency on Aging, Inc. (CIAA) is an independent, not-for-profit organization serving older adults and informal caregivers in Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties.

CIAA has several current vacancies on the Area Advisory Council. If you know someone who has the interest in service to older adult residing in our 6 counties service area and the time to commit to one of the committee of the Council and to the bi-monthly full Council meetings.

Persons who could be nominated include anyone with or without particular skills, and other adults whose backgrounds and interests reflect the Mission of CIAA “*Promoting Independence, Choice and Access to Services for All Ages, Incomes, and Abilities*” and expertise on the Council: *community development, civic and volunteer service, education, health, veterans, nursing home administration, counseling, social work, etc.*

*Resumes are accepted at any time during the year. If you are interest in the position, please provide your contact information to Keith Rider, President / CEO. We will mailed the resume to you.*

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

***Keith Rider, President / CEO***

***700 Hamilton Blvd.***

***Peoria, IL 61603***

***Phone: 309-674-2071***

***Email: [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net)***

We invite you to visit our  
website at [www.ciaoa.net](http://www.ciaoa.net) or  
our offices at 700 Hamilton Boulevard

*If you have any concerns or questions, please feel free to contact us either via telephone or email.*

# Get COVID-19 At-Home Tests Shipped to You at No Cost

As COVID-19 cases rise, it's important to stay safe this winter. **Each U.S. household can now order 4 COVID-19 at-home tests shipped straight to their door at no cost.** All you need to do is visit [COVIDtests.gov](https://www.cdc.gov/coronavirus/2019-ncov/downloads/testing/COVID-19_Using-Your-Home-Test-Kit.pdf) and enter your contact information and mailing address.

**Order Now**

During the public health emergency, **people with Medicare can also get up to 8 over-the-counter COVID-19 tests each month at no cost.** [Find a participating pharmacy](#) near you.

At-home tests, or "self tests," give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. [Visit CDC.gov](https://www.cdc.gov) to learn when to test yourself, how to use an at-home test, and what your test results mean.

**Medicare.gov**



# ATTENTION SNAP CUSTOMERS:

Your SNAP benefits will be reduced in March as a result of federal policy changes.

## WHAT CHANGES ARE HAPPENING

SNAP benefits increased during COVID-19 due to the public health emergency. Since April 2020, Illinois LINK households received their regular monthly benefit and an emergency SNAP issuance. You will receive your emergency SNAP issuance for the last time in February 2023.

SNAP participants will see their benefits go down by anywhere from \$55 to \$255 per person per month. The size of the cut each household will experience will vary greatly depending on income and household size. Households with little to no net income will see the smallest cut. Households with larger net income will receive larger cuts.

## HOW TO GET IMMEDIATE FOOD HELP

If your SNAP benefits don't last you through the month, you can get groceries from a food pantry.

Find a food pantry in Illinois: [eat-move-save.extension.illinois.edu](https://eat-move-save.extension.illinois.edu)

## UNDERSTAND CHANGES TO YOUR SNAP BENEFITS

The Illinois Department of Human Services is here to help answer questions about changes to your SNAP benefits.

Visit [able.illinois.gov](https://able.illinois.gov) or call the hotline at 1-800-843-6154.

## MAKE SURE YOUR SNAP DEDUCTIONS ARE ACCURATE

If you have experienced certain changes, you may be eligible for more in SNAP benefits:



The number of people in your household increased



Your income went down



Your housing, medical, or child care expenses went up

If you experienced one of these changes, contact the Illinois Department of Human Services to report a decrease in income, increase in expenses, or increase in the number of people in your household.

Call **1-800-843-6154** or visit [able.illinois.gov](https://able.illinois.gov).



*This institution is an equal opportunity provider and employer. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.*

## 5 Easy Ways to Find Healthier Options While Grocery Shopping



Want to make smart food choices but confused by all the health claims, messages and logos on foods? Use these tips to avoid the brain strain while shopping online or in-person at the store.

1. **Read food nutrition labels, even for so-called “healthier” foods.** Ingredients and nutrient content can vary a lot by brand and preparation. When there’s more than one choice, compare labels. Choose the item with the lowest amounts of sodium, saturated fat, trans fat and added sugars.
2. **Beware of sneaky ingredients.** For example, **sodium** and **added sugars** go by many different names, making it harder to tell just how much is in there.
3. **Choose frozen, canned or dried produce when fresh isn’t available or practical.** It can be just as nutritious as fresh, and will last longer. Choose canned fruit packed in water, light syrup or its own juice. With canned and frozen vegetables, choose the product with the lowest amount of sodium. Heavy syrups and sauces can add unwanted ingredients to your healthy fruits and veggies.
4. **Choose whole-grain foods.** Lots of products claim to be, but there’s a simple way to know for sure. Look for the word “whole-grain” (or “whole” followed by the grain name) as the first item in the ingredients list. And we’re talking more than just bread. Include crackers, cereals, tortillas, pasta and other grain foods in your whole-grain quest.



5. **Look for the [Heart-Check mark](#)**



to quickly and easily identify foods that can be part of an overall healthy eating plan. When it’s on the label, you know the product has been certified by the American Heart Association to meet specific [science-based nutrition requirements](#). The Heart-Check is easy to spot and takes some of the guesswork out of comparing Nutrition Facts label information.

Keep in mind, not all red hearts or check marks on food packages are the trusted Heart-Check mark! Look for the American Heart Association name if you’re unsure. And, the Heart-Check program is voluntary. That means not every heart-healthy food, such as fruits and vegetables, will apply for a Heart-Check mark. But you won’t find the Heart-Check on desserts, candy, chips and other foods that do not meet our nutrition requirements.

*Find out more about how the [Heart-Check mark works](#).*



**American  
Heart  
Association.**



American Heart Association.

# 10 ways to improve your heart health

**1** Balance calories eaten with physical activity.



**2** Reach for a variety of fruits and vegetables.



**3** Choose whole grains.



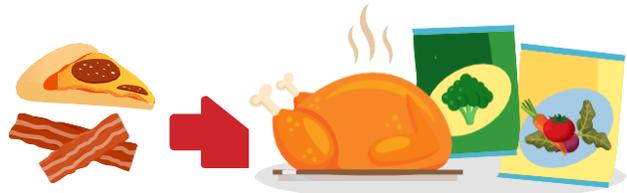
**4** Include healthy protein sources, mostly plants and seafood.



**5** Use liquid non-tropical plant oils.



**6** Choose minimally processed foods.



**7** Subtract added sugars.



**8** Cut down on salt.



**9** Limit alcohol.



**10** Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

# What Is Walking Pneumonia?



"Walking pneumonia" is a non-medical term for a mild case of pneumonia. Technically, it's called atypical pneumonia and is caused by bacteria or viruses; often [a common bacterium called \*Mycoplasma pneumoniae\*](#). Bed rest or hospitalization are usually not needed, and [symptoms](#) can be mild enough that you can continue about your daily activities, hence the term "walking."

But don't be fooled. Walking pneumonia can still make you miserable, with cough, fever, chest pain, mild chills, headache, etc. It feels more akin to a bad cold, and despite what the term "walking" implies, taking care of yourself is the best path to recovery.

"If you have the symptoms listed above, even if mild, you should see a doctor as soon as possible," says Dr. Albert Rizzo, senior medical advisor to the American Lung Association. Rizzo notes that walking pneumonia is treatable with antibiotics if your doctor believes bacteria to be the cause. Over-the-counter medications can also be used to relieve symptoms, such as antihistamines for nasal congestion or cough medications to help ease the cough and loosen any mucus (sputum). "In addition, it's important to get plenty of rest, drink plenty of fluids and take fever-reducing medicine if you have a fever," he adds.

Most people start to feel better within three to five days, but a cough from pneumonia can last weeks or months after treatment. "Recovery time will vary from person to person and will depend on whether you have other medical problems, such as asthma or [COPD](#)," says Rizzo. "Too slow of a pace of recovery and certainly any worsening of symptoms is information you should share with your doctor."

Just like typical pneumonia, walking pneumonia spreads when an infected person coughs or sneezes. To reduce your risk of infection, follow these tips and learn more about [avoiding pneumonia](#):

- Get a flu vaccine each year to help prevent getting pneumonia caused by the flu.
- Talk to your doctor about getting a pneumonia vaccine (there is no vaccine for viral or mycoplasma pneumonia, but certain individuals should get vaccinated for pneumococcal pneumonia).
- Exercise, eat a well-balanced diet and get adequate sleep.
- Wash your hands frequently and thoroughly with warm, soapy water.
- Don't smoke.
- Cover your mouth when you cough or sneeze and encourage others to do as well to help prevent spread of these infections.

Learn more: [5 questions about pneumonia to ask your doctor](#).





# Age-Related Macular Degeneration

Many older adults think vision loss is just a normal part of aging, but it doesn't have to be. You can take many steps to reduce your risk of vision loss by learning about age-related macular degeneration (AMD).

## About AMD

AMD is a major cause of blindness worldwide and is the [leading cause of vision loss](#) and blindness for Americans aged 65 years and older. The number of older Americans is projected to [nearly double](#) from 48 million to 88 million in 2050. As [Mary's story shows](#), AMD destroys the sharp, central vision needed to see clearly. This loss can affect daily activities like reading text on the computer, phone, or newspaper; driving; and watching television. Here are some facts about AMD:

- AMD comes in both wet and dry forms.
- The wet type is the more advanced and damaging form.
- Most dry forms of AMD do not progress to the wet form, but the wet form can lead to severe and permanent loss of central vision.
- If AMD does progress to the wet stage, therapies such as injections and laser treatments can help.
- People with a family history of AMD are at greater risk of AMD.<sup>1</sup>
- AMD affects whites more often than other races and ethnicities, such as African Americans and Hispanics.<sup>2</sup>
- Smoking, high cholesterol, and high blood pressure are risk factors for AMD.<sup>3,4</sup>



Words getting blurry?  
Visit your eye doctor to  
get checked for AMD.

## What You Can Do

Mary didn't remember that her father lost vision in one eye until after she had vision problems of her own. **Telling your eye doctor about your family history** and **getting regular eye exams** can help you find out about the disease early, when treatments can be most effective. **Quitting smoking, or never starting**, is an important way to prevent AMD. **Having a healthy lifestyle** and **lowering cholesterol** can help lower your risk for AMD and also help prevent the dry form of the disease from progressing to the wet form, which can cause permanent vision loss. The Age-Related Disease Studies found that getting [certain vitamins](#) and minerals every day may slow the progression of the disease from the early or middle stages to the later stages. Specifically, combinations of the following vitamins can reduce risk of late AMD by 25%:

- Vitamin C
- Vitamin E
- Beta-carotene
- Zinc
- Copper

Green, leafy vegetables have large amounts of many of these vitamins.

If AMD progresses to later stages, your eye doctor may use other therapies, such as injections and laser treatment. If vision loss does occur, there are vision rehabilitation services and devices to help you use your remaining vision as well as you can. Speak to your eye doctor about [new technologies](#) such as magnifiers and telescopic glasses, and ask about resources for low vision in your area.

It's always a good time to take steps to reduce your risk for eye problems such as AMD. **Talk to your friends and family** about the importance of having a healthy lifestyle and scheduling comprehensive eye exams to help prevent permanent vision loss. Take a tip from Mary and don't wait! **Take action now!**

# Let's Talk About Eating Disorders

The way we talk about eating disorders matters. Here are some facts you can use to help shape the conversation around eating disorders.



## **“Eating disorders are medical illnesses.”**

Generic and environmental factors can influence eating disorders. An eating disorder is not a trend or a choice.



## **“Eating disorders are serious and can be fatal.”**

Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.



## **“Eating disorders can affect anyone.”**

Eating disorders do not discriminate. They affect people of all ages, races and ethnicities, and genders.



## **“You can't tell if someone has an eating disorder by looking at them.”**

People with eating disorders can be underweight, normal weight, or overweight.



## **“Family members can be a patient's best ally in treatment.”**

Eating disorders are caused by a combination of genetic, biological, behavioral, psychological, and social factors. Family members do not cause eating disorders and can be great sources of support.



## **“It is possible to recover from an eating disorder.”**

Complete recovery is possible with treatment and time.



National Institute  
of Mental Health

[nimh.nih.gov/eatingdisorders](https://nimh.nih.gov/eatingdisorders)

# February is National Children's Dental Health Month



**BRUSH  
FLOSS  
SMILE**

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ALL RIGHTS RESERVED.

February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.



## HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY  
WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR  
TEETH DAILY.



EAT HEALTHY FOODS AND  
LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST  
TWICE A YEAR.

**ADA** American  
Dental  
Association®

# 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 as low as \$0 a month.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.
- Fitness and healthy lifestyle benefit.
- Plans with a \$0 pharmacy deductible and \$2 Tier 1 generics.



**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 compare plans at [HealthAlliance.org/ILN23](https://HealthAlliance.org/ILN23).**

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).





# Tips to Help People with the 2023 Tax Season

*The IRS recommends several things for people to keep in mind for a smooth filing experience this year:*

- ◆ **Have the right information before filing.** The IRS encourages individuals to have all the information they need before filing a complete and accurate return. Organize and gather 2022 tax records including Social Security numbers, Individual Taxpayer Identification Numbers, Adoption Taxpayer Identification Numbers and this year's [Identity Protection Personal Identification Numbers](#) valid for calendar year 2023.

Filing an accurate tax return can help taxpayers avoid delays or later IRS notices. Sometimes this means waiting to make sure individuals have accounted for all their income and the related documents. This is especially important for people who may receive one of the various Forms 1099 from banks or other payers reporting [unemployment compensation, dividends, pension, annuity or retirement plan](#) distributions.

People should also remember that most income is taxable, including unemployment income, interest received or money earned from the gig economy or digital assets. Individuals should make sure they report the correct amount on their tax return to avoid processing delays.

- ◆ **Visit IRS.gov first for questions.** The IRS reminds people to visit IRS.gov first for common questions and also to check on the status of their refunds. IRS.gov has much of the same information that IRS phone assistants have.

The IRS anticipates making significant improvements to phone service this year for taxpayers and tax professionals as more training for new phone assistants is completed in the weeks ahead. However, the IRS emphasizes it's important to note that call volumes remain at historically high levels. The IRS urges people to visit IRS.gov for the information they need.

"Our phone volumes remain at very high levels," O'Donnell said. "For faster access to information, we urge people to start with IRS.gov. From there, taxpayers can quickly access the variety of free resources available to help taxpayers anytime, day or night."

- ◆ **Speed refunds by filing electronically and choosing direct deposit.** There are important steps people can take to help ensure their tax return and refund are processed without delays. The most important is to [file electronically](#) with [direct deposit](#). This is still the fastest and easiest way to file and receive a refund. To avoid delays in processing, people should avoid filing paper returns wherever possible.

To speed refunds, the IRS urges people to file electronically with direct deposit information as soon as they have every thing needed to file an accurate return. Individuals can use a bank account, prepaid debit card or mobile app to use direct deposit and will need to provide routing and account numbers with their return. Learn how to open an account at an [FDIC-insured bank](#) or through the [National Credit Union Locator Tool](#).



Source: <https://www.irs.gov/newsroom/irs-sets-january-23-as-official-start-to-2023-tax-filing-season-more-help-available-for-taxpayers-this-year>

**Consumer Alerts on Tax Scams**

**Note that the IRS will never:**

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

For more information on tax scams, please see [Tax Scams/Consumer Alerts](#). For more information on phishing scams, please see [Suspicious emails and Identity Theft](#). Source: <https://www.irs.gov/newsroom/whats-hot>

# Tax Time



## Peoria North Library

3001 W. Grand Pkwy.  
Peoria, IL 61615

**Contact:** 309-497-2100

**Hours:**

Wednesdays: 11:00 AM—7:00 PM  
Thursdays and Fridays 10:00 AM—3:00 PM

**Dates Open:** 02/03/2023—04/20/2023

**Language:** English

**Service Type:** In-Person

**Appointment Required:** Yes

**Accessible:** Yes

## Fondulac District Library

400 Richland St  
East Peoria, IL 61611

**Contact:** 309-699-3917

**Hours:**

Fridays: 9:00 AM—1:00 PM

**Dates Open:** 02/03/2023—04/15/2023

**Language:** English

**Service Type:** In-Person

**Appointment Required:** Yes

**Accessible:** Yes

## Pekin Public Library

301 S. 4th St.  
Pekin, IL 61554

**Contact:** (309) 347-7111; *Extension 0*

**Hours:**

Tuesdays and Thursdays 9:00 AM – 1:00 PM

**Dates Open:** 02/07/2023—04/13/2023

**Language:** English

**Service Type:** In-Person

**Appointment Required:** Yes

**Accessible:** Yes

## Free File:

### IRS Free File is now available

IRS Free File opened on January 13 when participating providers will accept completed returns and hold them until they can be filed electronically with the IRS. Many commercial tax preparation software companies and tax professionals will also be accepting and preparing tax returns before January 23 to submit the returns when the IRS systems open.

The IRS's [Free File](#) program,  available only at IRS.gov, allows taxpayers who made \$73,000 or less in 2022 to file their taxes electronically for free using brand-name software provided by commercial tax filing companies. Free File Fillable forms, a part of this effort, is available to any income level and provides free electronic forms that people fill out and file themselves also at no cost.

Give it a try!

## TAX DEADLINE—Tuesday, 4/18/2023

The filing deadline to submit 2022 tax returns or an extension to file and pay tax owed is Tuesday, April 18, 2023, for most taxpayers. By law, Washington, D.C., holidays impact tax deadlines for everyone in the same way as federal holidays.

*The due date is April 18, instead of April 15, because of the weekend and the District of Columbia's Emancipation Day holiday, which falls on Monday, April 17.*

Taxpayers requesting an extension will have until Monday, October 16, 2023, to file.

**Sources:** [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html) and <https://www.irs.gov/newsroom/irs-sets-january-23-as-official-start-to-2023-tax-filing-season-more-help-available-for-taxpayers-this-year>

# BRADLEY COUNSELING RESEARCH & TRAINING CLINIC

**THE PEORIA  
PUBLIC LIBRARY  
North Branch**

*1<sup>st</sup> Monday of the month  
11:00am-12:45pm*

**THE CREVE COEUR  
PUBLIC LIBRARY**

*2<sup>nd</sup> Thursday of the month  
5:30pm-6:30pm*

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

# CAREGIVER CHAT

- 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*

# “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@ciao.net](mailto:ciaa@ciao.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)

# Finding Flexible Work as a Person with Disabilities

By Brie Weiler Reynolds

**Denise Obrien, Intern BSW MSW**

Employers committed to hiring those with disabilities will provide the best work setup for you. So focus your job search on companies that prioritize disability inclusion. FlexJobs compared a 2022 ranking from DiversityInc of the top companies for people with disabilities with their employer database to determine which of those companies have posted flexible jobs with us. To be eligible for the DiversityInc ranking, companies must complete the Disability Employment Tracker of the National Organization on Disability (NOD). Below are some of the top employers for disability inclusion in 2022, as ranked by DiversityInc.

1. Wells Fargo
2. Capital One
3. Randstad; recent job openings: Customer Service Representative, Financial Analyst, Attorney Compliance Review
4. Hilton

Find an employer that takes inclusion beyond a website statement and prioritizes accessibility at work. FlexJobs helps thousands of job seekers find the freedom and flexibility they need with remote and hybrid jobs (Reynolds, 2022).

## References

Reynolds, B.W. (2022, October 24). *Finding flexible work as a person with disabilities: FlexJobs*.

FlexJobs Job Search Tips and Blog. Retrieved December 30, 2022, from

<https://www.flexjobs.com/blog/post/flexible-work-for-people-with-disabilities-and-special-needs/>

[Flexjobs.com](https://www.flexjobs.com)



Clipart Credit: <http://clipart-library.com/clip-art/40-408650-heart-food-healthy-food-transparent-background.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)

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

**Congressman Eric Sorensen (District 17—D)**  
1205 Longworth House Office Building  
Washington, DC 20515  
(202) 225-5905

## 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. Sharon Chung (91<sup>st</sup> District—R)**  
216 N. Center St  
Bloomington, IL 61701  
(309) 808-2351

**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)

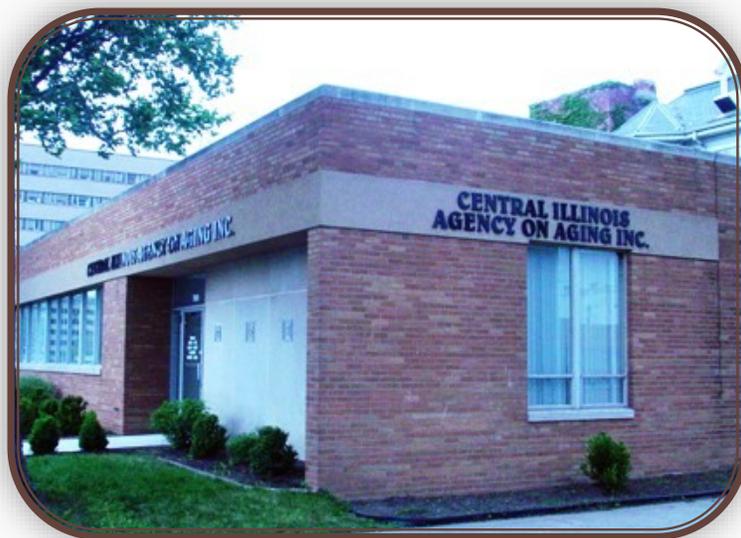
**Rep. William Hauter (87<sup>th</sup> District—R)**  
133 S. Main Street  
Morton, IL 61550

**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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