



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, September Issue

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

SENIOR GAZETTE

IN THE ISSUE

Fight Flu—Get A Flu Vaccine!.....	1
Age Central—Free Confidential Shredding Event.....	2
FIGHT BAC! LIKE A <i>producepro</i>	3
Pain Awareness Month.....	4
Six Tips to Help Prevent Falls; And Why Does the Flu Cause Body Aches?.....	5
Suicide Prevention	6
Aging & Eye Health.....	7
Helo Your Child Build a Healthy Eating Routine.....	8
September is National Cholesterol Education Month.....	9
Malnutrition.....	10
Graceland Center Weekly Programs from October through December.....	11
Take Charge of Your Health.....	12-13
988 Suicide & Crisis Lifeline.....	14
Way to Enjoy Cherries, Here's What to Do, Places to Go...Things to See, and Facebook.....	15
U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....	16

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

Fight Flu Get A Flu Vaccine!

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first
and most important step in
protecting against flu viruses.



Source: [Flu Resource](#)

FREE CONFIDENTIAL SHREDDING

October 3, 2025

9 AM to 12 PM

First United Methodist Church Parking Lot
116 NE Perry Ave, Peoria IL 61603

**PLEASE ENTER THE PARKING LOT FROM
HAMILTON BOULEVARD**

**HELP PROTECT YOURSELF FROM MEDICARE
FRAUD AND IDENTITY THEFT**

• PAPER • COMPUTER DISCS • TAPES • COMPUTER TOWERS • LAPTOPS

age:
central



Learn more at
support@ciaoa.net
or call 309-674-2071

AAA CERTIFIED
CONFIDENTIAL SECURITY CORP

FIGHT BAC!® LIKE A producepro



As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed.



- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

CLEAN

hands, surfaces and utensils to prevent contamination



- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

RINSE

fresh fruits and veggies just before eating



- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rising under running tap water.
- Packaged fruits and vegetables labeled "ready-to-eat," "washed" or "triple washed" should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals



- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separates from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL

cut fresh produce within two hours to prevent bacteria growth



- Keep your refrigerator at or below 40° F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY

bruised, damaged or potentially cross-contaminated produce



- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!



September Is Pain Awareness Month

Spread the word — September is Pain Awareness Month. The Arthritis Foundation has the resources you need to better understand and manage your pain this month — and every month.

In 2001, the Arthritis Foundation was one of 80 organizations that banded together to launch the first **Pain Awareness Month** the following year. Every September, we focus attention on the topic of chronic pain and its personal, social and economic impact on the nearly 60 million adults and children in the U.S. living with arthritis.

Everyone has acute pain from time to time, typically from an injury, like cutting a finger or pulling a muscle. Usually, the pain goes away within 30 days or once the injury heals. Chronic pain, on the other hand, persists or progresses, and your body keeps hurting for weeks, months or even years. It's estimated that 100 million people in the United States experience chronic pain. If you have arthritis, you may be one of them.

Arthritis Pain

There are more than 100 types of **arthritis and related diseases**, and not all arthritis pain is alike. It can originate in different areas of the musculoskeletal system, triggering chemical and electrical signals that travel from the affected area and alert your brain that you're hurt. From there, things get personal. Everyone's threshold and tolerance for pain is unique.

Coping with ongoing pain can be the hardest part of living with arthritis. It can disrupt every part of your life — and many parts of your life can also affect your pain.



Some Eye-Opening Facts

- Women are more likely to develop chronic pain and often feel pain more intensely than men.
- Almost 90% of people surveyed by the Arthritis Foundation have pain that interferes with their daily lives.
- Arthritis isn't confined to older adults: 2 out of 3 people living with arthritis are younger than age 65. Hundreds of thousands of kids and teens in the U.S. live with juvenile arthritis or another rheumatic disease.
- Arthritis pain is pervasive and impacts a patient's physical and mental health. Patient-reported data tells us that 58% of adults with arthritis experience symptoms of depression outside of the general population norm.
- Read more about [six factors that affect arthritis pain](#).

Additional Helpful Sources

- Different types of arthritis can cause different kinds of pain. Likewise, there are also different treatments, both with and without medications. See [how arthritis hurts](#) and some treatment options.
- Choose from several [pain management episodes of our Live Yes! With Arthritis podcast](#). From complementary therapies and treatments to lifestyle habits and psychological techniques, discover unique and proven ways to take control of arthritis pain.
- The way you respond to pain can affect the way you experience it. Learn the psychology behind pain from experts in our [Navigating Pain webinar](#).
- You can effectively manage your arthritis pain without a prescription. Our free e-book, [45 Ways to Tame Pain](#), can help guide you.
- One-on-one support is available in English and Spanish from our [Helpline](#). Call toll-free: 800-283-7800. You can also submit questions through [arthritis.org/helpline](#).

Six Tips to Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.

Why Does the Flu Cause Body Aches?

By [Toni Golen, MD](#)

It's all about the inflammation that influenza triggers in the body. Flu symptoms run the gamut from fever, sore throat, and headache to fatigue and weakness, but muscle and joint aches are at the heart of the misery — and they're caused by inflammation.

How? Like any infection, the flu jolts the immune system to fight off invading germs. While that happens, white blood cells travel throughout the body, producing antibodies to attack the virus. This combat generates inflammation, leading you to feel sick and — ironically — serving as proof your body is fighting off the infection.

Time and rest will help you as you recover. But you can also ease aches from the flu by staying hydrated with plenty of water, broth, and other liquids; taking warm showers; and using over-the-counter NSAIDs (nonsteroidal anti-inflammatory drugs) such as ibuprofen (Advil, Motrin) or naproxen (Aleve). Getting the flu vaccine is another way to reduce flu aches, because people who get the virus despite immunization typically have milder cases than unvaccinated people.



Image: © FluxFactory/Getty Images

Source: [Why does the flu cause body aches? - Harvard Health](#)

CDC's *Suicide Prevention Resource for Action*

Preventing Suicide is a Priority

CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact. The programs, practices, and policies in the Prevention Resource can be tailored to the needs of populations and communities.

THE PREVENTION RESOURCE HAS THREE COMPONENTS states and communities can use to inform their suicide prevention efforts.

- 1 **Strategies** are the actions to achieve the goal of preventing suicide.
- 2 **Approaches** are the specific ways to advance each strategy.
- 3 **Policies, programs, and practices** included have evidence of impact on suicide, suicide attempts, or risk and protective factors.

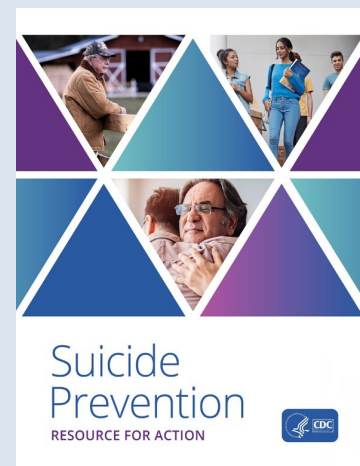
Suicide Prevention Saves Lives

Suicide is a serious public health problem in the United States. It contributes to premature death, long-term disability, lost productivity, and significant healthcare costs.

Suicide deaths reflect only a portion of the problem. Every year, millions of Americans seriously think about suicide, plan, or attempt suicide. Suicide and suicide attempts can contribute to lasting impacts on individuals, families, and communities. The good news is that suicide is preventable. CDC's National Center for Injury Prevention and Control's vision of "no lives lost to suicide" relies on implementing a comprehensive public health approach to prevention. This approach:

- ◆ **Uses data** to drive decision-making
- ◆ **Implements and evaluates** multiple prevention strategies that enhance resilience and improve well-being based on the best available evidence
- ◆ **Works to prevent** people from becoming suicidal

136
LIVES
are lost each
day to suicide



Strategies for Action

The Prevention Resource represents a select group of strategies based on the best available evidence to help communities and states focus on activities with the greatest potential to prevent suicide. These strategies focus on preventing the risk of suicide before it occurs and reducing the immediate and long-term harms of suicidal behavior for individuals, families, communities, and society.



Strengthen Economic Supports



Create Protective Environments



Improve Access and Delivery of Suicide Care



Promote Health Connections



Teach Coping and Problem-Solving Skills



Identify and Support People at Risk

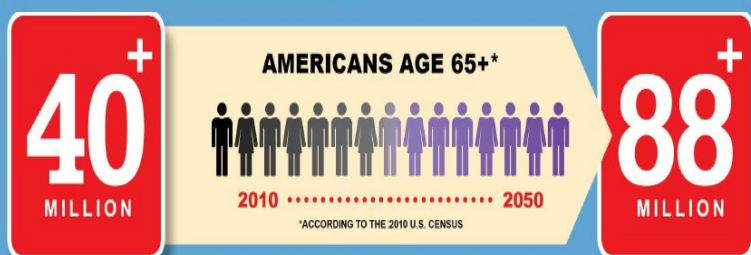


Lessen Harms and Prevent Future Risk

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support. Call or text 988, or chat at 988lifeline.org



AGING & EYE HEALTH

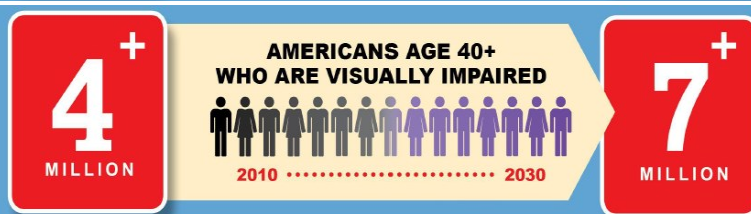


 **Vision loss and blindness ARE NOT a normal part of aging.**

But as people age, they are at higher risk for age-related macular degeneration, cataract, diabetic eye disease, and glaucoma.

.....

These diseases often have no early warning signs, but can be detected early.



Adults 50+ should visit an eye care professional for a comprehensive dilated eye exam.

Drops are placed in the eyes to dilate, or widen, the pupils so that they can be examined for signs of disease.



MEDICARE helps to pay for comprehensive dilated eye exams for people with diabetes and those at higher risk for glaucoma. People with Medicare who are eligible include:

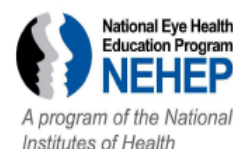
- African Americans age 50 or older
- Hispanics/Latinos age 65 or older
- People with a family history of glaucoma
- People with diabetes

TO LEARN MORE: Contact 1-800-MEDICARE(1-800-633-4227) or visit www.medicare.gov

Other steps you can take to keep your eyes healthy:

- Eat a healthy, balanced diet
- Maintain a healthy weight
- Don't smoke
- Wear sunglasses and a brimmed hat when outdoors
- Control diabetes (if you have it) to prevent vision complications

**For additional information and resources,
please visit www.nei.nih.gov/agingeye**



Help Your Child Build a Healthy Eating Routine

Eating habits start early — so help your child build a healthy eating routine to last a lifetime.

Follow these tips to help kids and teens get the nutrition they need.



Offer your child a mix of healthy foods

There are lots of healthy choices in each food group! Help your child find a variety of foods they enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your family's culture and tastes, your child might enjoy different foods than the ones listed here — and that's okay! You can find healthy foods that work for your family at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf)

September is National Cholesterol Education Month



Controlling Cholesterol is Key to Good Heart Health

High cholesterol is a major risk factor contributing to cardiovascular disease. Now's a great time to take steps to lower your cholesterol level and improve your heart health:

1. Know your numbers and what they mean:

- Knowing your LDL (low-density lipoprotein) cholesterol, often called “bad” cholesterol, is essential to your well-being.

2. Know the two types of cholesterol:

- **Low-density lipoprotein or LDL cholesterol.**
 - ♦ Also known as “bad” or “lousy” cholesterol, LDL cholesterol makes up most of your body’s cholesterol.
 - ♦ High levels of LDL cholesterol cause plaque to build up in your blood vessels, which blocks or slows the flow of blood to your heart and increases your risk of heart disease and stroke.
- **High-density lipoprotein or HDL cholesterol.**
 - ♦ It’s sometimes referred to as “good” or “healthy” cholesterol.
 - ♦ HDL cholesterol lowers your risk of heart disease and stroke by absorbing the body’s cholesterol, transporting it to the liver and then excreting it from your body.

3. Modify your diet.

- Saturated and trans fats are among the top dietary causes of high cholesterol, so lowering your intake of both types of fats helps reduce your cholesterol-related health risks.
- Eating more fruits and vegetables helps lower bad cholesterol levels. Fiber-rich fruits and vegetables help prevent your digestive tract from absorbing high levels of cholesterol.
- Increase your consumption of nuts and fish high in omega-3 fatty acids. Omega-3 fatty acids help to raise your good cholesterol levels.

4. Stay active.

- Getting enough exercise is also an important step in maintaining healthy cholesterol levels. Try to get at least 30 minutes of relatively vigorous exercise each day, try to get at least 150 minutes of solid exercise each week (21 minutes a day).

5. Maintain a healthy weight.

- Carrying excess weight can also cause cholesterol to build up in your arteries. Shedding a few pounds has the potential to reduce your bad cholesterol levels, while elevating your good cholesterol levels.

Everyone can benefit from knowing their cholesterol numbers and doing what they can to prevent or reduce high cholesterol levels. Making a few small changes can do a lot to protect your heart.

For more information on cholesterol education, read [here](#).

Source: [Cholesterol Education Month](#)





Malnutrition

It is no secret that good nutrition can help reduce the risk of older adults contracting a number of illnesses. Proper nourishment can also help to keep older adults healthy, active, and independently living in their communities.

There are a variety of factors that can affect one's nutritional status and older adults are already at a higher risk of malnutrition compared to younger adults.

- 1 out of 2 older adults is at risk for malnutrition or is already malnourished.
- 16% of independent older adults are at high risk for malnutrition.
- Up to 60% of older adults in health care settings are malnourished.
- 9 million older adults cannot afford nutritious food.
- 1 in 4 adults (25%) aged 65 years or older either reduces meal sizes or skip meals.
- Tooth loss, poor dental health, loss of appetite, and changes in taste, which are a natural part of the aging process, are contributing factors to malnutrition.

The Illinois Department on Aging would like to increase awareness of this common, but unfavorable health condition so that we can help our Illinois Seniors stay healthy and happily living in their community!

Malnutrition - defined as too little or too much energy, protein, and nutrients that can negatively impact a person's body and its function. It can result from undernutrition or overnutrition and can affect anyone, but seniors over 65 years are at an increased risk. As we age, our daily eating habits and activities change, which can affect our nutrition status. The body does not digest and metabolize food as efficiently as it used to.

Undernutrition - caused by not consuming enough calories, protein, or other nutrients. This occurs frequently in parts of the world that do not provide adequate access to food and clean drinking water. It can also occur because of an illness or surgery that impacts appetite or food consumption.

Overnutrition – caused by consuming more calories than a person needs. A person can eat more calories than their body needs and be malnourished at the same time. Consuming too many calories and not enough variety of nutritious foods like fruits, vegetables, whole grains, lean protein, beans, low-fat dairy, nuts, and seeds can lead to vitamin, mineral, or protein deficiencies. In the U.S., this is commonly seen in the hunger and overweight paradox, which occurs mostly in food insecure, impoverished areas.

Factors that may cause or contribute to malnutrition:

- Chronic health conditions
- Gastrointestinal disorders (e.g. ulcerative colitis, Crohn's disease, celiac disease)
- Limited income
- Depression
- Trouble swallowing/chewing
- Changing taste buds
- Poor dental health
- Dementia
- Lack of mobility
- Restricted diets
- Living alone
- Medication side effects

Tips to Help Prevent Malnutrition

- If you are on medications that decrease your appetite, ask your doctor if there are other options that do not contribute to poor appetite.
- Eat a variety of foods that provide nutrients such as potassium, calcium, vitamin D, and vitamin B12 or consume foods that are fortified with vitamins and minerals (e.g. cow's milk, fruits, vegetables, tuna, salmon, turkey, whole grains). Ask your doctor for a referral to see a Registered Dietitian Nutritionist if you think you may be at risk for malnutrition.
- Engage in types of exercise that are appropriate and enjoyable for you to help maintain/build muscle mass.

Always check with your doctor to see what types of exercise are appropriate for you and safe to do based on your health status.

Source: <https://ilaging.illinois.gov/programs/nutrition/malnutrition.html>



Aging with Vitality



WEEKLY PROGRAMS



FREE!

No Registration
Required for
PROGRAMS

PROGRAMS

**Tuesday, Wednesday, &
now adding THURSDAY!**

10 am - 1 pm

at the

Life Together Center

3625 N Sheridan Rd

Peoria, Il 61604

- Health Tips
- Connect to Resources
- Refreshments
- Socialization
- FUN!!

neighborhood
HOUSE



Lunch: 11:00-11:30 am
hosted by Neighborhood
House Congregate Meals*
***MUST pre-register for**
meals at the center and be
60 yrs old for lunches

Delicious!



These activities are funded in whole or in part by donations, sponsorships, and funds received from the Community Foundation of Central Illinois, other grants, and donations.



1-833-503-7773



Gracelandcenter.com



Gracelandcenter



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@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

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/>

Ways to Enjoy Cherries



Sweet or tart, cherries deliver a burst of flavor along with powerful antioxidants. Whether snacked on fresh, stirred into yogurt or baked into a dessert, they add a deliciously juicy touch to any dish!

1. ***Peanut Butter & Cherry.*** Try a hand at making your own cherry preserves! Great on your usual peanut butter creation or as a spread for breakfast breads.
2. ***A Perfect Dessert.*** Who doesn't love dessert? See how to make this **Cherry Clafouti** to satisfy your sweet tooth.
3. ***Overnight Oats.*** Try out this make ahead breakfast idea. Here's the recipe: **Tart Cherry Overnight Oats.**
4. ***Sundae Station.*** At your next summertime party, set up an ice cream sundae station and combine the creaminess of low-fat ice cream or frozen yogurt with the sweetness of fresh fruit. Include cherries as one of the fruit toppings.
5. ***In A Salad.*** Add sliced or whole cherries to any salad, or try this **Fresh Cherry & Asparagus Salad!**
6. ***Succulent Substitute.*** Easily switch cherries with blueberries and strawberries in any of your favorite recipes.
7. ***Cherry Shake.*** Combine chocolate milk with bananas and frozen cherries for **Cherry Chocolate Milkshakes!**
8. ***Fizzed Up Fruit.*** Beat the heat on a hot summer's day with a refreshing cherry spritzer made by combining ice, cold seltzer, water and puréed cherries.
9. ***Cherries on the Run.*** Rinse, dry and enjoy whole cherries. They're a great on-the-go snack!
10. ***Make your Own Syrup!*** Combine cherries with a little sugar and water over heat and you'll get syrup.

[See Nutrition Information for Cherries](#)



Source: [Top 10 Ways to Enjoy Cherries - 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

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@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 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

Board of Directors

Wanda Aberle, Chair
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

Advisory Council

Philip Grgurich, Chair
Joe Hendel, Vice-Chair
Cindy Livingston,
Secretary

Cassandra Anderson
Alfreida DeGroot
Denise Durst
Becky Jones
Sharon Kennedy
Timothy McMillen
Deene Milam
Frank Sciortino
Debbie Shrader
Jan Wherley