



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

2021, November Issue

SENIOR GAZETTE

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

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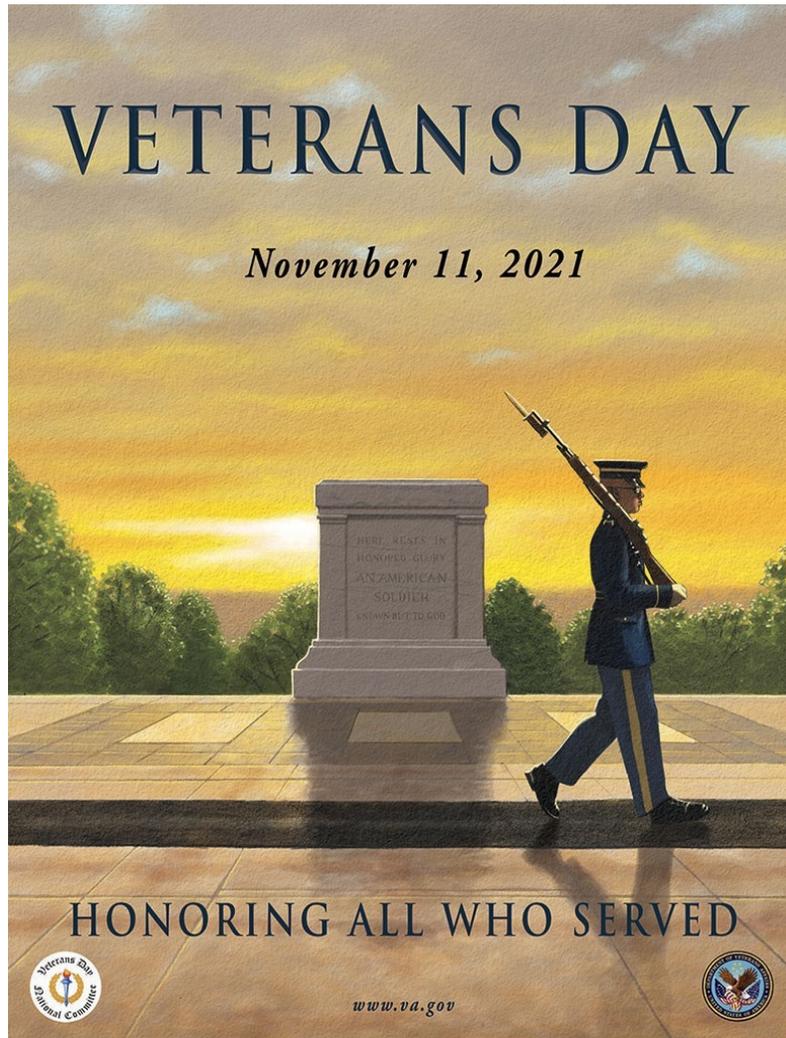
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To Receive Senior Gazette, e-mail Hoangvan Dinh at hdinh@ciaoa.net

Thank you



for Your Service



VETERANS DAY

November 11, 2021

HONORING ALL WHO SERVED



www.va.gov





How to Watch for Signs of Depression in Older Adults

*Mary Ince
Social Work Intern, CIAA*

September was Suicide Prevention Month, and the National Council on Aging presented several webinars on depression and suicide in older persons. Despite common beliefs to the contrary, several studies have demonstrated how older men and women have the highest rate of suicide in most countries. Causes of depression for seniors can include the hopelessness of unrelenting physical pain, ongoing grief over multiple losses of friends and loved ones, loneliness from being homebound, and financial concerns. Additionally, loss of senses such as vision and hearing, mobility loss, driving ability and independence, and feeling like a burden can compound these factors.

In older adults, symptoms of severe depression and suicidal ideation are often not visible nor easily detected. Isolated people have nobody around to notice how they feel, and older adults are less likely to report such symptoms to their doctor or a loved one. There are several reasons why an older adult might not initiate a conversation around depression or suicidal thoughts. Older adults may assume that "feeling down" is something they must accept or believe that any potential treatments will not work due to their age. Other factors include generational stigma against discussing mental health and ageist beliefs (even in the medical profession) that depression is "normal" as one ages. However, depression is not a standard component of the aging process.

Depression in older adults can manifest as an increase in aches and pains or by the appearance of unexplained pains or headaches; however, some physicians may not recognize these as a sign of mental health issues. If such symptoms have not been accounted for, ask your loved one's physician to screen them for depression, especially if they are also experiencing reduced energy or increased fatigue and changes in eating and sleeping patterns. Also, watch for feelings of worthlessness, crying for no apparent reason, and loss of interest in activities they previously enjoyed. Pay attention if your loved one starts giving away possessions or exhibits a preoccupation with death or a lack of concern for their safety or well-being; this can manifest by voluntarily stopping eating and drinking [VSED], a method of suicide most often undertaken by older adults. An older adult thinking of suicide may say, "When I'm not around anymore," or may use a euphemism for depression, such as "I'm always tired," or "I'm not feeling like myself."

If you suspect that your loved one is depressed or is considering suicide, inform their physician right away. Ensure that they are thoroughly screened, discuss the lethality of their meds with their physician, and create a safety plan. Help the older adult stay connected; make a list of things to look forward to and start a family schedule of when each member will check on them, by telephone, internet, or in person. If you think your loved one is in immediate danger, please call 911 or take them to the emergency room. Please do not leave them alone, and make sure that they do not have access to guns, medications, or other means to harm themselves.

- The Institute on Aging's Friendship Line for seniors and people with disabilities (800-971-0016)
- Text HOME to 741741, and the Crisis Connection Line will connect you to a counselor, 24/7 National Suicide Prevention Line (1-800-263-TALK) (1-800-273-8255)

(<https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>)

Image Credit: <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>

MEDICARE OPEN ENROLLMENT | OCT. 15–DEC. 7

**OPEN ENROLLMENT
STARTS HERE:
MEDICARE.GOV**



Medicare's Open Enrollment Period is here! Now's the time to compare Medicare plans for 2022.

Why compare plans for next year? Plans change, and your health care needs or situation may have changed, too.

[Compare Plans](#)

Think about what benefits matter to you and find a Medicare plan that fits your needs.

Visit [Medicare.gov](https://www.medicare.gov) through **December 7** to compare plans and make any changes. If you decide to change plans, your new coverage will start January 1.

Remember: When [comparing plans](#), look at the estimated "Yearly Drug & Premium Cost." A plan with the lowest premium may not always provide the lowest total cost to you.



**Help is available at
Central Illinois Agency on Aging, Inc.**

304 Morgan Street (Satellite Office)

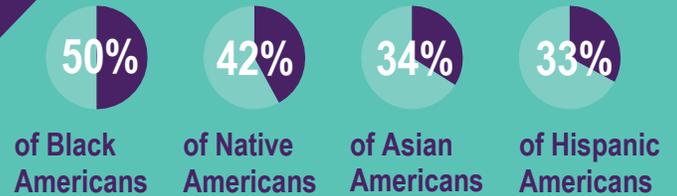
**To make appointment, contact us at 309-674-2071 and
ask for Nancy Bell**

**Central Illinois Agency on Aging, Inc.'s staff are trained by the
Senior Health Insurance Program (SHIP).**

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:



1 IN 3

seniors dies with Alzheimer's or another dementia

MORE THAN 6 MILLION

Americans are living with Alzheimer's

Alzheimer's and dementia deaths have increased

16%

during the COVID-19 pandemic



OVER 11 MILLION

Americans provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided an estimated 15.3 billion hours valued at nearly

\$257 BILLION

In 2021, Alzheimer's and other dementias will cost the nation **\$355 BILLION**



By 2050, these costs could rise to more than **\$1.1 TRILLION**

It kills more than

BREAST CANCER



PROSTATE CANCER

COMBINE

Between 2000 and 2019, deaths from heart disease have **DECREASED 7.3%**

while deaths from Alzheimer's disease have

INCREASED 145%

small
steps **big**
difference



Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that's 88 million people—but most people don't know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

Follow these tips to manage your prediabetes

01



Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.

02



Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up through the day.

03



Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04



Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05



Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06



Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit niddk.nih.gov for more information on managing diabetes.



WE REMEMBER. WE PREPARE.

Seasonal Flu vs. Pandemic Flu

Influenza is one of the world's greatest infectious disease challenges. But did you know that seasonal flu and pandemic flu are not the same?

What is seasonal flu ?



Influenza (flu) is a contagious respiratory illness caused by flu A and B viruses that infect the human respiratory tract. Annual flu epidemics occur among people worldwide.

How often do seasonal flu epidemics occur?



Epidemics of seasonal flu happen every year. Fall and winter is the time for flu in the United States.

How do seasonal flu viruses spread?



Flu viruses are thought to spread mainly from person to person through droplets made when someone with flu coughs, sneezes, or talks near a person (within 6 feet).

Is there a vaccine for seasonal flu?



Seasonal flu vaccines are made each year to vaccinate people against seasonal flu. Everyone 6 months and older should get a flu vaccine every year. For most people, only one dose of vaccine is needed.

Are there medications to treat seasonal flu?



Prescription medications called antiviral drugs can treat seasonal flu. During a severe flu season, there can be spot shortages of these drugs.

Who is at risk for complications from seasonal flu?



Young children, people 65 years and older, pregnant women, and people with certain long-term medical conditions are more likely to have serious flu complications.

What is pandemic flu?



A flu pandemic is a global outbreak of a new flu A virus in people that is very different from current and recently circulating seasonal flu A viruses.

How often do flu pandemics occur?

Flu pandemics happen rarely. Four flu pandemics have happened in the past 100 years, but experts agree another one is inevitable.



How do pandemic flu viruses spread?



Pandemic flu viruses would spread in the same way as seasonal flu, but a pandemic virus will likely infect more people because few people have immunity to the pandemic flu virus.

Is there a vaccine for pandemic flu?



Although the U.S. government maintains a limited stockpile of some pre-pandemic flu vaccines, vaccine may not be widely available in the early stages of a pandemic. Two doses of pandemic flu vaccine will likely be needed.

Are there medications to treat pandemic flu?



Flu antiviral medications may be used to treat pandemic flu if the virus is susceptible to these drugs. While a limited amount of flu antiviral drugs are stockpiled for use during a pandemic, supplies may not be enough to meet demand during a pandemic.

Who is at risk for complications from pandemic flu?



Because this is a new virus not previously circulating in humans, it's not possible to predict who would be most at risk of severe complications in a future pandemic. In some past pandemics, healthy young adults were at high risk for developing severe flu complications.



FAMILY CAREGIVER MENTAL HEALTH AND COVID-19



By John Schall, CEO of Caregiver Action Network

Your Mental Health Matters

Stressed. Isolated. Worried. As we all navigate a world dealing with the COVID-19 pandemic, these feelings may have become familiar to all of us. For family caregivers of a loved one with a chronic condition, these feelings may feel much more familiar and routine. Being a family caregiver is difficult in the best of circumstances. The stress and challenges of the role can have a huge impact on a family caregiver's mental health, leading to more family caregivers experiencing depression, post-traumatic stress disorder, alcohol and drug addiction, and anxiety. It goes without saying that it is important for family caregivers to take care of themselves – both physically and mentally - not only for their own well-being but also to be able to continue to be a source of support for their loved one. *But the question is: how?*

Assess Yourself

Signs of mental health issues may be present, even when you don't recognize them right away. This can be especially true in a time when so much is new and uncertain. [This assessment tool](#), specifically for family caregivers and developed in collaboration with Mental Health America, will help you identify issues (such as depression, anxiety, and post-traumatic stress disorder) so you can better find the help you need.

Stay Connected With Your Loved One

Many can't visit their loved ones currently staying in the hospital or in long-term care communities (such as nursing homes, etc.) due to changes in visitation policies to keep residents safe. Being apart from your loved one is never easy. Even long-distance caregivers who already have a system in place to stay connected with their loved one may find being apart especially difficult and anxiety-filled right now. Call your loved one to check in on them. Set up regular video chats. Write letters or send greeting cards. Reach out to staff at the hospital or long-term care community to ensure you are still receiving regular updates about their health. Just this basic connection can do so much to feel more at ease.

Seek Support

It is important to continue to build your support network. This can occur in several different ways.

- **Staying in touch with friends and family:** We noted earlier how it is important to stay connected with your loved one if you're currently apart. The same applies to the group of friends and family that you rely on for support. This can take the shape of regular phone calls, video chats, or text messages. Stay in touch and let them know how you're feeling.
- **Find an online support group or forum:** Family caregivers turn to support groups for many reasons. It gives them a safe place to discuss areas of concern with those that understand. It can serve as a crucial social outlet as well. As support groups are not currently holding in-person meetings, you may find an alternative online. First, if you are already a part of a support group, reach out to see if this group is meeting virtually. If they aren't, you may be able find an online group or forum such as [CAN's Care Community](#), where you can continue to engage with others that may be having similar struggles.

Keep Caregiving

Despite the current situation, caregiving-as-usual happens. Your loved one may have doctor appointments or there may be prescriptions to refill. It is important to know that there are resources to support you, even if it isn't specifically related to or impacted by COVID-19. CAN's [Family Caregiver Toolbox](#) is well equipped with resources and information to help you. Our organization has also launched [Caregiver Help Desk](#), a tool where you can be connected with caregiving experts via phone at 855-227-3640, live chat, or e-mail.

Seek Professional Help

You can still access professional help while at home. If you currently see a therapist or counselor for regular sessions, ask them about holding these sessions virtually. Many practices have switched to this model for the time being and are happy to make these arrangements.

Not currently seeing a professional? Platforms like [Better Help](#) and [Talk Space](#) connect you with a therapist virtually. These are challenging times. As a family caregiver myself, I understand how difficult it can be to put your mental health and well-being as a priority. I also understand how challenging it can be to do this in the uncertain and, frankly, scary circumstances we're currently dealing with. Our hope is that these tools and tips will help you feel more equipped and confident in taking care of yourself, so you can continue to be the best source of support possible for your loved one.

Source: <https://mhanational.org/family-caregiver-mental-health-and-covid-19>





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

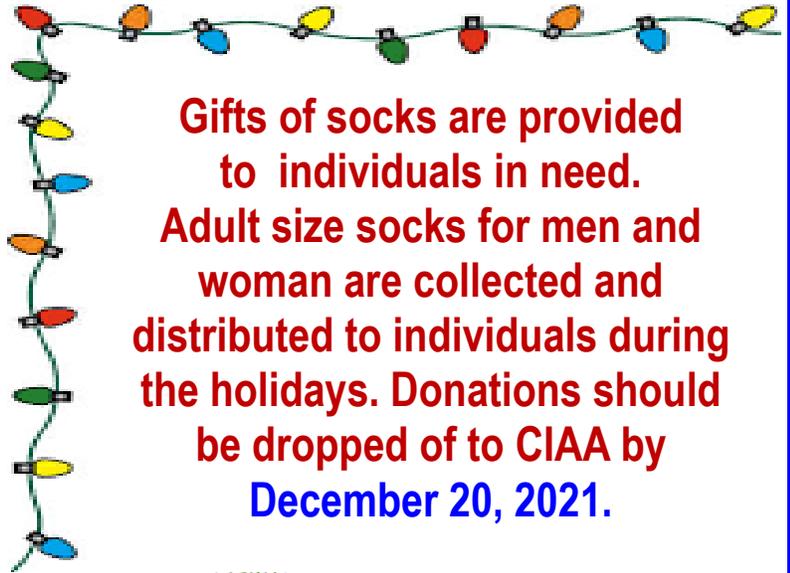


Gifts are provided for individuals who would otherwise not receive a gift. *Donated unwrapped gifts should be dropped off to CIAA by December 20, 2021.*

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.





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



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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MDMKHA22-ILNfaiB-0721

“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*



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



*Have a safe
and
Happy
Thanksgiving*

Clipart Credit: <http://clipart-library.com/clipart/571768.htm>

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 ciao@ciao.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



U.S. House of Representatives

Congressman Darin LaHood (District 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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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).