



Central Illinois Agency on Aging, Inc.

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

Office Hours:

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

2026, February Issue

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SENIOR GAZETTE

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To Receive Senior Gazette,
e-mail Hoangvan Dinh at
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age:
central

PRESIDENTS DAY

WE WILL BE
CLOSED
ON:

WE WILL RESUME
REGULAR BUSINESS
HOURS ON

TUESDAY,
FEBRUARY
17TH, 2026

FEBRUARY
16TH



GUIDE: Strengthening Support for Individuals Living with Dementia and Their Caregivers

***By Ben Burke
Grant Writer***

Caring for someone living with dementia can be meaningful—but it can also be overwhelming. Many caregivers provide daily supervision, manage medications, coordinate appointments, and offer emotional support, often while balancing their own health and family responsibilities. If you are helping a loved one who has memory loss or a dementia diagnosis, you are not alone.

Age Central is participating in *Guiding an Improved Dementia Experience* (GUIDE), a program designed to improve care coordination and strengthen support for both individuals living with dementia and the caregivers who assist them. GUIDE focuses on making sure families have consistent guidance, reliable communication, and access to specialized support when they need it.

What Does GUIDE Provide?

GUIDE is designed to offer:

- Regular, ongoing contact. Participants receive minimally monthly check-ins to help monitor needs, answer questions, and provide continued support for both the individual and their caregiver.
- Access to a dementia-specialized medical and clinical team. Families have 24/7 access to professionals with expertise in dementia care who can provide guidance and assistance when concerns arise.
- Respite support for caregivers. Respite services may be available to give caregivers short-term relief from their caregiving responsibilities.
- Education and care coordination. GUIDE helps families better understand dementia, anticipate changes, and connect with appropriate community resources and services.

Why This Matters

Dementia affects not only the person diagnosed, but the entire family. Caregivers often report feeling isolated or unsure where to turn during difficult moments. Having access to a knowledgeable clinical team, consistent check-ins, and respite options can help reduce stress and improve quality of life for both the caregiver and the person receiving care.

GUIDE is intended to provide structure, communication, and support—so families do not have to navigate dementia care alone.

If you are caring for someone with memory loss or a dementia diagnosis and would like to learn more about GUIDE, we encourage you to reach out.

For more information, please contact:

Jeff Nelson

Caregiver Services Program Manager

Central Illinois Agency on Aging (dba **Age Central**)

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Email: jnelson@ciaoa.net

age:
central

MSW Intern Maria's Farewell Remarks



As my MSW internship with Age Central comes to a close, I find myself reflecting on how meaningful this experience has been. Working alongside such a dedicated and compassionate team deepened my understanding of how collaboration, advocacy, and thoughtful systems design directly impact older adults and their caregivers. Through opportunities to learn more about grant writing, community partnerships, and services that help individuals remain independent, I gained a deeper appreciation for the work that happens both behind the scenes and throughout the community. I am especially grateful for the guidance, supervision, and mentorship that helped me grow both professionally and personally throughout this journey.

One of the most important lessons I will carry forward is the value of listening—to clients, caregivers, and community partners—and recognizing the wisdom that comes from lived experience. This internship reinforced for me that effective social work is grounded in respect, empathy, and a commitment to meeting people where they are.

I am thankful to Age Central for the opportunity to learn, contribute, and be part of an organization so clearly dedicated to dignity, independence, and community support.

This experience will continue to shape my work as I move forward in my social work career.

Site Supervisor's Remarks: Mitch Forrest

Maria Burkhart was a pleasure to work with as an experienced case manager and master's level social work student. She had a challenging five months as she skillfully balanced her full-time case management job, her social work internship, class work, and family life. Her contributions to the agency included: caregiver information and assistance support, TCARE caregiver assessments, information and assistance support to include Benefits Access enrollment, a staff in-service on de-escalation techniques, and help in drafting a survey for the Amendment to the Area Plan's community needs assessment. She shared her positive attitude and commitment to teamwork with everyone at the agency. We will miss her, but are confident that she will continue to make great contributions to the field of social work in the years to come.





Staff Received Coalition Volunteer Award

The Peoria TRIAD is a 501C 3 whose goal is to promote dialogue between law enforcement, community members, and business/community leaders to provide educational and training sessions to address the crime, health, and safety issues of our senior citizens and the communities they live in. The Peoria TRIAD meets monthly to discuss mission-related activities and plan future events. Last month, Peoria TRIAD took time to recognize some of its members, including organizations, community leaders, and senior representatives. Membership had nominated awardees, and I was nominated for the Volunteer of the Year Award. I was honored to be chosen for this award and grateful for the opportunities to serve the community through this group.



This group is comprised of many committed volunteers who provide education and plan events for the safety of older adults in Peoria County.

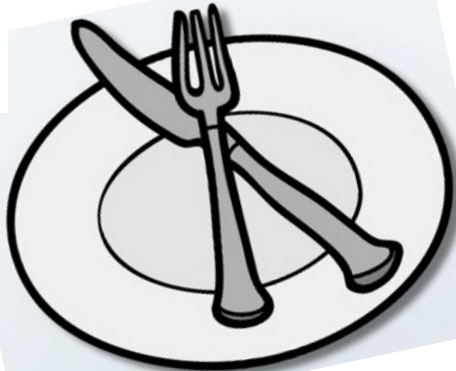
Please contact our chair, Char Buchanan, at cbuchanan@cefcu.com if you are interested in being a part of Peoria TRIAD.



Charla Buchanan
CEFCU
Financial Literacy & Political Engagement Specialist
Board President, Peoria TRIAD.

Mitch Forrest
Central Illinois Agency on Aging
dba Age Central
Director of Planning and Research

Protected Plate Award



The Maple Manor Apartments—Community Room, Canton, IL has been awarded the 2025 BRONZE for *Protected Plate Award*. It's an award to recognize food establishments, who demonstrate a commitment to food safety.

The Maple Manor Apartments is one of the congregates meal site of the Central Illinois Agency on Aging dba Age Central.

This award sponsored by the Fulton County Health Department.



Congratulations!

I4A Legislative Day

Illinois State Capitol

1st Floor South Hall

401 S 2nd Street, Springfield, IL 62702

February 25, 2026

9:00 AM—12:00 PM

Please join us at the capitol to hear us as we advocate for older adults, adults with disabilities, and their caregivers! Our goal is to show the importance of these vulnerable populations, and advocate for legislation that will allow these individuals to continue to life with comfort, safety, and dignity.



Illinois Association of Area Agencies on Aging

Nutrition and Your Child's Teeth



Children need strong, healthy teeth to chew their food, speak and have a confident smile. A balanced diet low in added sugars contributes to healthy growth and development of their dental and overall health.

Children's teeth are at risk of cavities. Even healthy foods, including milk or vegetables, have some type of natural sugar, which can contribute to tooth [decay](#). To help control the amount of sugar your child consumes, read food labels and choose foods and beverages that are low in added sugars. Also, select beverages, such as water or plain milk, that hydrate and [contribute to good nutrition](#).



What your child should eat

According to the U.S. Department of Agriculture's [Dietary Guidelines for Americans, 2025–2030](#) (PDF), a balanced diet includes:

- **Protein.** Give your child a variety of foods from animal sources (eggs, poultry, seafood and red meat) and plant sources (beans, peas, lentils, legumes, nuts, seeds and soy).
- **Fruits and vegetables.** Your child should eat these throughout the day.
- **Dairy.** Choose offerings with no added sugars like plain milk and yogurt.
- **Whole grains.** Focus on ones that are rich in fiber like oatmeal, whole wheat bread and brown rice.

How much your child should eat depends on their age, health history and stage of development. Take a closer look at the guidelines or talk to your pediatrician about serving sizes and when to introduce foods.

In addition to a nutritious diet, your child's dental health is also impacted by snacking habits, bottles and pacifiers. Here are some tips to keep your child's mouth healthy:

- Place only formula, plain milk or breast milk in bottles. The Dietary Guidelines for Americans recommend breast milk or infant formula with no added sugar as the main source of nutrition for your infant up to 12 months of age.
- Juice, even 100 percent juice, can be high in sugar. For that reason, several health organizations recommend that juice be avoided for the first year.
- According to [pediatric guidelines](#), children ages 1–3 should have no more than 4oz. of juice each day; children ages 4–6 should be limited to 4–6oz.; and children ages 7–18 should drink no more than 8oz.
- Beverages with added sugar should be avoided from birth until age 11 years, according to the Dietary Guidelines for Americans, after which they should be limited.
- Infants should finish their bedtime and naptime bottles before going to bed.
- If your child uses a pacifier, provide one that is clean—never dip it in sugar or honey, or put it in your mouth before giving it to the child.
- Encourage children to drink from a cup by their first birthday and discourage frequent or prolonged use of [sippy cups](#).
- Serve [nutritious snacks](#) low in added sugars and limit sweets to mealtimes.

For tips on how to get your children to eat more fruits and vegetables, visit the [Academy of Nutrition and Dietetics](#).



Hello,

I'm excited to share **new updates to the Dietary Guidelines for Americans** that can help you feel your best! These new recommendations focus on getting back to basics with nutrient rich, whole foods that fuel your body naturally.

Here's what the USDA recommends:

- **Boost Your Protein and Healthy Fats.** Think eggs, seafood, red meat, dairy, beans, nuts, and seeds. Aim for 6-7 servings per day (based on a 2,000-2,200 daily calorie level). And remember to keep saturated fats under 10% of your daily calories.
- **Load Up on Veggies and Fruits.** Fresh is fantastic, but frozen, canned, or dried work, too (just check for minimal added sugars). Shoot for 3 servings of colorful vegetables and 2 servings of fruit each day.
- **Choose Whole Grains.** Fiber-rich options like whole wheat, oats, and brown rice are your friends. Aim for 2-4 servings daily and cut back on refined carbs like white bread.

Get the New Guide

Whether you're managing a chronic condition or want to stay healthy as you age, these updated guidelines can help you feel strong and energized for years to come.

Stay well,

Dr. Oz

How To Protect Yourself From EBT Theft



What you need to know to stay safe and get your benefits replaced if they are stolen.

If you're getting SNAP (Supplemental Nutrition Assistance Program) benefits, you already know your EBT card looks and acts just like a debit or credit card when you buy groceries. Unfortunately, so do scammers.

To help you avoid getting scammed out of your benefits, AARP Foundation answers your questions on how EBT theft works, how you can protect yourself, plus how to recover your SNAP benefits if they are stolen.



How do scammers get access to my EBT card?

Each month, your benefits are deposited onto your EBT card for you to spend at the grocery store and other stores that accept EBT. When you swipe your card as payment, you enter a PIN number. Scammers try to steal your PIN number by attaching a hidden device or camera that “skims” your PIN from the card reader at checkout. Scammers may also try to trick you into giving out your PIN over text, email, or phone — this is called phishing. Once they have your PIN, they can access your account and remove the funds stored there.

How do I keep my EBT card safe?

Because EBT cards don't automatically monitor suspicious activity for you like credit cards, it's up to you to keep track of your EBT balance, so you can report charges you don't recognize. Remaining aware and trusting your gut will also help you avoid getting scammed.

In addition to familiarizing yourself with your state's benefits website and logging in yourself instead of following any links you receive, experts recommend you:

- **Never share your PIN with anyone** — state or country representatives will never ask for it in person, via text, over the phone, or through email.
- **Change your PIN often** by calling EBT customer service, visiting the card's online portal, or using the app, if available.
- **Cover the keypad when entering your PIN** to reduce the chance of your PIN being recorded.
- **Check card readers** for signs of a skimming device: gently tug to ensure it's securely attached.
- **Avoid using certain card readers** — ones with signs of damage or hard-to-push buttons may have been tampered with.
- **Assume it's a scam** if you receive a text, an email, or a phone call urging you to share personal information.

Can I get my stolen SNAP benefits back?

Yes, report the EBT theft immediately — you may be eligible to get replacement benefits. Call the customer service line on your EBT card. You may also have to fill out forms with your local county benefits office. Consider reporting the theft to local law enforcement as well. Buying, selling, or otherwise misusing SNAP benefits is a federal crime — you can help build a case against scammers and stop them from stealing again.



*All requirements listed apply to Standard Certification, see heartcheck.org/requirements. DS-17386 3/21

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CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified*:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring): 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium: One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:

1 g or less per standard serving size and 15% or less calories from saturated fat.

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

Source: [Check for the Heart-Check mark](https://heartcheck.org)

TO LEARN MORE, VISIT:
heartcheck.org

High Fiber Snacks for Adults



By [Emily Holdorf](#)

Most adults aren't hitting their daily fiber goals—even if they're trying to eat well. Fiber helps you feel full, supports steady energy, and keeps digestion on track. Since snacks are already part of everyday life, they're smart place to start. A few small, fiber forward swaps can add up fast and make snack time more satisfying along the way.

Fiber goals: Most women need about **25-28 grams per day** and most men need about **28-34 grams**. Getting a little at each meal and snack can help it feel more manageable.



What Makes a Snack “High Fiber”

High-fiber snacks start with plant foods. Fiber is naturally found in fruits and vegetables, along with legumes, whole grains, nuts, and seeds—which is why produce-forward snacks are such an easy win.

Rather than trying to load up on fiber all at once, a helpful rule of thumb is to spread it out throughout the day, including meals and snacks. A little fiber here and there adds up and can feel more comfortable and sustainable than saving it all for one meal.

To make snacks more satisfying, pair fiber with protein and healthy fats. This combo helps slow digestion, keeps hunger in check, and supports steady energy. Added bonus: you're less likely to feel snacky again an hour later!

Plant-Forward Snack Ideas

• Sweet High-Fiber Snacks

Craving something sweet? These high-fiber snack ideas deliver natural sweetness plus staying power.

- ♦ [Apple or Pear Slices with Peanut Butter Dip](#)
- ♦ [Layered Berry Parfaits](#)

• Savory High-Fiber Snacks

Prefer salty snacks over sweet? These savory options bring the crunch—with fiber built in.

- ♦ [Spinach & Feta White Bean Dip](#)
- ♦ [Celery Stuffed with Apricot Blue Cheese Spread](#)

• On-the-go Fiber Snacks for Busy Days

When you need a snack that actually holds you over, fiber-rich ingredients can help. These options travel well and work for commutes, errands, and desk drawers.

- ♦ [Chocolate Pomegranate Energy Bites](#)
- ♦ [Strawberry Banana Muffins](#)

Snack Tips That Make a Difference

Balance is key: fiber + protein + health fat = longer satisfaction

Mixing textures also makes snacks more enjoyable, like crisp veggies with a creamy dip or juice fruit with crunchy seeds. Planning ahead can make healthy choices easier, too: prep once by roasting, slicing, or portioning snacks so they're ready when you are. And don't forget hydration—drinking enough water helps fiber do its thing and keeps your body feeling its best.

Learn More About Incorporating Fiber into Your Day

Looking to keep the fiber momentum going? Explore [which fruits and vegetables have the most fiber](#) and get ideas for [low carb, high fiber vegetables](#).

Source: [High Fiber Snacks for Adults - Have A Plant](#)



Canned Foods



Image Credit: istock.com/JackF

What Are Canned Foods?

Any food sterilized and preserved by heat treatment in hermetically sealed (airtight) containers, and thus made shelf-stable, is [canned food](#). Just as the processing of French military rations made them last longer, [modern canning practices](#) preserve otherwise perishable foods.

This allows them to be shipped over long distances without wilting or spoiling and makes them shelf-stable for months, if not years or even decades.

Some canned foods are ultra-processed (think Spam and SpaghettiOs). But other canned foods, such as tomatoes and beans, are considered [minimally processed](#) foods.

The UN Food and Agriculture Organization's NOVA classification system lumps unprocessed and minimally processed foods together, [defining the category](#) as "edible parts of plants or animals that have been taken straight from nature or that have been minimally modified/preserved." These foods retain most of their original nutritional value and are often preserved using simple methods like water, brine, or natural juices.

So canned foods can range from highly processed convenience products to wholesome, minimally altered staple foods. Understanding this range helps clarify that "canned food" doesn't automatically equate to unhealthy.

Tips for Safer and Healthier Canned Foods

To help you choose the best canned foods for your health, here are some tips from the [Environmental Working Group](#) on buying canned food:

- **Look for that BPA-free label.** If the label doesn't say, contact the company to ask what chemicals they use in their can liners.
- Avoid purchasing canned foods that are highly acidic, like tomato, citrus, or pineapple, since liner toxins are more prone to leaching into acidic foods. Instead, get these foods in a glass container or choose frozen options.
- Reduce your exposure to BPA and other potentially harmful chemicals by including a variety of fresh and frozen foods in addition to canned.
- **Look for low-sodium, no-salt-added, and no-added-sugar options.** Opt for fruit canned in its juice or water instead of syrup. Choose savory foods canned in water or brine rather than oil.
- **Look for [organic canned foods](#)** to minimize your consumption of pesticides and additives.
- Avoid dented, rusted, or otherwise damaged cans to prevent bacterial contamination.

How To Store Canned Foods

[Store canned goods](#) in a cool, dry place where the temperature is below 85 F (50–70 F is ideal). For you metric folks, that's below 30 C, with 10–21 C as the sweet spot.

Practice the FIFO rule. No, this has nothing to do with an international soccer federation. It stands for "First In, First Out," meaning you use the oldest cans first rather than letting them gather dust in the back of your pantry. And abide by the "best by" date stamped on the can.

Store unused food from a can in an airtight container in the refrigerator or freezer, not in the original can. Why? Because once opened, the metal from the can may leach into the food and affect its taste, quality, and safety.

According to [Food Republic](#), leftover canned beans and coconut milk can be stored in the freezer for up to [6 months](#). Thanks to their high acidity, leftover canned tomatoes can be stored in the freezer for up to a year.



Image Credit: istock.com/HotHibiscus

Source: [Are Canned Foods Healthy? Benefits, Risks, and Smart Choices](#)—For completed article



Eat Safe Food after a Power Outage

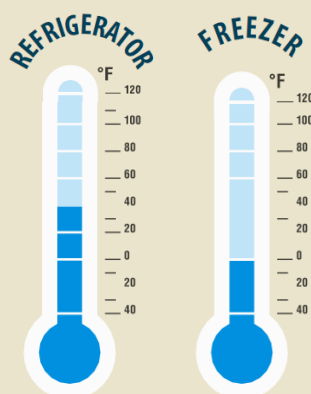
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



Prepare for emergencies or natural disasters

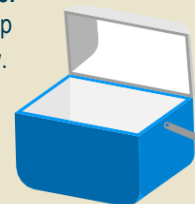


Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- Throw out perishable food in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) after 4 hours without power or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- Check temperatures of food kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food that still contains ice crystals or is at 40°F or below.



www.cdc.gov/foodsafety

What Are Common Types of Eating Disorders?



Eating disorders are serious illnesses marked by severe disturbances to one's eating behaviors. Common types of eating disorders include:

Anorexia nervosa

People with anorexia nervosa severely avoid or restrict food intake due to a distorted self-image or an intense fear of gaining weight.

Bulimia nervosa

People with bulimia nervosa regularly binge eat and then engage in unhealthy behaviors to prevent weight gain, such as forced vomiting or the use of laxatives.

Binge-eating disorder

People with binge-eating disorder regularly lose control of their eating and eat unusually large amounts of food.

Avoidant restrictive food intake disorder (ARFID)

People with ARFID limit the amount and variety of food they eat due to their anxiety or fear of the consequences of eating or dislike of a food's characteristics.

People with these types of symptoms may have an eating disorder and should talk to a health care provider. Help is available.



National Institute
of Mental Health

U.S. Department of Health and Human Services
National Institutes of Health
NIMH Identifier No. OM 24-4322

nimh.nih.gov/eatingdisorders

ANNUAL GALA

Campfires & Cocktails



SATURDAY, MARCH 7, 2026

6 PM - 10 PM

PAR-A-DICE BALLROOM

21 BLACKJACK BLVD. EAST PEORIA IL

RSVP BY FEBRUARY 10, 2026

EMAIL INFO@CAMPDALLAS.ORG

Dress Code: Cocktail Attire



SCAN QR CODE TO RESERVE YOUR TABLE
OR SEND CHECK TO 57 EICHHORN RD.
SPRING BAY, IL 61611
CAMPDALLAS.ORG



SOCIAL CONNECTIONS FOR OLDER ADULTS



Strength to Live Well

Using easy household items

Join us building strength with a special fitness lesson by Melissa Maubach from Curves 30

- Delicious refreshments
- A fraud prevention
- BINGO game
- A community health presentation on a healthy active lifestyle



WE ARE BETTER TOGETHER



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

JOIN US: Monday, March 23

1:00 PM to 4:00 PM

Neighborhood House of Peoria

1020 S. Matthew Street

Peoria, IL 61605

EVENT SPONSERED BY:



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

CONEXIONES SOCIALES PARA ADULTOS MAYORES



Fuerza para vivir bien

Usando artículos domésticos fáciles de encontrar



Únase a nosotros para desarrollar fuerza con una lección especial de fitness a cargo de Melissa Maubach de Curves 30

- Deliciosos refrigerios Un juego de BINGO para
- prevenir el fraude
- Una presentación de salud comunitaria sobre un estilo de vida activo y saludable.



JUNTOS SOMOS MEJORES



◆ EVENTO GRATUITO Y SIN REQUISITOS DE INSCRIPCIÓN PREVIA ◆

ÚNETE A NOSOTROS:

Lunes 23 de marzo

1:00 p. m. a 4:00 p. m.

Casa del vecindario de Peoria

1020 S. Matthew Street

Peoria, Illinois 61605

EVENTO PATROCINADO POR:



Contáctenos Age Central 309-674-2071 soporte@ciao.net



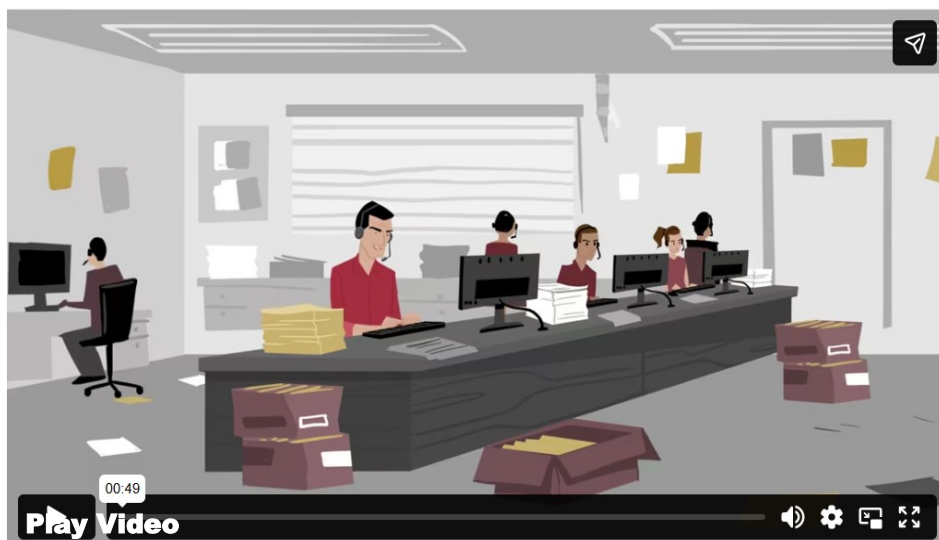
Hang Up on Unexpected Saying You Owe Back Taxes. Those Are Scams

We're seeing a big wave of reports about phone scams claiming you owe back taxes. But it's not the IRS calling, it's a scammer using a company name like "Tax Resolution Oversight Department." If someone calls you out of the blue offering to help you fix a tax issue, hang up. Here's how to spot the scam.

It starts with an unexpected call from the "Tax Mediation and Resolution Agency," or another official-sounding (but fake) government agency. They'll say you haven't paid your taxes and offer to connect you with a "tax resolution officer," who can do a "red flag check" on your credit and help you apply for an "IRS liability reduction program." But those aren't real programs and that's your sign to end the call. Some scammers leave a voicemail saying, "This may be our only attempt to reach you" hoping you'll call back right away. But it's all part of the story to steal personal information like your Social Security number — or in some cases, charge you an [illegal upfront fee for tax debt relief](#) that doesn't actually help.

Even if you owe back taxes, know this: the IRS's first contact with you will always come by **mail**, not by phone. Here's how to avoid an [IRS impersonator](#) and get real help:

- **Never give an unexpected caller personal or financial information.** It's probably a scammer hoping to drain your bank accounts or steal your identity.
- **Check it out through [IRS.gov](#).** Contact the IRS directly for trustworthy information about your tax situation. Need to speak with someone? Only use a phone number found on the IRS's website. Never one a scammer gives you.
- **Read up on how government imposter scams work.** Start with [ftc.gov/imposters](#) and if you spot a scam, tell the FTC at [ReportFraud.ftc.gov](#).



Tax Time

Peoria Public Library (Main)

107 NE Monroe St.
Peoria, IL 61602

Hours: Only Tuesdays
10:00 AM—3:00 PM

Date Opens: 2/4/2026

For appointment call 309-497-2137.

Call or come in person when tax site is open.



Peoria North Library

3001 W. Grand Pkwy.
Peoria, IL 61615

Hours:

Wednesdays: 11 AM—7 PM

Thursdays and Fridays
10:00 AM—3:00 PM

Date Open: 2/7/2026

For appointment call (309)497-2137.

Call or come in person when tax site is open—*Not open first Wednesday of March or April.*

Pekin Public Library

301 S. 4th St.
Pekin, IL 61554

Hours: Tuesdays and Thursdays
9:00 AM – 1:00 PM

Date Open: 2/3 through 03/31/2026

For appointment call (309) 347-7111

Saint Anthony Hall

2525 S. Skyway Rd.
Bartonville, IL 61607

Hours: Wednesdays, Thursdays and
Fridays

1:00 PM—5:00 PM

Date Open: 2/1/2026

Call 309-340-9282 for details.

Fondulac District Library

400 Richland St
East Peoria, IL 61611
(309) 699-3917

Date Open: 2/1/2026

Hours: Only Fridays
9:00 AM—1:00 PM

By appointment ONLY.

Morton Knights of Columbus

616 W. David St.
Morton, IL 61550

Hours: Wednesdays and Thursdays
9:00AM—1:00PM

Date Open: 2/1/2026

*****For appointments go to**

Morton Public Library

315 W. Pershing St.

Morton, IL 61550

TAX DEADLINE

Wednesday

April 15

2026

[Locate Tax-Aide sites near you](#)

As 02/12/2026



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@ciao.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/>

Caregiver SUPPORT GROUP

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YOUTH & FAMILY
SOLUTIONS
cysolutions.org

NORTH BRANCH LIBRARY
W. GRAND CIRCLE
PEORIA, IL 61615

1ST MONDAY EVERY MONTH
11:00 A.M. - 12:30 P.M.



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
309-692-6650
www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road
Peoria, IL 61603
309-323-6900
www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St.
Peoria, IL 61602
309-686-7000
www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—Owens Center
Forest Park Nature Center
2218 N. Prospect Road
Peoria, IL 61603
309-682-1200
www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street
Peoria, IL 61603
309-282-1700
www.riverplex.org

Miller Senior Center

551 S. 14th Street
Pekin, IL 61554
309-346-5210
<http://www.pekinparkdistrict.org/facilities/miller-center/>
<http://facebook.com/pekinmillercenter>

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 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
ciao@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](#).

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