



# Central Illinois Agency on Aging, Inc.

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

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

Office Hours:  
Monday — Friday: 8:30 am—5:00 pm  
Saturdays: Closed

2021, December Issue

Keith Rider, CMA, President/CEO  
Hoangvan Dinh, B.S., Editor

# SENIOR GAZETTE

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# Peace on

# EARTH

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e-mail Hoangvan Dinh at  
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## Please help us **“Touch A Heart”**

Many times in our communities there are individuals who are forgotten during the holiday season. Central Illinois Agency on Aging, Inc. has undertaken the following efforts to bring some holiday cheer to individuals who might otherwise be overlooked.

If you would like to help CIAA **“Touch A Heart”** this holiday season by making a donation please indicate the amount of the donation. Donation amount \$\_\_\_\_\_.

*Donations can be mailed to CIAA at 700 Hamilton Blvd, Peoria, IL 61603.*

**To donate by credit card, please call  
Susan Needham or Van Dinh  
(309) 674-2071.**

### **Holiday Gifts for Seniors & Disabled Individuals**

**Gifts are provided for individuals who would otherwise not receive a gift. *Donated unwrapped gifts should be dropped off to CIAA by December 20, 2021.***



### **Possible Gift Suggestions**

- Socks, non-skid slipper socks
- Large Print books, puzzles, calendars, playing cards, adult coloring books & crayons/colored pencils
- Blankets, throws, afghan, comforter (Twin)
- Forever Postage Stamps & box of greeting cards
- Fruit basket, candy, or snacks
- Assistive Devices (Jar opener, Magnifying Glass, Reacher/Grabber, Night Lights [automatic on/off])
- Bed Pillows & Pillow Cases (Standard)
- Personal care items (soap, shampoo, conditioner, shaving lotion, razors, deodorant, toothbrushes, lotion, or tissues)
- Flashlight with batteries, automatic nightlight

# Socks For Seniors



Gifts of socks are provided to individuals in need. Adult size socks for men and woman are collected and distributed to individuals during the holidays. Donations should be dropped off to CIAA by **December 20, 2021.**



*Please help brighten the holiday season for a local area senior or disabled individual.*



## *New Year's Day Home Delivered Meals*

*Home Delivered Meals are prepared and delivered to area home-bound seniors on New Year's Day, since this is a day when other programs are not providing meals.*

*Volunteers are always needed to help deliver meals .*

*For more information on volunteering call Linda Hoskins at (309) 674-2071.*





SUBARU  
**share  
the love**  
EVENT



**Meals on Wheels**  
MEALS ON WHEELS

## Share the Love with Vulnerable Seniors This Year

*Renee Razo, B.A., B.S., CIRS  
Director of Program Management*

Exciting news! For the 14<sup>th</sup> year running, the Meals on Wheels network is participating in the [2021 Subaru Share the Love Event](#). Over the past twelve years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. ***One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.*** This is simply unacceptable, which is why *Central Illinois Agency on Aging, Inc.*, provides the nutritious meals, friendly visits and safety checks to the seniors of Central Illinois. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru [Share the Love Event](#).

### HERE'S HOW IT WORKS

***This November 18, 2021 through January 3, 2022*** for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, *Central Illinois Agency on Aging, Inc.*, will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the [Subaru Share the Love Event](#) to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. A few quick and easy ways to do that:

- \* Share this article!
- \* Share our posts about the Share the Love Event on Facebook: <https://www.facebook.com/ciaoa.illinois/>. You can also do this on Twitter ([https://twitter.com/CIAA\\_AAA](https://twitter.com/CIAA_AAA)) or Instagram (<https://www.instagram.com/ciaoa.illinois/>).

*And remember:* this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 18, 2021, through January 3, 2022, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 14, 2022. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share). All donations made by Subaru of America, Inc.



# SUBARU share the love® EVENT

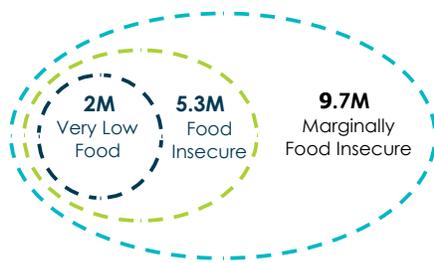


This holiday season, we hope you'll *Share the Love* by supporting vulnerable seniors nationwide.

## TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

**NEARLY 9.7  
MILLION  
SENIORS ARE  
THREATENED BY  
HUNGER**

5.3M of which are  
food insecure or very  
low food secure.



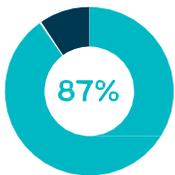
**NEARLY 7.4 MILLION SENIORS  
LIVE IN POVERTY**

THAT'S AN INCOME OF \$234 A WEEK OR LESS,  
which, after housing, utility and medical  
expenses, leaves very little for food

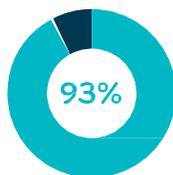


**1 IN 4 SENIORS  
LIVES ALONE**

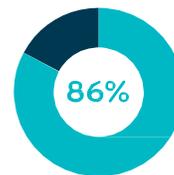
## MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.



say it makes  
them feel more  
safe and secure



say it enables  
them to remain  
living at home



say it improves  
their health

Over the last 13 years, Subaru and its retailers have helped the Meals on Wheels network deliver more than **2.5 MILLION MEALS** to seniors in need across the country.

You can help that number grow when you buy or lease a new Subaru during the 2021 Subaru Share the Love Event, November 18, 2021, to January 3, 2022. Through this year-end sales event, Subaru of America will donate \$250 to your selected charity—and we hope you'll choose Meals on Wheels.



**LEARN MORE AT [WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE).**

Based on data available in 2020—Information data sources available at [www.MealsOnWheelsAmerica.org/Facts](http://www.MealsOnWheelsAmerica.org/Facts)



# National Safe Toys and Gifts Month



This month – the biggest gift-giving month in the world – let’s all participate in Safe Toys and Gifts Month. It’s important to keep safety in mind as we shop for all the little ones in our lives.

## Toy-Related Injuries

- Approximately 217,000 children are treated at hospital emergency rooms for toy-related injuries
- Riding toys are responsible for the majority of toy injuries among children ages 14 and under
- Other causes of toy-related deaths include choking, drowning and suffocation

### *Holiday Shopping Safety Tips*

Before making any purchases for the people on your list this season and throughout the year, make sure to keep safety in mind. We want to keep the holidays a magical time of the year without any trips to the E.R. or emergencies.

Follow these 3 important tips to be sure you’re purchasing safe gifts:

1. Inspect the toys before you buy them. Avoid toys with sharp edges or parts that can be easily pulled off. For children younger than age three, avoid toys with small parts, which can cause choking.
2. Make sure the age and skill level marked on the toy matches the age and skill level of the child you’re buying for.
3. Check toys for the ATSM (American Society for Testing and Materials) label that proves it’s up to standard.

### *Other safety tips to keep in mind this holiday season:*

- Do not give toys with ropes, cords, or that can heat up, and avoid crayons and markers unless they are labeled nontoxic.
- Keep high-powered magnet sets away from children. Building and play sets with small magnets should also be kept away from small children.
- Keep deflated balloons away from children younger than eight years old as they can cause choke or suffocate on deflated or broken balloons. Also discard broken balloons immediately.
- Helmets and safety gear should be worn properly at all times and they should be sized to fit when using riding toys, skateboards and in-line skates.
- After gift opening, immediately discard plastic wrapping or other toy packaging before the wrapping and packaging pose safety issues.
- Keep toys appropriate for older children away from younger siblings.

# Safer Ways to Celebrate Holidays



Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

*Protect yourself and your community by getting your [COVID-19 vaccine](#) and wearing a mask indoors in public if you are in an [area of substantial or high transmission](#), even if you are [fully vaccinated](#).*

## *Here are safer ways to celebrate the holidays:*

### *Generally:*

- Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
  - \* Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
    - ◆ Outdoors is safer than indoors.
  - \* Avoid crowded, poorly ventilated spaces.
  - \* If you are sick or have symptoms, don't host or attend a gathering.
  - \* Get [tested](#) if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.

If you are considering traveling for a holiday or event, visit CDC's [Travel](#) page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are [fully vaccinated](#).

- If you are not fully vaccinated and must [travel](#), follow CDC's [domestic travel](#) or [international travel](#) recommendations for unvaccinated people.
- If you will be traveling in a group or family with unvaccinated people, choose safer travel options.
- Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).

**Source:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

### *Special considerations:*

- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated and have received an [additional dose](#). They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- You might choose to wear a mask regardless of the level of transmission if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you are gathering with a group of people from multiple households and potentially from different parts of the country, you could consider additional precautions (e.g., avoiding crowded indoor spaces before travel, taking a test) in advance of gathering to further reduce risk.
- Do NOT put a mask on children younger than 2 years old.

By working together, we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends.



Clipart Credit: <http://clipart-library.com/clipart/2022241.htm>

# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

**Do you have mild symptoms that have lasted less than 2 weeks?**



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

**These activities can make you feel better:**



- Doing some you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or you're your symptoms are getting worse, talk to a health care provider.

**Do you have more severe symptoms that have lasted more than 2 weeks?**



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lot of sugar like cakes, candies, and cookies

**Seek professional help:**



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



# 6 Ways to Prevent Arm Soreness after a Vaccine



by [UnityPoint Health](#)

Whether you're gearing up for a flu shot, a COVID-19 booster or any other immunization, there's one thing you're probably banking on — a sore arm. But did you know there are ways to prevent or limit arm soreness? [Christopher Ketter](#), DO, UnityPoint Health, explains what you can do to keep that arm feeling top notch after a shot.



## *Why Does My Arm Hurt after a Shot?*

Your arm will likely hurt after a vaccine, like the [flu shot](#), for two primary reasons. One is because you got a needle put in your arm muscle (deltoid), and a small amount of fluid injected. That causes a local inflammatory response — swelling.

“The injection is deposited in the muscle of the arm, due to there being less fat in this muscle than, say, the gluteus muscle (butt), which can capture the vaccine solution but not let it do its thing,” Dr. Ketter says.

The second, more complicated, reason your arm hurts is due to how your whole body responds to a vaccine. They're designed to start an immune response, which naturally causes an inflammatory reaction in your body. As that happens, the body makes and delivers antibodies to the injection site.

“It's normal for some vaccines to hurt more than others. Overall, symptoms usually last less than a few days. If your pain lasts longer, or becomes more severe, contact your doctor,” Dr. Ketter says.

## *6 Ways to Reduce Arm Soreness from a Vaccine*

- **Relax.** Flexing the arm during the injection can cause more damage and pain. And, if you're nervous, you might be doing it without even knowing. Consider distracting yourself by looking away, closing your eyes or having something to watch during the injection. Deep breaths can also help you relax.
- **Move, move, move.** Moving your arm will help disperse the liquid (injectate) put in your muscle and, in turn, will help with muscle soreness. An easy exercise you can try to increase movement is a lateral deltoid raise. Place your hands (palms down) at your sides. Then, lift your arms straight out to the side until you get to shoulder level. After your vaccine, try doing three sets of 10 raises a few times throughout the day.
- **Stretching.** Try stretching your shoulder more than normal to help reduce inflammation. One good option is an across the chest stretch. To do it, put your sore arm across your chest. Place it in the crease of your opposite elbow and hold.
- **Ice.** [Icing](#) in short intervals throughout the day can help reduce swelling, which will reduce soreness.
- **Over-the-counter medication.** [Acetaminophen or Ibuprofen](#) after your shot can help reduce inflammation and soreness. Since the vaccine is trying to stimulate an inflammatory and immune response, and these over-the-counter medications limit that, it's best not to pre-treat for pain before your vaccine.
- **Avoid Strenuous Exercise.** Stick with lighter aerobic exercise and strength training immediately after any vaccines. High intensity activities can worsen the arm soreness.

## *Which Arm Should I Get a Shot in?*

“The jury is out on this one. It comes down to preference and what you plan to do that day. Moving the arm helps reduce pain, so the dominate arm could be beneficial. But, if you're doing a lot that day, you may want to consider the non-dominate arm, so the pain doesn't hinder you,” Dr. Ketter says.

However, if you're getting two vaccines at the same time (like the [COVID-19 vaccine](#) and the flu shot), you'll have to get them in different arms. That's standard protocol, so you can monitor any differences in how your arm responds.

“Overall, having a sore arm for a day or two is a small price to pay for avoiding a trip to the hospital, or worse. Talk to your doctor to make sure you're caught up on all the age-appropriate vaccines,” Dr. Ketter says.

*Source: [6 Ways to Prevent Arm Soreness after a Vaccine](#)*

# It's Not Too Late to Get Your Flu Shot

**If you haven't gotten your annual flu shot yet, there's still time.** The flu shot is the best way to help keep you from getting the flu and, if you do get sick with the flu, your symptoms likely won't be as bad or last as long.

Remember, [the flu shot is covered for people with Medicare](#) from providers that accept Medicare or your Medicare plan. You can also get your flu shot and a COVID-19 vaccine at the same visit.

Medicare.gov

Learn More

Medicare.gov

Flu season peaks in the winter, but can last well into the spring. That's why it's important to **get your flu shot if you haven't done so already.** Don't wait — get your flu shot today!



# Pneumococcal Vaccination



Pneumococcal disease is common in young children, but older adults are at greatest risk of serious illness and death. Vaccines are the best way to prevent pneumococcal disease.



Two vaccines used in the United States help protect against pneumococcal disease:

- Pneumococcal conjugate vaccine (PCV13)
- Pneumococcal polysaccharide vaccine (PPSV23)

These vaccines are good at preventing severe pneumococcal disease, which often require treatment in the hospital and can be deadly. However, these vaccines will not prevent all infections.

## ***CDC Recommends Pneumococcal Vaccination for Young Children, Older Adults, and Certain Other People***

CDC recommends PCV13 for

- All children younger than 2 years old
- People 2 years or older with certain medical conditions

In addition, adults 65 years or older may discuss and decide, with their clinician, to receive PCV13.

CDC recommends PPSV23 for

- All adults 65 years or older
- People 2 through 64 years old with certain medical conditions
- Adults 19 through 64 years old who smoke cigarettes

Some groups may need multiple or booster doses. Talk with your or your child's clinician about what is best for your specific situation.

## ***Pneumococcal Vaccines Are Safe but Side Effects Can Occur***

Most people who get a pneumococcal vaccine do not have any serious problems with it. However, side effects can occur. Most side effects are mild, meaning they do not affect daily activities. See the [PCV13](#) and [PPSV23](#) Vaccine Information Statements to learn more about the most common side effects.

Source: <https://www.cdc.gov/pneumococcal/vaccination.html>





## Tips for Staying Connected with Loved Ones During This Holiday Season

It's December, and the holiday season is in full swing. It's the time of year for good food, and good friends and family—at least for most of us. But for many others the holiday season can remind them of just how lonely they are.

The good news is, loneliness doesn't have to be an ongoing problem. *Here are 4 tips to help combat loneliness and protect the mental health of an older loved one this holiday and beyond.*



### 1. Make communication a priority

Some older adults go days without speaking to anyone at all, especially those who are in poor health or who have limited mobility or transportation options. Nothing beats an in-person visit, but if you can't see each other around the holidays, talking on the phone—or video chatting with Skype or Facetime if everyone has the technology—can make a world of difference. Make a point to reach out on or before the actual holiday so the older adult in your life doesn't feel as though they have been forgotten during this special time of year.

Encourage other friends or family members to do the same.

Keep the communication going in the new year by setting 15-30 minutes aside once a week to talk. Don't feel restricted to small talk. Ask for advice, or how it felt to live through certain experiences. Older adults have a wealth of knowledge and experience to share.

### 2. Encourage and facilitate social activities through local organizations

Places of faith, like churches, temples and mosques, are a great place for individuals of all ages to meet like-minded people and find opportunities for group activities. If your older loved one isn't religious, consider activities available through a local senior center. Offer to join them on their first trip to any new places to reduce anxiety and apprehension.

*Source:* <https://www.ncoa.org/article/four-steps-to-combat-loneliness-in-seniors-during-the-holiday-and-beyond>

### 3. Explore hobbies and other areas of interest

Figure out what the older adult in your life likes to do to relax or as a hobby (this is also a great way to get gift ideas). If they don't currently have any hobbies, ask if there is one they used to have that they would like to get back into or something new they would like to try. Odds are that other people share that interest and there are opportunities for socializing around it. Even seemingly solitary hobbies can become social. Avid readers can join book clubs; people who like to quilt or knit can join sewing or knitting circles.

If an older adult wants to try a new hobby, adult education classes are great places to meet other people while learning skills. Alternatively, if an older adult is exceptionally skilled at a craft, they may be able to teach it to others.

### 4. Identify opportunities to combat loneliness at any time

For those times between visits, calls, organizational activities and hobbies when loneliness can strike, determine some options that your older loved one can take advantage of at any time of day. Mental Health America (MHA) has a [support community](#) that is full of individuals who are online day and night looking to communicate and support one another, and is a great option for the internet savvy older adult. *Older adults who prefer talking on the phone can call The Friendship Line at 1-800-971-0016. The Friendship Line is available 24/7 for adults aged 60+ to offer a caring ear and friendly conversation, and it also offers outreach services.*



# “I feel lonely. Can I talk to you?”



## Friendship Line 1-800-971-0016

**Institute on Aging's 24-hour toll-free accredited crisis line for persons aged 60 years of age and older, and adults living with disabilities.**

**The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.**

**Friendship Line provides round-the-clock crisis support services including:**



- \* **Suicide intervention;**
- \* **Providing emotional support;**
- \* **Elder abuse prevention and counseling;**
- \* **Giving well-being checks;**
- \* **Grief support through assistance and reassurance; and**
- \* **Information and referrals.**

### **Contact:**

*Central Illinois Agency on Aging, Inc.* for available information on services for seniors.

Phone: (309) 674-2071

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

Facebook: <http://www.facebook.com/ciaoa.illinois>



*By Renee Razo, B.A., B.S., CIRS  
Director of Program Management*



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

*Space is limited.*

*Due to  
Coronavirus Disease 2019  
(COVID-19) pandemic,  
workshops are suspended*



Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.

## SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

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.

- \* Find out how healthy eating can improve your condition
- \* Create an exercise program that works for you
- \* Learn ways to improve communication with your family, friends, and healthcare providers
- \* Develop your own weekly goals to help you manage your condition
- \* Learn problems -solving strategies to help cope with pain, fatigue and frustration
- \* Gain Support and encouragement from others living with ongoing health conditions

**LEARN HOW TO THRIVE –  
NOT JUST SURVIVE!**

For more information contact:

**Central Illinois  
Agency on Aging, Inc.  
309-674-2071 or  
email [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net)**



Healthy  
Living

*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 Keith A. Rider, President/CEO, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).*



## Low-cost Medicare Advantage with perks.

It's time to get more from Medicare. Attend an upcoming seminar or webinar to learn more about our 2022 Medicare Advantage plans, which include benefits like comprehensive dental coverage, hearing, vision and more. It's Medicare made for you. Register today.



**SCAN to see seminar dates.**

**Or call: (877) 749-2835 (TTY 711)**

Available daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

**[HealthAlliance.org/Events](https://HealthAlliance.org/Events)**



Health Alliance™ Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. For accommodations of persons with special needs at meetings, call (888) 382-9771 (TTY 711).

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# Planning a Group Trip or Outing?

**Come  
Ride With Us!**

## Wheelchair Accessible Vehicle Available for Group Excursions

- Wheelchair lift for our friends with mobility issues
- AM/FM/CD stereo with 4 speakers and 3 T.V. screens for pleasurable DVD viewing
- Trips to group outings/functions/ shopping, out of town (i.e. Chicago/St. Louis)
- Transportation services available any day of the week, including evenings and weekends
- We can accommodate :
  - 20 passengers without wheelchairs
  - 18 passengers with 1 wheelchair
  - 16 passengers with 2 wheelchairs



***For more information contact:***

Robert Sea, Transportation Program Manager

700 Hamilton Blvd.

Peoria, IL 61603

P: (309) 674-2071

Email: [Rsea@ciaoa.net](mailto:Rsea@ciaoa.net)

## Support Groups

(Due to Coronavirus Disease 2019 (COVID-19) pandemic, support groups are suspended)



### Bradley University Counseling Research & Training Clinic Caregiver Support Group Meetings



The Caregiver Program provides emotional support to help family caregivers and grandparents raising grandchildren:

- + Cope with their caregivers roles
- + Develop and strengthen their capacities for better social and personal adjustments.
- + Meet other caregivers and grandparents raising grandchildren
- + Learn how to self-care
- + Learn how to be there without always "being there".

There is **NO CHARGE** for services; however, contributions are accepted.

- + **Grandparents Raising Grandchildren Support Group**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (1:00 p.m.-2:30 p.m.)  
Central Illinois Agency on Aging, Inc., 700 Hamilton Boulevard Peoria, IL 61603  
*Facilitator: Kaili Ruff, B.S.*
- + **Liberty Village Caregiver Support Group**  
2<sup>nd</sup> Monday of the month (1:00 p.m. - 2:30 p.m.)  
Liberty Village of Peoria, 6906 North Stalworth Drive, Peoria, IL 61615  
*Facilitator: Nargis Khan, NCC, LCPC*
- + **Pekin Miller Center Caregivers, Coffee, & Chat Group**  
3<sup>rd</sup> Friday of the month (2:00 p.m.-3:30 p.m.)  
Miller Senior Center, 551 S. 14<sup>th</sup> St., Pekin, IL 61554  
*Facilitator: Kaili Ruff, B.S.*
- + **Woodford County Family Caring 4 Family Support Group**  
3<sup>rd</sup> Monday of the Month (1:00-2:30 p.m.)  
Maple Lawn Apartments Community Room, 700 N. Main St., Eureka, IL 61530  
*Facilitator: Kaili Ruff, B.S.*

*\*New groups will be available soon\**

*Last Updated 02.18.2020*

For more information, call (309) 677-3189 or visit  
[www.bradley.edu/sites/caregiver](http://www.bradley.edu/sites/caregiver)

Bradley University is committed to a policy of non-discrimination and the promotion of equal opportunities for all persons regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, sexual orientation, or veteran status. The University is committed to compliance with all applicable laws regarding non-discrimination, harassment and affirmative action.

Co-sponsored by Central Illinois Agency on Aging, Inc. and Bradley University

## 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.peoriariverfrontmuseum.org](http://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](http://www.peoriaparks.org)

### RiverPlex Wellness & Recreation Center

600 NE Water Street  
Peoria, IL 61603

282-1700

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

### Peoria Civic Center

201 SW Jefferson Avenue  
Peoria, IL 61602

673-8900

[www.peoriaciviccenter.com](http://www.peoriaciviccenter.com)

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



Season's Greetings

## U.S. House of Representatives

**Congressman Darin LaHood (District 18—R)**  
100 NE Monroe Street, Room 100  
Peoria, IL 61602  
(309)671-7027, Fax (309)671-7309

**Congresswoman Cheri Bustos (District 17—D)**  
820 SW Adams St., Suite 1  
Peoria, IL 61602  
(309)966-1813

## 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 Win Stoller (37<sup>th</sup> District—R)**  
5415 University St., Suite 105  
Peoria, IL 61614  
(309)693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

**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  
[spain@ilhousegop.org](mailto:spain@ilhousegop.org)

**Rep. Mark Luft (91<sup>st</sup> District—R)**  
2964 Court Street  
Pekin, IL 61554  
(309)620-9191  
[luft@ilhousegop.org](mailto:luft@ilhousegop.org)

**Senator Dave Koehler (46<sup>th</sup> District—D)**  
400 NE Jefferson, Suite 200  
Peoria, IL 61603  
(309)677-0120, Fax (309)346-4650  
[senatordavekoehler@gmail.com](mailto:senatordavekoehler@gmail.com)

**Rep. Keith Sommer (88<sup>th</sup> District—R)**  
121 W. Jefferson  
Morton, IL 61550  
(309)263-9242, Fax (309)263-8187  
[sommer@mtco.com](mailto:sommer@mtco.com)

**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)

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*Happy  
New Year*

**2022**

*Wishing  
You a*

*Happy, Healthy  
and Prosperous New Year*