



Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603
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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

2024, January Issue

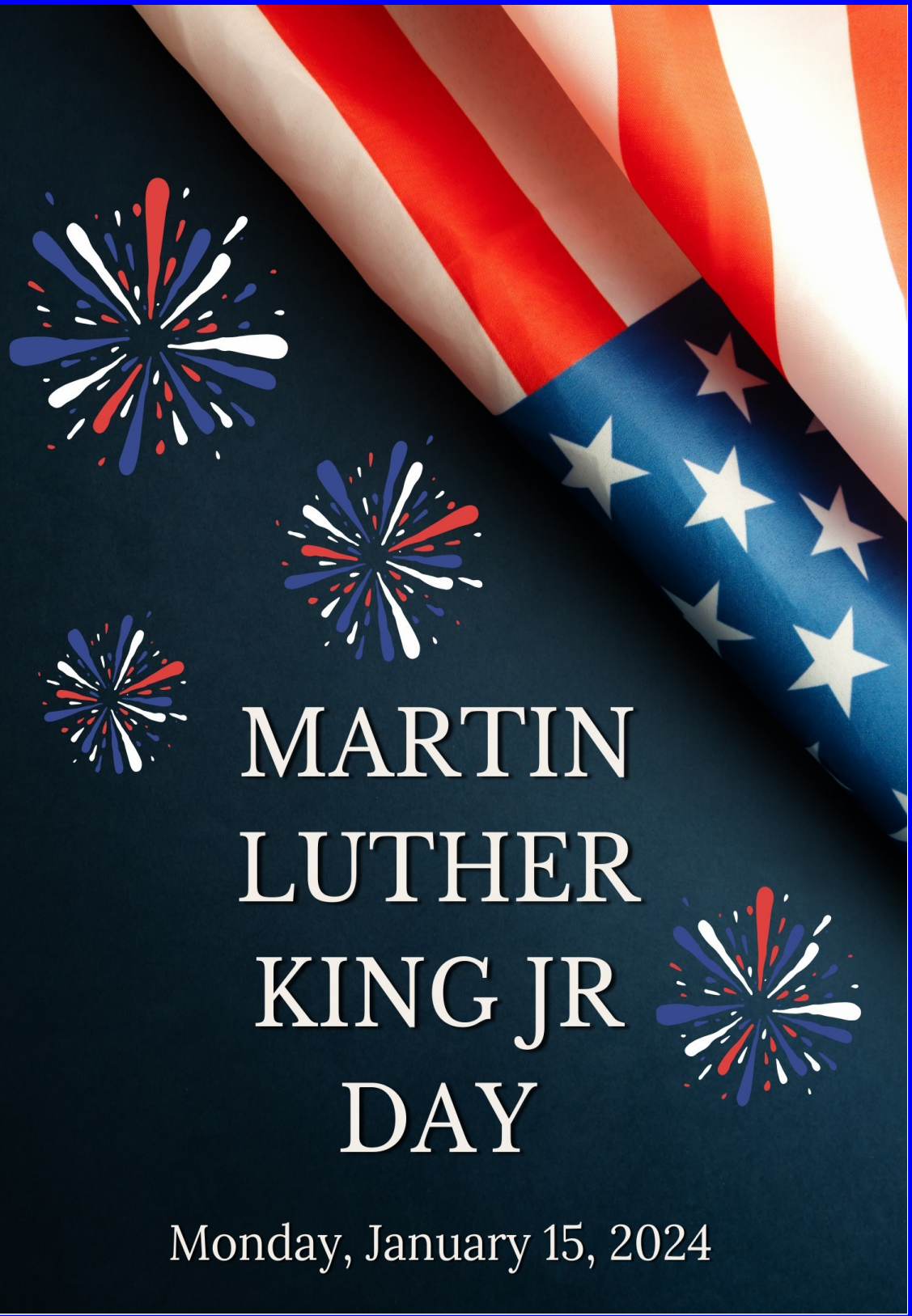
Tessa Mahoney, MSW, MBA, Executive Director
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SENIOR GAZETTE

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



MARTIN LUTHER KING JR DAY

Monday, January 15, 2024



Central Illinois Agency on Aging Needs your Input!

*Mitch Forrest MSW, LSW, CIRS-A/D
Director of Planning and Research*

Central Illinois Agency on Aging Inc. is preparing to write its Area Plan for the Illinois Department of Aging that is due every three years. The Area Plan explains how Central Illinois Agency on Aging, Inc. will use its state and federal funding under the Older Americans Act as one of 13 Area of Agencies on Aging funded through Illinois Department on Aging.

The survey provided will be instrumental in writing the Area Plan by gaining feedback on how the agency targets funding and ensures that state priorities and local participants' needs are closely aligned.

We would be grateful if you could take 15 minutes to complete the [survey](#) by going to the link on your internet browser. The QR code makes it easy to download on your smart phone.



Community Needs Assessment Survey FY25-FY27

<https://www.surveymonkey.com/r/7WY3YLM>

*Welcome
New Intern!*

*Michael Tyler, MSW, Intern
Aurora University*

My name is Michael Tyler, and I am very excited to join CIAA as their new student intern! For the next eight months I will be working closely with Mitchell Forrest, helping the organization provide information and assistance to caregivers, as well as providing support to the Grandparents Raising Grandchildren Program. I am currently completing my Masters in Social Work at Aurora University, and look forward to learning more about the strengths and challenges unique to YOU, the population we are privileged to serve.

Prior to joining the team here at CIAA, I have spent most of my professional career providing assistance to adults with disabilities and/or mental illnesses at the Community Workshop & Training Center, where I am currently on staff at one of their local residential facilities. Last year I also completed an internship at a branch of the Peoria Public Library, where I helped them create a directory of local resources and agencies that provide assistance to community members. I believe that experience will help me serve you all as well.

*If there is ever any assistance I can provide you as a caregiver,
please do not hesitate to call me at 309-674-2071, extension 2213 or email mtyler@ciaoa.net*

I look forward to speaking with you.



Stay Safe During Winter Weather



Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

Learn the signs of, and basic treatments for, frostbite and hypothermia.



Frostbite causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Ready 



Ready.gov

An official website of the U.S. Department of Homeland Security



Take charge of your health.

Medicare
.gov

Happy New Year! Searching for ways to stay on top of your health in 2024? People with Medicare Part D (drug coverage) can now get even more covered vaccines, including **vaccines for RSV, shingles, whooping cough, and more** to help keep you healthy in the new year.

Medicare also covers many preventive and screening services. These services can help keep you from getting sick, and can help find health problems early when treatment is most likely to work best. Talk to your doctor about which ones might be right for you.

[See What's Covered](#)

If you have Original Medicare (Part A and/or Part B), **log into your secure Medicare account** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's free — and easy — to sign up.**

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

Four Easy Ways To Eat Well in the New Year



Do you have resolutions for healthy eating this year? Eating well can fuel your body and help it feel its best as you move through your day. Use these four simple ideas from [Nutrition.gov](https://www.nutrition.gov) to start the year with your health in mind.

1. **Try seasonal recipes for flavorful veggies.** Add extra vegetables to your plate with healthy sides like [Collard Greens and Cabbage](#) and [Asparagus Parmesan](#). Winter is also a great time for hearty soups like [Lentil Soup](#) or [Broccoli Potato Soup](#).
2. **Create a healthy eating plan for the year.** Use the tips and resources on [Nutrition.gov](https://www.nutrition.gov)'s [Healthy Eating](#) page to build healthy eating habits for you and your family. Start with one goal at a time and track your progress to see your accomplishments.
3. **Keep your food safe.** Whether you are cooking your food or having it delivered, food safety helps you stay well. [Nutrition.gov](https://www.nutrition.gov)'s [Food Safety on the Go](#) page shares resources about food and grocery delivery, and the [Safe Food Storage](#) page has information about food prepared at home.
4. **Start healthy habits early.** Eating well is important for the whole family. Use the activities, games, and videos in our [Kids' Corner](#) to teach your children the importance of nutrition and encourage healthy choices as they grow.



Eating well can fuel your body and help it to feel its best.

Get nutrition and exercise tips all year long by following [Nutrition.gov](https://www.nutrition.gov) on [Twitter](#) or signing up for our [Food and Nutrition Updates](#) e-newsletter.



U.S. DEPARTMENT OF AGRICULTURE

Protect Yourself

Stop financial exploitation before it happens



B SAFE

Bankers and Seniors Against Financial Exploitation

To report or discuss abuse, neglect or financial exploitation of adults age 60 and older or adults with a disability age 18-59:

**Illinois Department on Aging
Adult Protective Services Hotline:
1-866-800-1409
711 (TRS)**

To report or discuss financial or consumer crimes:

**Illinois Attorney General's Office
Senior Hotline: 1-800-243-5377
www.illinoisattorneygeneral.gov**

U.S. Department of Justice National Elder Fraud Hotline

833-FRAUD-11 or 833-372-8311

To receive information on B*SAFE:

Illinois Department on Aging

ilaging.illinois.gov

Programs > Adult Protective Services > Publications

Senior HelpLine:

1-800-252-8966

711 (TRS)

Avoiding Financial Scams and Fraud

- Be suspicious if a deal seeks too good to be true. It could be a scam.
- Do not give out personal information to unknown callers. Protect your debit and credit card number and Social Security information.
- Get estimates before doing renovations. Do not pay for work in advance. Check contractors' insurance references and credentials.
- Do not sign any document that allows another person to make decision about your property, finances or medical care unless you have a complete understanding of the actions they can take using your name and information.
- Use good financial practices. Sign up for direct deposit. Do not sign blank checks.
- If an unknown person contacts you for information, confirm their identity with a trusted friend or family member.



State of Illinois
Illinois Department on Aging

Warning Signs of Fraud

Someone contacts you unexpectedly to ...

- Buy a product sight unseen
- Invest in a company you do not know
- Provide your credit card number in order to claim a prize from a contest
- Enter into a contract for services for which they demand cash payment up front.

Be aware if someone...

- Requests access to checks written to you, your personal account information or bank routing number
- Charges your excessive rent or fees for basic services
- Pressures, intimidates or threatens you to sign checks or personal documents
- Seek to make changes to your will or obtain access to your finances
- Indicates they will stop providing care or visiting unless you give them more money
- Steals money or assets from you.

Make eye health a New Year's resolution.

Get a dilated eye exam.



Make a New Year's resolution to find out if you do.

As you plan for a healthier new year, why not add this sight-saving exercise to your list of resolutions: *Get a comprehensive dilated eye exam.* It's the only way to find out for sure whether you have glaucoma, one of the leading causes of blindness in America.

An eye disease that can rob you of your vision, glaucoma often comes with no early warning. No pain. No discomfort. No blurry vision. Nearly 3 million people have glaucoma, yet half don't know they have it.

Glaucoma starts with a buildup of fluid that increases the pressure in your eye and can cause damage to the

optic nerve, the bundle of nerve fibers that transfers visual images to your brain. Glaucoma first affects your peripheral, or side, vision. As the disease advances, more noticeable vision loss will occur, and if not controlled, the disease can lead to permanent vision loss and blindness.

You can take action to protect yourself from glaucoma.

"If glaucoma is detected in its early stages, pressure can be controlled through medication or



surgery, and the progression of the disease can be delayed," says Dr. Paul Sieving, director of the National Eye Institute (NEI). "Early detection by having a comprehensive dilated eye exam every one to two years is key to protecting vision, especially if you are at higher risk."

Are you at higher risk for glaucoma? You could be if you:

- Are African American and age 40 or older
- Are over age 60, especially if you are Hispanic/Latino
- Have a family history of the disease

Everyone at higher risk should get a comprehensive dilated eye exam, which is different from the basic eye exam for glasses. A comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to widen the pupil and looks at the optic nerve for signs of the disease.

This year, make a resolution for healthier vision. Make sure your eyes are healthy and you are seeing your best in the new year. Schedule a comprehensive dilated eye exam and encourage your friends and loved ones to do the same.

To learn more about glaucoma, view this [animated video](#). For tips on finding an eye care professional and for information on financial assistance, visit www.nei.nih.gov/glaucoma or call NEI at 301-496-5248.

To learn more, visit www.nei.nih.gov/glaucoma



National Blood Donor Month

Give blood!



What is National Blood Donor Month?

January is National Blood Donor Month! Every two seconds in the United States, someone needs blood. You may have volunteered at blood drives or blood donation centers before—if so, you've been participating in one of the Red Cross's fundamental lines of service. We need the support of all our volunteers, especially youth and young adults, to help Blood Services with their own work! Find out how to get involved below.

Why help?

Blood is needed in order to ensure that blood products are available at 2,500 hospitals nationwide. Blood transfusions are used to help patients under all kinds of circumstances, including surgeries, cancer treatments, anemia, and childbirth. The American Red Cross is an intrinsic part of our nation's blood supply, providing about 40% of the nation's blood and blood components. Your time saves lives.

A blood donation takes about an hour from start to finish but the actual donation itself only takes between 8 to 10 minutes. This short commitment can save as many as three people with each blood and platelet donation. With the ongoing pandemic, blood is needed now more than ever before.

The Red Cross is currently experiencing the worst blood shortage in over a decade. As a result, some hospitals have had to defer patients from major surgery, including organ transplants. [Read more about it here.](#)

Other Resources:

- Red Cross Youth
- Red Cross Blood Landing Page
- Find a Drive to Donate At
- Tweets to Thank Activity Guide

Source: <https://www.redcross.org/red-cross-youth/resources/monthly-focuses/january.html>

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC

**THE PEORIA
PUBLIC LIBRARY
North Branch**

*1st Monday of the month
11:00am-12:45pm*

**THE CREVE COEUR
PUBLIC LIBRARY**

*2nd Thursday of the month
5:30pm-6:30pm*

A chance to meet with other caregivers in your area

CAREGIVER CHAT

- Cope with your caregiver roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always "being there"

Light snacks will be provided



Graceland
CENTER FOR PURPOSEFUL AGING

Presents a NEW Series of Programming

Aging with Vitality!

Make new friends!

Have FUN! FREE!
Games and Activities!
Walk in! No pre-registration.

Tips for Your Health

Connect to Community Resources

We want YOU to help create programs that YOU want!

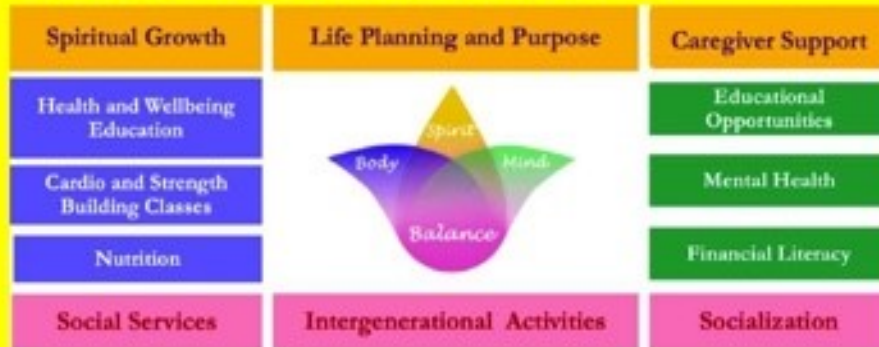
We look forward to meeting you and finding out what YOU are interested in doing for activities!



Weekly programs with refreshments, socializing, education and information about resources.

Check our website and Facebook page for schedule of events for **WEEKLY PROGRAMS** on Wednesdays from 10 a.m. to 1 p.m. at the Life Together Center
3625 N Sheridan Rd, Peoria 61604
Corner of War Memorial and Sheridan

Peoria's Visionary Center for Older Adults



Please browse our website at: www.Gracelandcenter.com
Or email us at: gracelandcenterpurposefulaging@gmail.com
We welcome your questions, insight, and enthusiasm to develop these programs!

These services and activities are funded in whole or in part by funds received from the Central Illinois Agency on Aging

Graceland Center Programs*
Winter Schedule January through March 2024
Every Wednesday 10 a.m. - 1 p.m.

*Please note changes may occur due to speaker availability. Information shared by speakers is the sole responsibility of the speaker and is not necessarily endorsed by Graceland. All efforts are made to present quality programming based on research and scientifically reliable content.

Date	Topic	Speakers and Sponsors
1/10	Emotional Wellbeing	Jenni Brooks, MS, LCPC Carle Health
1/17	Joint Protection for Arthritis	Laurie Robley, Physical Therapy Assistant Program Coordinator
1/24	Overview of Heartland Health Service Diabetic Education	Nicole Stephens, Outreach Worker Heartland Health
1/31	Chair Yoga	Tamara Masters, Instructor
	BINGO	Sponsored by St Francis Woods, Pam Pichon
2/7	Advanced Care Planning: What documents do you need for your care?	Christa Fuller, RN Graceland Program Coordinator
2/14	Art Therapy: Exploring creativity	Cindy Wamack Humana
2/21	Fall Prevention: Learn conditions impacting balance, and what are normative for seniors	Laurie Robley, Physical Therapy Assistant Graceland Program Coordinator
2/28	Chair Yoga	Tamera Masters (yoga)
	BINGO	Sponsor: Health Alliance, with Sherry Gordon Harris
3/6	Herb Gardening: "Always continue to Grow!" Start your own herb or vegetable pot to take home!	Laura Hertz, Master Gardner Graceland Volunteer
3/13	CPR: Hands on CPR	Christa Fuller, RN Graceland Program Coordinator
3/20	Hospice/Palliative Care	Megan McLain Traditions Health
3/27	Chair Yoga	Tamara Masters (yoga)
	BINGO	Sponsored by Living by Your Own Design with Tamia Banks and Beth Ingle

Next schedule will be available in April 2024



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 ciaa@ciaoa.net

Space is limited.



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, Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).



There is hope.



If you or
someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**

988 SUICIDE & CRISIS
LIFELINE





Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd., Peoria IL 61603 309-674-2071 FAX 309-674-3639
An independent, not-for-profit organization serving older adults and informal caregivers in Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties
<http://www.ciaoa.net>

Our Office will be closed on These Holidays 2024

New Year's Day	Monday, 01/01/2024
Martin Luther King Day	Monday, 01/15/2024
Presidents' Day	Monday, 02/19/2024
Memorial Day	Monday, 05/27/2024
Juneteenth	Wednesday, 06/19/2024
Independence Day	Thursday, 07/04/2024
Labor Day	Monday, 09/02/2024
Indigenous People/Columbus Day	Monday, 10/14/2024
General Election Day	Tuesday, 11/05/2024
Veterans Day	Monday, 11/11/2024
Thanksgiving Day	Thursday, 11/28/2024
Day after Thanksgiving	Friday, 11/29/2024
Christmas Eve	Tuesday, 12/24/2024
Christmas Day	Wednesday, 12/25/2024
New Year Eve	Tuesday, 12/31/2024

These holidays are subjected to change.



1 Snow or ice totals can vary greatly over short distances
A heavy snow band may form, dropping more snow in one location while significantly less snow falls just a few miles away.

2 Winter forecasts can change frequently
Forecasts may change as new model data becomes available. Always check weather.gov for the latest information.

3 Focus more on the winter storm's impacts
Don't focus too much on exact numbers, and consider the full range of possibilities.

4 Know your winter weather terminology
If a Watch is issued, get prepared for hazardous weather. If a Warning or Advisory is issued, take action – hazardous weather is occurring or will occur soon.

5 Rely on a dependable source for weather info
Choose your information sources wisely, and follow a name or organization you know and trust.

For more information on winter weather safety, visit: weather.gov/winter

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

Central Illinois Agency on Aging is now on [Facebook](https://www.facebook.com/ciaoa) 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 16—R)

100 NE Monroe Street, Room 100
Peoria, IL 61602
(309) 671-7027, Fax (309) 671-7309

Congressman Eric Sorensen (District 17—D)

Conductor's Quarters Building
403 1/2 NE Jefferson Street
Peoria, IL 61603
(309) 621-7070

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
repyanspain@gmail.com

Rep. Sharon Chung (91st District—D)

216 N. Center St
Bloomington, IL 61701
(309) 808-2351
info@repchung.com

Senator Dave Koehler (46th District—D)

1203 East Kingman Avenue
Peoria Heights, IL 61616
(309) 677-0120, Fax (309) 346-4650
senatordavekoehler@gmail.com

Rep. William Hauter (87th District—R)

133 S. Main Street Ste. A
Morton, IL 61550
(309) 819-8701
hauter@ilhousegop.org

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

FY 2024

CIAA

Board of Directors

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Robert Mueller, Vice-Chair
Roger Wiseman, Treasurer
JoAnn Olson, Secretary

Barry Beck
Philip Grgurich
Frances Hackwith
Terry Hillegonds
Margaret Jacques
Carolyn Little
Kathleen Sipes



FY 2024

CIAA

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Robert Herath
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Frank Sciortino
Jan Wherley

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 Tessa Mahoney, Executive Director, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).