

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

Jan. - Feb. 2022 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Director Paula Basta



Be Socially
Engaged While
Practicing
Social
Distancing

With the holidays behind us, the winter blues are hitting hard for many right now. The decorations are put away, the sun sets before dinner time, and we're finding ourselves, once again, spending more time at home due to the highly transmissible Omicron variant.

Find a Vaccine
Location Near
You

To combat feelings of stress and social isolation as we enter calendar year three of the COVID-19 pandemic, I encourage you to take some time for yourself to try a [simple cardio workout](#), unwind with a [new show](#), or set an [intention](#) for 2022, whatever you need to feel your best self.

IDoA COVID-19
Vaccine
Resources

I also can't stress enough the importance of continuing to follow guidance from public health officials, including wearing the [most protective mask](#) you can find and getting vaccinated and boosted. If you live in suburban Cook County, you can visit a newly reopened [mass vaccination site](#), or visit [vaccines.gov](#) to find a vaccine provider and schedule an appointment anywhere in Illinois.

Looking For
Services?

In other news this week, the federal government's website to order free at-home COVID-19 tests is now live! Order up to four testing kits for your household at [covidtests.gov](#).

Upcoming
Webinar

You only need to provide your name and a residential mailing address – a credit card number is NOT required. An email address is optional if you wish to receive shipping notifications. The tests will be shipped directly to your home closer to the end of January.

The Biden administration is also planning to distribute hundreds of millions of N95 masks through pharmacies and community health centers, with more details to come soon.

Events

#VaxUpIL - All in Illinois Campaign

As always, the Department on Aging is here to assist you however we can during this challenging time. For information about our programs and services for older adults and persons with disabilities, contact the Senior HelpLine toll-free at 1-800-252-8966, 1-888-206-1327 (TTY), or via email at aging.ilsenior@illinois.gov. In most instances, you will be referred to a local office in your area.

I hope you and your loved ones are continuing to stay safe and well.

Join the Resident and Family Support Council

The Long-Term Care Ombudsman Program's [Resident and Family Support Council](#) aims to educate and connect residents of long-term care facilities and family members facing issues related to long-term care in Illinois. The council meets virtually on the second and fourth Tuesday of the month at 3 p.m.

NEXT MEETING: Tuesday, January 25 at 3 p.m.

Topic: Visitation in Long-Term Care - State Guidance Update & Discussion

The Illinois Department of Public Health (IDPH) released new guidance regarding COVID restrictions and visitation. We will be discussing how this impacts the resident, families and staff. IDPH Infection Prevention team will be on the call to help answer our questions.

Registration is **NOT** required. Simply click the [Zoom link](#) to join.

To receive invitations for future meetings, please email Lee.Moriarty@illinois.gov.

Past topics have included *Understanding Your Rights: The Right to Privacy and Confidentiality*, *The Gift of Resources to Empower, Home for the Holidays*, and many more. To view these presentations, visit the LTCOP's [YouTube page](#).

Nominations Now Open for Senior Illinoisan Hall of Fame

Is there an older adult in your life who has a history of helping and inspiring others? Nominate them for induction into the Senior Illinoisan Hall of Fame!

The Senior Illinoisan Hall of Fame was established by the General Assembly in 1994 to honor older adults' accomplishments and contributions to their communities. Each year, four Illinoisans age 65 or older are inducted into the Hall of Fame for their work in community service, education, arts or the labor force.

Nominees must be:

- At least 65 years old.
- A current Illinois resident or a former resident who lived in Illinois for the majority of their life.

Posthumous nominees will also be considered.



Illinois Department on Aging staff will thoroughly review all applications and ultimately submit no more than 44 finalists per category to the judges. The judges will select one winner in each category for induction into the 2022 Hall of Fame.

Nominations must be submitted by June 1, 2022 to be considered. The online submission form is accessible [here](#), or you can submit a completed [nomination form](#) via email to Purnell.Bordersiii@Illinois.gov or by mail to:

Illinois Department on Aging
Division of Community Relations and Outreach
One Natural Resources Way, #100
Springfield, Illinois 62702-1271

Looking for inspiration to help with your nomination? Past inductees dating back to 1994 are profiled on IDoA's [website](#), and be sure to check out this [Pioneer Press article](#) about a 2021 inductee, Harriet Hawkins!

Meet the 2021 Governor's Engaging Aging Award Winners

The Governor's Engaging Aging Award recognizes community organizations that have gone above and beyond to make a positive impact in the lives of older adults over the past year. Nominated by Illinois' 13 Area Agencies on Aging, the 2021 recipients are:

- [Senior Services of Will County](#) for their actions to recognize and support unpaid family caregivers;
- The [Southwestern Illinois Visiting Nurse Association](#) for their efforts to vaccinate homebound individuals against COVID-19;
- The [Cook County Department of Public Health](#) and Chicago Internal Medicine Practice and Research for their [joint vaccination efforts](#); and
- [Shawnee Alliance](#) for [helping seniors navigate the pandemic](#).



Pictured: Illinois Department on Aging Director Paula Basta, far right, and members of the Shawnee Alliance and the Egyptian Area Agency on Aging at their award ceremony on December 2, 2021.



Affordable Connectivity Program Helping Households Connect

The Affordable Connectivity Program is a Federal Communications Commission [program](#) that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a [participating broadband provider](#) or directly with the Universal Service Administrative Company (USAC) using an [online](#) or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/ACP, or by calling 877-384-2575.

Save the Date

HEALTH AND HUMAN SERVICES BRIEFING FISCAL YEAR 2023 BUDGET PROPOSAL

WHAT: Briefing on Gov. Pritzker's FY2023 proposed budget for Illinois Health and Human Service Agencies.

First Assistant Deputy Governor Lizzy Whitehorn, and leaders from the Departments of Human Services, Healthcare and Family Services, Public Health, Aging and Children and Family Services will provide a brief overview of the FY23 proposed budget – immediately followed by a Q&A session.

WHEN: Wednesday, February 2 from 2:00 – 4:00 p.m.

WHERE: Online via a live web stream (through Cisco Webex)

Log in details will be sent by email and publicized soon.

The Live Stream will include ASL interpreters. If there is a need for other accommodations, please notify the Bureau of Accessibility and Job Accommodation: Phone (312) 793-0034; TTY: (888) 614-2385; Fax: (312) 793-2406 or DHS.AuxiliaryAids@illinois.gov

Note: There will be limited time for questions and answers during the presentation. Please send questions you may have in advance to DHS.BudgetQA@illinois.gov. Questions received before, during and after this meeting will be compiled into a Q&A document, posted online and shared with all meeting participants as soon as possible following the briefing.

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

The Administration for Community Living recently announced the theme for Older Americans Month 2022: Age My Way. The theme is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities – emphasizing that what each person needs and prefers is unique. Learn more at <https://acl.gov/oam>.

Employment Opportunities

The Illinois Department on Aging seeks a motivated self-starter with a strong background in research and policymaking to serve as an Executive Assistant to the Director.

This position will assist the Director by managing and administering the Department's diversity, equity, and inclusion initiatives; serving as liaison between the Director's Office and various administrative staff reporting to the Director; serving as a member of the Director's Executive Staff; conducting research on special initiatives undertaken by the Director; representing the Department and Director at meetings and conferences; coordinating various special programs and projects on behalf of the Director; and performing other duties as required or assigned.

This position will primarily work in IDoA's Chicago Office, but some remote work may be possible. Statewide travel is required. This position is an Exempt, at-will position with the payroll title of Senior Public Services Administrator. The anticipated salary for this position is \$90,000-\$105,000 annually.

Requirements: The successful candidate will possess knowledge, skill, and mental development equivalent to four years of college with coursework in business or public administration and four years of progressively responsible administrative experience in a public or business organization. At least two years of experience managing diversity, equity, and inclusions initiatives is preferred.

To Apply: Send a cover letter and resume to Cheryl Barrett, Human Resources Department, Illinois Department on Aging, 100 Natural Resources Way, Suite 100, Springfield, IL 62702-1271 or via email to cheryl.barrett@illinois.gov by February 4, 2022.

The Illinois Department on Aging values employees with different backgrounds, experiences, and talents, and it is an Equal Opportunity employer.

Items of Interest

[Why Your Face Mask May Need an Upgrade Now](#)

[How to Get Free At-Home COVID Tests](#)

[9 Ways to Prepare for Tax Season](#)

[Best Shows, Movies for Baking Fanatics](#)

[How Caregivers and Care Recipients Can Live Safely Amidst Lingering COVID-19](#)

[Beware of Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus](#)

[Payments](#)

[Is Hearing Loss Another Unusual Symptom of COVID-19?](#)

[Feeling Lonely? 7 Ways to Connect Without Technology](#)

[Surprising Parts of the Body You Need to Exercise Regularly](#)

[Complete Guide to COVID-19 Booster Shots](#)

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the **Senior HelpLine** at (800) 252-8966; (888) 206-1327 (TTY)

