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SENIOR GAZETTE

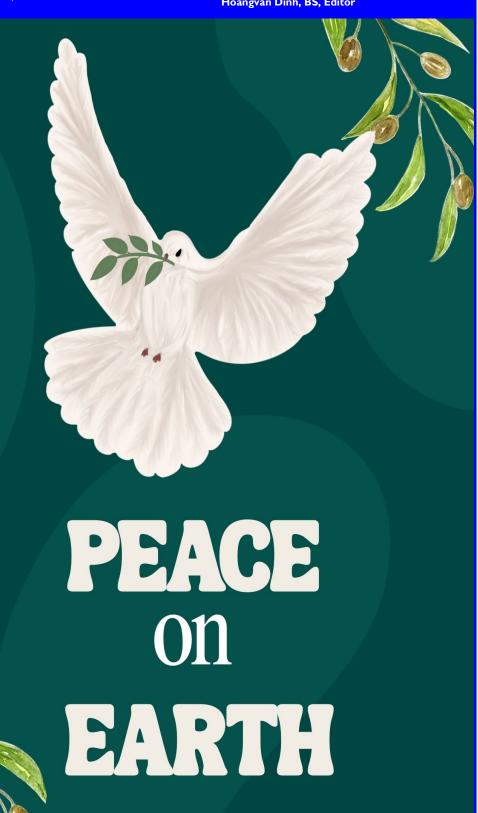
2025, December Issue

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

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





An "agent" told me to stay off the internet. Is it a scam?

You get an unexpected call with some bad news: your name is linked to serious crimes, and your money is at risk, says the voice on the line. The next thing you know, he connects you with an "agent" who can supposedly help you resolve the issue. Your heart and mind are racing. But your gut is telling you to talk to someone you trust — or to get off the phone and search the internet for advice. So why would a helpful "agent" warn you not to talk to anyone or tell you to stay off the internet until he can fix the problem? Probably because that "agent" is really a scammer.

Scammers have a playbook:

- They make up a problem to create a sense of fear or panic, like saying your name is linked to a money laundering or drug trafficking scheme.
- They pressure you to act immediately or risk some dire consequences, like jail time or losing all your money.
- They try to isolate you by saying you can't tell anyone, or you can't go online to verify their story.
- Never transfer or send money to anyone in response to an unexpected call or message. Even if they claim you're moving your money to "protect it."
- **Stop and talk to someone you trust.** Talk to a family member, friend, or neighbor. Tell them the story. Sometimes just saying it out loud helps.
- **Recognize scammers' language.** If someone is asking for money or personal information, and says things like "Don't hang up," "Don't trust anyone," "Don't talk to anyone," or "Don't research it online," they're probably a scammer.

So, what can you do?

Develop your own playbook to avoid a scam.

Report scammers to the FTC at <u>ReportFraud.ftc.gov</u>. Your report could help stop a scammer. Watch <u>Why Report Fraud?</u> to learn more.



Source: An "agent" told me to stay off the internet. Is it a scam? | Consumer Advice

Help Kids Protect Their Devices



Online safety starts with protecting your kids' devices from hackers and scammers.

Here are some steps to keep kids safer while they're on a phone, tablet, or laptop. Consider taking these steps on your kids' behalf and, as they get older, teaching them how to secure their devices and build good online habits.

- **Set automatic updates** on <u>phones</u>, tablets, and laptops to protect your kids' apps, web browsers, and operating systems.
- Use strong passwords. Make sure your kids' accounts and devices are protected by unique passwords. Consider helping teenagers set up and use a password manager, or the device's <u>password generator</u> — and remind them not to leave devices unattended in public places.
- **Secure your home wi-fi network.** To protect your home network for your own benefit and your kids' change your <u>router's</u> default name and password. Turn off remote management, and log out as the administrator once the router is set up.
- **Use parental controls** to help reinforce good online habits and create safer spaces for kids to learn and play online. And, to have a better handle on what kids might be spending online, consider using <u>parental controls</u> to disable in-app purchases or require a password for all purchases on phones or tablets.

Learn more information about protecting kids online while enhancing their safety, privacy, and healthy development at ftc.gov/KidsOnline.



Source: Help kids protect their devices | Consumer Advice

RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs. RSV season starts in the fall and peaks in the winter in most region of the U.S.

Protect your young child from RSV.

There are two options to protect babies from severe RSV. Most babies only need one, not both.

RSV vaccine given during pregnancy:

- Protection passed to baby during pregnancy
- Recommended when 32-36 weeks pregnant
- Usually given during September—January

RSV antibody given to the baby:

- Directly provides protection to baby
- Recommended for babies younger than 8 months
- Usually given during October—March

A dose of RSV antibody is also recommended for the following children between the ages of 8 and 19 months entering their second RSV season:

- Children who have chronic lung disease from being born prematurely
- Children who are severely immunocompromised
- Children with cystic fibrosis who have severe disease
- American Indian and Alaska Native children

Talk to your healthcare provider to determine which option is best for you and your baby.



RSV is the LEADING CAUSE

of infants
hospitalization
in the U.S.



www.cdc.gov/rsv

Tips to Reduce the Risk of Seasonal Flu





The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but preventive actions like avoiding people who are sick, covering your cough and washing your hands also can help stop the spread of germs and prevent respiratory illnesses like flu. This also can include taking steps for cleaner air and hygiene practices like cleaning frequently touched surfaces.

These tips will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

- 1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. Putting <u>physical distance</u> between yourself and others can help lower the risk of spreading a respiratory virus.
- 2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when <u>you're sick</u>. You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, and
 - You have not had a fever (and are not using fever-reducing medication). After these two criteria are met, there are some additional precautions that can be taken to protect others from respiratory illness.
- 3. Cover your mouth and nose. Cover your mouth and nose when coughing or sneezing. It may prevent those around you from getting sick. Influenza viruses are thought to spread mainly by droplets made when people with flu cough, sneeze or talk. Wearing a mask is an additional prevention strategy that you can choose to do to further protect yourself and others. When worn by a person with an infection, masks reduce the spread of the virus to others. Masks can also protect wearers from breathing in infectious particles from people around them.
- 4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
 - Handwashing: Clean Hands Save Lives Tips on hand washing and using alcohol-based hand sanitizers
- 5. **Avoid touching your eyes, nose or mouth.** Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Take steps for cleaner air. You can improve air quality by bringing in fresh outside air, purifying indoor air or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.
- 7. Practice good hygiene and other healthy habits.

 Cleaning frequently touched surfaces, such as countertops, handrails, and doorknobs regularly can help prevent the spread of some illnesses. Also, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids,



Source: Tips to reduce the risk of seasonal flu

and eat nutritious food.



Nutritious Holiday for Seniors

Bring cheer to your table with senior-friendly holiday recipes. Discover nutritious twists on classic favorites, plus tips for making meals easier to prepare and enjoy.

The holidays are a time for gathering around the table, sharing favorite dishes and making memories. But for many older adults, traditional holiday foods can sometimes be difficult to eat or may not fit well with health needs such as managing blood pressure, diabetes or chewing and swallowing difficulties.



A few thoughtful adjustments can make beloved holiday dishes both nutritious and senior-friendly, so everyone can enjoy together.

Tips for making holiday meals senior-friendly

Focus on Balanced Nutrition

- Add more vegetables and whole grains: Sneak in extra fiber and nutrients by adding roasted veggies to stuffing or swapping white rolls for whole-grain versions.
- Cut back on sodium and added sugar: Use herbs, spices and citrus to boost flavor without extra salt or sugar.
- **Incorporate lean proteins:** Turkey breast,, chicken, fish or plant-based proteins like lentils keep meals satisfying without extra saturated fat.

Make Meals Easy to Eat

- **Soften textures:** Offer cooked and mashed vegetables instead of raw crudités and use broths or gravies to moisten proteins for easier chewing and swallowing.
- **Adjust portion sizes:** Smaller, balanced portions can help prevent overeating while making meals less overwhelming.
- **Keep hydration in mind:** Pair meals with water or low-sugar beverages to support digestion and overall well-being.

Add a Dash of Festive Comfort

- **Keep familiar flavors:** Cinnamon, nutmeg, rosemary, sage and vanilla can evoke cherished holiday memories and nostalgia.
- Offer simple desserts: Fruit-based sweets or lightly sweetened puddings can satisfy without excess sugar.
- Serve food family-style or in small dishes: This encourages participation and makes meals feel warm and welcoming.

Source: Nutritious Holiday for Seniors

Six Tips for Keeping Joy in the Season



With the holiday season in full swing, Alzheimer's Foundation of America (AFA) offers tips to help care partners celebrate safely and comfortably.

"Dementia doesn't prevent someone from feeling the warmth, love and laughter of the holiday season, but it can change how they experience it," says Jennifer Reeder, LCSW, AFA's educational and social services senior director. "Being proactive, adaptable and inclusive of the person's wishes and abilities are the best ways to help them have happy and joyful experience."

AFA's offer these six tips for creating a dementiafriendly holiday season:

- Keep decorations festive, but simple. Decorating is part of the holiday fun, but many flickering lights, noisy items or major changes to the person's environment can be overwhelming and potentially cause the person to wander. Choose a few favorite items and phase in decorations over a period of days, so changes to the person's environment are less confusing.
- Eliminate dangerous decorations and safety hazards. Avoid fragile decorations that can shatter or ones that look like food or candy. Be mindful of potential tripping hazards, such as wires for decorations. Memory loss can cause changes in vision, depth perception and gait.
- Adapt past traditions. If your persons always sent cards or baked cookies and still wants to, help them accomplish this. You can also start ne traditions that center on activities and events the person enjoys and can do, such as touring neighborhood holiday lights. Ask your loved one what traditions are most important, if possible. Feeling some sadness about changes and losses, especially during a holiday, is normal. Acknowledge these feelings and then move on to new ways to celebrate.

- Take cues from your loved one. Use a strengths-based, person-centered approach, incorporating what the person *can* do and chooses to do now, rather than dwelling on what they used to do.
- Prepare a quiet, calm space before a holiday gathering. Create a space where your loved one can sit comfortably and guests can visit in small groups or one-to-one. Provide familiar comfort items, such as a favorite blanket, sweater or stuffed animal. To the greatest extent possible, maintain the person's normal routine; disruptions in routine can be difficult for someone living with memory loss.
- Accept help from others. Many parts of the holiday season—shopping for gifts or hosting a holiday gathering—can be stressful even without the additional responsibilities of caring for a loved one with memory loss. Relatives and friends might be eager to help but do not know how. Accept their offers and be specific about what would be helpful: running errands, bringing a dish to the celebration or spending time with your loved one so you can complete holiday tasks. Happy Holidays!

Source: Six Tips for Keeping Joy in the Holidays | Alzheimer's Foundation of America



Cold Dry Air Requires a Little Extra Skin Care



Here at The Skin Cancer Foundation, we spend a lot of time talking about <u>skin cancer</u>, but we're also concerned with overall skin health. That means not only <u>protecting your skin</u> from sun damage, but also giving the largest organ in your body some TLC throughout the year.

Bitterly cold temperature and <u>high winds</u> can be particularly harsh on your skin. Here are some simple tips to keep your skin soft and supple as we get through this final stretch of winter:

1. Use a humidifier

A humidifier adds moisture to the air, soothing itchy winter skin and preventing dryness. Make sure to use filtered or distilled water rather than tap water, and replace it daily so that bacteria doesn't have a chance to grow.

2. Consider a new moisturizer

Many people find a moisturizer that they love and stick with it day in and day out. The issue with this approach is that your skin changes as the environment around it changes. With <u>colder weather</u>, your dry skin may require a denser moisturizer. When selecting a product for your winter routine, take a close look at the label and look for ingredients which are well-suited for dry skin. Hyaluronic acid, lactic acid and glycerin have all been proven to hydrate and refresh. Regardless of your preferred product, your moisturizer should contain SPF 30 to protect against incidental sun exposure.

3. Mind your water temperature

While your natural instinct may be to take steamy hot showers when the weather is cold, doing so robs the skin of necessary moisture. Instead, opt for warm showers and use a gentle, moisturizing soap or body wash.

4. Apply moisturizer when skin is wet

The best time to use cream or lotion is when your skin is still damp (like right after you've washed your face or taken a shower). This helps to trap the moisture before it evaporates and is especially important during the winter because the season's dry air speeds up the process.

You still have plenty of time to perfect your cold weather skin routine and master tricks for keeping your skin healthy for years to come.

Source: https://www.skincancer.org/blog/cold-dry-air-requires-a-little-extra-skin-care/





Eye Health: Floaters in Your Vision and When You Should Be Concerned

While anyone can develop floaters (little spots or shapes that "float" in your vision), they can be a symptom of diabetes-related retinopathy or diabetes-related macular edema. If you have changes to your vision, including seeing floaters, contact your eye doctor (optometrist or ophthalmologist) right away. You may need a dilated and comprehensive eye exam or retinal photography to see if you have diabetes-related eye disease. If you do, you'll be able to take steps to protect your vision.

What are floaters?

Floaters can take on the form of many different shapes, including specks, circles, lines, or cobwebs that appear in your vision.

What you're seeing is a shadow being cast on your retina. This could be from leaked blood from damaged blood vessels or signs of other problems in your eye. You may notice that the floaters you see move with your vision and they can make it hard to read.

What causes floaters?

Floaters are common if you:

- Have retinopathy
- Have macular edema or other swelling in your eye
- Have had cataract surgery
- Are nearsighted

What's next if the floaters are from an eye complication?

Talk to your eye doctor about what treatments are right for you. It's also important to work with your health care team to see if your diabetes treatment plan needs to change, including whether your A1C target needs to be adjusted, and steps to take to treat the eye complication causing it.

Are floaters permanent or temporary?

Some floaters may come and go, but if your floaters are related to ongoing issues in your eyes, like retinopathy or glaucoma, you may keep seeing them for much loner and they can be present for months or years. Most floaters become less visible as time goes on.

When you should be concerned about floaters.

You should always report changes to your vision like floaters to your eye doctor right away, even if you've already been diagnosed with an eye complication and have had floaters before. Suddenly seeing new floaters could be a sign of a new issue or the existing issue could be getting worse.

You should also contact your eye doctor right away if you're seeing flashes of light. Flashes of light could be a sign of a retinal tear or a detached retina, which can lead to vision loss and need to be treated right away.



Share your feedback at bit.ly/ada-alert

December is Seasonal Affective Disorder (SAD) Awareness Month

Each year, millions of Americans are affected by this condition, which brings on significant mood changes in response to the changing of seasons.

Typically SAD occurs during late fall and winter months, when there is less sunlight and colder weather. The symptoms usually lift during the spring and summer months.

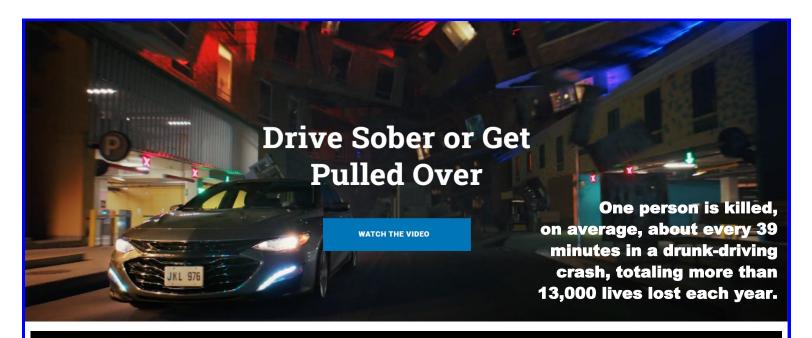
SAD is a type of depression, so the symptoms look similar to depression symptoms, and can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in formerly enjoyable activities
- Fatigue and decreased energy
- Overeating (or conversely, lack of appetite)
- Difficulty concentrating, remembering details, or making decisions
- Social withdrawal
- Thoughts of death or suicide

If these describe you or a loved one this time of year, you are not alone. Talk to a mental health specialist or health care provider and find out what therapies or treatments may be available to you.



Source: December is Seasonal Affective Disorder (SAD) Awareness Month - NAMI Guilford



Drunk Driving Is Deadly

281

DRUNK-DRIVING-RELATED DEATHS DURING CHRISTMAS/NEW YEAR'S HOLIDAY PERIODS IN <u>2022</u> 1,062

LIVES LOST IN DRUNK-DRIVING CRASHES IN DECEMBER 2022

4,759

PEOPLE KILLED IN DECEMBER DRUNK-DRIVING CRASHES FROM 2018-2022

During the Christmas and New Year holiday periods, we often see a rise in drunk-driving deaths. In fact, recent data shows December drunk driving deaths are the highest in 15 years. As a result, you'll likely see more law enforcement on the roads as part of *Drive Sober or Get Pulled Over*. The campaign, which runs December 11 - January 1, aims to educate people about the dangers and consequences of driving drunk.

Have a Plan Whether You're Driving, Riding or Hosting

If you're celebrating and drinking this holiday season, always remember to plan ahead with a sober driver to take you home. If you're the designated driver, it's important to take the role seriously and don't consume alcohol or use other drugs. Here are some more safety tips:

- Never drink and drive.
- Don't let someone get behind the wheel if that person has been drinking.
- If you're hosting a gathering, make sure everyone has a sober ride home.
- Call 911 if you see a drunk driver.
- Always wear your seat belt. It's your best defense against impaired drivers.

It's Illegal to Drive Drunk

A DUI can set you back, on average, \$10,000, and there could be a crash — people could get hurt or killed.

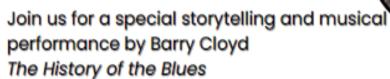
LEARN THE CONSEQUENCES

Source: Drive Sober or Get Pulled Over | Drunk Driving | NHTSA

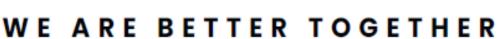
SOCIAL **CONNECTIONS FOR** OLDER ADULTS



GET RID OF THE WINTER BLUES! COME GET A TASTE OF REAL BLUES MUSIC!



- Delicious refreshments
- · A fraud prevention BINGO game
- · An educational presentation on nutrition and vaccines











JOIN US: Monday, January 26 1:00 PM to 4:00 PM

Peoria City/County Health Department **Community Room** 2116 N Sheridan Rd

Peoria, IL 61614

Weather Date: Friday, January 30 | 9:00 AM - 12:00 PM Contact Us Age Central 309-674-2071 support@ciaoa.net







EVENT SPONSERED BY:

Illinois

CONEXIONES SOCIALES Para adultos MAYORES

¡Dile adiós a la tristeza invernal! IVEN A PROBAR LA AUTÉNTICA MÚSICA BLUES!





Acompáñanos para disfrutar de una presentación musical y de cuentos especial a cargo de Barry Cloyd.

La historia del blues

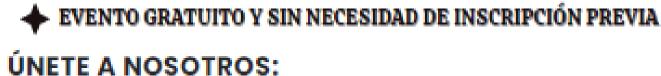
- Refrescos deliciosos
- Un juego de bingo para la prevención del fraude
- An educational presentation on nutrition and vaccines

JUNTOS SOMOS MEJORES.









Lunes, 26 de enero

De 13:00 a 16:00 h, Sala Comunitaria del EVENTO PATROCINADO POR:

Departamento de Salud de la Ciudad/Condado de Peoria

2116 N Sheridan Rd Peoria, IL 61614



Fecha del evento meteorológico: viernes, 30 de enero | 9:00 - 12:00

Contáctenos Age Central 309-674-2071 support@ciaoa.net



WEEKLY PROGRAMS

Tuesday, Wednesday, & Now Thursday!

==== 10am - 1pm ====

At the Life Together Center 3625 N Sheridan Rd • Peoria, IL 61604

HEALTH TIPS • CONNECT TO RESOURCES REFRESHMENTS • SOCIALIZATION • FUN!

Aging with Vitality

Lunch: 11:00am - 11:30am Hosted by Neighborhood House Congregate Meals*

*MUST pre-register for meals at the center and be 60 years old for hinches.

BREE No registration required for PROGRAMS

1-833-503-7773 • Gracelandcenter.com



neighborhood



Gracelandcenter

These activities are funded in whole or in part by denotions, spensorships, and funders caived from the Community Foundation of Control Hinois, other grants, and denotions.

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: <u>DIAL@usaginganddisability.org</u>

Have an online chat with an Information Specialist from DIAL. <u>Start a live chat now!</u>

Connect directly to an agent in American Sign Language <u>using ASL</u>

"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/"



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 Heath 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.

determine the scope and duration of the program.



* Healthy IDEAS (<u>Identifying Depression</u>, <u>Empowering Activities for Seniors</u>) 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

For more information on classes or class schedules contact us

By telephone: 309-674-2071 or

By email at <u>ciaa@ciaoa.net</u>

Space is limited.



Central Illinois Agency on Aging, Inc.

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.



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!

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).



Christmas Eve Wednesday, 12/24/2025

Christmas Day Thursday, 12/25/2025

New Year's Eve Wednesday, 12/31/2025

New Year's Day Thursday, 01/01/2026

We will resume our regular business hours on Friday, 01/02/2026 at 8:00 am

> Happy Holidays!



Places to Go ... Things to See

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

Hult Center For Healthy Living

5215 N. Knoxville Avenue Peoria IL 61614 692-6650

www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road Peoria, IL 61603 323-6900

www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St. Peoria, IL 61602 686-7000

www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens— Owens Center Forest Park Nature Center 2218 N. Prospect Road Peoria, IL 61603 682-1200

www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street Peoria, IL 61603 282-1700 www.riverplex.org

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

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

U.S. House of Representatives

Congressman Darin LaHood (District 16—R) 100 NE Monroe Street, Room 100

Peoria, IL 61602 (309) 671-7027, Fax (309) 671-7309 Congressman Eric Sorensen (District 17—D)

Conductor's Quarters Building 403 1/2 NE Jefferson Street Peoria, IL 61603 (309) 621-7070

U.S. Senators for Illinois

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

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Rep. Ryan Spain (73rd District—R)

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

Rep. Sharon Chung (91st District-D)

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

To find and contact your Illinois State Senator, House Representative, click here.

Senator Chris Balkema (53rd District—R) Springfield Office

A-Section Stratton Bldg. Springfield, IL 62706 (217) 782-6597 chris@chrisbalkema.com

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