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To Receive Senior Gazette,  
e-mail Hoangvan Dinh at  
[hdinh@ciaoa.net](mailto:hdinh@ciaoa.net)

# SENIOR GAZETTE

**Age Central will be closed on  
Monday, January 19, 2026  
in observance of**

**MARTIN LUTHER  
KING, JR. DAY**

**We will resume our  
regular business hours on  
Tuesday, January 20, 2026  
at 8:00 am**

**age:  
central**

# Make time to stay healthy.



Medicare  
.gov

Looking for ways to stay on top of your health in 2026? **Medicare covers many preventive and screening services.**

These services can help you stay healthy by finding health problems early, when treatment is most effective. Talk with your doctor about which services might be right for you.

[See What's Covered](#)

If you have Original Medicare (Part A and/or Part B), **log into your secure Medicare account** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's easy to sign up.**

If you're in a Medicare Advantage Plan, contact your plan for their list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some plans may offer additional services.

# National Blood Donor Month: Honoring heroes for over 50 years

**National Blood Donor Month was officially established in 1970** to recognize and honor the millions of Americans who voluntarily donate blood to help save lives. The designation came at a critical time when the need for safe, reliable blood donations was becoming increasingly important for modern medical care.

January was chosen as the month to celebrate blood donors because winter is traditionally a time when blood donations decline due to weather conditions, holiday travel, and seasonal illnesses. By focusing national attention on blood donation during this challenging time, organizers hoped to encourage more people to donate when the need was greatest.

The initiative was born from the recognition that **volunteer blood donors are the sole source of life-saving blood products**. Unlike many medical treatments that can be manufactured or synthesized, blood can only come from generous human donors willing to help their fellow Americans in times of medical crisis.

More than 50 years after its establishment, National Blood Donor Month continues to play a vital role in America's healthcare system. Every January, we celebrate the heroes who roll up their sleeves to save lives.

**6.8M+**

Annual blood donations needed

**13.6M+**

Volunteer donors give annually

**1 in 7**

Hospital patients need blood

**38%**

Of population eligible  
to donate

**Several**

Lives can be saved by  
one donation



# Flu Cases Growing Across the U.S. – What You Should Do

As we start the new year, influenza cases are on the rise across most of the country.

The Centers for Disease Control and Prevention (CDC) reports flu activity is high or very high in 48 states and jurisdictions, describing the flu season as moderately severe.

So far, at least 11 million illnesses have been reported this flu season, as many as 120,000 people have ended up in the hospital, and 5,000 deaths from flu have been reported.

The American Red Cross offers important information about the flu — symptoms, how to treat it, how to care for someone who is sick. What should you know and do?

## ***Do I have the flu?***

Common flu symptoms include high fever, severe body aches, headache, being extremely tired, sore throat, cough, runny or stuffy nose, vomiting and diarrhea (more common in children).

## ***Who is at high risk for complications from the flu?***

Flu is particularly dangerous for people 65 and older, pregnant women, young children and people of any age who have chronic health problems, including asthma, diabetes, heart disease and weak immune systems. Learn more here.

## ***How long am I contagious?***

People with flu are most contagious during the first three days of their illness. You may be able to spread the flu before you even know you are sick. Some otherwise healthy adults may be able to infect others beginning a day before they develop symptoms and up to five to seven days after becoming sick.

## ***How can I help prevent the flu?***

If you are sick, stay home. Avoid close contact with people who are sick. Cover your mouth and nose with a tissue when coughing or sneezing to prevent those around you from getting sick. Wash your hands often. Avoid touching your eyes, nose or mouth.

## ***I'm taking care of someone with the flu. What should I do?***

Designate one person as the caregiver. Avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless they have been cleaned between uses. Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace. Wash dishes in the dishwasher or by hand using very hot water and soap. Wash clothes as you normally would, using detergent and very hot water. Wear disposable gloves when in contact with or cleaning up body fluids.

## ***Is it too late to get a flu vaccine?***

It's not too late to get a flu shot, which health experts say can still prevent severe illness even if someone gets infected. According to the CDC, only about 42% of adults and children have gotten a flu vaccination so far this year.



# Is It Dementia Or Mild Cognitive Impairment (MCI)?



Many people may not know the exact differences between symptoms of dementia and mild cognitive impairment. Mild cognitive impairment (MCI) is a disorder involving problems with memory and other mental functions that are greater than normal age-related changes but not as significant as the decline seen with a dementia. Symptoms are noticeable, and, in many cases, similar to those of a dementia-related illness.



## *What are some of the common signs of MCI?*

- ◆ forgetting things more often
- ◆ frequently losing train of thought in a conversation
- ◆ difficulty remembering scheduled appointments and/or events
- ◆ challenges with navigating familiar locations or environments
- ◆ increased difficulty or anxiety with making decisions, planning or following instructions

## *What's the difference between mild cognitive impairment and dementia?*

Unlike dementia, mild cognitive impairment does not interfere with the person's daily life. Someone living with MCI will still be able to take part in many day-to-day activities. While dementia-related illnesses like Alzheimer's are progressive brain disorders, meaning that symptoms worsen over time as the brain deteriorates, mild cognitive impairment symptoms can remain the same or even improve. Some problems commonly associated with MCI may be caused by certain medications, cerebrovascular disease (which impacts blood vessels that supply the brain), and other factors—and may even be reversible. That's why it's crucial to be aware of the differences.

## *Some additional contributing factors to MCI include:*

- ◆ sleep apnea
- ◆ stroke
- ◆ fatigue
- ◆ urinary tract infection (UTI)
- ◆ thyroid imbalances
- ◆ chemotherapy
- ◆ depressed mood, anxiety and stress

## *Does MCI guarantee dementia?*

Individuals with mild cognitive impairment are at a greater risk of developing a dementia-related illness. However, it's important to note that not everyone who has MCI will develop dementia. Lifestyle changes and choices commonly suggested to reduce the risk of developing a dementia-related illness, or help slow the progression of the disease, can also help lessen the chances of developing MCI. These include a good diet, proper sleep, regular mental and physical exercise, and social interaction.

MCI is not a normal part of aging, and it does impact one's ability to think. Consult your doctor if you notice changes in thinking and memory to determine a plan for care.

*Have questions or need more information? Contact [AFA's Helpline](#) at 866-232-8484 or click the chat icon in the lower right hand corner of the webpage.*

*Source: [Is it Dementia or Mild Cognitive Impairment \(MCI\)?](#)*



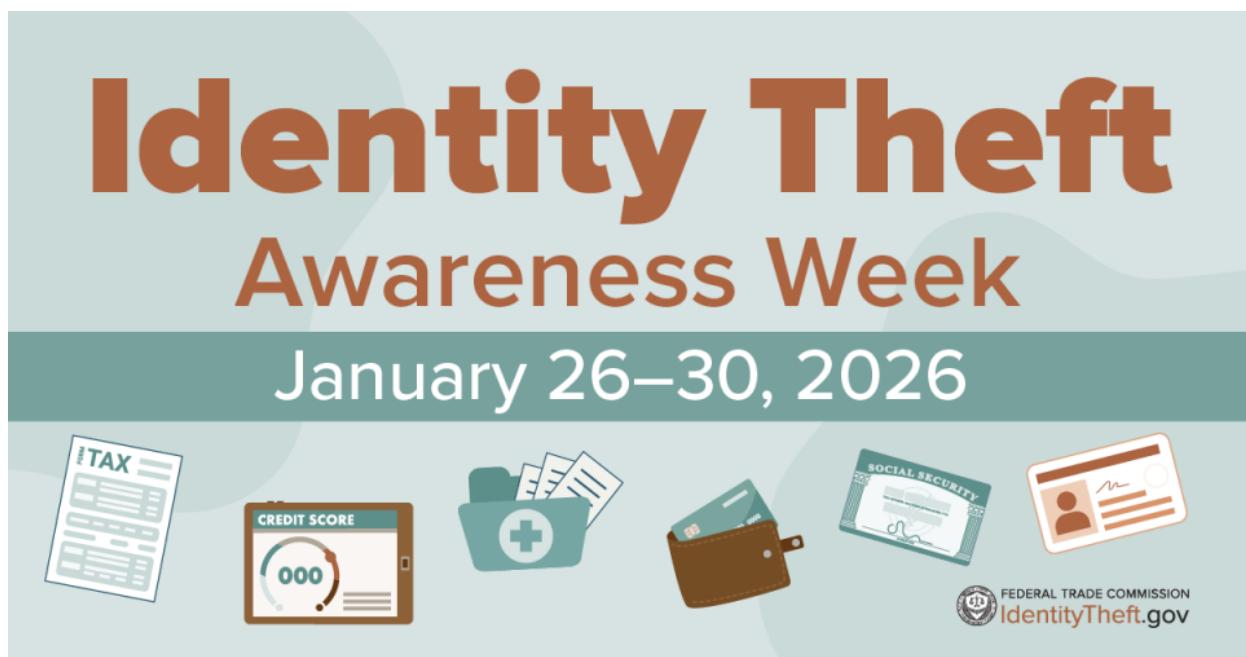
# Identity Theft Awareness

If you're taking stock of your finances, setting goals, and preparing for a fresh start in 2026, make protecting yourself against identity theft part of your 2026 planning. Why? Identity thieves can drain your bank account, ruin your credit, and even block access to your health benefits and tax refund. On the bright side, there are ways to protect yourself. Identity Theft Awareness Week (IDTAW) is a great opportunity to learn more about getting started.

IDTAW runs from January 26-30 this year. During the week, the FTC and its partners are organizing free webinars, hosting podcasts, Facebook Live interviews, and other events to help you and people you know test your identity theft knowledge, take steps that make it harder for identity pirates to get their hands on your information, and find the tools to recover if identity theft happens to you.

But don't wait for IDTAW! Here's what you can do now:

- Get and share free resources at [ftc.gov/IDTheftWeek](https://ftc.gov/IDTheftWeek) to help build awareness about identity theft and how it can happen to anyone.
- Bookmark the [IDTAW page](#) and check for updates. Free events will be posted there.
- Watch and share FTC [videos on identity theft](#) to learn more about identity theft and help your community protect against it.
- If identity theft has happened to you or someone you know, go to [IdentityTheft.gov](#) to report it and get a personalized recovery plan.
- Learn more about identity theft at [ftc.gov/IDTheft](https://ftc.gov/IDTheft).



# WHAT IS HUMAN TRAFFICKING?

## HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

Anyone under the age of 18 involved in a commercial sex act

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

Exploitation-based and does not require movement across borders or any type of transportation

## THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

### SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.



## HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES



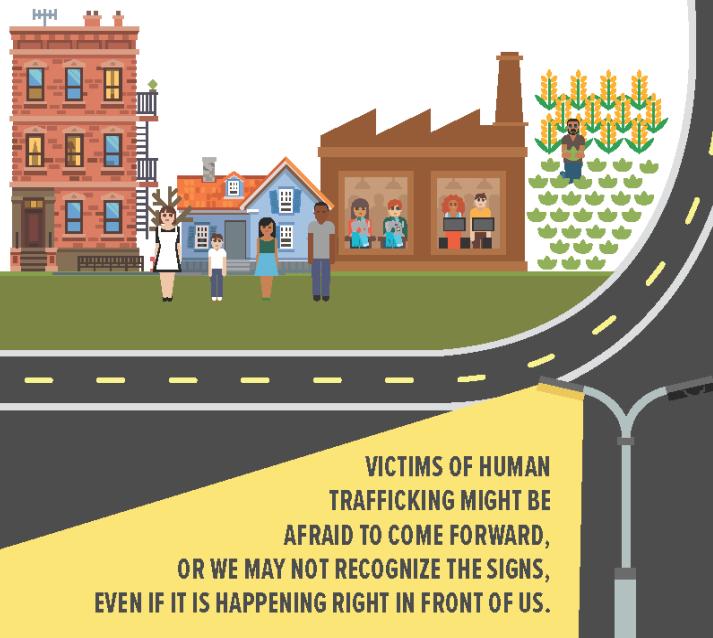
## IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS



### FORCED LABOR & DOMESTIC SERVITUDE

Victims are made to work for little or no pay and are hidden in plain sight. Very often, they are forced to manufacture or grow products that we use and consume every day or forced to work in homes across the United States as nannies, maids, or domestic help.



## RECOGNIZE AND REPORT HUMAN TRAFFICKING

- To report suspected trafficking to federal law enforcement, call 1-866-347-2423 or submit a tip online at [www.ice.gov/tips](http://www.ice.gov/tips).
- Get help from the National Human Trafficking Hotline by calling 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE).
- Call 911 or local law enforcement if someone is in immediate danger.

## WHAT YOU CAN DO

- Visit the Blue Campaign website to learn more about the indicators of human trafficking: [DHS.gov/BlueCampaign](http://DHS.gov/BlueCampaign).
- Use Blue Campaign materials to raise awareness of human trafficking in your community.
- Follow @DHSBlueCampaign on Facebook, Instagram, and X.



# Pediatric Glaucoma

Glaucoma can affect people of all ages, including infants, children, and young people.

Many people think of glaucoma as a condition exclusively affecting older individuals. While it's true that age is a significant risk factor for the disease, it can affect people of all ages, including infants, children, and young people. Although rare, pediatric glaucoma can lead to irreversible vision loss if not treated early. According to the American Academy of Ophthalmology, a group of disorders known as [pediatric glaucoma affects more than 300,000 children worldwide](#). Continue reading to learn about different types of pediatric glaucoma, its causes, symptoms, and treatment options.

## Types of Pediatric Glaucoma

- **Primary Congenital Glaucoma**

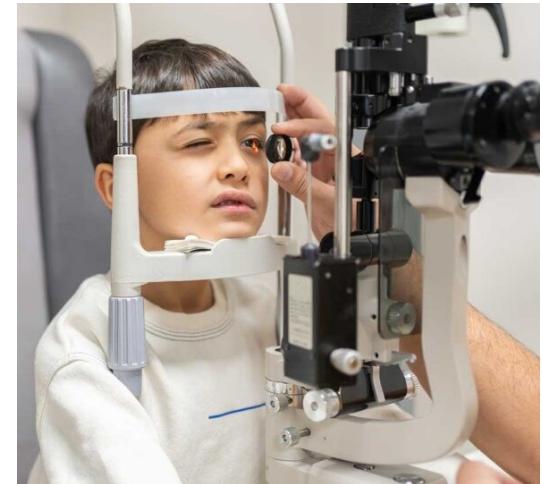
Also known as infantile or newborn glaucoma, [primary congenital glaucoma](#) (PCG) is a rare genetic eye disorder that affects infants and young children, typically within the first year of life.

- **Juvenile Open-Angle Glaucoma**

[Juvenile open-angle glaucoma](#) (JOAG) is a rare form of the disease that affects young individuals between age three and thirty-five. It's a type of primary open-angle glaucoma, in which IOP is increased due to impaired drainage of aqueous humor from the eye. Like PCG, left untreated, it can lead to optic nerve damage and vision loss.

- **Secondary Glaucoma**

[Secondary glaucoma](#) results from complications from another medical condition or eye abnormality. There are several causes of secondary glaucoma, including eye injuries, inflammation, certain medications, and other underlying eye diseases. Like primary congenital and juvenile open-angle glaucoma, people with secondary glaucoma have increased IOP.



## Symptoms of Pediatric Glaucoma

Various signs and symptoms may be associated with pediatric glaucoma. These include excessive tearing, light sensitivity, cornea cloudiness, eye enlargement, and vision loss. Because infants and young children may not be able to communicate their discomfort or vision problems, parents and caregivers should be aware of these signs and symptoms in children that would require prompt medical attention.

## Treatment Options for Pediatric Glaucoma

[Treatments for pediatric glaucoma](#) depend on the type and severity of the condition. In most cases, the primary goal is to lower the IOP and prevent further eye damage. Treatment options may include:

- **Medication**

Eye drops and oral medications can be used to reduce IOP by either decreasing the production of aqueous humor or increasing its outflow. Commonly used medications include prostaglandin analogs, beta-blockers, alpha-agonists, and carbonic anhydrase inhibitors.

- **Surgery**

Surgery is usually the initial treatment for childhood glaucoma. Surgical interventions may also be used when medications alone are insufficient to control IOP. Surgery options can include: Goniotomy and Trabeculotomy, Trabeculectomy, or Glaucoma Drainage Devices



**Graceland**  
CENTER FOR PURPOSEFUL AGING

## 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 lunches.

FREE! No registration required for PROGRAMS

1-833-503-7773 • [Gracelandcenter.com](http://Gracelandcenter.com)



neighborhood  
**HOUSE**



Gracelandcenter

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.

# SOCIAL CONNECTIONS FOR OLDER ADULTS



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



Join us for a special storytelling and musical performance by Barry Cloyd

## *The History of the Blues*

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

WE ARE BETTER TOGETHER



◆ FREE EVENT AND NO PRE-REGISTRATION REQUIRED ◆

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

EVENT SPONSORED BY:

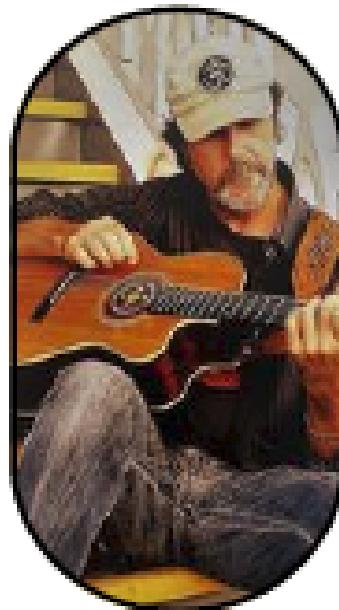


Weather Date: Friday, January 30 | 9:00 AM - 12:00 PM

Contact Us Age Central 309-674-2071 [support@ciaoa.net](mailto:support@ciaoa.net)

# CONEXIONES SOCIALES PARA ADULTOS MAYORES

¡Dile adiós a la tristeza invernal!  
¡VEN 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

J U N T O S S O M O S M E J O R E S .



◆ EVENTO GRATUITO Y SIN NECESIDAD DE INSCRIPCIÓN PREVIA ◆

ÚNETE A NOSOTROS:

Lunes, 26 de enero

De 13:00 a 16:00 h, Sala Comunitaria del

Departamento de Salud de la  
Ciudad/Condado de Peoria

2116 N Sheridan Rd Peoria, IL 61614

EVENTO PATROCINADO POR:



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

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



# 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 of 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@ciaoa.net](mailto:ciaa@ciaoa.net)*

*Space is limited.*



Heart of Illinois



Aging & Disability Resource Network

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.

# Healthy Living

## 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 [ciaoa@ciaoa.net](mailto:ciaoa@ciaoa.net)**



Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling, Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).

## The Disability Information and Access Line (DIAL)

DIAL has launched a new tool to help people with disabilities to find local services and resources to support community living at <https://dial.acl.gov/>. DIAL's staff are trained to work with people of various communications abilities and will spend as much time as needed to ensure effective communication. DIAL's Information Specialists can assist people in all languages and are trained to work with callers who are deaf and hard-of-hearing.

To connect with a DIAL Information Specialist from  
7:00 a.m. to 8:00 p.m. (Central),

Monday – Friday: Call | Text Message | Videophone: **1-888-677-1199**. People who use TTY relay can first dial 7-1-1, and then relay the 888-677-1199 number.

Email: [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org)

Have an online chat with an Information Specialist from DIAL. [Start a live chat now!](#)

Connect directly to an agent in American Sign Language [using ASL](#)

## "New Feature" 988 Suicide & Crisis Lifeline

The U.S. Department of Health and Human Services  
has now added American Sign Language (ASL)

services to the 988 Suicide and Crisis Lifeline. Doing so is part of ongoing efforts to expand accessibility to behavioral health care for underserved communities such as people who are Deaf and Hard of Hearing. To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened can click the "ASL Now" button on [988lifeline.org](https://988lifeline.org) and follow the prompts.

Direct dialing to 988 from a videophone will be available in the coming weeks.

In the meantime, ASL callers can call 1-800-273-TALK (8255) from a videophone to reach ASL services.

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



## Top 10 Ways To Enjoy Carrots

Sweet, crunch and loaded with beta-carotene for eye health, carrots are as nutritious as they are versatile. Enjoy them raw for a satisfying snack, roasted for caramelized sweetness or blended into groups and smoothies for a burst of color and flavor!

- 1. Carrot Casserole.** Combine shredded carrots, low-fat shredded cheese and a small amount of margarine. Top with crumbled whole wheat crackers. Bake at 350°F for 30-45 minutes.
- 2. Power Smoothie.** Blend carrots, pineapple juice, low-fat yogurt and honey into a bright orange smoothie.  
Recipe: [Power Gold Smoothie](#).
- 3. Dip' em!** Carrots are great with vegetable dips, hummus and low-fat dressing.
- 4. Simply Roasted.** Tossed with a honey mustard dressing, these easy [roasted carrots](#) will make a perfect side dish.
- 5. Add a Sweet Glaze.** Combine 100% orange juice, a small amount of brown sugar and butter in a frying pan. Sauté until combined. Roll cooked carrots in mixture, let cool and enjoy!
- 6. Add Some Crunch & Vitamin A.** Top any favorite salad with sliced or grated carrots
- 7. Peanut Butter Dip.** Peanut butter isn't just for celery anymore. Grab some baby carrots and dip away.
- 8. Slow Cooked & Delectable.** Add carrots to all of your favorite soups and slow-cooker recipes. They're quite tasty in our [Turkey & Cranberry Stew](#).
- 9. Just Grab & Go.** Carrots are a great mobile snack and are the perfect 'keep you busy' snack at home. Just peel and enjoy!
- 10. Sweet & Spice.** Combine sweet carrots with stimulating spices to get an irresistible surprise for your taste buds.

[See Nutrition Information for Carrots](#)

Source: [Top 10 Ways To Enjoy Carrots—Have a Plant](#)

## Places to Go ... Things to See

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

### Hult Center For Healthy Living

5215 N. Knoxville Avenue  
Peoria, IL 61614  
692-6650

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

### The Peoria Playhouse Children's Museum

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

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

### Peoria Riverfront Museum

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

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

### Peoria Park District

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

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

### RiverPlex Wellness & Recreation Center

600 NE Water Street  
Peoria, IL 61603  
282-1700

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

Central Illinois Agency on Aging is now on [Facebook](#) and our fan base is on an upward trend. CIAA wants Facebook to be a place where our fans/those we serve and those interested in what we do as an agency can come to find information and updates that 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 [ciao@ciaoa.net](mailto:ciao@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 Sorenson (District 17—D)**  
Conductor's Quarters Building  
403 1/2 NE Jefferson Street  
Peoria, IL 61603  
(309) 621-7070

## U.S. Senators for Illinois

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

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

## Illinois General Assembly

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

**Rep. Ryan Spain (73<sup>rd</sup> District—R)**  
5407 N. University, Arbor Hall, Suite B  
Peoria, IL 61614  
(309) 690-7373, Fax (309) 690-7375  
[repyranspain@gmail.com](mailto:repyranspain@gmail.com)

**Rep. Sharon Chung (91<sup>st</sup> District—D)**  
216 N. Center St  
Bloomington, IL 61701  
(309) 808-2351  
[info@repchung.com](mailto:info@repchung.com)

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

**Senator Dave Koehler (46<sup>th</sup> District—D)**  
1203 East Kingman Avenue  
Peoria Heights, IL 61616  
(309) 677-0120, Fax (309) 346-4650  
[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

**Rep. William Hauter (87<sup>th</sup> District—R)**  
133 S. Main Street Ste. A  
Morton, IL 61550  
(309) 819-8701  
[hauter@ilhousegop.org](mailto:hauter@ilhousegop.org)

**Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**  
300 E. War Memorial Drive, Suite 303  
Peoria, IL 61614  
(309) 681-1992, Fax (309) 681-8572  
[repjgordon@gmail.com](mailto:repjgordon@gmail.com)

**Senator Chris Balkema (53<sup>rd</sup> District—R)**  
**Springfield Office**  
A-Section Stratton Bldg.  
Springfield, IL 62706  
(217) 782-6597  
[chris@chrisbalkema.com](mailto:chris@chrisbalkema.com)

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

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Barry Beck, Vice-Chair  
JoAnn Olson, Treasurer  
Roger Wiseman, 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).

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