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

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

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SENIOR GAZETTE

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To Receive Senior Gazette,
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October is Residents' Rights Month!



Stand with me

Residents'
Rights
Month
2025



National Consumer Voice for Quality Long-Term Care

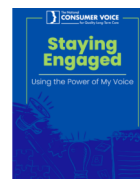
October is Residents' Rights Month, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term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

Residents have the right to self-determination and to use their voice to make their own choices. This year's theme, *Stand with Me*, highlights the importance of solidarity and support for residents who stand up and advocate for their rights, as well as the value of encouraging the community to join residents in sharing their voices.

The 2025 edition of the Staying Engaged enrichment booklet has a variety of activities for residents of long-term care facilities to keep mentally engaged, prompt self-reflection, and be reminded of the importance of advocating for your rights.

Download the [Enrichment-Booklet-2025.pdf](#)

Learn More: [Residents' Rights Month - The Consumer Voice](#)



MAMA JOE PROJECT

In support of caregivers, and families navigation dementia, The Mama Joe Project is coming to central Illinois for educational outreach called Community Engagement Forums.

The Community Engagement Forum is a 2-hour event that provides connection to information and resources in support of caregivers, to promote brain health, and improve outcomes for elders living with dementia and their family.

Presented by AARP Illinois, we'll be screening the documentary film **My Mama Joe, Hope & Help** which explores the family dynamics of caregiving for a loved one living with Alzheimer's dementia. After the film there will be an opportunity for Q & A with a panel of area experts in caregiver resources, dementia testing opportunities, and other film themes. Area organizations will be onsite with additional health and education resources.

- **Peoria, Oct. 29th, 12pm-2pm** — Peoria Riverfront Museum
- **Canton, Oct. 29th, 6pm-8pm** — Majestic Theater

The event is FREE, and the film appropriate for all ages and audiences. A resource guide and light refreshments are provided. Please register below to guarantee your seat.

To register: [ILCaregivers2025](http://www.ilcaregivers2025.com) | [Mama Joe Project](http://www.mamajoeproject.com)

Presenting Sponsor...



Executive Sponsor



Homestyle Direct

Your Health. Your Meals. Your Choice.

Event Sponsors



Illinois Department of Aging



Midland
Area Agency on Aging



Illinois Family
Caregiver Coalition



SIU MEDICINE
DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT

For more information, visit <http://www.mamajoeproject.com/>

LET'S CELEBRATE SENIORS

An Afternoon of:

- Community Resources
- Bingo
- Line Dancing with Cassandra Anderson
- Refreshments provided



WE ARE BETTER TOGETHER



◆ **FREE EVENT AND NO PRE-REGISTRATION REQUIRED** ◆

JOIN US

Monday, November 17, 2025

1:00 PM to 4:00 PM

Tri-County Urban League

317 S MacArthur Highway

Peoria, IL 61605

EVENT SPONSERED BY:



Contact Us Age Central 309-674-2071 support@ciaoa.net



Meet Our New MSW Intern: Maria Burkhart

Maria Burkhart, MSW Intern
Walden University

I am honored to join Age Central as the MSW Intern while completing my Master of Social Work degree with Walden University. I currently work for a managed care company and bring over 20 years of experience in social services, where I have had the privilege of supporting individuals and families through a wide range of needs. During my internship, I will be working closely with Ben Burke to learn more about grant writing and with Mitch Forrest to gain supervision experience. I look forward to these opportunities while contributing to Age Central's mission of helping older adults, caregivers, and families thrive with dignity and independence.

Beyond my professional life, I am a proud mother of five and grandmother to four wonderful grandchildren. I enjoy spending time outdoors, especially hiking at local and state parks such as the Forest Park Nature Preserve in Peoria Heights and Starved Rock State Park in Utica. I also love to create — whether it's making handmade soaps and personal care products, experimenting with new recipes, or finding new ways to blend creativity with everyday life. These outlets bring me balance and renewal, and I'm grateful to bring that same sense of energy and dedication to my work here at Age Central.

Crisp, juice, and packed with natural sweetness, apples are as versatile as they are delicious. Whether you enjoy them fresh, baked, or blended into your favorite dish, they bring a perfect balance of flavor and nutrition to every bite!

Top 10 Ways to Enjoy Apples

1. **Festive Apple Salsa.** A mix of fresh apples, canned pears and pomegranate makes for a delicious [holiday salsa](#) to spoon on top of pork chops, grilles chicken, and more!
2. **Applesauce...Smooth or Chunky?** With raisins... cranberries? Spice it up and make it your own.
3. **Apple Tasting Bar!** With all of the varieties of apples available, set up an apple tasting bar and have your kids try as many different varieties that you can find at your local grocery store or market! See what they have to say!
4. **Fajita Night!** Dinner just got an upgrade with these vegan [Apple & Black Bean Fajitas](#).
5. **Bake 'em!** Remove the cores, leaving a ½" of the bottom of the apples. Pour a small amount of brown sugar and butter into the hole. Place the filled apples in an 8" x 8" square baking pan then add ¾ cup of water to the pan. Bake at 375° for 30-40 minutes until tender, not mushy.
6. **On the Go.** Crunch into a delicious whole apple at snack time, mealtime or anytime at all.
7. **Peanut Butter...Need We Say More?** Apples and peanut butter are a perfect paring on their own, by [this recipe](#) takes a classic pairing to a whole new level.
8. **A Classic Dessert!** Serve up an all-American classic, [apple pie](#).
9. **Apple Dipping Bar.** Forget bobbing for apples, try dunking them! Set up a fun dipping bar that kids will love. Add fun toppings and additional fruits and veggies for a full snack spread.
10. **Fennel & Apple Salad.** Combine 1 fennel bulb and 2 cored and cubed apples topped with a citrus vinaigrette for a simple 3-ingredeient salad.

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



U.S. FOOD & DRUG
ADMINISTRATION

Quick Tips for Reading the Nutrition Facts Label

Healthy cooking and eating start at the grocery store. Bring this Tip Card with you when food shopping to help you make nutritious choices. To create your Tip Card:

1. Use a pair of scissors to cut along the dotted lines.
2. Fold along the center line.
3. Keep the Tip Card in your wallet or purse.



The Nutrition Facts Label Tip Card

Quick Tips for Reading the Nutrition Facts Label

Check the serving size when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

Consider the calories. 2,000 calories a day is used as a general guide for nutrition advice. Your calories needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calories at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>

Use Percent Daily Value (%DV) as a guide. The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Nutrients to get less of include: saturated fat, *trans* fat, sodium, and added sugars.

Nutrients to get more of include: dietary fiber, vitamin D, calcium, iron, and potassium.

Keep the Tip Card in your wallet or purse

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

www.fda.gov

Source: <https://www.fda.gov/media/131162/download?attachment>

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7



MEDICARE OPEN ENROLLMENT IS HAPPENING NOW



Medicare's Open Enrollment Period is here! Visit [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) now through **December 7 to compare all your coverage options.**

Even if you're happy with your current plan, **it's important to check for any changes next year.** You can also check the **star ratings** to compare the quality of different health and drug plans.

[Compare Coverage Options](https://www.Medicare.gov/plan-compare)

Log in at [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) (or create an account if you don't have one already) to get a better shopping experience. Then you'll be able to:

- **See if there are any changes** to your current coverage next year.
- **Compare benefits and costs in your current plan to other options available in your area.** Look at the estimated "Total Drug & Premium Cost." A plan with the lowest monthly premium might not always offer you the lowest total cost.
- **Update your drugs and pharmacies** in your account to get better estimates of your prescription drug costs. Your costs can vary based on the pharmacy you use.

Click [here](#) to view the *Medicare & You 2026*

Avoid Scams During Medicare Open Enrollment

If you run a business, you might have employees on Medicare. Or maybe you know family or friends on Medicare or employees with family or friends on Medicare. *Here's how to help everyone avoid scams during Medicare open enrollment, which starts **October 15** and runs through **December 7**.*

As beneficiaries consider their coverage options, scammers often pretend to be from Medicare, or connected to Medicare, to try to steal money or personal information. They might contact you and say they need your Medicare, bank account, or credit card number for your “new” Medicare card. That’s a scam — Medicare [sends its cards to you automatically for free](#). Scammers might also say they need your Medicare number for a “medical equipment claim” you don’t remember making. That’s a scam, too. They want to file fake claims using your Medicare number.

Talking about scams can help you (and others) avoid them. Share these prevention messages with your employees, family, friends, and community:

- **Don’t give personal information to someone who contacts you unexpectedly and claims to be from Medicare.** [Medicare will never unexpectedly call, email, text, or message you on social media](#) to ask for your Medicare, Social Security, or bank account numbers. They also won’t try to sell you anything or tell you to pay for your Medicare card. That’s always a scam.
- **Don’t trust your caller ID.** Your caller ID might show Medicare’s name or phone number. But caller ID can be faked. It could be anyone calling from anywhere in the world. If you think a call might be real, hang up and call 1-800-MEDICARE (1-800-633-4227) to check.
- **Report Medicare impersonators** and other Medicare scams at 1-800-MEDICARE. For additional help to prevent, detect, and report potential Medicare fraud, errors, and abuse, reach out to your local [Senior Medicare Patrol](#)

Source: [Avoid Scam During Medicare Open Enrollment](#)

Cyber Safe Practices



Remember a few key things as you navigate your personal or professional lives online and you just might avoid some significant issues and time-consuming clean up.

Your password is your first line of defense...

- Use two-factor authentication whenever possible
- Don’t include any personal information when creating your password
- Use a different password for each account
- Keep your internet browser and operating systems up to date

Beware of Phishing attempts...

- If it sounds too good to be true, it usually is
- Delete anything from a suspicious sender and block them

Know your Cybercriminals

- **The Social Engineer**—pretends to be someone else to manipulate and exploit human error and gain access to private information, access or valuables.
- **The Spear Phisher**—uses targeted and effective methods to steal sensitive information or install malware.
- **The Hacker**—when not referring to an ethical hacker, or skilled expert, this person breaks into computer systems to install malware, destroy or steal data or disrupt service
- **The Rogue Employee**—intentionally breaches security to compromise sensitive information
- **The Ransom Artist**—will modify code or otherwise “hold hostage” data until “ransom” is paid.

For more *cybersecurity tips*, visit the [Department of Homeland Security](#) website and link to the [Cybersecurity](#) | [Ready.gov](#)



**Saturday,
October 25**
10 a.m. – 2 p.m.
DEATakeBack.com



To find your [Collection Sites](#) Near You

- ◆ Unneeded prescription medication—those that are old, Unwanted, or no longer needed— are a public safety issue, too often becoming a gateway to addiction.
- ◆ The majority of opioid addictions start with prescription pills found in medicine cabinets at home.
- ◆ Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- ◆ A majority of people who misuse a prescription medication obtained the medicine from a family member or friend.
- ◆ DEA's National Prescription Drug Take Back Day events are one way to dispose of unneeded medications.
- ◆ Beyond Take Back Day, there are opportunities to regularly and safely dispose of unneeded medications at pharmacies, hospitals, police departments, and businesses working to clean out medicine cabinets throughout the year.
- ◆ For more information on prescription drug abuse, go to:
 - www.DEA.gov
 - www.GetSmartAboutDrugs.gov

- ***If you missed DEA's National Prescription Drug Take Back Day, you can still take advantage of year-round drop-off locations.***
- Clean out your medicine cabinets and help prevent drug misuse before it starts.
- More than 100,000 Americans die every year to a drug poisoning or overdose death according to the Centers for Disease Control and Prevention.
- You can drop off your old, unneeded, or unused medications at one of the more than 16,500 pharmacies, hospitals, and businesses, working to help clean out medicine cabinets throughout the year. In addition, many police departments provide year-round drop boxes.

Every Day is Take Back Day

Dispose of unneeded
medication

Nearly 17,000
locations
nationwide

- 🗑️ Clean them out.
- 📍 Take them back.
- 📅 All year long.



United States Drug Enforcement Administration
DEA.gov is an official site of the U.S. Department of Justice

Find your Everyday Drop-Off

Source: <https://www.dea.gov/everyday-takeback-day>

Immunization Recommendations for 2025-2026 Respiratory Virus Season

Age/Condition	Flu	RSV	COVID-19
 Children	• All 6 months to 17 years of age	• All infants under the age of 8 months whose mothers did not receive RSV vaccine during pregnancy • Certain children ages 8-19 months who are at increased risk for severe RSV disease	• All children ages 6-23 months • All children ages 2-17 years with at least one risk factor for severe disease including those in special situation* • Children with weakened immune systems • Children whose parents or guardians want them to get a COVID-19 vaccine
 Pregnancy	• All	• All pregnant people during weeks 32-36 of pregnancy	• All, including after delivery and during breastfeeding
 Adults	• All 18 years and older	• Adults ages 50-74 years at increased risk of severe RSV disease • All adults ages 75 years and older	• All 18 years and older

**Other special situations include: Residents of long-term care facilities or other congregate settings; Persons who have never been vaccinated against COVID-19; Persons whose household contacts are at high risk for severe COVID-19.*



Domestic Violence

Domestic violence can affect all people, from all backgrounds. It doesn't matter your age, race, religion, gender, gender identity, sexuality or socioeconomic status. Everyone deserves peace.

DEFINITION:

Domestic violence is defined as a pattern of behavior to establish power and control over another person through fear and intimidation within familial or intimate relationships.

TYPES OF ABUSE:

Physical—examples include: pushing, shoving, tripping, holding down, hitting, slapping, suffocating, strangulation, restraining, kicking, giving inappropriate medication, etc.

Sexual—examples include: unwanted kissing, fondling, touching, unable to understand or give consent, threat of harm, rape or attempted rape, keeping someone from protecting themselves from sexual transmitted infections, pressuring someone to perform sex acts or forcing sex with a third party, restricting access to birth control, etc.

Emotional—examples include: yelling, threatening, name calling, intimidation factors, undermining authority, humiliating the victim, harassment, constant put-downs, “crazy making,” extreme jealousy, etc.

Financial—examples include: withholding money, depriving someone of financial benefits, stealing, forging checks or ATM card, etc.

Confinement—examples include: restraining or isolating someone, denying access to phone/mail, limiting time spent with loved ones, etc.

INDICATORS:

There are a variety of indicators that might suggest someone is in an abusive or violent relationship:

- **Overall abuse:** change in behavior, withdrawn, depressed, lack of interest in normal activities, frightened, fears being touched, change in sleep patterns, sudden onset of nightmares, explanations of injuries do not make sense.
- **Physical indicators:** mysterious or unexplained bruises, marks, or cuts, long sleeves during warm weather, frequent use of hats or sunglasses and make up to cover marks, broken bones or sprains

REPORTING:

If you are a victim of domestic violence and in need of emergency safe shelter, please call **309-691-0551** or our 24/7 crisis line at **1-800-559-SAFE (7233)** or come to one of our two emergency shelter locations.

For more information on our additional support services, please, [click here](#).



**center for
prevention
of abuse.**

SCAM ALERT



Office of the Inspector General
SOCIAL SECURITY ADMINISTRATION

FOR IMMEDIATE RELEASE
October 8, 2025



Unexpected Letter, Text, or Email from the U.S. Supreme Court? Think Scam First

The Office of the Inspector General (OIG) for the Social Security Administration (SSA) is warning the public about a new government imposter scam. This scam comes in the form of an official-looking letter identified as a “certificate” on fake U.S Supreme Court letterhead using forged signatures of U.S. Supreme Court Chief Justice John Roberts and Associate Supreme Court Justice Sonia Sotomayor. This high-pressure scam urges individuals to cooperate with the named SSA official, pressuring them to send money or share personal information.

The scam letter is personally addressed to the recipient and claims they are a primary suspect in connection with legal proceedings and criminal charges. The letter may use the real name of an SSA executive and claim that the proceedings “Are conducted with the oversight of Attorney General Raul Torrez” of New Mexico. The letter further claim that according to findings from SSA and the incorrectly named “Drug Enforcement Agency,” the recipient may have been subjected to identity theft, noting that their Social Security number (SSN) had been compromised. The letter states that SSA will issue a new SSN.



The scam letter also indicates that the U.S. Supreme Court requested financial institutions to freeze all the recipient’s assets and urges full cooperation with the U.S. Department of the Treasury. The letter falsely claims that the recipient cannot maintain a balance exceeding \$10,000 in any banking institution or hold \$80,000–\$100,000 in any investments or financial institution. The letter ominously closes by stating, should the recipient encounter any difficulties in safeguarding assets, the recipient will bear full liability for any losses incurred following the suspension of their SSN. Scammers most likely will follow up text messages or telephone calls.

“On every level this completely false,” stated Michelle L. Anderson, Acting Inspector General. “Scammers continue to exploit fear and confusion by impersonating government agencies and officials. These criminals are falsely accusing an individual of a crime and using federal agencies and federal officials to try to scare and legitimize their scam—if you get this type of letter, rip it up and report it. Be aware of any variations of this scam.”

Protect Yourself

- Beware of scammers pretending to be from SSA or another government agency.
- Stop. Think scam. Talk to someone you trust before paying.
- Visit ssa.gov/scam to report Social Security-related scams and learn more.
- Stay up to date on the latest scam warnings and tactics by following SSA OIG on [X](#), [Facebook](#), and [LinkedIn](#).
- Visit the [Federal Trade Commission](#) for consumer protection tips.



Members of the press may make inquiries to Social Security OIG at oig.press@ssa.gov

Connect with us on social media:





Celebrating Value and Talent

National Disability Employment Awareness Month



OFFICE OF DISABILITY EMPLOYMENT POLICY
UNITED STATES DEPARTMENT OF LABOR

#NDEAM
80th Anniversary
dol.gov/odep

In October 2025, we celebrate the 80th anniversary of National Disability Employment Awareness Month (NDEAM), an annual recognition of the positive impact of people with disabilities in the American workforce. This yearly event began in 1945 as a weeklong national observance of the contributions of people with physical disabilities. In 1988, Congress designated the commemoration as NDEAM, which then evolved to acknowledge the importance of increasing opportunities for people with disabilities, including those with mental health conditions and other nonobvious disabilities, in the workforce. In 2001, ODEP was created and entrusted to administer NDEAM, including the selection and promotion of its annual theme.

Leading up to the celebration of America's 250th anniversary in 2026, this year's NDEAM theme and graphics will also honor the national milestone. NDEAM 2025 will recognize the value and talent American workers with disabilities add to our workplaces and economy and highlight their achievements both past and present. That's the spirit behind this year's official theme: "Celebrating Value and Talent."

What Can You Do to Help Prevent Food Poisoning?



Here are five easy steps you can take now to help prevent foodborne illness:

1. Wash your hands.

Studies have shown that [handwashing can prevent 1 in 3 diarrhea-related sicknesses](#) and 1 in 5 respiratory infections. [Wash your hands](#) with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.

2. Keep up to date on food recalls.

Recall notices can be found in the news, at your local grocery store, or online at www.recalls.gov. If you determine that a food recall product is in your home:

- Don't eat the food.
- Don't open the food.
- Check the recall notice to find out what to do with the food

3. Practice the core four.

When preparing meals at home, follow these core four food safety principles: clean, separate, cook, and chill. [Learn more about the core four food safety practices](#) and how these practices can help prevent foodborne illness.

4. Cook with safe recipes.

Safe recipes include food safety steps, like washing your hands, that lower the risk of getting foodborne illness. Studies have shown that when people follow recipes with basic food safety steps included, they are more likely to practice those steps. You can find [delicious safe recipes to download](#), or you can turn your own recipe into a safe recipe using the [Safe Recipe Style Guide!](#)

5. Spread food safety awareness.

Talk to your friends and family about how to prevent foodborne illness. You can tell your family about the core [four food safety practices](#), test your friends' knowledge of [common food safety myths](#), or teach kids how to [Fight BAC-teria](#). Follow us on [YouTube](#), [Instagram](#), or [Facebook](#) to stay up to date.



Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



SAFETY TIPS

Source: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Fall-Safety/Halloween-Safety/>



AIR FORCE SAFETY CENTER



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/>

Celebrate Vegetarian Awareness Month

Many folks think going vegetarian is simply omitting meat from your meals. Actually, it's not that simple as there are different levels of vegetarianism.

All vegetarians eat fruit, vegetables, grains, dried beans and peas, nuts and seeds. What further distinguishes them is the absence of other animal products.



Caramelized Mushroom and Onion Risotto

- **Lacto-ovo-vegetarian:** This diet includes dairy products (milk, yogurt, cheese, etc.) and eggs in it.
- **Lacto-vegetarian:** This diet includes dairy products, but no eggs in it.
- **Ovo-vegetarian:** This diet includes eggs, but no dairy products in it.
- **Pesci-vegetarian:** This diet includes fish.
- **Semi-vegetarian:** This diet includes both fish and poultry.
- **Vegan:** This is the most restrictive diet and only includes food from plant sources. No eggs, dairy products or honey are allowed.

While you may view a vegetarian diet as more restrictive than what you're used to, there are many benefits that these diets can provide.

The key is ensuring that you adhere to a well planned diet that incorporates a variety of fruit, vegetables and grains that will provide a variety of valuable nutrients your body needs. The Academy of Nutrition and Dietetics have stated that a properly planned vegetarian diet is "healthful, nutritionally adequate, and provides health benefits in the prevention and treatment of certain diseases." The reason for this is that vegetarian diets offer lower levels of saturated fats, cholesterol and have higher levels of fiber, along with important antioxidants like vitamins C, E and phytochemicals that come from fruit and vegetables.

The author doesn't expect audience to run right out and turn into a vegetarian, but how about a meatless meal once a week? The new trend toward Meatless Monday is a great way to start. In fact, here's a great meatless entrée idea from Fruits & Veggies-More Matters—**Caramelized Mushroom and Onion Risotto**. It's delicious and it's easy enough to prepare on a busy weeknight. Start experimenting with meatless recipes like this and try to get your family eating meatless entrée 2 or 3 nights a week. Not only will you be eating healthier, I'll bet you'll see your grocery bill shrink as well!

Source: <https://fruitsandveggies.org/blog/celebrate-vegetarian-awareness-month/>

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 pertain 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:
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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)
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(309) 681-1992, Fax (309) 681-8572
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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](#).

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