



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

2023, May Issue

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

SENIOR GAZETTE

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To Receive Senior Gazette,
e-mail Hoangvan Dinh at
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Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This May, we recognize the 60th anniversary of OAM, and the theme is ***Aging Unbound***, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

For more information, visit the [official OAM website](https://acl.gov/oam), follow ACL on [Twitter](https://twitter.com/ACLCommunityLiving) and [Facebook](https://facebook.com/ACLCommunityLiving), and join the conversation using #OlderAmericansMonth.



AGING UNBOUND: MAY 2023

acl.gov/oam



Source: <https://acl.gov/oam/2023/older-americans-month-2023>

CENTRAL ILLINOIS AGENCY ON AGING, INC.

Public Hearing Announcement

Speak Out– Voice Your Opinion

We want to hear from you!

The presentation of the Public Information Document represents a summary of Central Illinois Agency on Aging, Inc.'s (CIAA) proposed FY 2024 Amendment to the Public Information Document FY 2022, FY 2023, and FY 2024 Area Plan on Aging. The three Public Hearings will inform older persons, caregivers, service providers, and other interested persons about the Area Plan on Aging. The hearings will focus on CIAA's plan for providing access to needed services and giving attention to the CIAA Area Plan Initiatives. The Public Information Document will be presented at three Public Hearings, as listed below:

Wednesday
May 17, 2023 at 10 am
(In-Person Only)

**TOULON
UNITED METHODIST
CHURCH**

229 W. Main Street
Toulon, IL 61483

Thursday
May 18, 2023 at 10 am
(In-Person & Zoom)

**CENTRAL ILLINOIS
AGENCY ON AGING, INC.**

700 Hamilton Blvd.
Peoria, IL 61603

Join Zoom Meeting

[https://us06web.zoom.us/j/84684825636?
pwd=WFkYL2NtSmx3Y1dQRVRqUVBuNkg0dz09](https://us06web.zoom.us/j/84684825636?pwd=WFkYL2NtSmx3Y1dQRVRqUVBuNkg0dz09)

Meeting ID: 846 8482 5636
Passcode: 441734
Dial by your location
+1 312 626 6799 US (Chicago)

Friday
May 19, 2023 at 10 am
(In-Person Only)

**MAPLE MANOR
APARTMENTS**

250 S. Main
Canton, IL 61520

Central Illinois Agency on Aging, Inc.
700 Hamilton Blvd., Peoria, IL 61603

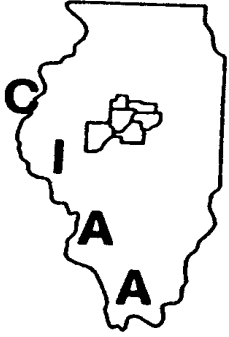
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Website: www.ciaoa.net





**CENTRAL ILLINOIS AGENCY ON AGING, INC.'S
21st ANNUAL
DR. LAURENCE E. NORTON GOLF TOURNAMENT
FRIDAY, AUGUST 18, 2023**

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

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



Start: 12 noon

**Fee: \$130 per person
(golf, cart and dinner)**

**Early Bird \$120 –
payment received by
July 31, 2023**



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

**Sponsorship
Opportunities are available.
For more information call
Renee Razo at (309) 550-5815
or rrazo@ciaoa.net**



**Get the
Quail Meadows
App Now!**

Central Illinois Agency on Aging, Inc.

NOW HIRING!

Care Coordinator

Central Illinois Agency on Aging, Inc. has a part-time position opening for a Care Coordinator. This position is responsible for assessments, case plan development, authorization of services, referrals and maintenance of case records.

Qualifications be an RN or have a BSN, or BA/BS degree in social science, social work or related field. This application is not available online.

Anyone interested may apply at
Central Illinois Agency on Aging, Inc.
700 Hamilton Blvd. Peoria
or send a resume to
Abrown@ciaoa.net

The Public Health Emergency for COVID-19 ends on May 11, 2023. What does this mean for you?

- Medicare will continue to cover **COVID-19 vaccines** at no cost.
- You'll be able to get **COVID-19 PCR and antigen tests** with no out-of-pocket costs when ordered by a doctor.
- **Expanded telehealth services** will continue through December 31, 2024.



More Info

After May 11, 2023, Medicare will no longer cover or pay for over-the-counter (OTC) COVID-19 tests. If you're enrolled in a Medicare Advantage Plan, you may have more access to tests depending on your benefits. Make sure to check with

Medicare.gov your plan.

Healthy Vision Month



May is Healthy Vision Month: You can have a comprehensive dilated eye exam to check for common eye problems.

If you haven't had an exam in a while, schedule one now.

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.



Vision Health for All Ages

You can have a dilated eye exam regularly to check for [common eye problems](#). If you haven't had an exam for some time, schedule one this month.

CDC's Vision Health Initiative partners with the National Eye Institute to encourage all Americans to make vision a health priority this Healthy Vision Month.

- Although older adults tend to have more vision problems, preschoolers may not see as well as they can.
- Just 1 out of every 7 preschoolers receives an eye exam, and fewer than 1 out of every 4 receives some type of vision screening.

The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to [find conditions](#) such as amblyopia, or lazy eye, which can be treated effectively if caught early.

Some [eye conditions](#) can cause vision loss and even blindness. These include

- Cataracts, a clouding of the eye.
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, damage to the optic nerve, often with increased eye pressure.
- Age-related macular degeneration, which gradually affects central vision.

Other eye conditions, such as refractive errors, which happen when the shape of your eye doesn't bend light correctly, are common problems easily corrected with glasses, contact lenses, or laser surgery. An estimated 11 million Americans aged 12 years and older could see better if they used corrective lenses, or eye surgery, if appropriate.

Nine ways you can help protect your vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your [contact lenses](#) properly to avoid infection.
9. Practice workplace eye safety.



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

Source: <https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>





American Stroke Association
A division of the American Heart Association

Together to End Stroke®

F.A.S.T. is how we come *together* to end stroke®

Learn the stroke warning signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop—anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IVr-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

HCA  **Healthcare®**
FOUNDATION

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Source: <https://www.stroke.org/-/media/Stroke-Files/FAST-Resources/FAST-Infographic.pdf>

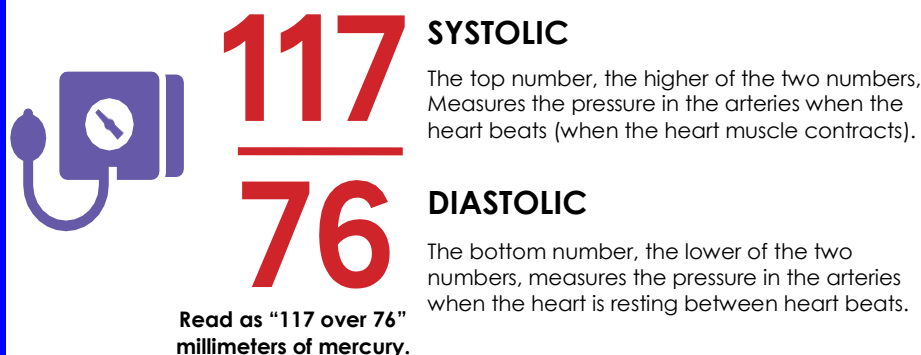
Stroke.org

HOW TO MANAGE BLOOD PRESSURE

UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER#)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120 –129	and	80
High Blood Pressure (Hypertension) Stage 1	130 –139	or	80 –89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120

TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels.



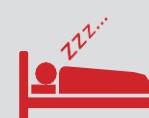
MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.



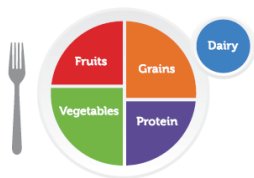
SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

Learn more at heart.org/lifes8



Start *simple*
with MyPlate



Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:



Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.



Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.



Compare food labels

Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.



Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.



Grab a bottle on the go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.



Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

Nutrition for Older Adults



Proper nutrition helps keep energy levels up and protects against many age-related illnesses and diseases like heart disease, cancer, and diabetes. But how do you maintain an eating routine and diet that keeps you and your family healthy and works within your lifestyle and budget?

What is nutrition and why is nutrition important?

At the most basic level, nutrition is about eating a regular, balanced diet. Good nutrition helps fuel your body. The foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system. Proper nutrition also helps protect you from illness and disease, such as heart disease, diabetes, cancer, and osteoporosis.



There are two major classes of nutrients in food: macronutrients and micronutrients. Macronutrients are carbohydrates, protein, and fat. They supply energy (in the form of calories) and serve as the building blocks for muscles and tissues.

In comparison, micronutrients are individual **vitamins and minerals**. They are divided into four categories: water-soluble vitamins, fat-soluble vitamins, microminerals, and trace minerals.

Nutrition for older adults

Proper nutrition becomes even more important after men and women reach age 50. It helps keep energy levels up and protects against many age-related illnesses and diseases like heart disease, cancer, and diabetes.

But is there a best diet for men and women over 50?

There is no single way to eat for good health. While everyone needs carbohydrates, fat, and protein, there is no “magic” ratio that you should strive for as long as you avoid extremes. In fact, recent studies have found that the quality of the food is more important than whether it’s low-fat, low-carb, or somewhere in between.

While details may vary from diet to diet, all healthy eating plans have four basic principles in common:

1. Lots of plants. Plant foods—vegetables, fruits, legumes, whole grains, nuts, and seeds—offer a wealth of vitamins and minerals. They also contain fiber and healthful compounds called phytochemicals, natural substances in plants that provide a range of health benefits, including antioxidant, anti-inflammatory, and even anti-cancer activity.
2. Adequate **protein**. Abundant research shows it’s essential to eat enough protein. There are many protein sources, but plant protein (beans, lentils, soy foods, nuts, seeds) and fish offer the most health benefits.
3. Minimally processed foods. A diet high in **ultra-processed foods** causes weight gain and unhealthy shifts in blood sugar and cholesterol. Food processing often strips away nutrients while adding extra fats, sugars, sodium, additives, and preservatives.
4. Limited saturated fats, added sugars, and sodium. The U.S. government’s Dietary Guidelines for Americans recommend limiting saturated fat intake to less than 10% of daily calories. The same goes for added sugars (sugars added during processing). As for sodium, keep it below 2,300 milligrams (mg) per day—the average American consumes far too much, more than 3,400 mg per day.





Lower Stress: How Does Stress Affect the Body?

Feeling stressed out? It can have lasting effects on your health and well-being. But there are ways to manage stress and its symptoms that can help you feel better.

Stress management: What can you do about it?

- Stress is a fact of life. A 2017 American Psychological Association survey found that a whopping 71% of respondents reported experiencing at least one symptom of stress over the past month. And stressors from the COVID-19 pandemic only made matters worse.
- Sometimes we stress over good things, like a long line at a brunch spot, a new job, an upcoming wedding or a new baby. And other times, it's over not-so-good things like being sick, working too much or family drama.



Chronic stress can affect your mental and physical health

Long-term activation of your body's stress response system, along with prolonged exposure to cortisol and other stress hormones, may put you at risk for health troubles such as:

- digestive problems
- anxiety
- headaches
- depression
- sleep problems
- weight gain
- memory and concentration issues
- high blood pressure
- heart disease and stroke

So what can we do about stress?

Small stress-fighting changes are easy to try. Check out this list for stress relief:

- **Find a friend.** Take a 60-second social break to message someone with a "Hello!" And hey, if it turns into a longer chat, that's fine too. Friendship is important.
- **Move more.** Movement is good for your heart and your mind. Dance like crazy to get the funk out, try hula-hooping, briskly walk around the block and listen to the birds, or take that hip-hop class you've always wanted to try. Bonus points if you laugh while you're moving!
- **Hit the hay.** Getting enough sleep can help you feel less cranky and overwhelmed, and more productive and creative. If you want those benefits, you need to get to bed earlier! Turn off the screen(s) – you can binge-watch your show and earn more XP tomorrow. Sleep experts suggest aiming for about seven to nine hours of sleep a night. See you in the morning, sunshine!
- **Be with your breath.** You've been breathing your whole life, but learning to focus on your breath can actually trigger your body's relaxation response. According to Dr. Herbert Benson, a cardiologist and Harvard Medical School Mind Body Medicine Professor of Medicine, diaphragmatic (deep) breathing is one of several ways to elicit the relaxation response. Try it! You'll be getting your Zen on in no time.
 - * Get comfy and take a normal breath.
 - * Next take a deep breath slowly through your nose, filling up your chest and stomach. Let your belly really puff out!
 - * Now breathe out slowly through your mouth (or nose, whichever) and repeat.

De-stressing can be easy and fun. Which stress-busting strategy are you going to try?

Yoga for Better Mental Health



With its emphasis on breathing practices and meditation—both of which help calm and center the mind—it's hardly surprising that yoga also brings mental benefits, such as reduced anxiety and depression. What may be more surprising is that it actually makes your brain work better.

A sharper brain

When you lift weights, your muscles get stronger and bigger. When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain.



Image: FatCamera/Getty Images

Studies using MRI scans and other brain imaging technology have shown that people who regularly did yoga had a thicker cerebral cortex (the area of the brain responsible for information processing) and hippocampus (the area of the brain involved in learning and memory) compared with nonpractitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in memory and other cognitive skills.

Research also shows that yoga and meditation may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental acuity.

Improved mood

All exercise can boost your mood by lowering levels of stress hormones, increasing the production of feel-good chemicals known as endorphins, and bringing more oxygenated blood to your brain. But yoga may have additional benefits. It can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety.

Meditation also reduces activity in the limbic system—the part of the brain dedicated to emotions. As your emotional reactivity diminishes, you have a more tempered response when faced with stressful situations.

Drugs and talk therapy have traditionally been the go-to remedies for depression and anxiety. But complementary approaches, such as yoga, also helps, and yoga stacks up well when compared with other complementary therapies.

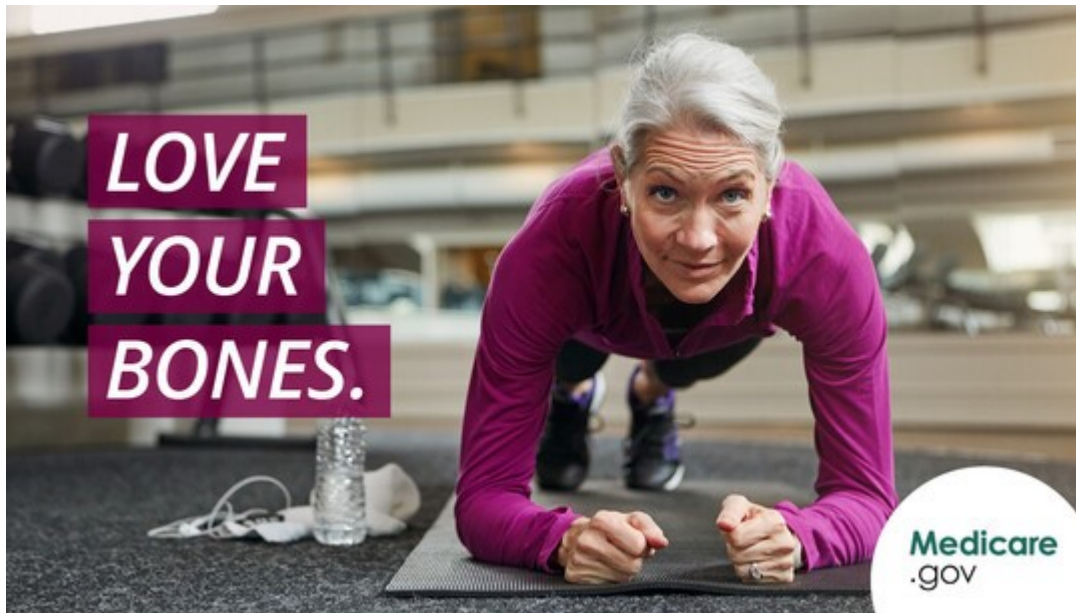
A review of 15 studies, published in the journal *Aging and Mental Health*, looked at the effect of a variety of relaxation techniques on depression and anxiety in older adults. In addition to yoga, interventions included massage therapy, progressive muscle relaxation, stress management, and listening to music. While all the techniques provided some benefit, yoga and music were the most effective for both depression and anxiety. And yoga appeared to provide the longest-lasting effect.

A number of small studies have found that yoga can help with post-traumatic stress disorder (PTSD). It is not used by itself, but as an add-on treatment to help reduce intrusive memories and emotional arousal and to produce calmer, steadier breathing. Deep, slow breathing is associated with calmer states because it helps activate the parasympathetic nervous system.





Do This to Protect Your Bones



Many people with osteoporosis don't know they have it until they break a bone. If you think you may be at risk, **talk with your doctor about getting a [bone mass measurement](#)**. This test can help prevent or detect osteoporosis at an early stage, when treatment works best.

Medicare Part B covers a bone mass measurement once every 24 months (more often if medically necessary) — at no cost to you when your doctor orders it.

Learn More

Along with getting tested, **[here are more ways to keep your bones strong:](#)**

- Eat foods that support bone health, like leafy green vegetables and fish
 - Exercise by doing weight-bearing activities, like strength training or hiking
- Don't smoke, and limit your alcohol consumption

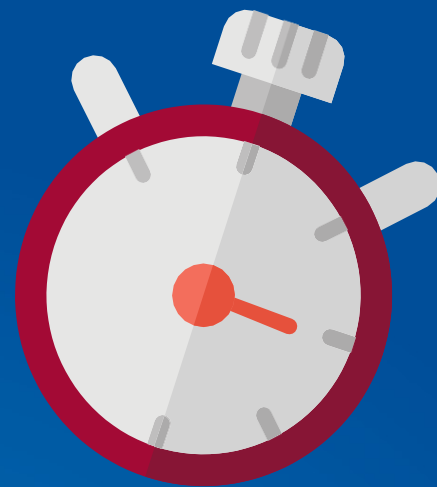
Remember: Your risk of osteoporosis grows as you get older. 1 in 5 women and 1 in 20 men over the age of 50 will develop osteoporosis, so it's important to take steps early to help protect your bones!

Medicare.gov

EVERY  MINUTES,

**A FOOD ALLERGY REACTION SENDS
SOMEONE TO THE HOSPITAL.**

**Take the time to learn 3 easy steps to keep
a friend with food allergies safe. Here's how:**



**STEP
1**

**Learn about food allergies,
and how serious they can be**



**STEP
2**

**Wash your hands with
soapy water after you eat**



**STEP
3**

**Stop an adult for help if
a friend feels sick**



**LEARN HOW YOU CAN
KEEP A FRIEND SAFE AT**

foodallergy.org



FARE.

Food Allergy Research & Education



©2017, Food Allergy Research & Education (FARE)

Source: <https://www.foodallergy.org/sites/default/files/2020-03/FAAW-PosterFINAL8x11.pdf>

Protect All the Skin You're In



Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.



Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.



Ultraviolet (UV) exposure is the most common cause of skin cancer. **A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.**

In fact, fewer than **15% of men** and fewer than **30% of women** reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work



Seek shade, especially during midday hours.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.



Wear a hat, sunglasses and other clothes to protect skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

HOW TO REMOVE A SQUATTER



Denise Obrien, CIAA Intern BSW MSW

Because of the recession possibly coming and the lay-offs are affecting many people, a new problem is currently affecting homeowners or landlords. According to Good Morning America, the month of December, 2022, “squatting” has become a problem for many. Squatters are people who move into a property that they don’t have any legal right to live in—no lease/rental agreement and no permission from the property owner/landlord to live there. The property may be vacant, foreclosed upon, in-between renters, a vacation rental, an occupied home/rental unit, commercial property, or even public land.

In Illinois, a squatter may be able to claim rights to the property after a certain amount of time living there. In Illinois, it takes 20 years of continuous possession for a squatter to make an adverse possession claim (735 ILCS § 5/13-101 et seq). When a squatter makes an adverse possession claim, they can gain legal ownership of the property. You need to check the laws in your state.

Steps to Evict / Get Rid of a Squatter:

1. Determine if the person’s a squatter or tenant.
2. Contact law enforcement/deliver an eviction notice (if required).
3. File a court action to remove the squatter (if required).
4. Attend the hearing (if a hearing is required)

A squatter could be someone who:

1. Broke into the property and now intends to live there.
2. Was a guest, roommate, friend, or family member who has taken possession of a property they have no right to.
3. Is unknown to the property owner/landlord, but was invited by someone else to stay at the property and now refuses to leave (*How to (quickly) remove a squatter: 5 easy steps.*, 2022).

It may be tempting, but under NO circumstances should you attempt to remove the squatter yourself. In many states, if you attempt to do this, you’ll be guilty of performing a **self-help eviction**, which is illegal in almost every state. In addition, doing it yourself could put you in a dangerous situation.

Hopefully, you’ll never be in a situation that would require you to remove a squatter from your property. If that does happen to you, however, keep calm and contact law enforcement officers or deliver an eviction notice to the squatter and move forward with the removal process in your state. Additional Resources are:

1. Self-help evictions
2. Cash For Keys
3. How long does an eviction take?
4. Evict a Tenant for Nonpayment of Rent
5. Search Eviction Records
6. Tenants Abandoned Property (*How to (quickly) remove a squatter: 5 easy steps.*, 2022).

*If you have questions about squatter’s rights or how to remove one you can also consult
Prairie State Legal Services attorney referral line 1-888-965-7757.*

References

How to (quickly) remove a squatter: 5 easy steps. PropertyManagement.com.
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July 8). Retrieved January 5, 2023,

Property Management
[Propertymanagement.com](https://www.propertymanagement.com)



PRAIRIE STATE
LEGAL SERVICES

GOT MEDICAID?

GET READY TO RENEW!

Click Manage
My Case at
abe.illinois.gov.



**Illinois is checking to see
if you are still eligible for Medicaid.
Here's what you need to do now:**

Click Manage My Case at abe.illinois.gov to:

- ✓ Verify your mailing address under "contact us."
- ✓ Find your due date (also called redetermination date) in your "benefit details."

**Watch your mail and complete your renewal
right away.**

If you are no longer eligible for Medicaid, connect to coverage at work or through the official Affordable Care Act marketplace for Illinois, GetCoveredIllinois.gov

**Scan here and click
Manage My Case now.**



HFS

Illinois Department of
Healthcare and Family Services

1-800-843-6154

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.

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).



BRADLEY COUNSELING RESEARCH & TRAINING CLINIC

THE PEORIA PUBLIC LIBRARY *North Branch*

*1st Monday of the month
11:00am-12:45pm*

THE CREVE COEUR PUBLIC LIBRARY

*2nd 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.**

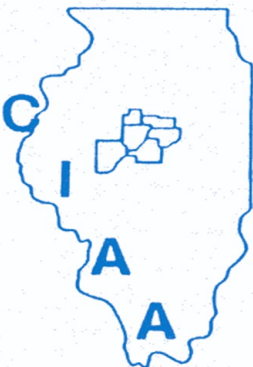
Contact:

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

Space is limited.



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!**

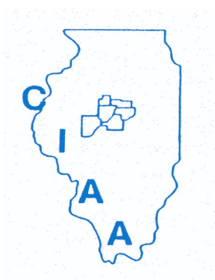
Wheelchair Accessible Vehicle Available for Group Excursions

- 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@ciao.net



Happy *Mother's* *Day*



Clipart Credit: <http://clipart-library.com/clipart/722554.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

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

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 16—R)

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

Congressman Eric Sorensen (District 17—D)

Conductor's Quarters Building
403-1/2 NE Jefferson Street
Peoria, IL 61602

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
repyanspain@gmail.com

Rep. Sharon Chung (91st District—D)

216 N. Center St
Bloomington, IL 61701
(309) 808-2351
info@repchung.com

Senator Dave Koehler (46th District—D)

1203 East Kingman Avenue
Peoria Heights, IL 61616
(309) 677-0120, Fax (309) 346-4650
senatordavekoehler@gmail.com

Rep. William Hauter (87th District—R)

133 S. Main Street Ste. A
Morton, IL 61550
(309) 819-8701
hauter@ilhousegop.org

Rep. Jehan Gordon-Booth (92nd District—D)

300 E. War Memorial Drive, Suite 303
Peoria, IL 61614
(309) 681-1992, Fax (309) 681-8572
repjgordon@gmail.com

FY 2023

CIAA

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FY 2023

CIAA

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