



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

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

2025, August Issue

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

SENIOR GAZETTE

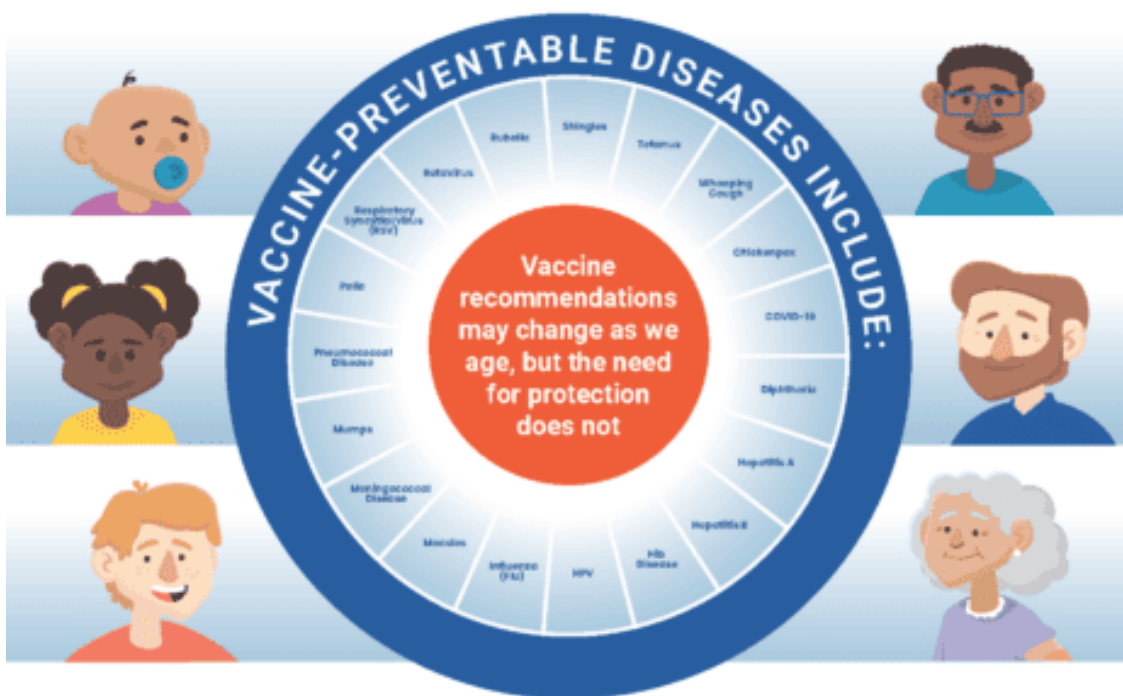
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To Receive Senior Gazette,
e-mail Hoangvan Dinh at
hdinh@ciaoa.net

National Immunization Awareness Month

VACCINES HELP PROTECT YOU THROUGHOUT YOUR LIFE



Vaccines Save Lives and Help Prevent:

-  Up to a month of missed work or school days
-  Millions of hospitalizations and hundreds of thousands of deaths
-  Tens of thousands of illnesses and permanent disabilities

**TALK TO A HEALTHCARE PROFESSIONAL ABOUT
VACCINES RECOMMENDED FOR YOU**



To learn more, visit:
www.nfid.org

Source: National Immunization
Awareness Month



Age Central Launches Veteran-Directed Care Program in Central Illinois

By Ben Burke
Grant Writer

New partnership with Veterans Assistance Commission and AgeGuide gives local Veterans the power to direct their own in-home support

Peoria, IL. — August 15, 2025 — Age Central today announced the local launch of the Veteran-Directed Care (VDC) Program, a nationally recognized initiative of the U.S. Department of Veterans Affairs that allows eligible Veterans to manage a flexible monthly budget and hire the caregivers of their choice—often family members, friends, or trusted neighbors—to help with everyday tasks such as bathing, dressing, meal preparation, transportation, and household chores.

“We are proud to collaborate with the Veterans Assistance Commission and AgeGuide to bring the Veteran-Directed Care Program to Peoria and the surrounding counties,” said Tessa Mahoney, MSW, MBA, Executive Director of Age Central. “This program allows Age Central, the local Area Agency on Aging, to provide Veterans with personalized support that empowers them to remain living independently in their communities. Expanding access to services for those who have served aligns with our mission and strengthens our commitment to aging with dignity and choice.”

The VDC model is part of the VA’s Home- and Community-Based Services portfolio and mirrors the Agency on Aging’s long-standing emphasis on consumer direction. Under the program, each participating Veteran (or a designated representative) works with an Age Central options counselor to write a person-centered plan, determine an individualized services budget, and handle payroll for employees through a contracted fiscal intermediary. The approach increases flexibility, reduces institutional placements, and lightens the burden on family caregivers.

Veteran-Directed Care flips the script on traditional service delivery,” said Jeff Nelson, Caregiver Services Program Manager at Age Central. “Instead of being told who will come into their home and when, Veterans get to decide for themselves—choosing caregivers they know and trust, setting schedules that work for their lives, and directing the supports that matter most to them. It’s a smarter, more personal way to use resources, and it keeps care local, strengthens families, and honors the service of the men and women who have given so much to our country.”

Age Central’s VDC launch follows months of coordination with the Veterans Assistance Commission of Peoria County, the Edward Hines VA Hospital, and regional partner AgeGuide to ensure seamless referrals, training, and quality oversight. Enrollment is now open to honorably discharged Veterans of any age who need assistance with at least two activities of daily living or whose primary caregivers are experiencing significant burden.

How to Apply

Veterans, caregivers, and service providers may call Age Central’s helpline at (309) 674-2071 or email info@agecentral.org for eligibility screening and program details.

About Age Central

Founded in 1974 and re-branded in 2024, Age Central is the designated Area Agency on Aging for Planning & Service Area 4, covering Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties. The agency

administers federal and state aging funds, advocates for older adults and caregivers, and coordinates a network of community-based services that promote independence, dignity, and choice. Learn more at www.agecentral.org



VETERANS DIRECTED CARE (VDC)



About the Veteran-Directed Care Program

Veteran-Directed Care (formerly Veterans Directed Home and Community Based Services) is a partnership between the U.S. Department of Veterans Affairs and local aging and disability networks. The program gives Veterans the opportunity to live at home with the support of consumer-directed personal care services funded by the VA. More information is available at www.va.gov/geriatric-research.



Local Unsung Heros and How They Are Coping



*By Mitch Forrest, LCSW, CIRS A/D
Director of Planning and Research*

Former first lady, Rosalynn Carter, said there are four kinds of people in the world, 1) those who have been caregivers, 2) those who are currently caregivers, 3) those who will be caregivers and 4) those who will need caregiving. Not everyone who is helping a family member or friend with a disability identifies themselves as a “caregiver.” If Rosalyn Carter’s quote is true, we all have experienced or will have experience with giving or receiving care from someone in our lifetime. If you have helped someone pick up groceries, cooked meals, called with daily medication reminders, washed a load of laundry, transported someone to their doctor appointment or provided companionship to a family or friend you would be what Illinois Department on Aging defines as a caregiver.

There is a group called the Illinois Caregiver Coalition <https://illinoisfamilycaregiver.org>, that identifies who caregivers are and what they do, 47 % of all voters in Illinois Age 50+ have experience as family caregivers and 64% worked while providing care. Across the nation, informal caregivers provide 30 billion hours of uncompensated care each year at an average of 24 hours per week. This is an often-unrecognized portion of our population that doesn’t receive awards, medals, publicity or much financial compensation. If you find yourself providing care for someone, it’s important to recognize your key role in the healthcare system as preventing either emergency room visits or a nursing home stay. Let me give an example, a family member had spinal surgery, they had several weeks of rehab in a Skilled Nursing Facility and were discharged back home. She could not be discharged without the help of someone, even though she had successfully checked all the boxes on the rehab and discharge list to be able to walk independently. The minute her caregiver opened the front door of her home, the phone rang (landline), and she dashed to the next room to answer it. That quick movement made her lose her balance and the caregiver was able to catch her as she was falling, trying to grab the phone. If that helper had not been there my family member could have injured herself again, possibly damaging the recent surgery. Never discount the everyday help you provide for a family member or friend with a disability.

Knowing you play a key part in someone’s healthcare, it’s important to remember to also take care of your own health. We want to be able to be there for someone in order to break a fall or offer a listening ear to a friend coping with a loss. If you find yourself providing care for someone, remember to have your own support system. Remember to take a break, otherwise known as respite care. Age Central offers caregiver assistance via phone, email or in person and has partner agencies that can offer support in the home, counseling, or support groups.

If you or someone you know needs some extra support while taking care of a family with a disability, contact

Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd

Peoria, IL 61603

Jeff Nelson, Caregiver Services Program Manager

jnelson@ciao.net

Phone: 309-674-2071, ext. 2228

Fax: 309-674-3639

age:
central



Illinois Family
Caregiver Coalition



Healthy Vision Tips

Healthy vision starts with you! Use these 10 tips to take care of your eyes.

1.



Eat right to protect your sight.

Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and veggies,

especially leafy greens like spinach, kale, and collard greens. Fish like salmon, tuna, and halibut have been shown to help your eyes, too.

2.



Get moving.

Did you know that kids who exercise often have a healthier body weight than kids who don't?

Being overweight or obese can put you at higher risk for diabetes and other conditions that can lead to vision problems.

3.



Speak up if your vision changes.

Is your vision blurry? Do you squint a lot? Ever have

trouble seeing things at schools? Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.

4.



Wear your glasses.

Your glasses help you see better, especially when they're clean and free of smudges. Talk

to an adult about how to clean your glasses and how to store them when you're not wearing them.

5.



Keep the germ away.

Always wash your hands before putting them close to your eyes, especially if

you're putting in or taking out contact lenses.

6.



Gear up.

Playing your favorite sport? Using chemicals during science class? Mowing the

lawn? Wear the right protection to keep your eyes safe. Many eye injuries can be prevented with better safety habits, such as using protective eyewear.

7.



Wear your shades.

The sun's rays can hurt your eyes. Choose sunglasses that block

99% or 100% of both UVA and UVB radiation from the sun. And remember, you should never look directly at the sun.

8.



Give your eyes a break.

Do you spend a lot of time looking at a computer, phone, or TV

screen? Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

9.



Say no to smoking.

Did you know that smoking is as bad for your eyes as it is the rest of your body? Smoking can put you at

risk for some pretty serious eye issues, which can lead to blindness.

10.



Talk about it.

Does anyone in your family have issues with their eyes? Not sure?

Ask! Talking about eye health with your family can help all of you stay healthy.

An elderly couple is shown from the waist up, dancing together in a room with large windows. The woman, on the left, has long grey hair tied in a ponytail and is wearing a light-colored long-sleeved shirt. The man, on the right, is bald with a grey goatee and is wearing a blue and red plaid shirt. They are both smiling and looking at each other. The background shows green foliage outside the window.

Protect Your Bones

Medicare
.gov

Don't wait for a bone to break — get tested for osteoporosis. **Talk with your doctor about whether a [bone mass measurement](#) test is right for you.** This test can help prevent or detect osteoporosis at an early stage, when treatment works best.

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

[Learn More](#)

Here are a few tips to [prevent weakened bones](#) and keep bones strong:

- Eat foods that support bone health.** Get enough calcium, vitamin D, and protein each day.
- Get active.** Choose weight-bearing exercises, such as strength training, walking, hiking, jogging, climbing stairs, tennis, and dancing.
- Don't smoke.** Smoking increases your risk of weakened bones. If you do smoke, consider quitting.

Medicare.gov



Top 10 Ways to Enjoy Peaches

1. **Peach Salsa!** Salsa makes a delicious accompaniment to many different meats and a great dip for tortilla chips. Try a new salsa recipe and spoon it over grilled chicken or fish.
2. **Beverage Blast.** Add an extra flavor surge to your teal or lemonade. Just muddle fresh or frozen peaches in the bottom of a glass before pouring. Sip and ... aaahhhh!
3. **Cobbler or Compote.** Don't forget the dessert! Try this spiced peach and dried plum compote recipe from one of our moms.
4. **Bake, Broil, or Sauté.** For a delicious snack or side dish, warm some peach slices using one of these cooking methods then add a little cinnamon.
5. **Homemade Fruit Leather.** Peel and pit peaches then purée in a blender. Pour the purée onto wax paper-lined cookie sheets and dry in a dehydrator or the oven at a very low temperature. Letting this cook overnight will give you a warm, welcoming treat in the morning!
6. **Peach Preserves.** Try your hand at making some delicious peach preserves! It keeps the flavor of summer in your pantry all year round.
7. **Drink 'em.** Toss fresh or frozen peaches into a blender with some low-fat yogurt (or milk), bananas, and ice. Then blend away for a delicious smoothie.
8. **Grill 'em.** Peaches taste great warm from the grill! Place them on kabobs with your other favorite fresh fruit or just grill some slices and enjoy!
9. **A Peachy Breakfast.** Peach slices are a great addition to hot or cold cereals, pancakes and waffles, and plain or vanilla yogurt or cottage cheese.
10. **Pick Your Peaches.** Whether you pick your peaches straight from the tree or from your grocer's fruit bin, you can't beat just biting into this sweet, juicy summertime favorite. *See [Nutrition Information for Peaches](#).*

Delight in Every Bite

Diet, nutrition, and oral health all impact each other. Diet can affect teeth and the tissue of the mouth and gums, which then impacts the foods and nutrients one can eat.

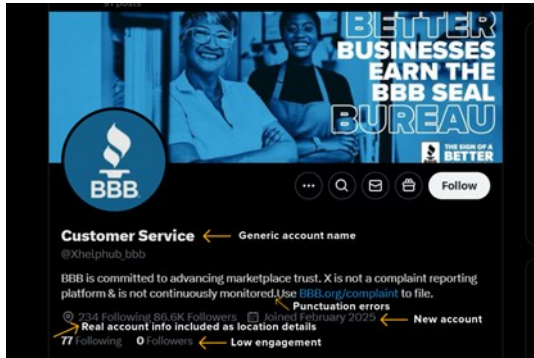


TIPS FOR GOOD ORAL HEALTH:

- Consume a balanced diet (fruits, vegetables, lean proteins, whole grains, and low-fat or fat-free dairy).
- Resist the urge to snack or sip on sugary treats or drinks.
- Snack wisely—make nutritious choices, such as vegetables, fruits, low-fat or fat-free yogurt, unsalted nuts, or whole-grain crackers.
- Enjoy calcium—rich foods, such as low-fat or fat-free milk, yogurt, and cheese, tofu, canned salmon, almonds, and dark green leafy vegetables.
- Get plenty of vitamin C, which promotes gum health, such as citrus fruits, tomatoes, peppers, broccoli, potatoes, and spinach.
- Drink plenty of water, with fluoride (if possible), and limit alcohol consumption.



Tips for Identifying Fake Social Media Accounts



This is a real example of a BBB social media impostor.

- **Look closely at the content.** Scammers and spreaders of false information often fill their feeds with stock images, memes or other recycled images that are not original. They may use profile pictures that are not of an actual person, or simply an avatar. Be wary of accounts with no original images. Posts that contain no written content at all, or written content with many spelling or grammatical errors, could be signs of a fake account as well.

- **Analyze account transparency.** Ask yourself, who runs this account? If an account profile is little more than generic phrases, quotes, or introductions, with no specifics about a person's name,

occupation, or background, you may have stumbled across a fake account.

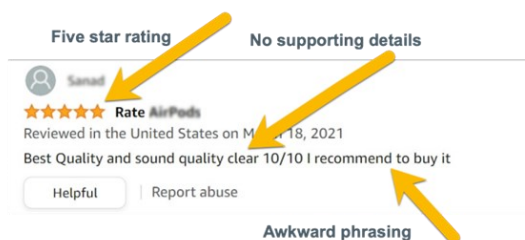
- **Inspect the quality of engagement.** Some [fake social media accounts purchase engagement](#). This means that, at first glance, their account appears to have many real followers. However, these purchased fans and followers typically leave comments unrelated to the post, comments that are just emojis, and multiple comments from a single individual that aren't part of a conversation. Even real accounts inevitably gather a few fake followers, but if the bulk of the engagement looks fake, steer clear.



- **Examine the follower-to-engagement ratio.** Account owners can also buy followers, so [one tell-tale sign of a fake account is thousands of followers](#), with little to no engagement.

- **Take advantage of verification indicators.** Not every average Joe will have a verification indicator by their name, but if you want to follow someone who is famous or influential, make sure they have a legitimate, verified badge on their profile. Check the FAQ section of each social media network separately to know what the verification badge should look like and where it should be in the account. Accounts without verification are potentially owned by imposters.

- **Beware of polarized political opinions.** Accounts designed to spread misinformation or sway political opinions often promote one-sided viewpoints that border on extremism. If an account posts only one-sided political theories and ideals, never revealing information about the person posting, you may be [dealing with a troll](#).



- **Watch out for phony reviews.** Another use of fake social media accounts is to sway consumers with [phony reviews](#). If an account provides only extremely positive or negative reviews of a brand, without giving any specifics on the company or its products, it's probably not real.

- **Be wary of scams.** Fake social media accounts are also a favorite tool of scammers. If a social media account repeatedly shares the same link in a short period of time or if the account shares a link with incorrect information about

where it leads, it's probably a scam. Only click links you trust, otherwise you could fall victim to a [phishing scam](#) and download malware onto your device.

August is National Wellness Awareness Month



It doesn't seem like a crazy aspiration. We spend so much time of our time working, wouldn't it be nice to actually enjoy what we do? Who doesn't want to spend their time doing something interesting, rewarding and personally fulfilling? Gallup reveals people who have a high sense of career wellbeing are more than twice as likely to thrive in their lives overall. Sadly, only 20 percent of people strongly agree that they like what they do each day. That means four out of five individuals don't like what they do.

Why is career well-being so important? What role does it play in overall well-being? Jim Harter, PhD, is a *New York Times* and *Wall Street Journal* bestselling author and chief scientist for Gallup's Workplace Management and Well-Being Practice. He says career well-being is critical. His book, *Well-being: The Five Essential Elements*, reveals of the five elements of well-being:

- Career
- Financial
- Physical
- Community
- Social



Career well-being is the most foundational element. Poor career well-being is even linked to poor health. Also, think about what inspired you when you first accepted your job:

- Did something speak to you?
- Has the job changed or have you forgotten why you wanted it in the first place?
- You can also explore ways to better align your job with your personal interests.

Try to reconnect with what you were excited about originally. Remember to also look for fulfillment in your personal life, too. We've all heard the saying, "If you love what you do, you'll never work a day in your life!" That's why it is so important to find our passions and purpose inside and outside the jobs we do to pay the bills.

For more information on career-wellness, read [here](#).





PPD/SSU

PEORIA SENIOR HEALTH & SAFETY EXPO

Discover what Peoria has
to offer our senior
community!



**9AM-2PM WEDNESDAY
SEPTEMBER 17, 2025**



**LIFE TOGETHER CENTER
3625 N. SHERIDAN RD.**

9:00 - 10:00
Entertainment

10:30-12:00
Speakers:
Prairie State Legal,
Silver Sneakers, &
The Peoria Police Department

12:00-1:00
Lunch, vendors, and music

1:00-2:00
Medicare Bingo



**KNOW
MORE**

Transparency Legitimacy Trust

 **Oak St.
Health**

ATTENTION SENIORS

FREE!!!

Tazewell County TRIAD presents

TAZFEST 2025

Tazewell County's largest Senior Expo is back! This senior safety fair is FREE to ALL SENIORS and includes: Speakers, Free lunch, Door Prizes, Raffle Prizes, Resource Fair and More!



WEDNESDAY

October 1, 2025



10:30 AM - 1:30 PM



FONDULAC ADMIN BUILDING

201 Veterans Drive East Peoria, IL 61611





TAKE CHARGE OF YOUR HEALTH

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

WHAT IS TAKE CHARGE OF YOUR HEALTH?

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

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

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



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

For more information on classes or class schedules contact us

By telephone : 309-674-2071 or

By email at ciaa@ciao.net

Space is limited.



SIGN UP NOW SPACES ARE LIMITED

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

- * 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@ciao.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

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.

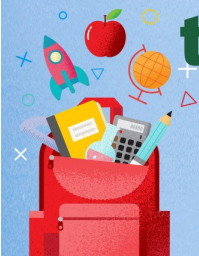
Related Resource: <https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>



Back To School



Ready to make
this school year
amazing!



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](https://www.facebook.com/ciaa) 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

Senator Richard J. Durbin (D)
525 South 8th Street
Springfield, IL 62703
(217) 492-4062, Fax (217) 492-4382

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

Illinois General Assembly

Senator Li Arellano, Jr. (37th District—R)
District Office:
86 South Galena Ave. Suite 2
Dixon, IL 61021
(779) 251-5003

Rep. Ryan Spain (73rd District—R)
5407 N. University, Arbor Hall, Suite B
Peoria, IL 61614
(309) 690-7373, Fax (309) 690-7375
repryanspain@gmail.com

Rep. Sharon Chung (91st District—D)
216 N. Center St
Bloomington, IL 61701
(309) 808-2351
info@repchung.com

Rep. Travis R. Weaver (93rd District—R)
337 Court Street
Pekin, IL 61554
(309) 204-6514

Senator Dave Koehler (46th District—D)
1203 East Kingman Avenue
Peoria Heights, IL 61616
(309) 677-0120, Fax (309) 346-4650
senatordavekoehler@gmail.com

Rep. William Hauter (87th District—R)
133 S. Main Street Ste. A
Morton, IL 61550
(309) 819-8701
hauter@ilhousegop.org

Rep. Jehan Gordon-Booth (92nd District—D)
300 E. War Memorial Drive, Suite 303
Peoria, IL 61614
(309) 681-1992, Fax (309) 681-8572
repjgordon@gmail.com

Senator Chris Balkema (53rd District—R)
Springfield Office
A-Section Stratton Bldg.
Springfield, IL 62706
(217) 782-6597
chris@chrisbalkema.com

To find and contact your Illinois State Senator, House Representative, [click here](#).

FY 2025

CIAA

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Barry Beck, Vice-Chair
Roger Wiseman, Treasurer
JoAnn Olson, Secretary

Genevieve Howard
Margaret Jacques
Carolyn Little



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).

FY 2025

CIAA

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