



# 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

2024, February Issue

Tessa Mahoney, MSW, MBA, Executive Director  
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# SENIOR GAZETTE

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To Receive Senior Gazette,  
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# HAPPY PRESIDENTS DAY FEB 19

HONORING THE GREAT LEADERS OF  
THE UNITED STATES OF AMERICA



# 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>



To receive  
CIAA Information  
[Click Here](#)

The Central Illinois Agency on Aging (CIAA) offers an email subscription to our monthly Senior Gazette, request information and agency alerts, which allows you to receive the information by email when the new information is available.

To ensure delivery of our agency monthly senior gazette and information to your inbox, please add [hdinh@ciao.net](mailto:hdinh@ciao.net) to your email address book, adjust your spam settings, or follow the instructions from your email provider on how to prevent our agency information from being marked as "Spam" or "Junk Mail." *If you already subscribed, share this information with your friends, colleagues, anyone from your email list and make sure they receive the information as you do .*

# **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>

## **Notice of Change in Operating Hours**

*Effective  
Friday, March 1st, 2024*



**Monday - Friday  
8:00 am - 4:00 pm**



# CARDIAC ARREST VS. HEART ATTACK

People often use these term interchangeably, but they are not the same.

## WHAT IS CARDIAC ARREST?

**CARDIAC ARREST** occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

## WHAT HAPPENS

Second later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

## WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minutes, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

**CARDIAC ARREST** is a **LEADING CAUSE OF DEATH.**

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

For more information on American Heart Association CPR training classes in your area go to [heart.org/cpr](https://heart.org/cpr).

## WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

## WHAT HAPPENS

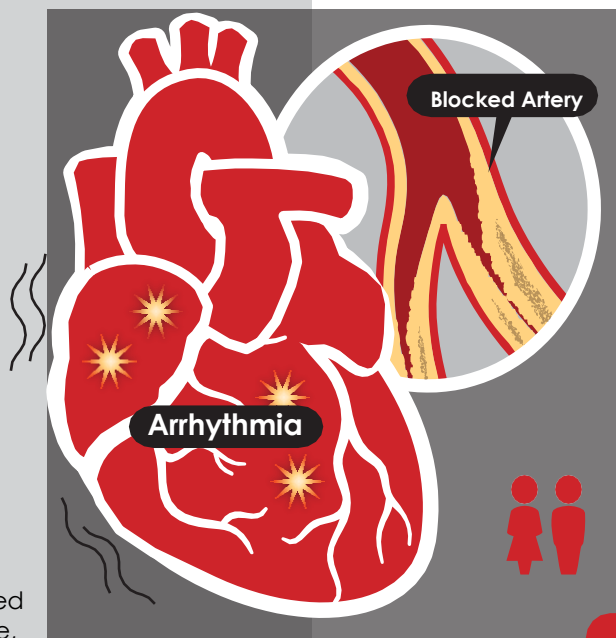
Symptoms of a heart attack may be immediate any may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

**The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).**

## WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minutes matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



## WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



**Fast action can save lives.**



American Heart Association.

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# Age-Related Macular Degeneration (AMD)

## *What is AMD?*

Age-related macular degeneration (AMD) is an eye disease that can blur your central vision. It happens when aging causes damage to the macula — the part of the eye that controls sharp, straight-ahead vision. The macula is part of the retina (the light-sensitive tissue at the back of the eye).

AMD is a common condition — it's a leading cause of vision loss for older adults. AMD doesn't cause complete blindness, but losing your central vision can make it harder to see faces, read, drive, or do close-up work like cooking or fixing things around the house.

AMD happens very slowly in some people and faster in others. If you have early AMD, you may not notice vision loss for a long time. That's why it's important to get regular eye exams to find out if you have AMD.

## *What are the types and stages of AMD?*

*There are 2 types of AMD: dry and wet.*

Most people with AMD have **dry AMD** (also called atrophic AMD). This is when the macula gets thinner with age. Dry AMD happens in **3 stages**: early, intermediate, and late. It usually progresses slowly over several years. There's no treatment for late dry AMD, but you can find ways to make the most of your remaining vision. And if you have late dry AMD in only 1 eye, you can take steps to protect your other eye.

**Wet AMD** (also called advanced neovascular AMD), is a less common type of late AMD that usually causes faster vision loss. Any stage of dry AMD can turn into wet AMD — but wet AMD is always late stage. It happens when abnormal blood vessels grow in the back of the eye and damage the macula. The good news is that treatment options are available for wet AMD.

## *Am I at risk for AMD?*

Your risk for AMD increases as you get older. People age 55 and older are more likely to have AMD. The risk for AMD is also higher for people who:

- Have a family history of AMD
- Are Caucasian
- Smoke

If you're at risk for AMD because of your age, family history, or other factors, it's important to get regular eye exams. Ask your doctor how often you need to get eye exams. Early AMD doesn't have any symptoms, so don't wait for your vision to change!

## *How can I lower my risk for AMD?*

Research shows that you may be able to lower your risk of AMD (or slow vision loss from AMD) by making these healthy choices:

- Quit smoking — or don't start
- Get regular physical activity
- Maintain healthy blood pressure and cholesterol levels
- Eat healthy foods, including leafy green vegetables and fish



### *Did You Know?*

- ✓ AMD is very common—11 million people in the United States have it.
- ✓ Late AMD can happen in 1 or both eyes
- ✓ Having late AMD in 1 eye puts you at higher risk of developing late AMD in your other eye



**National Eye Institute**  
Research Today...Vision Tomorrow



# Health Risks of Social Isolation and Loneliness

Social isolation and loneliness have become widespread problems in the United States, posing a serious threat to our mental and physical health.

**Social isolation and loneliness have been linked to increased risk for:**

- Heart disease and stroke.
- Type 2 diabetes.
- Depression and anxiety.
- Addiction.
- Suicidality and self-harm.
- Dementia.
- Earlier death.



**Social isolation** is the lack of relationship with others and little to no social support or contact. It is associated with risk even if people don't feel lonely.

**Loneliness** is feeling alone or disconnected from others. It is feeling like you do not have meaningful or closed relationships or a sense of belonging. It reflects the difference between a person's actual and desired level of connection. This means that even a person with a lot of friends can feel lonely.

Loneliness and isolation may be shaped by many factors, including culture, demographics, and the places where people live, work, learn, and play.

## Feeling Lonely

More than 1 in 3 adults aged 45 and older feel lonely in the United States.



Research suggests that loneliness impacts some groups more than others, including:

- Low-income adults.
- Young adults.
- Adults living alone.
- People with chronic diseases and disabilities.
- Immigrants.
- Individuals who identify as lesbian, gay, bisexual, transgender, and questioning (or queer).

## Factors That Might Increase a Person's Risk of Social Isolation and Loneliness

- Having a lower income (less than \$50,000/year).
- Having a psychiatric or depressive disorder.
- Being marginalized or discriminated against.
- Challenges to accessing resources, such as living in a rural area, limited transportation, language barriers.
- Stress due to a lack of resources.
- Having a chronic disease or condition.
- Having a long-term disability.
- Being unmarried, unpartnered, or living alone.
- Being a victim of violence or abuse.
- Major life transitions like getting divorced, losing a job, or loss of a loved one.

## The Costs of Social Isolation and Loneliness

Loneliness costs the US economy an estimated **\$406 billion a year**, in addition to the estimated **\$6.7 billion a year** in Medicare costs for socially isolated older adults.

Source: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/loneliness.htm>

## Increased Health Risks

**Social isolation increases your risk of:**



Dementia by **50%**



Heart disease by **29%**



Stroke by **32%**

## Older and Isolated

Nearly 1 in 4 adults aged 65 and older are socially isolated.



# WAYS TO PREVENT CANCER



## DON'T USE TOBACCO

Tobacco use (including cigarettes, cigars, hookah chewing tobacco and more) has been linked to many types of cancer, including lung, colorectal, breast, throat, cervical, bladder, mouth and esophageal cancers. It's best never to start using tobacco, but if you do use tobacco products, it's never too late to quit.



Nonsmokers who are exposed to secondhand smoke are also at risk for cancer of the lungs and other sites, as well as other diseases. E-cigarettes also have serious health risks with increasing use seen among young people, which may lead to addiction or may also serve as a gateway to other tobacco products.

## PROTECT YOUR SKIN FROM THE SUN

Skin cancer is the most common—and the most preventable—cancer diagnosis in the U.S. Exposure to the sun's ultraviolet radiation causes most skin cancers. Be sure to use adequate sun protection year-round. Never use indoor tanning beds.



## EAT A PLANT-BASED DIET

Eat lots of fruits, vegetables, beans and whole grains, limit red meat and foods high in salt and cut out processed meats. Avoid drinks with added sugar. A large 2021 study found that three servings of vegetables (not starchy ones, like potatoes) and two of fruit (not juice) every day resulted in a 10% lower risk of death from cancer.



## LIMIT ALCOHOL

Drinking alcohol is linked to several cancers, including breast, colorectal, esophageal, oral and liver cancers. If you drink, limit your drinking to no more than one drink a day if you are a woman, and no more than one or two a day if you are a man. The more you drink, the greater your risk of cancer. Even small amounts of alcohol might increase your risk.



## MAINTAIN A HEALTHY WEIGHT AND BE PHYSICALLY ACTIVE

Obesity is linked to many cancers, including those of the endometrium, liver, kidney, pancreas, colon, breast (especially in post-menopausal women) and more.



Physical activity is linked to a lower risk of colorectal, breast and endometrial cancers, and there is some evidence that also links to reducing the risk of other cancers. Add exercise to your routine to reduce stress, increase energy, boost your immune system, control your weight and reduce your risk of cancer.

## GET VACCINATED AGAINST HPV AND HEPATITIS B

Getting vaccinated can protect you from certain viruses that are linked to certain cancers. One of these viruses is HPV. All children should get vaccinated against HPV between ages 9-12 and older teens and young adults (ages 13 to 26) who have not been vaccinated can get a "catch-up" vaccination series.



## KNOW YOUR FAMILY MEDICAL HISTORY AND GET RECOMMENDED CANCER SCREENINGS

Share your family history with your health care provider and discuss cancer screenings. Some tests can help detect cancer early, when treatment is more likely to be successful, and some can also detect precancerous conditions before they become cancer. While screening has been proven to save lives, screening guidelines may not be "one size fits all."



# Need a doctor or clinician?



Are you looking for a doctor — or specialist — and not sure where to start? [Medicare.gov](https://www.Medicare.gov) makes it quick and easy to find and compare doctors and other providers in your area.

## [Find & Compare Doctors](#)

### Here's how:

1. **Visit [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare).** Select "Doctors & clinicians," and enter your location. You can also search by specialty, like general practice or internal medicine.
2. **Review details about the doctors you're interested in,** like their contact information, practice locations, hospital affiliation, or if they offer telehealth services.
3. **You can also select the "Compare" button** for a side-by-side comparison of up to 3 different doctors.

Once you're ready to schedule a visit with a new doctor, be sure to call ahead to verify general information, like office location, if they're accepting new patients with Medicare, and if you need a referral.



# Disordered Eating vs. Eating Disorders



Disordered eating and eating disorders are related as they both pertain to problematic eating patterns. While they share similarities, there are significant differences between these disorders.

**Disordered eating** refers to a spectrum of problematic eating behaviors and distorted attitudes towards food, weight, shape, and appearance. Often these behaviors include dieting, skipping meals, fasting, restricting food intake, eliminating specific foods or food groups, binge eating, excessive use of diuretics, laxatives, and weight loss medications, as well as the use of compensatory behaviors (purging, excessive exercising). Disordered eating patterns can vary in severity but do not meet the frequency, duration and/or psychological criteria for a diagnosable eating disorder.

**Eating disorders** are complex mental illnesses that are characterized by persistent disturbances in eating behaviors and impairment in psychological functioning. Specific diagnostic criteria for each of the major eating disorders is outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5 TR) including, anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), avoidant restrictive food intake disorder (ARFID), and other specified feeding and eating disorders (OSFED).

Key differences between disordered eating and eating disorders:

- **Diagnosis:** Eating disorders meet the diagnostic criteria listed in the DSM-5 TR. The eating patterns and psychological distress in individuals with disordered eating may be remarkably similar, but they do not meet the frequency, duration and/or level of psychological impairment thresholds necessary for a diagnosable eating disorder.
- **Severity and Persistence:** Individuals with disordered eating often experience body image disturbance, engage in dieting and compensatory behaviors and experience psychological distress, however, the frequency, severity and duration of symptoms does not meet the DSM-5 TR diagnostic criteria.
- **Psychological distress and functional impairment:** Both disordered eating and eating disorders cause distress and impairment in day-to-day functioning. However, individuals with eating disorders often experience medical/physical complications, occupational issues, interpersonal relationship problems, as well as bouts of depression and/or anxiety.

## What Causes Disordered Eating

Disordered eating has various causes and is influenced by biological/genetic, psychological, sociocultural, and environmental factors.

- **Biological Factors:** They are not “disorders of choice” and are genetically predisposed and heritable conditions.
- **Psychological Factors:** Research has identified several personality traits that are associated with disordered eating and eating disorders. They include low self-esteem, negative body image, perfectionism, problems with set-shifting and difficulty managing negative emotions
- **Sociocultural Issues:** Our culture is laden with messages about “healthy eating”, exercise, dieting, weight loss medications, cleanses, and fasting: most are designed to persuade people to change their body (conform to a certain body ideal) and purchase products.
- **Environmental Factors:** Traumatic events such as bullying, discrimination, natural disasters (floods, tornadoes, hurricanes), car accidents, divorce, loss of loved ones, serious illnesses, and surgeries, physical, sexual, or emotional abuse, neglect, and witnessing violence can contribute to disordered eating and eating disorders.

## Treatment Considerations

Not all disordered eating develops into a diagnosable eating disorder. However, disordered eating is a risk factor in the development of an eating disorder. Early intervention is important as it has been shown to improve treatment outcomes.

*You can learn more about warning signs of an eating disorder [here](#).*

*Learn more about treatment [here](#).*

*Learn more about finding treatment providers in your area [here](#).*

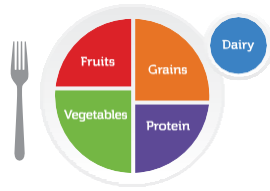


National Eating Disorders Association

Source: <https://www.nationaleatingdisorders.org/what-is-the-difference-between-disordered-eating-and-eating-disorders/>



## Start simple with MyPlate



# Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

### Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.

### Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.

### Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.

### Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.

### Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.

### Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



# February is Canned Food Safety Month



## There are limits to how long food quality can be preserved

*Why? Several factors limit the shelf-life of canned foods.*

- Cans or metal lids on glass jars can rust. When rust is deep enough, tiny holes open in the can or lid that may let spoilage agents in. Shipping accidents that dent or crush cans cause problems.
- Can corrosion. Food reacts chemically with the metal container, especially high-acid food like canned tomatoes and fruit juices. Over several years, this causes taste and texture changes. It eventually lowers the nutritional value of the food.
- Temperatures over 100 degrees F are harmful to canned foods. The risk of spoilage jumps sharply as storage temperatures rise. At prolonged storage temperatures above 75 F, nutrient loss in canned foods increases. Light can cause color changes and nutrient losses in foods canned in glass jars.

## To store canned food wisely, follow these guidelines

- Store in a cool, clean, dry place where temperatures are below 85 F (between 50-70 F is good) but not freezing temperatures.
- Rotate foods so the oldest is used first. Try not to keep canned foods more than 1 year.
- Use canned meats and seafood within 3 years of the date on the package.
- Use low-acid canned foods like vegetables and soup within 3 years of the date on the package.
- Use high-acid foods like fruit, pickles and tomatoes within 2 years of the date on the package.
- Canned fruit juices can be stored up to 1 year.
- Foods stored longer will be safe to eat if the cans do not show signs of spoilage or damage, but the foods may deteriorate in color, flavor and nutritional value.

Accidental freezing of canned foods will not cause spoilage unless jars become unsealed and recontaminated. However, freezing and thawing may soften food. If jars must be stored where they may freeze, wrap them in newspapers, place them in heavy cartons, and cover with more newspapers and blankets.

Source: <https://extension.umn.edu/preserving-and-preparing/storing-canned-food>



Credit: <https://clipart-library.com/clipart/n893249.htm>



# Healthy Habits For Healthy Smiles!



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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.

## HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY  
WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR  
TEETH DAILY.



EAT HEALTHY FOODS AND  
LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST  
TWICE A YEAR.

**ADA** American  
Dental  
Association®



# BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

*A chance to meet with other caregivers in your area*

## CAREGIVER CHAT

When: 1st Monday of the month 11:00a-12:45p

Where: Peoria Public Library- North Branch

3001 West Grand Parkway, Peoria, IL 61615

Facilitator: Nargis Khan, M.D., LCPC

- Cope with your caregiving 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*

# Tips to Help Taxpayers Spot and Avoid Tax Scams

Tax season is also busy season for savvy criminals. Scammers impersonating the IRS either over-the-phone, by email or in-person can steal money from people. All taxpayers should stay vigilant against these schemes.

Here are some tips to help people recognize and avoid [tax-related scams](#).

## *Email phishing scams*

The IRS does not initiate contact with taxpayers by email to request personal or financial information. Generally, the IRS first mails a paper bill to a person who owes taxes. In some special situations, the IRS will call or [come to a home or business](#).

Taxpayers should report IRS, Treasury or tax-related suspicious online or email phishing scams to [phishing@irs.gov](mailto:phishing@irs.gov). They should not open any attachments, click on any links, reply to the sender, or take any other actions that could put them at risk.

## *Phone scams*

The IRS generally first mails a bill to a taxpayer who owes taxes. There are specific [ways to pay taxes](#). The agency and its [authorized private collection agencies](#) will not:

- Leave pre-recorded, urgent, or threatening messages on an answering system.
- Threaten to immediately bring in local police or other law enforcement groups to arrest the taxpayer for not paying, deport them or revoke their licenses.
- Call to demand immediate payment with a prepaid debit card, gift card or wire transfer.
- Ask for checks to third parties.
- Demand payment without giving the taxpayer an opportunity to question or appeal the amount owed.

Criminals can fake or spoof caller ID numbers to appear to be anywhere in the country. Scammers can even spoof an IRS office phone number or the numbers of various local, state, federal or tribal government agencies.

*If a taxpayer receives an IRS or Treasury-related phone call, but doesn't owe taxes and has no reason to think they do, they should:*

- Not give out any information. Hang up immediately.
- Contact the [Treasury Inspector General for Tax Administration](#) to report the IRS impersonation scam call.
- Report the caller ID and callback number to the IRS by sending it to [phishing@irs.gov](mailto:phishing@irs.gov). The subject line should include "IRS Phone Scam."
- Report the call to the [Federal Trade Commission](#).

*If a taxpayer wants to verify what taxes they owe the IRS, they should:*

- [View tax account information online](#) at [IRS.gov](https://www.irs.gov).
- Review their [payment options](#).



## **More information:**

[Avoiding Social Engineering and Phishing Attacks](#) - Department of Homeland Security  
[Security Awareness for Taxpayers](#) (PDF)



# Tax Time

## Peoria Public Library (Main)

107 NE Monroe St.

Peoria, IL 61602

Hours: **Only** Tuesdays

10:00 AM—3:00 PM

Opens: 2/13/2024

For appointment call (309)497-2137; or  
come in person when tax site is open.



## Peoria North Library

3001 W. Grand Pkwy.

Peoria, IL 61615

Hours:

Wednesdays: 11 AM—7 PM

Thursdays and Fridays

10:00 AM—3:00 PM

Date Open: 2/8/2024

For appointment call (309)497-2100, or  
come in person when tax site is open.

## Pekin Public Library

301 S. 4th St.

Pekin, IL 61554

Hours: Tuesdays and Thursdays

9:00 AM – 1:00 PM

Date Open: 2/1/2024

For appointment call (309) 347-7111 Extension 0

## Saint Anthony Hall

2525 S. Skyway Rd.

Bartonville, IL 61607

Hours: Wednesdays, Thursdays and  
Fridays

1:00 PM—5:00 PM

Date Open: 2/1/2024

Service for this site is *Drop Off*.  
Call 309-340-9282 for details.

## Chillicothe Library

430 N. Bradley Ave.

Chillicothe, IL 61523

Hours: Tuesdays and Thursdays

9:00AM—3:00PM

Date Open: 2/6/2024

Appointments **ONLY**.

Pickup a tax packet at the library.

Call (309)271-2719 and leave a message  
for appointments.

## Fondulac District Library

400 Richland St

East Peoria, IL 61611

(309) 699-3917

Hours: **Only** Fridays

9:00 AM—1:00 PM

By appointment **ONLY**.

Contact Library to make appointment.

## TAX DEADLINE

Monday

April 15

2024

[Locate Tax-Aide sites near you](#)

As 02/14/2024



Doing your  
taxes with  
**IRS Free File**  
is easy, safe,  
free and has  
zero calories.

[irs.gov/freefile](https://irs.gov/freefile)





# 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@ciao.net](mailto:ciaa@ciao.net)*

***Space is limited.***





## SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

- \* 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!**

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.

# Healthy Living

For more information contact:

**Central Illinois  
Agency on Aging, Inc.**  
**309-674-2071 or**  
**email [ciaa@ciaoa.net](mailto:ciaa@ciaoa.net)**



*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**





# 5 Tips for Taking Care of Your Lips



1. **Exfoliate.** Remove dry, dead skin flakes by gently brushing your lips with a wet, soft toothbrush or washcloth.

2. **Hydrate.** Unlike the rest of your skin, lips tend to dry out and become chapped easily since they do not con-

tain oil glands. Drink lots of water to keep lips from drying out, and avoid licking your lips (it took me years to break the habit!) which also saps moisture.

3. **Protect and moisturize.** Lips receive a lot of sun exposure – particularly the bottom lip. That means they are a common spot for skin cancers. So it's SUPER IMPORTANT that your daytime lip product includes an SPF 15 or higher sunscreen. And yes, you still need to protect your lips, and the rest of your skin, even if you are wearing a mask! At night, switch to a moisturizing product to help combat nighttime dryness.

4. **Reapply often.** Remember to reapply sun protective lip product every two hours, especially after eating or drinking. It helpful to keep SPF lip balm in several places: have one at my desk, in purse, at nightstand and in bathroom. The bonus of this system: you now have an excuse to experiment with different brands and products. Remember to reapply sun-protective lip products **at least every two hours**.

5. **Speaking of products: make sure you're using the right ones.** Look for lip products that have been awarded [The Skin Cancer Foundation's Seal of Recommendation](#). The Seal is only awarded to sun-protective products that meet the standards of our Photobiology Committee (a group of top experts in how the sun interacts with skin), so you can be sure that if a product has our Seal, your lips will be soft *and* sun-safe.



Source: <https://www.skincancer.org/blog/5-tips-for-your-lips/>

## 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](http://www.hulthealthy.org)

### The Peoria Playhouse Children's Museum

2218 N. Prospect Road  
Peoria, IL 61603  
323-6900

[www.peoriaplayhouse.org](http://www.peoriaplayhouse.org)

### Peoria Riverfront Museum

222 S.W. Washington St.  
Peoria, IL 61602  
686-7000

[www.peoriariverfrontmuseum.org](http://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](http://www.peoriaparks.org)

### RiverPlex Wellness & Recreation Center

600 NE Water Street  
Peoria, IL 61603  
282-1700

[www.riverplex.org](http://www.riverplex.org)

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](mailto: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 8<sup>th</sup> 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 (37<sup>th</sup> District—R)**

5415 University St., Suite 105  
Peoria, IL 61614  
(309) 693-4921  
[senatorstoller@gmail.com](mailto:senatorstoller@gmail.com)

### **Rep. Ryan Spain (73<sup>rd</sup> District—R)**

5407 N. University, Arbor Hall, Suite B  
Peoria, IL 61614  
(309) 690-7373, Fax (309) 690-7375  
[repyanspain@gmail.com](mailto:repyanspain@gmail.com)

### **Rep. Sharon Chung (91<sup>st</sup> District—D)**

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

### **Senator Dave Koehler (46<sup>th</sup> District—D)**

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

### **Rep. William Hauter (87<sup>th</sup> District—R)**

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

### **Rep. Jehan Gordon-Booth (92<sup>nd</sup> District—D)**

300 E. War Memorial Drive, Suite 303  
Peoria, IL 61614  
(309) 681-1992, Fax (309) 681-8572  
[repjgordon@gmail.com](mailto:repjgordon@gmail.com)

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