



# Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603  
Telephone: (309) 674-2071, Toll Free: 1-877-777-2422  
Website: <http://www.ciaoa.net>

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

**New Office Hours:**

Monday — Friday: 8:00 am—4:00 pm  
Saturdays: Closed

2024, April Issue

Tessa Mahoney, MSW, MBA, Executive Director  
Hoangvan Dinh, BS, Editor

# SENIOR GAZETTE

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

Central Illinois Agency on Aging would like to **Thank You** to All of our wonderful Volunteers for all of your dedicated services.



# Central Illinois Agency on Aging

## FISCAL YEAR 2025-2027 PUBLIC HEARINGS

**Central Illinois Agency on Aging (CIAA) wants to hear from you!**

Central Illinois Agency on Aging, Inc. (CIAA) will hold two public hearings to inform older persons, caregivers, and other interested persons about the proposed FY 2025, FY 2026, and FY 2027 Area Plan on Aging.

The public is welcome and encouraged to attend the public hearings to discuss and comment on the Area Plan on Aging. The two public hearings will be in person with the May 2<sup>nd</sup> meeting and the option of being virtual on Teams. The link to join the Teams meeting is posted below and on our website at [www.ciaoa.net](http://www.ciaoa.net). You may also email us at [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net), and we will send you an invite with the link.

The hearings will focus on CIAA's plan for providing access to needed services and giving attention to the State of Illinois' Statewide Initiative and CIAA's Local Initiative. The public hearings will also provide information on funding, budget, service priorities, and future.

The Public Information Document will be presented at two public hearings, as listed below:

**Wednesday, May 1<sup>st</sup>, 2024**

(In-Person *Only*)  
at 11:00 am

**MSW Projects Senior Meal Site**

1301 2nd St.  
Henry, IL 61537

[Read Public Information Document](#)

**Wednesday, May 2<sup>nd</sup>, 2024**

(In-Person and Virtual )  
at 11:00 am

In-Person

**Central Illinois Agency on Aging**

(Conference Room)

700 Hamilton Blvd.  
Peoria, IL 61603

Virtual

[Join the meeting now](#)

Meeting ID: 227 014 829 440

Passcode: px88An





Office of the Inspector General  
SOCIAL SECURITY ADMINISTRATION



# SSA Scam Alert

## *Don't Hand Off Cash to "Agents"*

***Real SSA OIG agents will never ask you to give them cash or gift cards***

The Social Security Administration (SSA) Office of the Inspector General (OIG) is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash.

SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM!

NEVER exchange money or funds of any kind with any individual stating they are an SSA OIG agent. This new scam trend introduces an element of physical danger to scams that never existed before.

This recent method of handing cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies do NOT conduct business in this manner.

“This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing their target’s hard-earned money,” said Inspector General Gail S. Ennis. “While our agents are out in the field, they will not ask you for money. I urge you not to respond to these kinds of requests.”

### **WHAT TO DO IF YOU’VE BEEN SCAMMED**

Stop talking to the scammer. Notify financial institutions and safeguard accounts. Call the police and file a police report. File a complaint with the FBI Internet Crime Complaint Center ([ic3.gov](https://ic3.gov)). Report Social Security-related scams to SSA OIG ([oig.ssa.gov](https://oig.ssa.gov)). Report other scams to the Federal Trade Commission ([ftc.gov](https://ftc.gov)).

Keep financial transaction information and the record of all communications with the scammer.

###

*Members of the press may make inquiries to Social Security OIG at [oig.dcom@ssa.gov](mailto:oig.dcom@ssa.gov).*

Connect with us on social media: [Facebook](#) | [Twitter](#) | [LinkedIn](#)

# 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

- Eat a variety of foods each day.

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



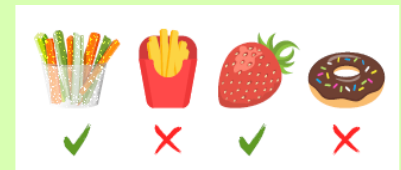
- Keep a food diary to track what you eat.



- Read food labels to learn what's in your food.



- Choose foods that don't have a lot of sugar, saturated fats, and sodium.



- Be aware of how many calories you need per day.

- ◆ Women 60+
  - ⇒ Not active — 1,600 calories
  - ⇒ Moderately active — 1,800 calories
  - ⇒ Very active — 2,000-2,200 calories
- ◆ Men 60+
  - ⇒ Not active — 2,000-2,200 calories
  - ⇒ Moderately active — 2,200-2,400 calories
  - ⇒ Very active — 2,400-2,600 calories

Download a  
PDF version



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating)





## Top 10 Ways to Enjoy Apricots

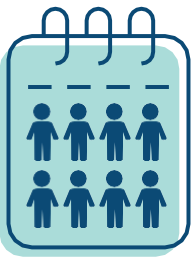
10. **Seared Sweetness!** Sear sliced apricots in pan with a small amount of butter and cinnamon until warmed. Top with chopped walnuts for a little something extra!
9. **The Fabulous Frozen Treat.** Blend sliced apricots and orange juice, freeze in ice trays and enjoy! A cool treat on a hot day ... or any day! Your kids will love it!
8. **Breakfast Parfait.** Brighten up your morning with a parfait filled with apricots and all of your favorite fruits.
7. **Sweet & Sassy Salad.** Mix fresh or dried apricots with any of your favorite fruit or vegetables for a quick an easy salad with a hint of sweetness. Try our [Winter Fruit Salad](#)—it's great as a side dish or after-school snack!
6. **A Tantalizing Trail Mix.** Make your own trail mix by combining dried apricots and other dried fruits with your favorite nuts such as almonds, peanuts, pecans and walnuts.
5. **PB & ... A?** Try your hand at making your own apricot preserves! Great on your usual peanut butter creation or as a spread for breakfast breads.
4. **Plain Jane.** Just rinse and enjoy!
3. **Bake, Broil or Sauté.** For a delicious snack or side dish, warm apricot slices using one of these three cooking methods then add a little cinnamon and enjoy!
2. **Sweeten a Side.** Add dried or fresh apricots to brown rice, garlic, onions, dried cranberries and more. Make your own combination or try our Fruited Rice Pilaf recipe.
1. **Dazzle with a New Drizzle!** Blend apricots with a small amount of milk until smooth. Top whole wheat waffles, oatmeal, or French toast and enjoy. This purée goes great over low-fat ice cream or frozen yogurt!

Source: [Top 10 Ways to Enjoy Apricots - Have A Plant \(fruitsandveggies.org\)](#)

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

Move, Guard, Stop

# Keep Children Safe from Window Falls



about  
**8**

**children die,\***  
**and thousands are injured**  
in falls from windows each year\*\*

Boys were

**64%**



**of the child victims**

and the majority were children  
**6 and under\*\***

\*From 2019 through 2021, for children 12 and under, according to CPSC death data

\*\*NEISS data for 2022



Source: [Keep Children Safe from Window Falls](#)



United States  
Consumer Product Safety Commission

NSN-06-032024



CPSC.gov  
Facebook icon  
Twitter icon  
Instagram icon  
USCPSC





# Domestic Violence and Children

Domestic violence is abuse by a spouse or partner used to gain power and control over the other person. Domestic violence can be physical, verbal, emotional, financial, or sexual abuse.

Children are often aware of the abuse in the home and may show signs they are hurting. This may include:



## INFANTS

- Frequent illnesses
- Sleeping problems
- Crying a lot
- Developmental delays
- Increased or decreased startle reflex

- Shyness or withdrawn
- Aggressive behavior such as excessive biting
- Speech problems
- Loss of skills such as toilet training

## TODDLERS



## SCHOOL-AGE

- Eating disorders
- Drug or alcohol use

- Increased aches or pains such as stomach aches
- Depression
- Self-abuse behaviors
- Takes on parenting responsibilities

## TEENAGERS

- Drug or alcohol use
- Running away from home



- Helplessness or hopelessness
- Violent relationships with others
- Isolation
- Suicide thoughts or attempts

Every child's experience is different and the response to the violence may be different too.

It is important to know that domestic violence, child abuse, and animal abuse are connected and often happen in the same family.

**For more information about domestic violence or to get help:**

[www.ilcadv.org](http://www.ilcadv.org)  
[www.thehotline.org](http://www.thehotline.org)

**ILLINOIS DOMESTIC VIOLENCE HOTLINE**  
**(877) 863-6338**

[www.preventchildabuseillinois.org/domestic-violence](http://www.preventchildabuseillinois.org/domestic-violence)

# EARTH DAY 2024

This year, Earth Day's theme, Planet vs. Plastic, calls on all stakeholders—individuals, businesses, and governments—to unite in combating plastic pollution and protecting our health.

This movement demands a **60% REDUCTION** in plastic production by **2040** & the elimination of single-use plastics by **2030**, paving the way for a plastic-free future.

We're taking on the Plastics Pandemic from every angle—political, cultural, and personal.

We believe everyone deserves a healthy & thriving planet, free from plastic pollution. Our commitment stems from a deep understanding the plastic pollution not only impacts our oceans, our land, our wildlife, but also **DIRECTLY** affects **our own health**.

Plastic is personal.





# Disposal of Unused Medicines: What You Should Know

*Learn how to dispose of unused or expired drugs*

## *How to Safely Dispose of Unused or Expired Medicine*

- The best way to dispose of **most types\*** of unused or expired medicines (both prescription and over the counter) is to drop off the medicine at a drug take back site, location, or program **immediately**.
- If you cannot get to a drug take back location promptly, or there is none near you, **and** your medicine is
  - ◆ on the FDA flush list, your next best option is to immediately flush these potentially dangerous medicine down the toilet.
  - ◆ **not** on the flush list, you should follow these instructions to discard the medicine in your trash at home.

\*Check out the Medication Disposal Q&A for more information including how to dispose of needles and syringes.

**FDA U.S. FOOD & DRUG ADMINISTRATION**

## Drug Disposal Options

Do you have medicine you want to get rid of?

Do you have a drug take-back option readily available?

Check the **DEA website**, as well as your local drugstore and police station for possible options.

**NO**

**YES**

Is it on the **FDA flush list**?

**NO**

Follow the FDA **instructions for disposing of medicine in the household trash**.

**YES**

**Immediately flush your medicine in the toilet.** Scratch out all personal info on the bottle and recycle/throw it away.

Take your medicine to a drug take-back location.

Do this promptly for **FDA flush list** drugs!

www.fda.gov



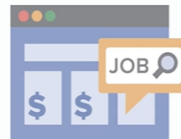
# April is Financial Literacy Month

April is Financial Literacy Month, and a great time to talk about consumer protection information that helps people avoid losing money to scammers. [Federal Trade Commission data](#) show people reported losing more than \$10 billion to scams in 2023, marking the first time that fraud losses have reached that benchmark. It's now more important than ever to share information about spotting, avoiding and reporting scams. The free advice at [ftc.gov/MoneyMatters](https://ftc.gov/MoneyMatters) will help you.

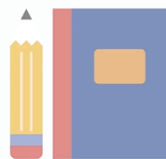
Whether you're renting your first place to live, buying a car, applying for a job or mortgage, or looking for help dealing with debt, [Money Matters](#) has the tools we can all use to spot, avoid, and report scams as you venture on your way.

The information at [Money Matters](#) is here when and where you need it, on your phone or computer, and includes articles, videos, graphics to share on social media, and PowerPoint presentations on topics like:

- [Buying or Renting a Home](#)
- [Avoiding a Scam When You're Looking for a Job](#)
- [Borrowing and Debt](#)
- [Buying and Owning a Car](#)



[Play YouTube](#)



Share this video using the links in the player above or use the [YouTube version](#).

Please share what you learn with family, friends, and members of your community. It's easy to share the graphics and videos on social media. Or use the presentation slides to talk with groups you might be part of — say, at a neighborhood PTA, church group, or club meeting. Talking about a scam helps you avoid it, and it also helps others you care about avoid the scam.



FEDERAL TRADE COMMISSION  
PROTECTING AMERICA'S CONSUMERS



# Distracted Driving

## What is a Text Worth?

Illinois law prohibits the use of handheld cellphones, texting or using other electronic communications while operating a motor vehicle. Hands-free devices or Bluetooth technology is allowed for persons age 19 and older.

Illinois law also prohibits the use of headsets while driving. Headsets are defined as any device, other than a hearing aid, that allows a person to hear or receive electronic communications. The use of a single-sided headset or earpiece with a wireless/cellphone device is permitted while driving. Motorcycle, motor-driven cycle and moped operators may use intercom helmets that permit a driver and/or passengers to speak to one another.

Using hands-free technology such as a headset or voice activated controls is considered a distraction while driving and can be dangerous. If a driver must make a phone call, even with hands-free technology, it is recommended the driver pull off to the side of the road before making the call.

Using a cellphone while holding the device and utilizing the speaker phone is not considered hands free and is a violation of Illinois law.

The only time an Illinois driver can use a cellphone that is not hands free is:

- To report an emergency situation.
- While parked on the shoulder of a roadway.
- While stopped due to normal traffic being obstructed and the vehicle is in neutral or park.

A driver who is in a crash resulting from distracted driving may face criminal penalties and incarceration.



### WHEN DRIVING DO YOU...

- Shave
- Text or email
- Read or write
- Tune the radio
- Put on makeup
- Eat, drink, or smoke
- Talk on the cell phone
- Comb or brush your hair
- File, clip, or polish your nails
- Argue with another passenger
- Reach for the glove compartment
- Break up fights between your kids
- Put in contact lenses or use eye drops
- Pick something up from the floor or between the seats.

### IF SO, YOU ARE DRIVING DISTRACTED

### Don't multi-task when driving.

Driving is complicated enough without becoming distracted by doing other things too. Don't use the vehicle mirrors for personal grooming when the vehicle is in motion or try to read or write while you're behind the wheel.

National Highway Traffic Safety Administration (NHTSA) records show nearly 6,000 people died in crashed involving a distracted or inattentive driver, and more than half a million were injured.

### Don't touch that dial.

Adjust seat positions, climate controls, sound systems, and other devices before you leave or while the vehicle is stopped. Know how your controls work so if you must adjust something on the go, you'll be less distracted. Use presets for radio and climate control or have your passenger assist you.

Sending or receiving a text message causes the driver's eyes to be off the road for an average of 4.6 seconds. When driving 55 miles per hour, this is equivalent of driving the entire length of a football field blind.

### Being Distracted

- Limit interaction with passengers
- Avoid talking while driving
- Avoid taking your eyes off the road
- Keep both hands on the wheel

*Practice good habits by turning your phone off before you drive so you won't be tempted to answer calls on the road.*



American Heart Association.  
Healthy for Good™

# STRESS & STRAIN:

## BODY & BRAIN

Worries about work, money, health care and staying safe in the COVID-pandemic — as well as broader issues like discrimination and climate change — can pile on the stress.

If you're feeling overwhelmed, try these ways to notch down your stress yourself. Also ask for help or a referral from your health care team on ways to lower your stress.



### WHY IT MATTERS

Simply put, stress can kill. People with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including of heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

### TRY THESE STRESS-BUSTERS

Fight stress by focusing on your physical and mental health.



**Get out of the house:**  
Take a walk in nature and enjoy the sights and sounds.



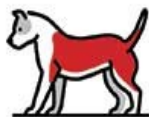
**Sleep tight:** Set a regular bedtime and wakeup routine and turn off or dim electronic screens as bedtime approaches.



**Use your network:**  
Reach out and connect regularly with family and friends.



**Put your mind to it:** Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.



**Lean on a furry friend:**  
Pets may help reduce physiological reactions to stress.



**Work it out:** Regular physical activity — a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly — can relieve tension, anxiety and depression and give you an immediate exercise “high.”



For more tips on the mind-heart-body connection, visit [heart.org/BeWell](https://heart.org/BeWell).



# SAVE THE DATE!

## Free Dental Care Coming to Peoria

Date: June 28th and June 29th

Hours: 8 a.m. to 3 p.m.

Location: Peoria Civic Center



## What Services Are Offered?

- DENTISTRY FOR ADULTS & CHILDREN
- CLEANINGS
- FILLINGS
- EXTRACTIONS
- X-RAYS
- MORE!

If you or someone you know needs dental treatment but can't afford it, mark your calendars for Mission of Mercy 2024. The event will provide **free dental care** to over 2,000 children and adults.

Spread the word and help us reach those in need. Together, we can make a difference in our community's oral health!

For more information visit [isds.org/mom](https://isds.org/mom) or contact  
Mission of Mercy Coordinator Linda Thomas at [lthomas@isds.org](mailto:lthomas@isds.org)





**Graceland Center “*Aging with Vitality*” Weekly Programs\***  
**Spring Schedule April through June 2024**  
**Every Wednesday 10 a.m. - 1 p.m.**

\*Please note changes may occur due to speaker availability. Information shared by speakers is the sole responsibility of the speaker and is not necessarily endorsed by Graceland. All efforts are made to present quality programming based on research and scientifically reliable content.  
 Most sessions will start with a stretching/chair exercise program.

Date	Topic	Speaker and Sponsor
4/3	Healthy Brain/Mental Fitness	Laurie Robley, PTA Graceland Center Program Coordinator
4/10	Show and Tell Writing “Bring an object, share it's story”	Charlene Homan Founder of Touchstone Storytelling
4/17	Cannabis uses with Older Adults	Afife Halabi, RN, PhD Student OSF Saint Francis Medical Center College of Nursing Stephanie Arthalony, Trinity Cannabis
4/24	BINGO and Monthly Birthday Bash	Tia Mortensen, CDP Office Manager Interim Healthcare Downstate Illinois
5/1	Downsizing from the Family Home	Brenda Porter-Huston The Huston Home Team EXP Realty
5/8	Emotional Wellness	Jenni Brooks, MS, LCPC Carle Health
5/15	Fun Brain Stimulation	Jackie Bowers Center for Youth and Family Services
5/22	Fraud and Scams	Elizabeth C. Edwards AVP of Banking Center Hickory Point Bank and Trust
5/29	Bingo and Monthly Birthday Bash!	Kaitlin McVey Grand View Alzheimer's Special Care Center
6/5	Removing Clutter NOT Memories	Lisa Fredericks Silver Evolutions
6/12	Android / iPhone class	Ron Ziemba SeniorNet Education and Empowerment
6/19	Suzuki School of Music Musical presentation	Laura Otto, Molly Wilson
6/26	Bingo and Monthly Birthday Bash!	LaToya Johnson, B'nai B'rith

Next schedule available July 2024

*enhancing lives of older adults*

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

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

# CAREGIVER CHAT

When: 1st Monday of the month 11:00a-12:45p

Where: Peoria Public Library- North Branch

3001 West Grand Parkway, Peoria, IL 61615

Faciliator: Nargis Khan, M.D., LCPC

- Cope with your caregiving roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always “being there”

*Light snacks will be provided*



# TAKE CHARGE OF YOUR HEALTH

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

## WHAT IS TAKE CHARGE OF YOUR HEALTH?

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

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

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



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

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

*By telephone : 309-674-2071 or*

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

*Space is limited.*





Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.

## SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

Participants are asked to make a personal commitment to attend all of the sessions if at possible.



Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

- \* Find out how healthy eating can improve your condition
- \* Create an exercise program that works for you
- \* Learn ways to improve communication with your family, friends, and healthcare providers
- \* Develop your own weekly goals to help you manage your condition
- \* Learn problems -solving strategies to help cope with pain, fatigue and frustration
- \* Gain Support and encouragement from others living with ongoing health conditions

**LEARN HOW TO THRIVE –  
NOT JUST SURVIVE!**

For more information contact:

**Central Illinois  
Agency on Aging, Inc.  
309-674-2071 or  
email [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net)**



Healthy  
Living

*Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling, Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).*



*There is hope.*



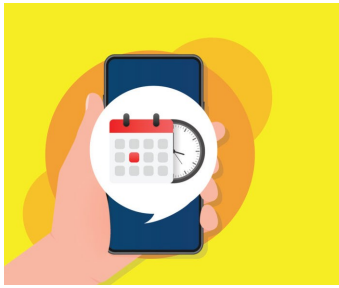
If you or  
someone you know  
needs support now,  
call or text **988**  
or  
chat **988lifeline.org**

**988** SUICIDE & CRISIS  
**LIFELINE**



# Healthy Skin in Your Pocket

7 simple ways your phone can help you protect skin health and detect skin cancer early.



If you're like most people, you keep your cell phone nearby at all times. Your phone is so much more than just a device to connect with people – it's an indispensable source of information and entertainment.

You may not know, though, that your phone can also be a great tool to help you protect your skin's health. Features like alarms and calendar reminders can assist with sun protection and monthly skin checks. And a phone camera is all you need to track your skin over time, enabling you to spot anything new, changing or unusual — potential skin cancer [warning signs](#).

When [caught and treated early](#), skin cancers are usually curable, so it makes sense to use your ever-present device to assist you. Here are seven ways you can dial up efforts to monitor your skin and keep it healthy:

1. Schedule Reminders
2. Set Alarms
3. Use the Camera
4. Get Camera Ready
5. Map and Monitor Monthly
6. There's an App for That
7. Spread the Word

[Read the full article](#)

Source: [Healthy Skin in Your Pocket - The Skin Cancer Foundation](#)



## 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  
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**Senator Tammy Duckworth (D)**  
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## Illinois General Assembly

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