



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: 8:00 am—4:00 pm
Saturdays: Closed

SENIOR GAZETTE

2024, October Issue

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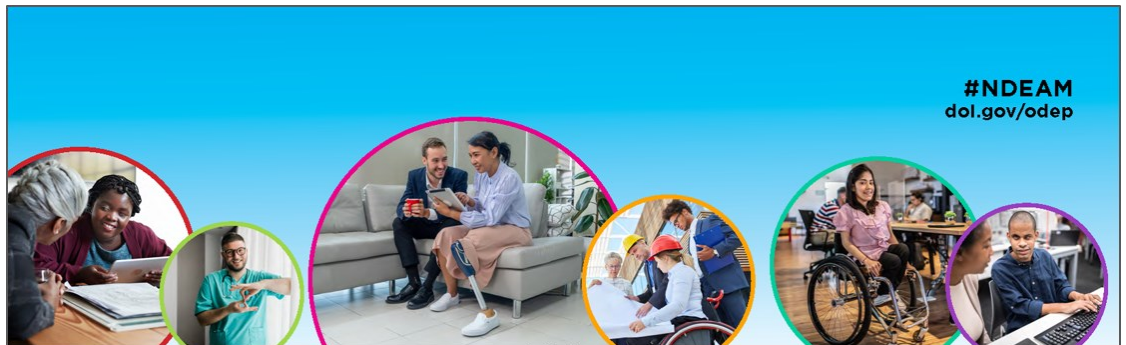
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To Receive Senior Gazette, e-mail Hoangvan Dinh at hdinh@ciaoa.net

National Disability Employment Awareness Month (NDEAM)

Observed each October, during National Disability Employment Awareness Month, or “NDEAM,” we celebrate the value and talent workers with disabilities add to America’s workplaces and economy. NDEAM’s purpose is to confirm our commitment to ensuring disabled workers have access to good jobs, every month of every year. That’s the spirit behind this year’s official theme: **“Access to Good Jobs for All.”**



Access to Good Jobs for All

National Disability Employment Awareness Month



Source: <https://www.dol.gov/agencies/odep/initiatives/ndeam>



**Illinois Emergency Management Agency
and Office of Homeland Security**



FEMA

More Than \$1.5M in FEMA Assistance Approved for Illinois

CHICAGO – In just one week since President Biden announced the major disaster declaration for Illinois, FEMA assistance for residents affected by the *July 13 -16* severe storms, tornadoes, straight-line winds and flooding topped **\$1.5 million**.

Here is a snapshot of FEMA disaster assistance as of Sept. 27:

More than **300** households have been approved for FEMA grant funding totaling **\$1.5 million**, including:

- **\$987,000** in housing grants, including short-term rental assistance and home repair costs.
- **\$560,000** approved for other essential disaster-related needs, such as expenses related to medical, dental, and lost personal possessions.

More than **750** home inspections have been completed.

Reminder: Apply with FEMA

Residents with property damage from the July 13 - 16, 2024, severe storms, tornadoes, straight-line winds and flooding in Cook, Fulton, Henry, St. Clair, Washington, Will, and Winnebago counties are encouraged to apply for federal assistance if they haven't done so already.

There are several ways to start the process:

- Go online to [DisasterAssistance.gov](https://www.fema.gov/disaster).
- Use the [FEMA mobile app](#).
- Call the FEMA helpline at 800-621-3362. Multilingual operators are available. If you use video relay service, captioned telephone service or others, give FEMA your number for that service.

For more information about the Illinois recovery, visit www.fema.gov/disaster/4819.

Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency, or economic status. Reasonable accommodations, including translation and American Sign Language interpreters via Video Relay Service will be available to ensure effective communication with applicants with limited English proficiency, disabilities, and access and functional needs. If you or someone you know has been discriminated against, call FEMA toll-free at 800-621-3362. If you use video relay service, captioned telephone service or others, give FEMA your number for that service.

How to Order Free COVID Test Kits from the Federal Government and Avoid the Scammers



The federal government is once again offering free COVID test kits. When it opens in September, you can order up to four kits per household at COVIDTests.gov. All for free.

Shipping is free, too. Just give a name and shipping address. Sharing your email is optional if you'd like to get confirmation and delivery updates from the U.S. Postal Service. **Anyone who asks for more information than that is a scammer.** You don't need to give financial information or pay anything to get these free tests, and nobody can promise you special access or extra tests. If they do, they're scammers.

One thing to know: the expiration date for many kits has changed. Before you throw away a kit because the expiration date on the package has passed, go to the [FDA's website](https://www.fda.gov) to see if that kit's expiration date has been extended.

To avoid scammers impersonating the federal government:

- Don't click links in unexpected emails or text messages, no matter how real they look.
- Start at COVIDTests.gov to order your free test kits. When you click to order, you'll go to special.usps.com/testkits. The test kits and shipping are free.
- Don't give out your credit card, bank account, or Social Security number. No one will call, text, or email you from the federal government to ask for your information to "help" you order free test kits.

If you spot a scam, tell the FTC at ReportFraud.ftc.gov.

Free COVID tests are now available to order at COVIDTests.gov

Share how to spot the scams with your friends and family.

 **FEDERAL TRADE COMMISSION**

Source: <https://consumer.ftc.gov/consumer-alerts/2024/10/how-order-free-covid-test-kits-federal-government-and-avoid->



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS



Flu, COVID-19, RSV — are you protected?

Each year, millions of people get sick from serious illnesses like flu, COVID-19 and RSV. **Vaccines are your best protection — and they're covered by Medicare.**

If you're 65 or older, it's especially important to stay up to date on your vaccines:

- People 65 or older should get an [updated 2024–2025 COVID-19 vaccine](#). If you've recently had COVID-19, you can wait 3 months to get a COVID-19 vaccine.
- For better protection against flu, the CDC recommends people 65 or older get one of the [higher-dose flu vaccines](#), if available.
- The CDC recommends the [RSV vaccine](#) for people ages 60–74 who are at increased risk, and for everyone 75 or older.

[Pharmacies Near You](#)

Medicare drug coverage (Part D) also [covers vaccines](#) for shingles, tetanus-diphtheria-whooping cough (TDAP), and more at no cost. Talk with your doctor about which vaccines can help you stay healthy this fall and winter!

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

Starting in 2025

Yearly out-of-pocket costs
CAPPED AT \$2,000
for prescription drugs covered
by Medicare



Mark your calendars — Medicare Open Enrollment starts October 15! Did you know new benefits are coming to Medicare drug coverage next year?

Starting in 2025, all Medicare plans will include a [\\$2,000 cap on what you pay out-of-pocket for prescription drugs covered by your plan.](#) So, it's more important than ever to make sure your drugs are covered.

Also starting next year, you can choose to participate in a program that **spreads your out-of-pocket drug costs across the calendar year**, instead of paying all at once at the pharmacy. It's called the [Medicare Prescription Payment Plan](#) — and you can opt in with your plan throughout the 2025 plan year. Contact your plan for more details.

[**Preview Coverage Options**](#)

Remember, Medicare plans can change from one year to the next, and so can your health needs. Preview and compare all your health and drug options and see if you can save!

Medicare.gov

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

GET READY FOR OPEN ENROLLMENT.



Medicare Open Enrollment starts next week! It's your chance to review or change your prescription drug and health coverage for next year. Get a head start by [previewing your 2025 options](#) to see if there's a better fit for your needs and budget.

Preview Coverage Options

You have 2 main ways to get your Medicare coverage — Original Medicare or Medicare Advantage (Medicare-approved plans from private companies). It's important to understand the differences between these 2 options, so [consider these things](#) when choosing coverage.

Start at [Medicare.gov](#), your official source to find the type of coverage that fits you best. If you need more help comparing options:

- **Call us at 1-800-MEDICARE** during Open Enrollment.
- **Contact your local State Health Insurance Assistance Program (SHIP).** Visit [shiphelp.org](#) to get the phone number for your state.

NOTE: If you make less than \$22,591 a year (\$30,661 for married couples), it's worth applying for "[Extra Help](#)." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit [ssa.gov/extrahelp](#) or call Social Security at **1-800-772-1213** to apply for Extra Help.

Medicare.gov

Lung Health & Wellness



Whether you are in perfect health, or you are living with a lung condition, there are many things you can do to protect your lungs and maintain your overall health and well-being.



Protecting Your Lungs

Don't take your lungs for granted. Here are important steps you can take to reduce your risk of lung disease and keep your lungs healthy.



Exercise and Lung Health

Did you know that exercise can also help keep your lungs healthy? Just like regular exercise makes your muscles stronger, it also makes your lungs stronger.



Vaccines that Protect Against Infectious Respiratory Diseases

Most vaccine-preventable diseases are spread from person to person, which means that if one person in a community gets an infectious disease, they can spread it to others. The best way to help stop the spread of certain diseases is through vaccination.



Breathing Exercise

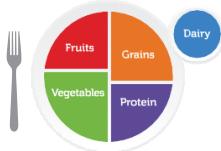
Breathing exercises can make your lungs more efficient and are especially helpful for people who are living with chronic lung diseases such as asthma and COPD.



Public Health Issues

Public health concerns, such as tobacco use, air pollution, climate change, obesity and disease prevention, can affect your lung health.

Start simple
with MyPlate



Enjoy Vegetarian Meals

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Make simple changes

Create main dishes such as pasta primavera with vegetables and chickpeas, pizza topped with vegetables, veggie lasagna, tofu-vegetable stir-fry, and spicy bean burritos.



Think about plant-based protein

Eat a variety of plant protein foods such as black or kidney beans, cooked split peas, and yellow or green lentils. Nuts and seeds are also great options to help you meet protein needs.



Build strong bones with calcium

If you skip dairy, get calcium from fortified products like soy beverages, tofu, and some breakfast cereals and orange juices. Dark-green leafy vegetables like collard green, spinach, and kale are sources of calcium, too.



Add nuts to your day

Choose unsalted nuts as a snack, or use them in salads or main dishes to bump up your protein, dietary fiber, and healthy fats. Slivered almonds or crushed walnuts are great on a green salad.



Have beans for lunch or dinner

Try a bean-based chili, three bean salad, or split pea soup. Because of their high nutrient content, beans, peas, and lentils, which are excellent sources of protein, fiber, folate, and several minerals, are recommended for everyone—vegetarians and nonvegetarians alike—because of their high nutrient.



Enjoy a veggie snack

Snack on raw veggies and hummus—a Middle Eastern dip made from blended chickpeas (garbanzo beans). Hummus is rich in protein, dietary fiber, and several important minerals.



4 Things to Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



1

Depression can be treated.

It's important to seek help early on.

2

Signs and symptoms of depression vary.

For some older adults with depression, sadness may not be their main symptom.

3

Friends and family can help offer support.

They can help watch for symptoms and encourage treatment.

4

Living a healthy lifestyle can help reduce feelings of depression.

This may include eating a balanced diet and being physically active.

To learn more, visit www.nia.nih.gov/depression.



National Institute
on Aging

Each year on October 15, Global Handwashing Day highlights the importance of handwashing with soap and water, especially during key times throughout the day. CDC has developed resources to promote handwashing in your community on Global Handwashing Day and throughout the year!

Washing your hands is easy—and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. Follow these five steps every time.



Hands that look clean can still have icky germs!



WASH YOUR HANDS!

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Get Soap your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for **at least 20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel or air dry them.

If soap and water are not readily available, use a hand sanitizer that contains **at least 60% alcohol**.

For more information on how clean hands save lives, visit <https://www.cdc.gov/clean-hands/about/index.html>.



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

October is **Residents' Rights Month**, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

Residents have the right to self-determination and to use their voice to make their own choices.

This year's Residents' Rights Month theme,

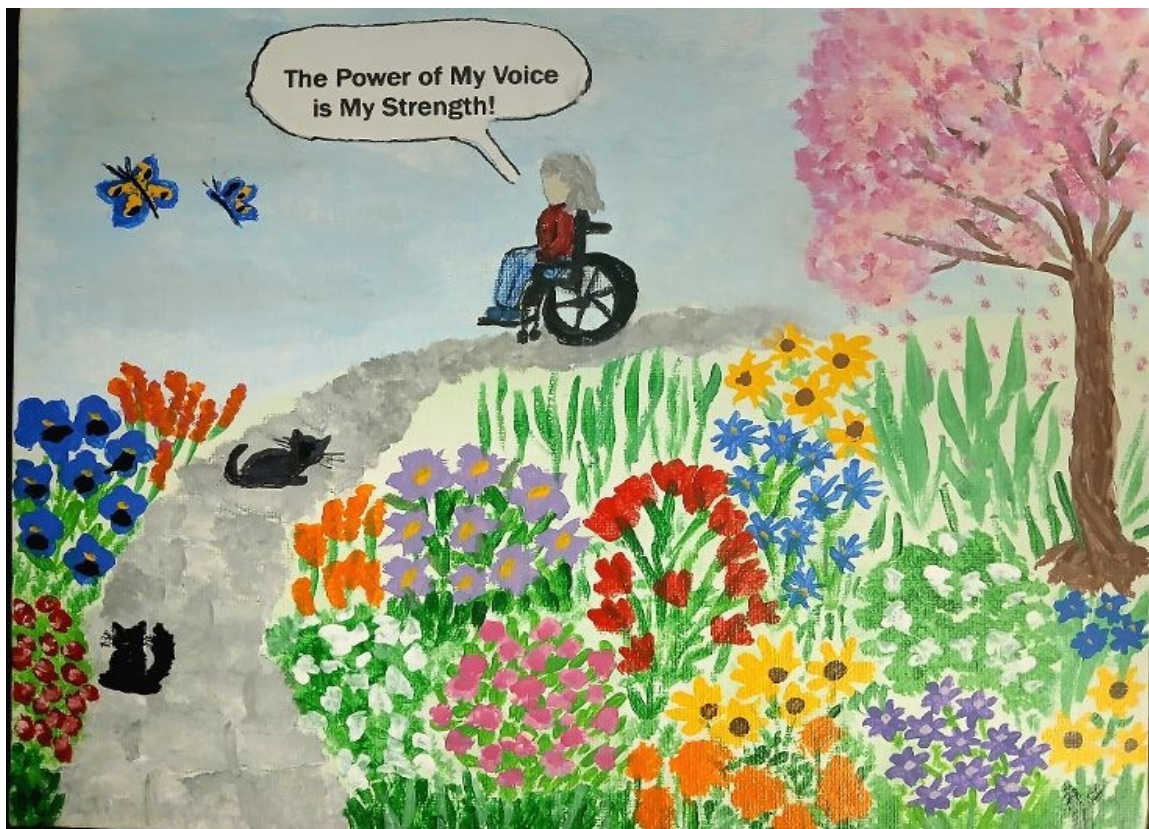
The Power of My Voice, emphasizes self-empowerment and recognizes the power of residents being vocal about their interests, personal growth, and right to live full, enriching lives.



National Consumer Voice for Quality Long-Term Care

Resident's Voice Challenge

Thank you to all those who submitted entries to this year's Resident's Voice Challenge! All month long we will be highlighting entries in emails, on our [website](#), and on our [Facebook page](#) and [Twitter](#).



"I feel I am able to use my voice through painting. I am also the President of our Resident Council which also allows me to use my own voice, as well as be the voice and support for other residents." By Sally, nursing home resident

What's happening this month?

Share how you plan to celebrate Residents' Rights Month by emailing info@theconsumervoice.org. Participate on social media by using **#ThePowerofMyVoice** and **#ResidentsRightsMonth** throughout the month of October.

Source: [National Consumer Voice \(theconsumervoice.org\)](http://theconsumervoice.org)



NURSING HOME RESIDENTS' RIGHTS¹

¹ See 42 CFR §483 for a full listing of Residents' Rights

Residents of nursing homes have rights that are guaranteed by the federal Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and stresses individual dignity and self-determination. Many states also include residents’ rights in state law or regulation.

Right to a Dignified Existence

- Be treated with consideration, respect, and dignity, recognizing each resident’s individuality
- Freedom from abuse, neglect, exploitation, and misappropriation of property
- Freedom from physical or chemical restraints
- Quality of life is maintained or improved
- Exercise rights without interference, coercion, discrimination, or reprisal
- A homelike environment, and use of personal belongings when possible
- Equal access to quality care
- Security of possessions

Right to Self-Determination

- Choice of activities, schedules, health care, and providers, including attending physician
- Reasonable accommodation of needs and preferences
- Participated in developing and implementing a person-centered plan of care that incorporates personal and cultural preferences
- Choice about designating a representative to exercise his or her rights
- Organize and participate in resident and family groups
- Request, refuse, and/or discontinue treatment

Right to be Fully Informed of

- The type of care to be provided, and risks and benefits of proposed treatments
- Changes to the plan of care, or in medical or health status
- Rules and regulations, including a written copy of residents’ rights
- Contact information for the long-term care ombudsman program and the state survey agency
- State survey reports and the nursing facility’s plan of correction
- Written notice before a change in room or roommate
- Notices and information in a language or manner he or she understands (Spanish, Braille, etc.)

Right to Raise Grievances

- Present grievances without discrimination or retaliation, or the fear of it
- Prompt efforts by the facility to resolve grievances, and provide a written decision upon request
- To file a complaint with the long-term care ombudsman program or the state survey agency

Right of Access to

- Individuals, services, community members, and activities inside and outside the facility
- Visitors of his or her choosing, at any time, and the right to refuse visitors
- Personal and medical records
- His or her personal physician and representatives from the state survey agency and long-term care ombudsman program
- Assistance if sensory impairments exist
- Participate in social, religious, and community activities

Rights Regarding Financial Affairs

- Manage his or her financial affairs
- Information about available services and the charges for each service
- Personal funds of more than \$100 (\$50 for residents whose care is funded by Medicaid) deposited by the facility in a separate interest-bearing account, and financial statements quarterly or upon request
- Not be charged for services covered by Medicaid or Medicare

Right of Privacy

- Regarding personal, financial, and medical affairs
- Private and unrestricted communication with any person of their choice
- During treatment and care of personal needs

Rights During Discharge/Transfer

- Right to appeal the proposed transfer or discharge and not be discharged while an appeal is pending
- Receive 30-day written notice of discharge or transfer that includes: the reason; the effective date, the location going on; appeal rights and process for filing an appeal; and the name and contact information for the long-term care ombudsman
- Preparation and orientation to ensure safe and orderly transfer or discharge
- Notice of the right to return to the facility after hospitalization or therapeutic leave

GET HELP

For more information about Residents' Rights, or questions or concerns, contact your Long-Term Care Ombudsman Program, The Long-Term Care Ombudsman Program promotes and protects the rights of residents in licensed long-term care facilities. Visit www.theconsumervoice.org for more information.



1001 Connecticut Ave, NW, Suite 632, Washington, DC 20036 ■ 202-332-2275

info@theconsumervoice.org ■ www.theconsumervoice.org

Source: <https://ltombudsman.org/issues/residents-rights>



Halloween Safety Tips: Costumes, Candy, and Colored Contact Lenses

Enjoy a safe and happy Halloween by following these guidelines.

To help you and your loved ones enjoy a safe and happy Halloween, here are some tips from the U.S. Food and Drug Administration, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention.

- Wear costumes that say “flame resistant” on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.
- Wear bright, reflective costumes or add strips of reflective tape so you’ll be more visible; make sure the costumes aren’t so long that you’re in danger of tripping.
- Wear makeup and hats rather than costume masks that can obscure your vision.
- Test the makeup you plan to use at least 24-48 hours in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy.



Safe Treats

Eating sweet treats is also a big part of Halloween fun. If you're concerned about food safety, there are some things to know.

Before you or your children go trick-or-treating, remember these tips:

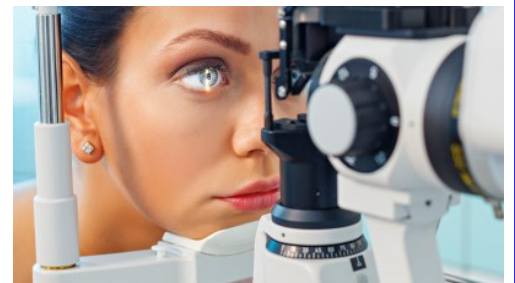
- Don’t eat candy until it has been inspected at home.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn’t present. Tell children not to accept — or eat — anything that isn’t commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies, or small toys from the Halloween bags.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

For partygoers and party throwers, the FDA recommends the following tips for two seasonal favorites:

- Before bobbing for apples — a favorite Halloween game — reduce the risk of bacteria by thoroughly rinsing the apples under cool running water. As an added precaution, use a produce brush to remove surface dirt.

Eye Safety

The FDA joins eye care professionals in discouraging consumers from using [decorative \(colored\) contact lenses](#) that have not been prescribed by a doctor. Decorative contact lenses sold in costume stores or other retail stores without a prescription are illegal and could cause harm. These are contact lenses that have not been approved by the FDA for safety and effectiveness. Consumers should only use brand name contact lenses from well-known contact lens companies.



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

Facilitator: 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

Space is limited.



Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.

SIGN UP NOW SPACES ARE LIMITED

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

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



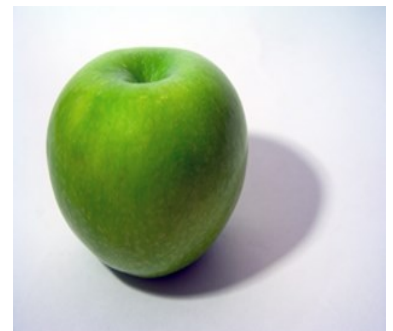
Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

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

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

For more information contact:

**Central Illinois
Agency on Aging, Inc.
309-674-2071 or
email ciaa@ciaoa.net**



Healthy Living

Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling, 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).

The Disability Information and Access Line (DIAL)

DIAL has launched a new tool to help people with disabilities to find local services and resources to support community living at <https://dial.acl.gov/>. DIAL's staff are trained to work with people of various communications abilities and will spend as much time as needed to ensure effective communication. DIAL's Information Specialists can assist people in all languages and are trained to work with callers who are deaf and hard-of-hearing.

To connect with a DIAL Information Specialist from
7:00 a.m. to 8:00 p.m. (Central),

Monday – Friday: Call | Text Message | Videophone: **1-888-677-1199**. People who use TTY relay can first dial 7-1-1, and then relay the 888-677-1199 number.

Email: DIAL@usaginganddisability.org

Have an online chat with an Information Specialist from DIAL. [Start a live chat now!](#)
Connect directly to an agent in American Sign Language [using ASL](#)

“New Feature” 988 Suicide & Crisis Lifeline

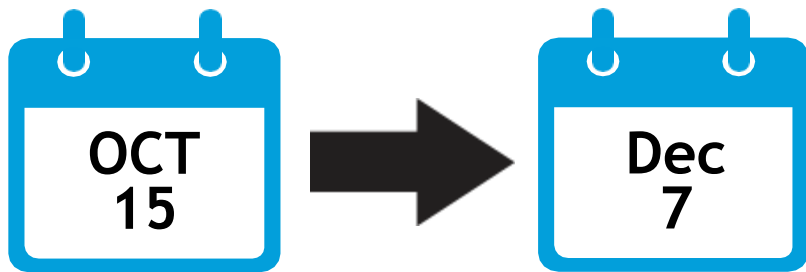
The U.S. Department of Health and Human Services
has now added American Sign Language (ASL)

services to the 988 Suicide and Crisis Lifeline. Doing so is part of ongoing efforts to expand accessibility to behavioral health care for underserved communities such as people who are Deaf and Hard of Hearing. To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened can click the "ASL Now" button on 988lifeline.org and follow the prompts.

Direct dialing to 988 from a videophone will be available in the coming weeks. In the meantime, ASL callers can call 1-800-273-TALK (8255) from a videophone to reach ASL services.

Related Resource: <https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options.
Choose or change your Medicare health and
prescription drug plans for the coming year.
Help is available!

Medicare.gov
1-800-MEDICARE

(1-800)-633-4227) TTY: 1-877-486-2048

To schedule an appointment, please reach out to

Central Illinois Agency on Aging

at

309-674-2071.

We look forward to helping you find
the coverage that suits your needs!



CMS Product no:12196 (7/23)

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 61603
(309) 621-7070

U.S. Senators for Illinois

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Senator Tammy Duckworth (D)
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Senator Win Stoller (37th District—R)
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Rep. Travis R. Weaver (93rd District—R)
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Senator Dave Koehler (46th District—D)
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Rep. William Hauter (87th District—R)
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