



# Central Illinois Agency on Aging, Inc.

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Serving Fulton, Marshall, Peoria, Stark, Tazewell,  
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# SENIOR GAZETTE

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To Receive Senior Gazette,  
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# FLIP the SCRIPT *on aging*



## #OlderAmericansMonth



Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "*Flip the Script on Aging*," focuses on the importance of combating ageism to transform how society perceives, talks about, and approaches aging by challenging stereotypes and highlighting the benefits of healthy aging.

## FLIP THE SCRIPT ON AGING





# National Council On Aging Older Americans Act Reauthorization Priorities



The Older Americans Act is up for reauthorization.

Supporting healthy aging, economic security, and senior centers are National Council On Aging (NCOA) priorities for this year's Older Americans Act reauthorization.

These OAA reauthorization priorities provide a roadmap to advance NCOA's commitment to improving the lives of 40 million older adults by 2030.

Now in its 60th year, the Older Americans Act (OAA) ensures a network of national, state, tribal, local, and community-based organizations can plan for and implement important programming to ensure all older Americans, especially the most vulnerable, can age well with health, dignity, and independence.

First enacted in 1965, the law establishes priorities and operations for key programs and services that help keep our nation's adults age 60 and older healthy and independent.

OAA has been updated several times through the “reauthorization” process, most recently in 2020. NCOA feels strongly about what should be in the next reauthorization.

Like NCOA's Policy Positions, these OAA reauthorization priorities provide a roadmap for our policy and advocacy efforts to advance NCOA's commitment to improving the lives of 40 million older adults by 2030.

NCOA has a history of advancing reauthorization priorities as well as championing policy changes proposed by other leaders in the Aging Network.

## *NCOA's core Older Americans Act reauthorization priorities:*

### ***Healthy aging***

Everyone deserves access to quality health care services that meet their needs. Many of these services can reduce or delay expensive hospital or nursing home admissions.

### ***Economic security***

In 2023, poverty among older adults rose for the third consecutive year. To make ends meet, many older adults work beyond their anticipated retirement or must return to work. Yet age discrimination continues to create barriers to employment and training assistance.

### ***Senior centers***

Senior centers play a crucial role in supporting communities and linking people with opportunities to age well and be socially connected. The coronavirus pandemic's disproportionately harsh impact on older adults would have been even worse without the offerings of senior centers—many pivoted to offer meal delivery and online programs and outreach when gathering in person was not possible.



Celebrate the legacy.  
Protect the future.



# DON'T BLOW OUT THE CANDLES

on the Older Americans Act

Join us on  
May 28th for a  
statewide day  
of action.

Life Together Center  
3625 N. Sheridan Rd.  
Peoria, IL 61604

May 28, 2025  
1:00 pm

age:  
central



PROTECT 60 YEARS OF IMPACT!

For more info:  
[www.I4A.org](http://www.I4A.org)

# Help yourself to health.



Eating a variety of nutrient-dense foods from each of the 5 food groups can help **reduce the risk of developing chronic diseases** like high blood pressure, diabetes, and heart disease.

**Here are a few tips to incorporate into a healthy lifestyle:**

- **Choose foods with little to no added sugar, saturated fats, and sodium.** Build meals around protein foods that are naturally low in saturated fats, like beans, peas, lentils, chicken, seafood, and lean meats.
- **Be aware of how many calories you need per day.** Visit [MyPlate.gov](https://www.MyPlate.gov) to learn more
- **Avoid sugary drinks.** Drink plenty of water throughout the day to stay hydrated.

## Healthy Eating Tips

For certain people, **Medicare also covers some nutrition-related services:**

- If you have diabetes or kidney disease, you may qualify for [Medicare-covered medical nutrition therapy](#). You'll get an assessment, therapy services, and help managing diabetes.
- If you have a body mass index (BMI) of 30 or more, Medicare covers [obesity behavioral therapy](#), which includes an initial BMI screening and behavioral therapy sessions to help you focus on diet and exercise.

# Medicare.gov

# Are you 60 or older getting Medicaid in the community?

We would like to hear about your experiences with Medicaid home and community-based services in Illinois.

## Details

- Zoom group-interview with 6 to 9 other people
- \$100 Amazon e-code for participating
- 2 hours long, with breaks.

## Participation Requirements

- Live in Illinois
- Age 60+
- Currently receive Medicaid
- Live in your own home or a family member's home
- Speak English
- Have access to the computer and the internet.

To fill out the consent and screener forms, follow the QR code, or visit:  
[Consent and Screener Forms link.](#)



UNIVERSITY OF  
**ILLINOIS CHICAGO**

Institute on Disability  
and Human Development

Evaluation conducted by the Institute  
on Disability and Human Development  
at the University of Illinois Chicago.



# Women face higher risk of stroke

## STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women  
will have a stroke.

About 55,000 more  
women than men have  
a stroke each year.



**#3**  
cause  
of death

Stroke is the No. 3  
cause of death in  
women.

Stroke kills over  
90,000 women a year.



Among women,  
Black women  
have the highest  
prevalence of  
stroke.

## TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

### STROKE RISK INCREASES IN WOMEN WHO:



#### Are pregnant

Pregnant women  
are three times  
more likely to  
have a stroke as  
non-pregnant  
women of the  
same age.



#### Have preeclampsia

This dangerous  
condition of high  
blood pressure  
during pregnancy  
doubles stroke risk  
later in life.



#### Take birth control pills

These can double  
the risk of stroke,  
especially in women  
with high blood  
pressure.



#### Use hormone replacement therapy

It doesn't lower  
stroke risk if  
postmenopausal,  
as once thought.



#### Have migraines with aura and smoke

Strokes are more  
common in women  
who have migraines  
with aura and smoke,  
compared with other  
women.



#### Have atrial fibrillation

This quivering or  
irregular heartbeat  
can increase stroke  
risk fivefold.

### STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health  
care professional  
to **determine  
safest medication**  
if pregnant  
with high blood  
pressure.

Discuss with  
their health care  
professional  
**low-dose aspirin  
guidelines**  
starting in the  
second trimester  
(week 12) to lower  
preeclampsia risk.

**Get their blood  
pressure checked**  
before taking birth  
control pills and  
monitor every six  
months.

**Review the risk  
and benefits**  
of hormone  
replacement  
therapy with  
their health care  
professional and  
discuss if the benefit  
outweighs the risks.  
For some women, it  
might not.

**Quit smoking.**  
All women who  
experience  
migraines and  
smoke should  
avoid smoking,  
nicotine use,  
vaping and  
e-cigarettes.

**Get screened for  
atrial fibrillation**  
if over the age of  
75 as this condition  
then becomes  
more common in  
women.

# Be Active



## *Why is physical activity important?*

Physical activity is good for your health and mind! Plus, it is a great way to spend time by yourself or together with family and friends.



## *Staying active can help keep your body strong and your mind healthy.*

Regular physical activity can:

- Reduce the risk of certain conditions (heart disease, diabetes, certain cancers, lowers risk of falls)
- May help manage many conditions (reduces cholesterol, triglycerides, and blood pressure, helps control blood sugar levels, depression, anxiety, arthritis and osteoporosis)

Adults and children who stay active may:

- Do better in school
- Have improved mood and relaxation
- Have improved sleep
- Have less joint pain



## *How much physical activity is right for me?*

- **Adults (18-64):** Aim for 150 minutes (2 hours and 30 minutes) each week of moderate activity, such as walking, bike riding, light yard work and chores, or dancing.
- **Children (6-17):** Kids should aim for 60 or more minutes each day of physical activity. Make sure it's fun for them!
- **Young Children (2-5):** Young children do not have a recommended activity. If you have children this age, have them play actively at least a few times each day.
- **Older Adults (65 or older)** Older adults should follow similar guidelines as those for younger adults. This age group should also focus more on activities that improve balance. Be sure to discuss any new exercise plans with your doctor. There is a higher likelihood of having health conditions that could change how you need to exercise safely.



**Note:** Do whatever fits your lifestyle! You don't have to do all of your physical activity at once. It's ok to split your activity into shorter sessions to fit your schedule.

Brain health affects many aspects of life, including how you think, feel, act, and relate to others. Many factors can affect brain health, including age-related changes in the brain, injuries such as stroke, mood disorders, substance use disorder, and diseases such as Alzheimer's.

Brain health refers to how well a person's brain functions across several areas.

- **Motor function:** Controlling movements and balance
- **Sensory function:** Seeing, hearing, tasting, and smelling
- **Tactile function:** Feeling and responding to sensations of touch, including pressure, pain, and temperature
- **Cognitive health:** Thinking, learning, and remembering
- **Emotional function:** Interpreting and responding to emotions



## ***Cognitive Health***

Cognitive health is the ability to think, learn, and remember clearly.

It is needed to carry out many everyday activities effectively.

Cognitive health is just one aspect of overall brain health.

Many factors contribute to cognitive health. Genetic, environmental, and lifestyle factors may contribute to a decline in thinking skills and the ability to perform everyday tasks, such as driving, paying bills, taking medicine, and cooking. Although genetic factors can't be controlled, many environmental and lifestyle factors can be changed or managed.

Scientific research suggests that there are steps you can take to reduce your risk of cognitive decline and help maintain your cognitive health. These small changes can add up: Making them part of your routine can support your brain function now and in the future.

## ***Take care of your physical health***

Taking care of your physical health may also help your cognitive health.

*You can:*

- Get recommended health screenings.
- Manage chronic health problems, such as high blood pressure (more below), diabetes, depression, and high cholesterol.
- Talk with your health care provider about the medicines you take and possible side effects on memory, sleep, and brain function.
- Treat age-related sensory conditions such as hearing or vision loss.
- Reduce risk for falls and other accidents that could lead to brain injuries.
- Limit use of alcohol; note that some medicines can be dangerous when mixed with alcohol.
- Quit smoking if you currently smoke. Avoid other nicotine products such as chewing tobacco.
- Be mindful of your diet. Choose foods that are nutritionally dense, low in animal fats, and high in vitamins and fiber.
- Get enough sleep, generally seven to nine hours each night.

For complete article, [continue reading](#)



**National Institute  
on Aging**



# Skin Cancer



## What Is Skin Cancer?

Skin cancer is the out-of-control growth of abnormal cells in the epidermis, the outermost skin layer, caused by unrepaired DNA damage that triggers mutations. These mutations lead the skin cells to multiply rapidly and form malignant tumors. The main types of skin cancer are [basal cell carcinoma](#) (BCC), [squamous cell carcinoma](#) (SCC), [melanoma](#) and [Merkel cell carcinoma](#) (MCC).

*Read on to find out what can cause skin cancer.*

## What Does Skin Cancer Look Like?

[Skin cancers can look quite different](#) from one person to another due to [skin tone](#), size and type of skin cancer and location on the body. See our [Skin Cancer Pictures](#) page for a selection of photos to help you understand what skin cancers can look like.

[View pictures.](#)

## What Causes Cancers of the Skin?

The two main causes of skin cancer are the sun's harmful [ultraviolet \(UV\) rays](#) and using UV [tanning](#) beds. The good news is that if skin cancer is caught early, your dermatologist can treat it with little or no scarring and high odds of eliminating it entirely. Often, the doctor may even detect the growth at a [precancerous](#) stage, before it has become a full-blown skin cancer or penetrated below the surface of the skin.



## Protect Yourself with a Complete Approach

Skin cancer prevention requires a comprehensive approach to protecting yourself against harmful ultraviolet ([UV](#)) radiation.

That's because UV radiation from the sun isn't just dangerous, it's also sneaky. Not only can it cause premature aging and [skin cancer](#), it reaches you even when you're trying to avoid it – penetrating clouds and glass, and bouncing off of snow, water and sand. What's more, sun damage accumulates over the years, from prolonged outdoor exposure to simple activities like walking the dog, going from your car to the store and bringing in the mail.

## The Skin Cancer Foundation recommends that you:

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Don't get [sunburned](#).**
- **Avoid [tanning](#)**, and never use UV tanning beds.
- **Cover up** with [clothing](#), including a broad-brimmed hat and UV-blocking [sunglasses](#).
- **Use a broad-spectrum (UVA/UVB) sun-screen** with an SPF of 30 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) [sunscreen](#) with an SPF of 50 or higher.
- **Apply 1 ounce (2 tablespoons) of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating. Find sunscreen by searching our [Recommended Products](#).
- **Keep newborns out of the sun.** Use [sunscreen on babies](#) over the age of six months.
- **Examine your skin** head-to-toe [every month](#).
- **See a dermatologist** at least once a year for a professional skin exam.
- **Get all the details:** [Your Daily Sun Protection Guide](#). [Skin Cancer Prevention PDF](#).

# Asthma Awareness

Asthma is a serious chronic respiratory disease that affects the quality of life of more than 25 million Americans, including an estimated 4 million children. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers. To learn more about Asthma, explore [EPA's Asthma website](http://www.epa.gov/asthma).



## Glossary of Asthma Triggers Commonly Found in Homes

### Combustion by-products

**Triggers:** Particles and gases that are formed when fuel is burned.

**Where Found:** Gas cooking appliances, fireplaces, woodstoves, candles, incense, cigarettes, and unvented kerosene and gas space heaters.

### Dust Mites

**Triggers:** Body parts and droppings.

**Where Found:** Mattresses, bedding, carpeting, curtains, upholstered furniture, and stuffed toys. Dust mites are too small to be seen with the naked eye. They can survive in a range of climates, but they prefer high humidity.

### Mold

**Triggers:** Mold spores, fragments, and odors.

**Where Found:** Indoor mold growth is often found in areas with more moisture such as kitchens, bathroom, and basements, or areas where water damage had occurred. There are many types of mold and they can be found in any climate.

### Pests

**Triggers:** Cockroaches—Body parts and droppings.

Rodents—fur, skin flakes, and urine.

**Where Found:** Areas with food and water such as kitchens, bathrooms, and basements.

### Pets with Fur

**Triggers:** Fur, skin flakes, and saliva.

**Where Found:** Throughout entire home.

### Secondhand Smoke

**Triggers:** Mix of smoke from the burning end of a cigarette, pipe, or cigar and the smoke exhaled by a smoker.

**Where Found:** Anywhere that smoking is allowed.

### Volatile organic compounds (VOCs)

**Triggers:** Chemical vapors that come from household items.

**Where Found:** Products such as cleaning agents, deodorizers, air fresheners, perfumes, paints, nail polish, and nail polish remover.



# Let's Make This a Food Allergy—Aware Kitchen!

Every 10 seconds, a food allergy reaction sends a patient to the emergency room in the U.S.



## THE TOP 9 COMMON FOOD ALLERGY



PEANUT



TREE NUT



WHEAT



MILK



EGG



SOY



FISH



SHELLFISH



SESAME

Food allergy is a disease that can cause serious, even life-threatening reactions.  
Tips for sharing a kitchen—or a meal—with someone who has food allergy.



### BE KIND TO PEOPLE WHO HAVE FOOD ALLERGIES.

They may feel uneasy about dining outside their home.



### GIVE OPEN, HONEST ANSWERS WHEN PEOPLE ASK YOU QUESTIONS.

This can help them make safer decisions.



### CREATE A DESIGNATED SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGIES DO NOT TOUCH

All food equipment must be properly cleaned before use. Sanitizer alone does not remove food allergens.



### GIVE PEOPLE MANY CHANCES TO TELL YOU ABOUT THEIR ALLERGY.

Remember that food allergens can be in beverages, too.



### MAKE SURE THE INFORMATION YOU SHARE WITH PEOPLE IS SIMPLE AND ACCURATE.

Menus and signs must be up to date. Label all containers in a shared refrigerator.



### KEEP YOUR FOOD ALLERGY TRAINING UP TO DATE.

Knowing how to recognize and respond to a food allergy reaction can save a life!



**Visit the Food Allergy Academy to learn more.**





# Healthy Eyes, Healthy You



When you take care of your eye health, you're also taking care of your whole body. That's because lots of things that are good for your eye health are good for your overall health and well-being!

Building eye-healthy habits is important for everyone — it can help you manage eye conditions you already have and prevent new problems from developing. So take steps toward a healthier you with these eye health tips.

## Get Active.....

Did you know that getting active can help keep your eyes healthy? That's because physical activity can lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.



## .....Choose eye-healthy foods

Healthy foods are eye-healthy foods! Try to eat lots of dark leafy greens — like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

## Say no to smoking.....

Smoking isn't just bad for your lungs — it can increase your risk of eye diseases, too. If you're ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support.



## .....Learn your family's eye health history

Some eye diseases can run in families. So ask your family members if they've had any eye problems. If they have, talk with your eye doctor about what that means for you.

## Get your eyes checked.....

Scheduling your next doctor's appointment? Find some time on that calendar for a trip to the eye doctor, too! Getting regular eye care can help doctors find problems early — when they're easier to treat. Talk with your eye doctor about how often to get eye exams.



**Remember, it's never too late to start building healthy habits! Protecting your eye health now can help you see a brighter future tomorrow. Learn more at [nei.nih.gov/HealthyVision](https://www.nei.nih.gov/HealthyVision)**



**Get more resources from NEI**



National Eye Institute



National Eye Health  
Education Program  
**NEHEP**

# MEDICARE FRAUD PREVENTION WEEK

6/2-6/8



Medicare Fraud Prevention Week from 6/2 through 6/8; focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse. Medicare Fraud Prevention Week runs the week of June 5, or 6/5, because most people become eligible for Medicare when they turn 65. Medicare Fraud Prevention Week is hosted by the [Administration for Community Living](#) and the Senior Medicare Patrol, known as the SMP. The SMP is a national program to educate Medicare beneficiaries about Medicare fraud, errors, and abuse.

## *Why is This Week Important?*

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse, though that number is impossible to measure. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being.

Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected. When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud, errors, or abuse could include:

- Charging for services or supplies that were not provided
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment
- Prescribing or providing excessive or unnecessary tests and services

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been “compromised” as a result of medical identity theft. Stealing from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future.

## *How to Take Part in the Week*

The most effective way to stop Medicare fraud from occurring is to prevent it from happening in the first place. Learning how to prevent it and then sharing what you learn with others is how Medicare beneficiaries, caregivers, family members, partners and professionals, and the whole community can participate in this week!

If you are a **Medicare beneficiary**, start the week by learning how to read your Medicare statements! Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) in the paper form that is mailed to you or go online to Medicare.gov and review claims digitally.

Remember the three steps from the SMP: Prevent, Detect, Report! [Continue Reading](#)

Source: <https://smpresource.org/medicare-fraud-prevention-week/>



# Discounted Phone, TV, or Internet Services If You Pay with a Gift Card? No, It's a Scam

Have you gotten a [robocall](#) about a discount on phone, TV, or internet services? Scammers are pretending to be businesses and making robocalls about “discounted services” if you pay with a [gift card](#). It's a scam. **Here's how the scam works so you can avoid it.**

You get an unexpected [robocall](#) from someone who says they're with a company like AT&T, Spectrum, or Comcast Xfinity. They say there's a 40-50% discount available if you act now. They might say the discount is for future bills, service bundles, or even products like a new Apple Watch — but then they say you have to buy a [gift card](#) and pay them up front by giving them the gift card numbers to secure the offer. **That's a scam.** They might also ask you to confirm your account information to apply the discount, but if you do, they could use that info to hack into your account.

## To avoid a scam like this:

- **Take your time.** Scammers pressure you to act fast. They don't want you to have time to think about what they're saying. Take your time to be sure you understand the offer.
- **Check it out.** To confirm the offer is real, reach out to the company that's supposedly offering the promotion. But use a phone number or website you know is right — not the number in the robocall message.
- **Know how scammers tell you to pay.** Gift cards are for gifts, not for payments. Only scammers will tell you to pay with [gift cards](#).

Already paid or gave your information to a scammer? Read [What To Do if You Were Scammed](#) to find out what to do next. And tell the FTC at [ReportFraud.ftc.gov](#).



**FEDERAL TRADE COMMISSION**  
**PROTECTING AMERICA'S CONSUMERS**



# 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@ciao.net](mailto: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:

- \* 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!**

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.

# Healthy Living

For more information contact:

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



*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](mailto: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](https://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/>



## Top 10 Ways to Enjoy Mangos

10. **Mango Salsa.** Create a mango salsa with mangos, red onions, jalapenos, cilantro and lime juice.
9. **Frozen Treat!** Blend sliced mangos 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. **Puree & Drizzle.** Puree a mango then drizzle over low-fat vanilla ice cream and top off with raspberries. It's a new healthy alternative to please your sweet tooth.
7. **Mango Tea.** For a naturally sweet taste and a decorative touch, slice and freeze mangos then add to flavored ice teas.
6. **Pancakes.** Mix into any pancake batter for a refreshing twist to your usual plain or blueberry pancakes.
5. **Mango Kebob.** Add mangos to the skewers to sweeten up your traditional kebobs.
4. **Smoothie.** Blend 1 cup of orange juice, ½ cup of yogurt and one banana. Add 6 ice cubes and 1 diced mango. Blend again. Enjoy!
3. **PB & ... M?** Skip the jelly and top your peanut butter with mangos! Toast whole wheat bread, spread with peanut butter and add mango slices. A sweet change to the old standby.
2. **Parfait!** Layer low-fat vanilla yogurt, whole grain granola, raisins and mangos
1. **Quick Dessert or Sweet Side.** Mix mango, banana, strawberries and oranges in a bowl with chili powder, lime juice and honey. Serve chilled.

*See Nutrition Information for Mangos*



Source: [Top 10 Ways to Enjoy Mangos - Have A Plant](#)

## Places to Go ... Things to See

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

### Hult Center For Healthy Living

5215 N. Knoxville Avenue

Peoria, IL 61614

692-6650

[www.hulthealthy.org](http://www.hulthealthy.org)

### The Peoria Playhouse Children's Museum

2218 N. Prospect Road

Peoria, IL 61603

323-6900

[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

### Peoria Riverfront Museum

222 S.W. Washington St.

Peoria, IL 61602

686-7000

[www.peoriariverfrontmuseum.org](http://www.peoriariverfrontmuseum.org)

### Peoria Park District

Luthy Botanical Gardens—

Owens Center

Forest Park Nature Center

2218 N. Prospect Road

Peoria, IL 61603

682-1200

[www.peoriaparks.org](http://www.peoriaparks.org)

### RiverPlex Wellness & Recreation Center

600 NE Water Street

Peoria, IL 61603

282-1700

[www.riverplex.org](http://www.riverplex.org)

Central Illinois Agency on Aging is  
now on [Facebook](#) and our fan base  
is on an upward trend. CIAA wants  
Facebook to be a place where our

fans/those we serve and those interested in what  
we do as an agency can come to find information  
and updates that pertains to those that visit our  
page or for those wanting to know more about our  
services and programs. CIAA also wants to know  
what you/our fans would like to know more  
about. ? Please email [ciaa@ciao.net](mailto:ciaa@ciao.net) with your  
thoughts/ideas. Thanks to all of our fans and  
continue to let others know about CIAA's  
Facebook page and all that CIAA does.



## U.S. House of Representatives

### **Congressman Darin LaHood (District 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

### **Senator Richard J. Durbin (D)**

525 South 8<sup>th</sup> Street  
Springfield, IL 62703  
(217) 492-4062, Fax (217) 492-4382

### **Senator Tammy Duckworth (D)**

8 South Old State Capitol Plaza  
Springfield, IL 62701  
(217) 528-6124

## Illinois General Assembly

### **Senator Li Arellano, Jr. (37<sup>th</sup> District—R)**

#### District Office:

86 South Galena Ave. Suite 2  
Dixon, IL 61021  
(779) 251-5003

### **Rep. Ryan Spain (73<sup>rd</sup> District—R)**

5407 N. University, Arbor Hall, Suite B  
Peoria, IL 61614  
(309) 690-7373, Fax (309) 690-7375  
[repyanspain@gmail.com](mailto:repyanspain@gmail.com)

### **Rep. Sharon Chung (91<sup>st</sup> District—D)**

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

### **Rep. Travis R. Weaver (93<sup>rd</sup> District—R)**

337 Court Street  
Pekin, IL 61554  
(309) 204-6514

### **Senator Dave Koehler (46<sup>th</sup> District—D)**

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

### **Rep. William Hauter (87<sup>th</sup> District—R)**

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

### **Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**

300 E. War Memorial Drive, Suite 303  
Peoria, IL 61614  
(309) 681-1992, Fax (309) 681-8572  
[repigordon@gmail.com](mailto:repigordon@gmail.com)

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