



Central Illinois Agency on Aging, Inc.

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

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

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

2021, September Issue

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

SENIOR GAZETTE

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

Happy Labor Day

Enjoy and Be Safe

Thank you from Central Illinois Agency on Aging, Inc.

CIAA would like to thank everyone who assisted us in making the 19th Annual Dr. Laurence E. Norton Golf Tournament a success. The proceeds of the tournament support CIAA's New Year's Day Meal Program and our Faith-Based Meal Program for shut-ins. Through these efforts, last year we were able to provide meals to more than 750 older persons.

Thank you to Metamora Fields Golf Club



Thank you to our Tournament Sponsors

Title Sponsor—AARP

Hole-In-One Sponsor: Hecht-Stout Insurance

Snack/Beverage Sponsor: Health Alliance

Prize Sponsor: Uftring — Chrysler Dodge Jeep Ram • Deloris Turner

Thank you to our Hole Sponsors

**Benjamin F. Edwards • C & H Repair Plus • CEFCU •
CliftonLarsonAllen • Hickory Point Bank • Dental Arts Lab •
Carter Paper • Uftring - Chrysler Dodge Jeep Ram**

Thank you to our Raffle Basket Sponsors

**Marty and JoAnn Olson • Friar Tuck • C & H Repair Plus •
Renee Razo • Beth Stalker • Friends of CIAA**

Thank you to our Door Prize Sponsors and additional donors

**Red Carpet • Ramsay and Associates • Health Alliance • Rhythm City Casino •
CEFCU • Prospect Florist • Par-a-dice • C & H Repair Plus • Lagron-Miller •
Sherman's • Friends of CIAA • Monical's Pizza • Tanner's Orchard •
Peoria Riverfront Museum • Club Car Wash • LaGondola • Illinois Eye Center •
CityLink • Sterling Flowers • CVS Pharmacy • Health Alliance • Heights Flowers •
Friar Tuck Beverage • Kay's Hallmark • Illini Golf • 50'S Diner •
Norm and Louise Hodges • Pip Printing**

19th Annual Dr. Laurence E. Norton Golf Tournament

A beautiful day to golf, enjoy some beverages, have a meal, laugh and win prizes.



35 golfers participated in the annual golf tournament that benefits the New Year's Day meals for homebound seniors and other faith based meal programs throughout the year.
Thank you to all who supported this event in any way.



Mark your calendar now
(tentative date)
20th Annual Dr. Laurence E. Norton
Golf Tournament
Friday, August 19, 2022





Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in a emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!

1



Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2



Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

3



Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4



Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5



Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6



Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

www.facebook.com/NCOAging | www.twitter.com/NCOAging
[ncoa.org](https://www.ncoa.org) | @NCOAging | ©2021 | All Rights Reserved.





Four Important Vaccines for Seniors Covered by Medicare

Scientists have proven that cooler temperatures weaken our immune system, making us more susceptible to illness and infection. Additionally, cooler weather toughens the outer shell of viruses, making it easier for them to travel from person to person. The immune system naturally weakens with age, which means winter can be even more dangerous for older adults.

Here's a list of four vaccines that Medicare helps pay for and that you should talk with your doctor about to help protect yourself from illness.

Influenza Vaccine

What is the flu? The flu—or influenza—is a contagious respiratory illness that can be severe and life-threatening.

Shingles Vaccine

What is shingles? Shingles is a painful skin rash that's caused by the same virus responsible for chickenpox. Shingles is less contagious than chickenpox, and can only be passed on to another person up until the point when the infected person's blisters begin to scab. Even after shingles passes, long-term pain can linger.



For details about these 4 vaccines, [click here](#)

Pneumococcal Vaccine

What is pneumococcal disease? Pneumococcal disease causes severe infections throughout the bloodstream and/or key organs. While you may not have heard of pneumococcal disease, you have probably heard of the conditions that result from this disease, including pneumonia (infection of the lungs), meningitis (infection of the lining of the brain and spinal cord), and bacteremia (infection of the bloodstream). Pneumococcal disease can result in deafness, brain damage, loss of limbs, and even death.

Hepatitis B Vaccine

What is the hepatitis B virus? Hepatitis B (or hep B) is a contagious virus that infects the liver. Acute hep B, which usually lasts a few weeks, often mimicks symptoms similar to the flu, like fever and nausea. Chronic hep B is long-term, often has no symptoms at all, and can cause liver damage or death.

Source: <https://www.ncoa.org/article/4-important-vaccines-for-seniors-covered-by-medicare>



September is National Childhood Obesity Month

About 1 in 5 (19%) children in the United States has obesity. Certain groups of children are more affected than others. ***National Childhood Obesity Awareness Month*** provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.



Childhood Obesity Is a Major Public Health Problem

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.
- Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

Childhood Obesity Is Influenced by Many Factors

Many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children and families, obesity may be influenced by the following:

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity
- easy access to inexpensive, high calorie foods and sugary beverages
- lack of access to affordable, healthier foods

Parents and Caregivers Can Help Prevent Obesity and Support Healthy Growth

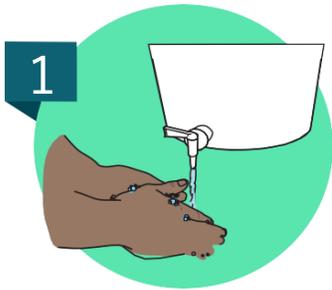
- Be aware of your child's growth. [Learn how obesity is measured in children](#), and use [CDC's Child and Teen BMI Calculator](#) to screen your child for potential weight issues.
 - Provide nutritious, lower-calorie foods such as [fruits and vegetables](#) in place of foods high in added sugars and solid fats. [Try serving more fruit and vegetables at meals and as snacks.](#)
 - Make sure drinking water is always available as a no-calorie alternative to sugary drinks and limit juice intake.
 - Help children get the recommended 60 minutes of physical activity each day. [Regular physical activity](#) can have immediate health benefits like better sleep. Look [here](#) for age appropriate activities your child can do.
- Make sure your child has [healthy sleep habits](#). Sleep helps improve attention and reduces the risk of developing type 2 diabetes, and even obesity later in life. Your child needs at least 8 hours of sleep, may be more depending on age. Find out [how much sleep](#) your child needs.
- Be a role model! Eat healthy meals and snacks, [and get the right amount of physical activity every day.](#)
- Learn what you can do to help [shape a healthy school environment.](#)



HANDWASHING

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/handwashing.html>

Wash hands with soap and water for at least 20 seconds. Use the cleanest water possible, for example from an improved source.* Use an alcohol-based hand rub that contains 60% alcohol if soap and water are not available.



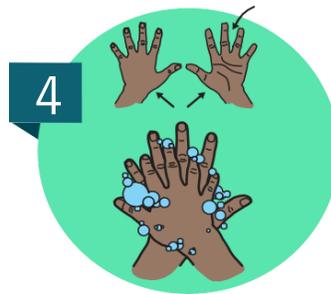
Wet hands with water.



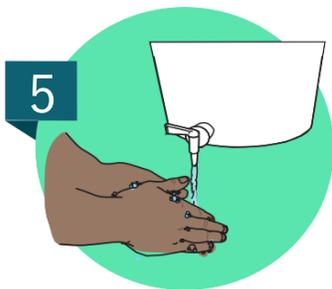
Apply enough soap to cover all hand surfaces.



Rub hands together and scrub everywhere.



Wash the front and back of your hands, in between your fingers, and under your nails.



Rise hands with water.



Dry hands completely using a single-use towel or air dry.

TO WASH HANDS TO PREVENT COVID-19:

- After blowing your nose, coughing, or sneezing
- After being in a public place
- Before and after caring for someone who is sick

Remember to wash your hands after each of these activities to stay healthy:

- Before, during, and after preparing food
- Before eating food
- After changing diapers or cleaning up a child who has used the toilet
- After using the toilet or latrine
- After touching an animal, animal feed, or animal waste
- After touching garbage

* Water should be from an improved or protected water source. Learn more at <https://washdata.org>.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/handwashing.html>

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



RULES of the GAME for Food Safety



Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:

165°F for chicken and
160°F for ground beef.

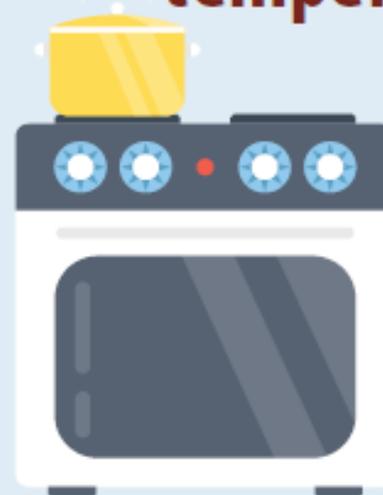


Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



Serve at the right temperature



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.



www.cdc.gov/foodsafety

CS272887-B

Tick Season is Expanding: Protect yourself against Lyme disease



In parts of the United States and Canada, warming temperatures driven by climate change may be contributing to a rise in tick-borne illnesses. Ticks are now thriving in a wider geographic range, and appearing earlier and sticking around later in the shoulder seasons of spring and fall. That means we need to stay vigilant about protecting ourselves against ticks that cause Lyme disease and other illnesses— even during winter months in many warmer states and provinces.



Here's a timely reminder about why preventing Lyme disease is important, and a refresher on steps you can take to avoid tick bites.

What are the symptoms of Lyme disease?

Lyme disease is best known for its classic symptom, a bull's-eye red rash that appears after a bite from an infected tick (scroll down to see photos of classic and non-classic rashes). However, 20% to 30% of people do not develop a rash. And a rash can be easy to miss because ticks tend to bite in dark body folds such as the groin, armpit, behind the ears, or on the scalp. Some people have flulike symptoms such as a headache, fever, chills, fatigue, and aching joints. So if you notice a rash or have these symptoms, call your doctor for advice. At this stage, prompt antibiotic treatment can wipe out the bacterial infection.

When people don't receive treatment because they didn't see the rash or didn't have other early symptoms, the bacteria can spread to different parts of the body. Not only can the bacteria itself cause problems, but the body's immune system can over-respond to the infection. Either process, or sometimes both, may harm joints, the heart, and/or the nervous system. And some people treated for any stage of Lyme disease develop post-Lyme disease syndrome, which can cause a range of debilitating symptoms that include fatigue, brain fog, and depression.

How to avoid getting Lyme disease

Preventing tick bites is the best way to avoid Lyme disease and other tick-borne illnesses. Blacklegged ticks (also called deer ticks) may be infected with the bacteria that causes Lyme disease. If you live in one of the areas where the incidence of Lyme disease is high, these steps can help.

- **Know where ticks are likely lurking.** Ticks usually crawl up from leaves or blades of grass on the ground to the legs. So be extra careful when walking through fields or meadows and on hikes where you may brush up against bushes, leaves, or trees. Try to walk on well-cleared paths.
- **Wear protective clothing.** Long pants tucked into socks is the best way to keep ticks from crawling up under the pant leg. Lighter-colored clothing can make ticks easier to see.
- **Use repellents.** You can buy clothing that's pretreated with the insecticide permethrin (which repels ticks). Or you can spray your own clothes and shoes; just be sure to follow the directions carefully. On all exposed skin, use a product that contains DEET, picaridin, oil of lemon eucalyptus (OLE), IR3535, para-menthane-diol (PMD), or 2-undecanone. This search tool from the EPA can help you find a product best suited for your needs. Pay attention to the concentration of active ingredients: for example, at least 20% but not more than 50% with DEET; between 5% to 20% with picaridin; and 10% to 30% with oil of lemon eucalyptus. Many products come in pump spray bottles or as sticks or wipes, which may make them easier to apply where needed.
- **Get a tick check.** After spending time in tick-infested areas, ask a partner to check you for ticks in areas on your body that you can't see very well. The common bite areas are the back of the knee, the groin, under the arms, under the breasts in women, behind the ears, and at the back of the neck. The tick species that transmits Lyme disease is about the size of a sesame seed. Note that a tick has to be attached to your skin for 24 to 36 hours for it to transmit enough bacteria to give you the disease.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Source: <https://www.health.harvard.edu/blog/tick-season-is-expanding-protect-yourself-against-lyme-disease>

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:

- Dental, vision and hearing coverage.
- Prescription drug coverage with a \$0 pharmacy deductible.
- \$0 medical deductible.



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. 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:

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.



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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