



Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603
Telephone: (309) 674-2071, Toll Free: 1-877-777-2422
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

SENIOR GAZETTE

2021, June Issue

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

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

June 15th

WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

We can take action to protect each other from abuse, neglect, and exploitation.

Let's stop elder abuse together!

To learn more about elder abuse go to <https://ncea.acl.gov>, or find ways to take action at <http://eldermistreatment.usc.edu/weaad-home>.

REGISTER NOW!

CIAA 19TH ANNUAL DR. LAURENCE E. NORTON GOLF TOURNAMENT

DATE: 08/20/2021

METAMORA FIELDS GOLF COURSE



For sponsorship, registration materials or additional information
contact Central Illinois Agency on Aging, Inc.

Telephone: 309-674-2071

Beth Stalker, ext. 2204 or bstalker@ciao.net

Renee Razo, ext. 2205 or rrazo@ciao.net

The proceeds from the 2021 Dr. Laurence E. Norton Golf Tournament will be used
to benefit Central Illinois Agency on Aging Faith-Based Meals and
New Year's Day Meal Programs for Homebound Seniors.

New Year's Day meals are delivered to homebound seniors in Tazewell and Peoria Counties.
Seven hundred and fifty three (753) meals were cooked and
delivered by volunteers this past New Year's.

**These meals are vital for homebound seniors and with the pandemic still creating
uncertainty for safety and food for seniors**

You are asked to consider some type of support – many sponsorship opportunities
are available.

If you golf or know golfers, invite them to register to play.

It is a fun day and a great way to add to the proceeds for the event.

**SERVING FULTON,
MARSHALL, PEORIA,
STARK, TAZEWELL, AND
WOODFORD COUNTIES**



DO YOU HAVE CONCERNS ABOUT FALLING ?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fall in the past
- anyone who has restricted activities because of falling

**MUST BE FULLY
VACCINATED
WITH COVID-19
VACCINE TO
PARTICIPATE**



Thursday mornings from
10:00 am –noon (8– two hour sessions)

June 10, 17, 24
July 1, 8, 22, 29 (skipping July 15) and
August 5

***First English Lutheran Church
725 E. Forrest Hill, Peoria***

Need 8-12 people to make a class

Program Fee: \$4.00 suggested donation
(for program materials)

To sign up or for more information, call
Beth Stalker at 309-674-2071, ext. 2204 or
Renee Razo 309-674-2071, ext.2205

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model @ 2006.
This program is based on Fear of Falling: A Matter of Balance. Copyright@1995 Trustees of Boston University.
All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the
Administration on Aging (#90AM2780).

Local Man Guides Caregivers, Caretakers through Life's Hurdles

Rebecca Brumfield, WMBD Reporter

Fulfilling life's mission to aid in the success of caregivers

PEORIA, Ill. (WMBD) — A local man, Mitch Forrest, commits to the prosperity of those providing care.

The Central Illinois Agency on Aging said estimates suggest there are more than 44 million family caregivers across the nation.

“Any of us at any given time can be that caregiver, that piece of hope, for someone in need, and we need more of that.”

MITCH FORREST, FAMILY CAREGIVER | CENTRAL ILLINOIS AGENCY ON AGING

Donations



Locally, the not-for-profit said it provides services, programs, and guidance for those caring for a loved one.

“The layers of care, the insurance, different laws that you have to keep in mind...” said Forrest. “Various different hospitals and specialists that are involved and the levels of care, which we’re primarily concerned with getting people to stay in their home.”

Forrest said he’s fulfilling his life’s calling to help people navigate the role of caretaker.

“To be of some support and service to them just is...it’s wonderful and it’s a huge privilege that I have and a calling...almost like a ministry,” said Forrest.

His dependability, dedication, and decency are all attributes noticed by those on the other side of his advice.

“He has infinite knowledge, wisdom, and he has patience,” said Carolyn Schuldt, *CI Hero Nominator*. “He has resources so he knows everything about everything because it’s his job. He just is an encyclopedia of knowledge.”

The Central Illinois Agency on Aging serves people of all ages, incomes, and abilities in Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford counties.

Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard

Peoria, IL 61603

Telephone: (309) 674-2071

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Central Illinois Agency on Aging, Inc. would like to thank the WMBD/CI Proud News and Ms. Rebecca Brumfield, Anchor, giving us permission to publish this article in June Senior Gazette.

Western Illinois University

Honors Mitch Forrest

As Outstanding Field Instructor of the Year

Lori Sea
Director of Supportive Services,
Marketing, And Community Relations

The Western Illinois University Department of Health Sciences and Social Work in Macomb, Illinois has awarded Mitch Forrest the honor of Outstanding Field Instructor of the Year. This award is in recognition of his dedication and mentorship to social work principles.

As a licensed Social Worker, he understands the importance and need for the mentorship and knowledge gained through fieldwork that the student acquires during their internship. Mitch is a natural leader and educator that is knowledgeable and focused on the real-life situations students learn from through the internship program.

Mitch has worked at the Central Illinois Agency on Aging, Inc. since 2009, hiring in as Manager of Caregiver Grant Program. Over the course of his career, Mitch has assumed responsibilities for positions in the areas of Adult Protection Services and Grandparents Raising Grandchildren Programming. Mitch is an asset to the agency as an employee and friend to all.





Caregivers and Financial Strain throughout the Pandemic

Madison Vick, Intern

Are you a caregiver experiencing financial strain throughout the pandemic? With already more than 40 million family caregivers helping loved ones with care in the U.S., it is expected the virus will increase the number of family caregivers who are providing short-term or long-term care to any older loved one. With the number of caregivers increasing due to the pandemic it has shown more financial strain among caregivers.

One of the main reasons caregivers face financial challenges is they need to cut back on the hours they work in order to provide care for a loved one, quitting the workforce, and having to provide financial support for the care respite. In fact, a recent survey shows that 80% of all long-term care in the United States is provided by unpaid or informal caregivers. (Leszko, 2019) Even before the pandemic the American Psychological Association (APA) study found that 72% of Americans feel stressed about money at least some of the time. (Galleo, 2021) In a study by Leszko, Caregivers who received financial and educational training reported significantly decreased levels of depression and caregiver burden in comparison to the control group. The majority of caregivers emphasized that caregiving created financial problems and that their work has been underestimated by the government.



Image Credit: <https://www.aarp.org/caregiving/financial-legal/info-2020/managing-someone-elses-money.html>

Studies and surveys find that caregivers do face financial hardship. However, some financial aid and alternative options for becoming a paid caregiver are available to people who want to support their loved ones with loving, attentive care.

If you or a loved one is experiencing any hardships, please contact

Central Illinois Agency on Aging, Inc. for more information!

700 Hamilton Blvd.

Peoria, IL 61603

Phone: 309-674-2071 and ask for Mitch Forrest or

Email: mforrest@ciaoa.net

Sources:

A. (2019). Preparedness for Caregivers during COVID19. Retrieved April 26, 2021, from <https://www.aarp.org/content/dam/aarp/caregiving/pdf/2020/coronavirus-preparedness-for-caregivers.pdf>

Galleo, L. (2021). Speaking of psychology: The stress of money. Retrieved April 29, 2021, from <https://www.apa.org/research/action/speaking-of-psychology/financial-stress#:~:text=APA's%20latest%20Stress%20in%20America,sources%20can%20affect%20your%20health.>

Leszko M. (2019). The Effectiveness of Psychoeducational and Financial Intervention to Support Caregivers of Individuals With Alzheimer's Disease in Poland. *Innovation in aging*, 3(3), igz026. <https://doi.org/10.1093/geroni/igz026>

June is Men's Health Month



**Want to
see these
stats
change?**

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make 1/2 as many physician visits for prevention as women

Schedule a checkup today!

Do it for yourself and for those who count on you.



Learn more at:

www.menshealthmonth.org

Or call 1-866-543-6461 ext. 101

Secretary of State Jesse White Warns Residents to be Aware of Scams Targeting Illinoisans

Scams involve emails or text messages asking residents to provide personal information

DO NOT CLICK on the links provided

Secretary of State Jesse White is warning Illinois residents to be on alert for multiple texting and emailing scams claiming to be from the Secretary of State's office seeking personal information to defraud Illinoisans.

"I have zero tolerance for fraudsters who prey on people in desperate times," said White. "My office is working with the Illinois Attorney General's office to protect Illinoisans from falling victim to these fraudulent schemes."

White is warning the public of scammers who are sending unsolicited text messages or emails claiming to be from the Illinois Secretary of State. In some instances, the scammers copy the Secretary of State website logos and masthead to appear official.

White says these texts and emails are scams and recipients should not click on any links or provide any information. Visiting these various fraudulent websites could place malware on the recipients' devices or trick them into disclosing sensitive personal information. *The Secretary of State's office NEVER requests personal information, like a Social Security number, via text message or email.*

"Delete the text or email," said White. "Do not click on them and do not provide any of your personal information."

White encourages people to take steps to protect their personal information:

- **Delete emails and texts** that promise or offer access to driver's licenses or state ID cards, and do not click on any links contained in such emails or text messages, as they may place malware on your devices.
- **Hang up on any calls**, including robocalls, which ask individuals to take immediate action or provide personally-identifiable information, such as your Social Security number or bank account number.
- **Ask to use other types of identifiers** besides your Social Security number.
- **Keep your software up to date**, including your phone and computer operating systems and antivirus protection programs. Most phones, computers and antivirus software can be set to update automatically when new software versions are released.

If you have questions about text message scams or identity theft, please call the Illinois Attorney General's Consumer Fraud Hotline at 800-386-5438 (Chicago), 800-243-0618 (Springfield) or 800-243-0607 (Carbondale).

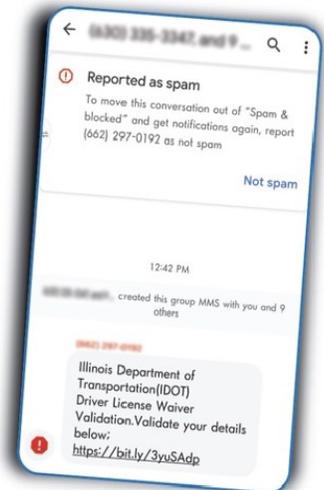
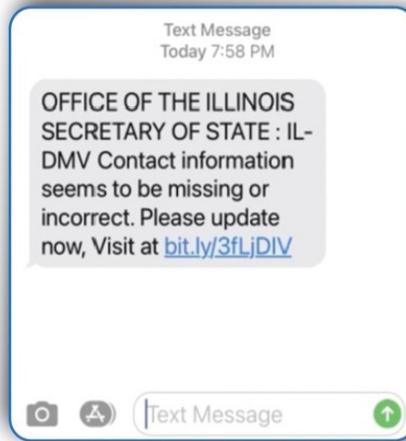
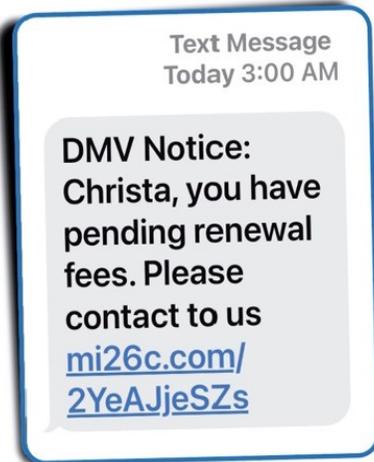
Continue on the next page

12:15 ↗

Scam Alert



The below images are samples of scams that are being sent to residents.
Do not click on any links or provide any personal information.



For additional information visit:

CYBERDRIVEILLINOIS.COM

JESSE WHITE
SECRETARY OF STATE

**HAPPY
FATHER'S
DAY!**



FEMA Team to Assist in Tri-county COVID-19 Outreach

Local health departments in the Tri-county are now working with Federal Emergency Management Agency (FEMA) Community Outreach Teams to raise awareness about the availability of the COVID-19 vaccine clinics and other various recovery services. Working through the Illinois Emergency Management Agency and the State of Illinois, a team has been deployed to work with Peoria City/County Health Department, Tazewell County Health Department, and Woodford County Health Department to prioritize areas in need of vaccination.

Building on local efforts to educate the community on COVID-19, as well as the vaccination response, the FEMA team in the Tri-county is prepared to meet the public at area events, faith communities, business locations, and vaccination sites throughout the summer. Prioritizing equity and accessibility for all, the FEMA team will interact with individuals to educate on COVID-19 updates, answer frequently asked questions, debunk myths, and provide vaccination clinic sites.

Monica Hendrickson, Administrator Peoria City/County Health Department, encourages community interaction, “The FEMA team has expertise to help us inform our residents of current and accurate COVID-19 information. Watch for them throughout the region at community events and welcome them in your neighborhoods. They are here to talk with you about your COVID-19 questions.”

The FEMA team has 6 members from throughout the nation. Team members can be identified by their FEMA vests and local health department badges. Members will be talking with people at public locations and in neighborhoods but will not be going door-to-door.

For local information on the Tri-county community response to COVID-19, visit:

www.pcchd.org/COVID19

www.tazewellhealth.org/381/CORONAVIRUS-COVID-19

www.woodfordhealth.org/595/COVID-19---Coronavirus



Public Health
Prevent. Promote. Protect.

**Peoria City/County
Health Department**

Chief Health Strategist

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Communications Manager
Community Health Policy & Planning
Office: 309-679-6603
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Peoria, IL 61604
Fax: 309-679-6609

Guard Your COVID-19 Vaccination Card



After you get your COVID-19 vaccine, **keep your vaccination card safe** — scammers are using the COVID-19 pandemic to try to steal your personal information.

Don't share a photo of your COVID-19 vaccination card online or on social media. Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity.

[Learn More](#)

You should get a COVID-19 vaccination card at your first vaccine appointment. If you didn't, contact the provider site where you got vaccinated or your state health department to find out how to get a card.

If someone contacts you to buy or sell a vaccination card, it's a scam.



If you suspect COVID-19 health care fraud, **report it online** or call **800-HHS-TIPS (800-447-8477)**. TTY users can call 1-800-377-4950.

[Medicare.gov](https://www.Medicare.gov)





2021 VA Virtual Caregiver Summit

Where: Virtual Event via Zoom

When: Wednesday, July 14th, 2021

Time: 8:15 a.m. to 12:30 p.m.

Continuing Education Credits will be offered for the following professions:
Speech-Language Pathology (ASHA), Social Worker (ASWB, NYSED), Pharmacy (ACPE),
OT (AOTA), PT (APTA), Physicians (ACCME), Nurses (ANCC), Psychology (APA), Dietitians (CDR)

if you are not a VA employee, you will need to register in VA's education system for CEUs. Instructions will be sent out with the zoom invite following your RSVP.

Please RSVP at below link by 7/1/2020:

<https://www.surveymonkey.com/r/8YX5ZYR>

*If you are unable to operate the virtual survey, you can RSVP by contacting:
Mr. Alwin Abraham, CSP Facility Manager.
RSVP to : 217-918-7426*

Note: We will e-mail you a Zoom Invitation upon receipt of your RSVP

CDC's Eight Tips for Safe and Healthy Summertime Work and Play



Digital info helps Americans avoid illness and injury



BEAT THE HEAT AND RAYS

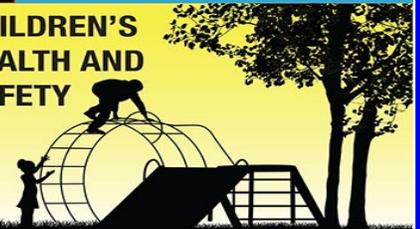


FOOD SAFETY



INSECT PROTECTION

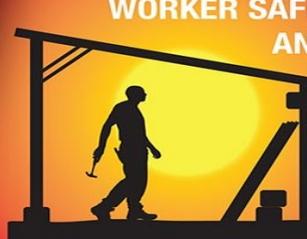
CHILDREN'S HEALTH AND SAFETY



SWIMMING SAFETY



WORKER SAFETY AND HEALTH



STAY UP TO DATE ON VACCINES



TRAVEL ABROAD SAFELY



cdc.gov/disasters/extremeheat/heattips



JUNE IS
CATARACT
AWARENESS MONTH

June is Cataract Awareness Month. This is a time to raise cataract awareness and help to educate people about one of the leading causes of treatable vision loss in the United States. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to cataract education and awareness.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tearing, but does cause increasing difficulty in seeing clearly.

Cataract symptoms:

- Cloudy
- Night vision
- Glare
- Halo
- New glasses
- Yellow tint
- Double vision

Some Risk factors for cataracts include:

- Older age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

Cataracts can be easily diagnosed and visiting your eye doctor regularly is important in helping protect your eyes from further damage. An annual eye exam is recommended for everyone over the age of 60, and bi-annual exams for adults between 41-60 years to check for developing eye or vision problems.



There is no proven way to prevent age-related cataracts.

However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.

For more information and where you can find support for Cataracts [click here](#).

Source: <https://discoveryeye.org/cataract-awareness-month/>



Leave Fireworks to the Experts

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe.

If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Source: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/fireworks>

SAFETY IS TOP PRIORITY

BE PREPARED FOR A EXTREME HEAT



FEMA

FEMA V-1004/June 2018

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Take an Active Role in Your Safety

Go to ready.gov and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



FEMA

FEMA V-1004
Catalog No. 17233-5

NRPA PARK PULSE

Get Outside This Spring and Summer With Parks and Recreation

6 in 7 U.S. adults say that they are looking forward to outdoor activities this spring and summer. The top outdoor activities by generation are:



GEN X
Going to
the park



MILLENNIALS
Visiting a
beach or lake



**BABY
BOOMERS**
Attending
picnics or
barbecues



Other top activities include hiking, biking and walking on trails. Throughout the coronavirus (COVID-19) pandemic, park and recreation professionals and their agencies have provided people access to safe spaces for recreation.

Each month, through a poll of 1,000 U.S. residents focused on park and recreation issues, NRPA Park Pulse helps tell the park and recreation story. Questions span from the serious to the more lighthearted. The survey was conducted by Wakefield Research (www.wakefieldresearch.com).

Visit nrpa.org/ParkPulse for more information.



“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.**

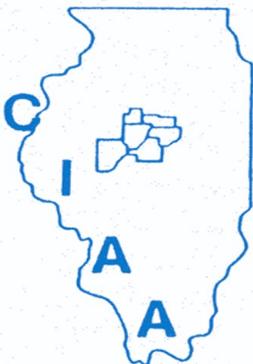
Contact:

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:

Cliff Williams, Transportation Program Manager

700 Hamilton Blvd.

Peoria, IL 61603

P: (309) 674-2071

Email: Cwilliams@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@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.



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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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