



Central Illinois Agency on Aging, Inc.

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

Office Hours:

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

2022, January Issue

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SENIOR GAZETTE

IN THE ISSUE

Make It a Day On... Not a Day Off.....	1
“Touch-A-Heart” Celebrates the Holiday Season.....	2
New Year’s Day Home Delivered Meals Is a Big Success!!.....	3
What’s being Done to Slow the Spread of the Omicron Variant in the US?.....	4
Can I Get COVID after being Fully Vaccinated?.....	5
What to Do Before, During and After Blood Donation.....	6
January is Glaucoma Awareness Month.....	7
Benefits for Senior Citizens.....	8
12 Healthy Snacks with 200 Calories or Less.....	9
How mRNA COVID-19 Vaccines Work	10
Comparing Cold, Flu, Allergies and COVID-19.....	11
What are the Different Types of Dementia.....	12
Taxpayer Guide to Identity Theft....	13
Health Alliance: Save big with low Medicare costs when you turn 65.....	14
Friendship Line.....	15
Take Charge of Your Health.....	16-17
Planning a Group Trip or Outing....	18
Support Groups, Place to Go... Things to See, We Have the Tools to Fight Omicron and Facebook.....	19
U.S. House of Representative, U.S. Senators for IL, IL General Assembly, Board of Directors and Council Rosters.....	20

To Receive Senior Gazette,
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Make it a Day On... Not a Day Off.

MARTIN
LUTHER
KING JR.

DAY OF SERVICE
Monday
January 17, 2022

“Touch A Heart” Celebrates the Holiday Season

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



Central Illinois Agency on Aging, Inc. would like to thank everyone that participated in our “Touch A Heart” Holiday Gift Campaign and “Socks for Seniors” Programs this past holiday season. Through generous donations of gifts, socks, and cash we were able to brighten the holiday of all 97 of the residents of Sharon Healthcare Pines Nursing Home. Thank you to everyone that assisted. Social distancing was observed and CIAA staff delivered the gifts to the

facility door where facility staff then came outside to receive the gifts and take them inside and distribute to the residents. It was truly a group effort!

CIAA would like to thank the following individuals, groups, and business for helping us remember area seniors and persons with disabilities this holiday season.

Nancy Bell
Christine Matlock
Keith Rider
Robert Sea
Heart Warming Hats of the
First Baptist Church

Beth Stalker
Marjorie Douglas
Renee Razo
Mitch Forrest
Karen Ice
Wayne Heinemann



New Year's Day Home Delivered Meals Is a Big Success!!



*Linda Hoskins
Program Manager for Nutrition and Legal Services*

The Central Illinois Agency on Aging, Inc.'s Nutrition department efforts to provide home delivered meals to seniors living in Tazewell and parts of Peoria County on New Year's Day proved to be a big success!

In collaboration and support from First Baptist Church in Pekin, the Church of the Living God, Bethel United Methodist Church, and First English Lutheran Church all located in Peoria, CIAOA was able to provide over 600 home delivered meals by volunteers on New Year's Day.

The meals for Peoria residents consisted of traditional turkey and the fixin's, and Tazewell county provided beef potpies, vegetables and fresh baked cookies for the seniors to enjoy.

Without the assistance and kindness of our collaborative partners and churches, as well as volunteers, seniors would not have had home delivered meals to help in meeting their New Year's Day nutritional needs.





What's being done to slow the spread of the Omicron variant in the US?



Detect variants

Robust surveillance to rapidly detect variants



Slow spread from international travel

Decrease window for required testing before travel to U.S.; increase testing after arrival



Detect variants spread

Prioritize case investigation and contact tracing



Support individual protective actions

Vaccination including boosters, masks indoors and in crowds, testing & isolation



Morbidity and Mortality Weekly Report (MMWR)

Source: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e1.htm>



Can I get COVID after being fully vaccinated?

Vaccines are very effective, but no vaccine protects 100%. A very small number of people will get COVID-19, even though they are vaccinated. If someone gets COVID, the vaccine will help prevent severe illness.

You may get COVID-19 even after being vaccinated due to...

- Infection before being vaccinated
- Infection a few days after being vaccinated
- New variants

Although you have been vaccinated, follow the safety guidelines if you suspect or have COVID-19.



Call Doctor



Get Tested



Use Mask



Check Symptoms



Wash Hands



Stay Home



Stay Away from Others



For more information, call 800.889.3931.



What to Do Before, During and After Blood Donation

Before Your Donation



Make an Appointment

Select a donation type and find a convenient time that works best for you.

[FIND A DRIVE](#)



Get the Dish on Nutrition

Have iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified cereals or raisins.

[MORE ABOUT IRON](#)



Be Well Rested and Hydrate

Get a good night's sleep the night before your donation, eat healthy foods and drink extra liquids.

[LEARN MORE](#)

Additional tips before donating:

- Donating Platelets? Don't take aspirin for 2 days before your appointment. [Learn About Platelet Donations.](#)
- Ask a friend to donate at the same time. You can support each other and do twice as much good!
- [Download the Blood Donor App](#) to receive appointment reminders, start your RapidPass and more.



On the Day of Your Donation



RapidPass®

To expedite your donation, start your [RapidPass®](#) on the day of your appointment.



Photo ID

Please bring your donor card, driver's license or two other [forms of identification.](#)



Medication List

We'll need to know about all prescription and over-the-counter medications you're taking.

Additional tips for the day of your donation:

- Drink an extra 16 oz. of water (or other nonalcoholic drink) before your appointment.
- Eat a healthy meal, avoiding fatty foods like hamburgers, fries or ice cream.
- Wear a shirt with sleeves that you can roll up above your elbows.
- Let us know if you have a preferred arm or particular vein that has been used successfully in the past to draw blood.
- Relax, listen to music, talk to other donors or read while you donate.

After Your Donation



Enjoy a Snack

Relax for a few minutes in our refreshment & recovery area — have some cookies or other snacks — you've earned it!



Tell Others About Your Good Deed

The gratification of giving blood is a feeling you'll want to share.



Drink Extra Liquids

Drink an extra four (8 oz.) glasses of liquids and avoid alcohol over the next 24 hours.

Additional tips for after your donation:

- Keep the strip bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water.
- Don't do any heavy lifting or vigorous exercise for the rest of the day.
- If the needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes or until bleeding stops.
- Call us at 1-866-236-3276 to report any additional health information that you forgot to tell us, if you have any problems or if you needed medical care after giving blood.
- If you experience dizziness or lightheadedness, stop what you're doing and sit down or lie down until you feel better; avoid performing any activity where fainting may lead to injury for at least 24 hours.
- Keep eating [iron-rich foods.](#)
- If you donate frequently, be sure to take multivitamins with iron to ensure you continue to [replenish your iron stores](#) before your next donation.



American Red Cross

Blood Services

January is Glaucoma Awareness Month



Glaucoma is a very misunderstood disease. Often, people don't realize the severity or who is affected.

Four Key Facts About Glaucoma

1. Glaucoma is a leading cause of blindness

Glaucoma can cause blindness if it is left untreated. And unfortunately approximately 10% of people with glaucoma who receive proper treatment still experience loss of vision.

2. There is no cure (yet) for glaucoma

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since open-angle glaucoma is a chronic condition, it must be monitored for life. Diagnosis is the first step to preserving your vision.

3. Everyone is at risk for glaucoma

Everyone is at risk for glaucoma from babies to senior citizens. Older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African Americans in particular are susceptible at a younger age.

4. There may be no symptoms to warn you

With open-angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning your head to the side, and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.



Some Statistics About Glaucoma

Sources are listed at the bottom of this page.

- It is estimated that over 3 million Americans have glaucoma but only half of those know they have it. (1)
- In the U.S., more than 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. (2)
- Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization.
- After cataracts, glaucoma is the leading cause of blindness among African Americans. (1)
- Blindness from glaucoma is 6 to 8 times more common in African Americans than Caucasians. (3)
- African Americans are 15 times more likely to be visually impaired from glaucoma than Caucasians. (4)
- The most common form, open-angle glaucoma, accounts for 19% of all blindness among African Americans compared to 6% in Caucasians. (5)
- Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.
- Estimates put the total number of suspected cases of glaucoma at over 60 million worldwide. (6)

Sources: (1) The Eye Diseases Prevalence Research Group. *Arch Ophthalmol*. 2004; Prevent Blindness America; (2) National Institutes of Health; Quigley and Vitale. *Invest Ophthalmol Vis Sci*. 1997; (3) Javitt et al. *Undertreatment of Glaucoma Among Black Americans*. *N Eng J Med* 1991; (4) The Salisbury Eye Evaluation Study. *Arch Ophthalmol* 2000; (5) *Racial differences in the cause-specific prevalence of blindness in east Baltimore*. *N Engl J Med*. 1991; (6) Quigley and Broman "Number of people with glaucoma worldwide in 2010 and 2020", 2006;

Source: <https://www.glaucoma.org/glaucoma/glaucoma-facts-and-stats.php>

GLAUCOMA
RESEARCH FOUNDATION



Benefits for Senior Citizens

Benefits.gov can help you find benefits you are eligible for, including resources for seniors. Learn more about benefits for senior citizens:

Healthcare Resources

Benefits.gov has information on programs that may help you get healthcare or lower the cost of healthcare. On Benefits.gov, you can find the following programs, managed by the [U.S. Social Security Administration](#), and check your eligibility:

- The [Social Security Medicare Program](#) is a federally funded program managed by the Centers for Medicare & Medicaid Services (CMS). Medicare is for people age 65 or older. [Check if you may be eligible](#) for Social Security Medicare.
- The [Social Security Medicare Savings Programs](#) are federally funded programs managed by states. These programs are for people with limited income and resources and help pay for Medicare premiums, deductibles, copayments, and coinsurance. [Check if you may be eligible](#) for Social Security Medicare Savings Programs.
- [Medicare Prescription Drug Plans](#), or Medicare Prescription Drug Plan (Part D), offer prescription drug coverage to people with Medicare. [Check if you may be eligible](#) for a Medicare Prescription Drug Plan or call [1-800-633-4227](tel:1-800-633-4227) for more information.

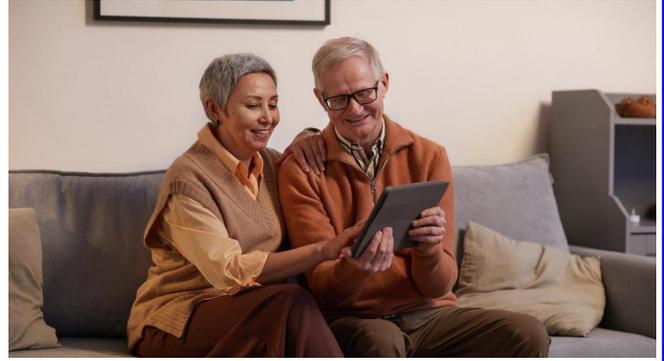
Retirement Resources

Planning for retirement can be challenging and Benefits.gov can help:

- [Federal Employees Retirement System](#) (FERS) is a retirement plan for federal employees that provides benefits from three sources: a Basic Benefit Plan, Social Security, and the Thrift Savings Plan (TSP). This program is managed by the [U.S. Office of Personnel Management](#). [Check if you may be eligible](#) to receive benefits from the FERS.
- [Social Security Retirement Insurance Benefits](#) are federally funded and managed by the [U.S. Social Security Administration](#). These benefits are for people who have earned Social Security credits and are at least age 62. [Check if you may be eligible](#) for Social Security Retirement Insurance benefits.

More Resources

- Browse benefits related to [Healthcare and Medical Assistance](#). Use the drop-down menu to filter by state or category to find the right program.
- Browse articles about [Healthcare on our News page](#).
- Browse benefits related to [Social Security and Retirement](#). Use the drop-down menu to filter by state or category to find the right program.
- Browse articles about [Social Security on our News page](#).



BENEFITS.GOV
Your Path to Government Benefits

12 Healthy Snacks with 200 Calories or Less



Snacks are small, quick mini-meals. Snacks are eaten between meals and help keep you full. Including a protein source (such as nuts, beans, or low-fat or fat-free dairy) or a whole grain (such as whole wheat bread) can give snacks more "staying power" so you will not get hungry again as quickly. Healthy snacks are:

- Whole grain
- Low-salt
- Low in added sugar
- Fresh foods like fruits and vegetables



Snacks List

Here are a dozen healthy snack ideas you can try:

1. One medium apple or pear with 12 almonds
2. Half cup (120 milliliters, mL) of berries with 6 ounces (oz), or 170 grams (g), of plain yogurt or low-fat cottage cheese
3. One small banana with 1 tablespoon (tbsp), or (15 mL), unsalted peanut butter or almond butter
4. One quarter cup (62 mL) trail mix with dried fruits and nuts (with no added sugar or salt)
5. Three cups (720 mL) air popped popcorn with 2 tbsp (30 mL) shredded parmesan cheese
6. One cup (240 mL) of grapes or cherry tomatoes with one low-fat string cheese
7. One cup (240 mL) raw carrots, broccoli, or bell peppers with 2 tbsp (30 mL) of hummus or black bean dip
8. One cup (240 mL) tomato soup with five whole grain crackers
9. One third cup (80 mL) rolled oats cooked in 1 cup (240 mL) fat-free milk with cinnamon
10. A hard-boiled egg and 12 almonds
11. Fruit smoothie with 1 cup (240 mL) fat-free milk, half a small banana, and half cup (120 g) berries
12. Five whole wheat crackers and 1 oz (28 g) low-fat cheddar

Source: <https://medlineplus.gov/ency/patientinstructions/000724.htm>



Why Snacks can be Good for you

Snacks are good for you, as long as you include healthy choices and snack mindfully. (For example, put the desired amount of food on a plate rather than eating directly from the bag.) Small snacks between meals can keep you from overeating at mealtimes and help you manage your weight.

[Healthy snacks for adults](#) can provide energy for work and exercise. [Healthy snacks and drinks for children](#) provide much needed energy for growth, school, and sports. Offer young children healthy snacks, and they may be more likely to choose them on their own when they get older. Avoid snacks with added sugar to help you maintain healthy teeth.

Eating a variety of snacks like the ones above will give you extra vitamins, minerals, fiber, antioxidants (substances that help prevent cell damage), and other disease-fighting nutrients. Choosing low-calorie snacks can help you or your child maintain a healthy weight.

Limit high-calorie sports drinks and packaged, processed snacks, likes chips or cookies. Include a glass of water with your snack instead of a sweetened beverage.

If you have diabetes, you may need to pay attention to the number of carbohydrates in your snacks, as well.

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

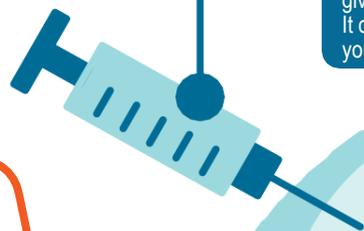
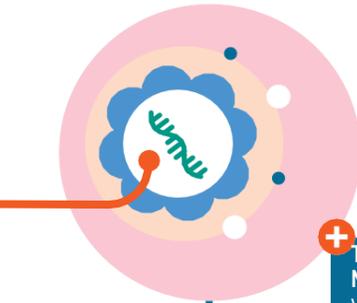
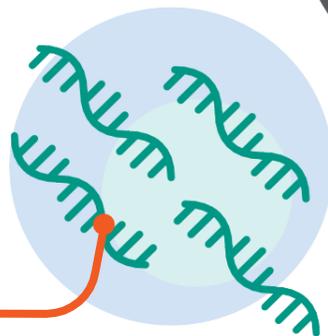
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

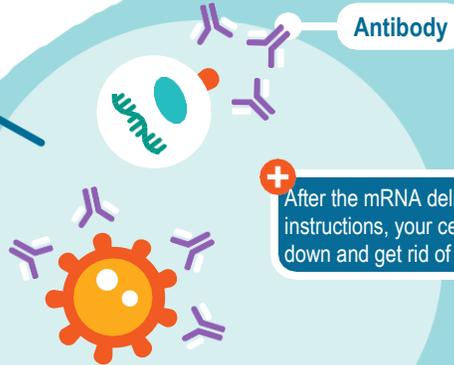
How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+ The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

+ When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.



+ After the mRNA delivers the instructions, your cells break it down and get rid of it.

GETTING VACCINATED?

For information about COVID-19 vaccine, Visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



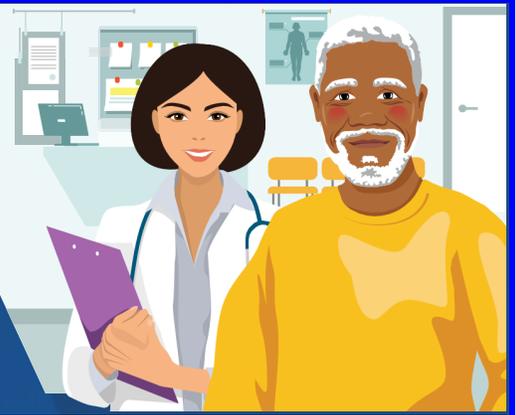
Comparing Cold, Flu, Allergies, and COVID-19

Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100-102°F) sometimes higher, especially in younger children; lasts 3-4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever. Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants	NIH has developed guidance on treatment of COVID-19, which is regularly updated. The FDA has approved one drug, remdesivir, to treat COVID-19.
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.
Complications	Sinus infection, middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma	Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death

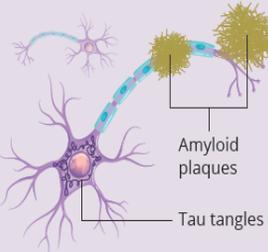
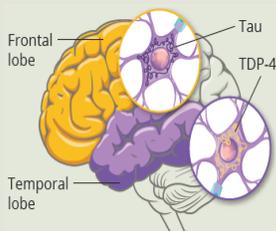
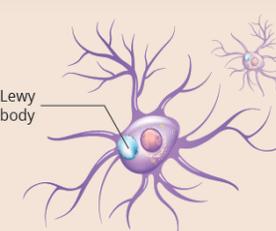
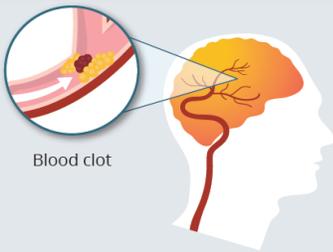
Source: <https://newsinhealth.nih.gov/2022/01/it-flu-covid-19-allergies-or-cold>

What are the Different Types of Dementia?

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four common types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What is Happening in the Brain?*			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> 	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> 	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> 	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> 

**These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.*

Symptoms

<p>Mild</p> <ul style="list-style-type: none"> Wandering and getting lost Repeating questions <p>Moderate</p> <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior <p>Severe</p> <ul style="list-style-type: none"> Cannot communicate 	<p>Frontal Lobe: Behavioral Symptoms</p> <ul style="list-style-type: none"> Difficulty resisting the impulse to use or touch objects Compulsive eating <p>Temporal Lobe: Language and Emotional Disorders</p> <ul style="list-style-type: none"> Unable to understand the meaning of words or speak properly Difficulty understanding facial expressions and personal relationships 	<p>Cognitive Decline</p> <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas <p>Movement Problems</p> <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression <p>Sleep Disorders</p> <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness <p>Visual Hallucinations</p>	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
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Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
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Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.

Taxpayer Guide to Identity Theft



Keep Your Identity Safe

If you use an online application to do your taxes, you can now log in with your username, password and a third personal item like a phone number. Using all 3 will keep your identity and data safer.

Tax-related identity theft occurs when someone uses your stolen personal information, including your Social Security number, to file a tax return claiming a fraudulent refund.

If you suspect you are a victim of identity theft, continue to pay your taxes and file your tax return, even if you must file a paper return.

Know the Signs of Identity Theft

You may not know you're a victim of identity theft until you're notified by the IRS of a possible issue with your return.

Be alert to possible tax-related identity theft if:

- You get a letter from the IRS inquiring about a suspicious tax return that you did not file.
- You can't e-file your tax return because of a duplicate Social Security number.
- You get a tax transcript in the mail that you did not request.
- You get an IRS notice that an online account has been created in your name.
- You get an IRS notice that your existing online account has been accessed or disabled when you took no action.
- You get an IRS notice that you owe additional tax or refund offset, or that you have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer you didn't work for.
- You've been assigned an Employer Identification Number but you did not request an EIN.

Take Action if You Are a Victim

There are steps you can take if your Social Security number or other personal information is compromised.

There are ways to **Protect Your Data and Identity**

How IRS Helps

The IRS, state tax agencies and the tax industry work in coordination as the [Security Summit](#) to protect taxpayer data. Our program includes safeguards that identify suspicious returns.

IRS never:

- Initiate contact with taxpayers by email, text or social media to request personal or financial information
- Call taxpayers with threats of lawsuits or arrests
- Call, email or text to request taxpayers' Identity Protection PINs



Save big with low Medicare costs when you turn 65.

Health Alliance™ Medicare Advantage plans are made for you. Get the flexibility to see doctors you know and trust, plus comprehensive coverage options with all this and more:

- Plans that allow you to see any doctor who accepts Medicare.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.



Call for a FREE Medicare evaluation: (888) 382-9771 (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.

**Or learn more at one of our upcoming webinars:
HealthAlliance.org/Events.**

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings call (888) 382-9771 (TTY 711).

“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

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**



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).



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

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**
1st and 3rd 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**
2nd 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**
3rd Friday of the month (2:00 p.m.-3:30 p.m.)
Miller Senior Center, 551 S. 14th St., Pekin, IL 61554
Facilitator: Kaili Ruff, B.S.
- + **Woodford County Family Caring 4 Family Support Group**
3rd 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

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

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

Peoria Civic Center

201 SW Jefferson Avenue
Peoria, IL 61602

673-8900

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@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.



We have the tools to
Fight Omicron



Vaccines & Booster



Masks



Testing

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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 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 Win Stoller (37th District—R)
5415 University St., Suite 105
Peoria, IL 61614
(309)693-4921
senatorstoller@gmail.com

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

Rep. Mark Luft (91st District—R)
2964 Court Street
Pekin, IL 61554
(309)620-9191
luft@ilhousegop.org

Senator Dave Koehler (46th District—D)
400 NE Jefferson, Suite 200
Peoria, IL 61603
(309)677-0120, Fax (309)346-4650
senatordavekoehler@gmail.com

Rep. Keith Sommer (88th District—R)
121 W. Jefferson
Morton, IL 61550
(309)263-9242, Fax (309)263-8187
sommer@mtco.com

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

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