



Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603

Telephone: (309) 674-2071

Website: <http://www.ciaoa.net>

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

Office Hours:

Monday — Friday: 8:00 am—4:00 pm

Saturdays: Closed

2026, January Issue

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

SENIOR GAZETTE

IN THE ISSUE

MLK Day.....1

Make Time to Stay Healthy.....2

National Blood Donor Month3

Flu Cases Growing Across the U.S.—
What You Should Do4

Is it Dementia or Mild Cognitive
Impairment (MCI)?.....5

Identity Theft Awareness6

What is Human Trafficking?.....7

Pediatric Glaucoma8

Graceland Center Programs.....9

Social Connections for
Older Adults Event10-11

Take Charge of Your Health.....12-13

988 Suicide & Crisis Lifeline.....14

Top 10 Ways to Enjoy Carrots, Here's
What to Do, Places to Go...Things to
See, and Facebook.....15

U.S. House of Representative,
U.S. Senators for IL, IL General
Assembly, Board of Directors and
Council Rosters.....16

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

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.



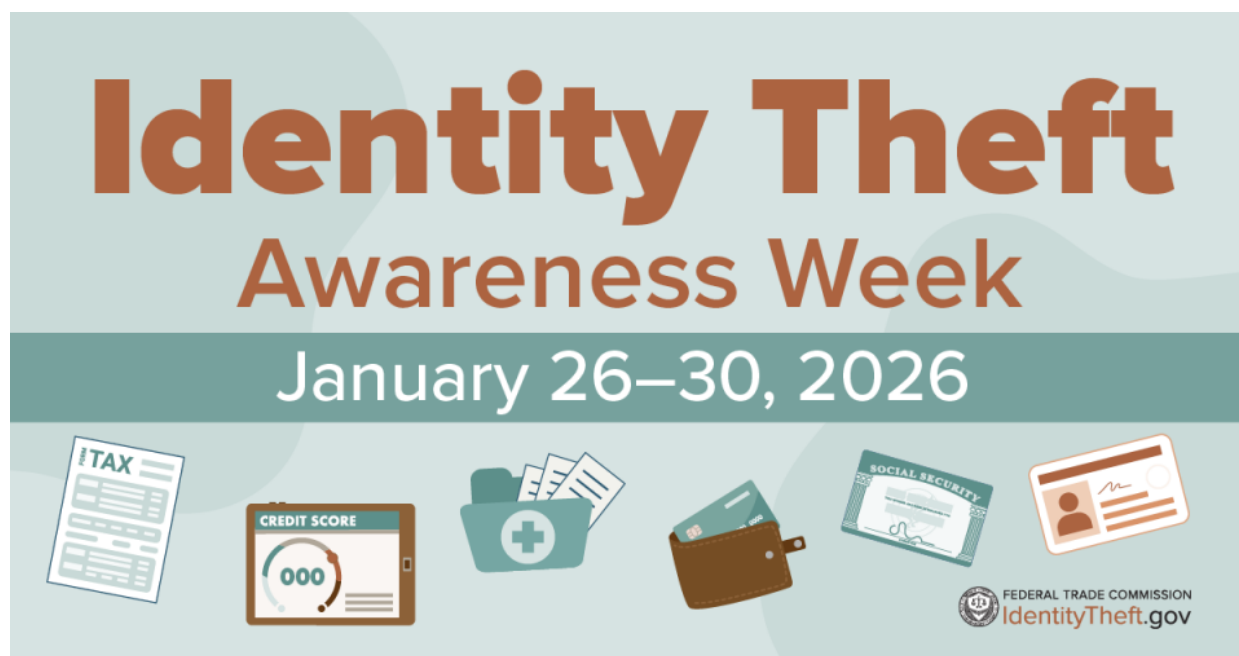
Identity Theft Awareness

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 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.



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



SUBURBS



RURAL TOWNS



CITIES

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.



IT CAN HAPPEN TO ANYONE

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



VICTIMS OF HUMAN TRAFFICKING MIGHT BE AFRAID TO COME FORWARD, OR WE MAY NOT RECOGNIZE THE SIGNS, EVEN IF IT IS HAPPENING RIGHT IN FRONT OF US.

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.
- 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](https://www.dhs.gov/bluecampaign) of human trafficking: [DHS.gov/BlueCampaign](https://www.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

GLAUCOMA

RESEARCH FOUNDATION

Source: <https://glaucoma.org/articles/types-of-pediatric-glaucoma>



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



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

age:
central

 **Graceland**
CENTER FOR PURPOSEFUL AGING



◆ **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 SPONSERED BY:

AARP
Illinois

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

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



CONEXIONES SOCIALES PARA ADULTOS MAYORES

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

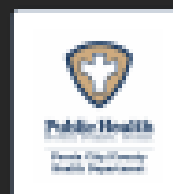


Acompáñanos para disfrutar de una presentación musical y de cuentos especial
a cargo de Barry Cloyd.

La historia del blues

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

JUNTOS SOMOS MEJORES.



◆ **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 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/>



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 solve-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

The Peoria Playhouse Children's Museum

2218 N. Prospect Road

Peoria, IL 61603

323-6900

www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St.

Peoria, IL 61602

686-7000

www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—

Owens Center

Forest Park Nature Center

2218 N. Prospect Road

Peoria, IL 61603

682-1200

www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street

Peoria, IL 61603

282-1700

www.riverplex.org

Central Illinois Agency on Aging is now on [Facebook](#) and our fan base is on an upward trend. CIAA wants Facebook to be a place where our fans/those we serve and those interested in what we do as an agency can come to find information and updates that pertains to those that visit our page or for those wanting to know more about our services and programs. CIAA also wants to know what you/our fans would like to know more about. ? Please email ciaa@ciao.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



U.S. House of Representatives

Congressman Darin LaHood (District 16—R)
100 NE Monroe Street, Room 100
Peoria, IL 61602
(309) 671-7027, Fax (309) 671-7309

Congressman Eric Sorensen (District 17—D)
Conductor's Quarters Building
403 1/2 NE Jefferson Street
Peoria, IL 61603
(309) 621-7070

U.S. Senators for Illinois

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

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

Illinois General Assembly

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

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

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

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

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

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

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

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

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

FY 2026 CIAA Board of Directors

Wanda Aberle, Chair
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).

FY 2026 CIAA Advisory Council

Philip Grgurich, Chair
Cindy Levingston,
Secretary

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