



**JB Pritzker, Governor**  
**Paula A. Basta, M.Div., Director**

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*Respect for Yesterday  
Support for Today  
Plan for Tomorrow*

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Dear Aging Network:

We recently got a glimpse of spring in Chicago, and I couldn't be more excited for warmer weather and what's to come this season. Freshly energized from networking and attending workshops at On Aging 2023 in Atlanta, I'm ready to tap into spring's potential for new growth.

[Older Americans Month](#) is just around the corner, and we'll be marking the occasion with some outreach materials, including a press release, proclamation, and video from Governor Pritzker. Older Americans Month is a time to honor and celebrate older adults, but it's also an opportunity to raise awareness of the harmful effects of ageism and to promote inclusivity for the benefit of all members of our communities. I encourage you to share resources and connect with your community members this May through [activities or events](#) that highlight older adults' diverse experiences and contributions.

When posting photos of your activities to social media, be sure to use the hashtag #OlderAmericansMonth so we can easily see—and share—what you're posting.

I'm a sharer, and I've loved seeing and reposting your photos of volunteers during National Volunteer Month this April. Please extend my sincere gratitude to all of your volunteers for their contributions to our Aging Network. We couldn't function without them!

Looking ahead, May is also Mental Health Awareness Month and a reminder of the importance of destigmatizing mental health issues and promoting access to mental health care and services.

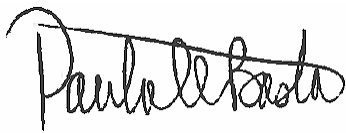
IDoA is working with the Illinois Department of Human Services (DHS), Division of Mental Health, in partnership with the University of Illinois at Chicago's 988 Behavioral Health Crisis Hub, to spread the word about the 988 Suicide and Crisis Lifeline across our communities in Illinois. We recognize the need for everyone across our state to speak with one voice to ensure there is a clear understanding about what 988 is and how it works.

To that end, we're pleased to share that DHS has rolled out a new [resource page](#) about the 988 Suicide & Crisis Lifeline in Illinois. Get the facts and learn what to expect if you call at <https://988hotline.illinois.gov>. They have also created printed materials, including a [poster](#) and [wallet cards](#), available in English and [Spanish](#). You can print these materials directly from the links, or to request a shipment of printed materials in bulk quantities, please complete [this form](#).

Throughout the month of May, IDoA will be sharing additional resources on older adult mental health on our website and social media channels. We encourage you to share these resources with your own networks.

As always, thank you for everything you do to help ensure the safety and well-being of Illinois' older adults. I am grateful for your continued partnership and am incredibly proud of the meaningful work our network does every day.

Please continue to stay safe and well.



Paula Basta, M.Div.  
Director, Illinois Department on Aging

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Illinois Department on Aging | One Natural Resources Way,, Suite 100, Springfield, IL 62702-1271

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