

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

Jan. 2024 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Interim Director Becky Dragoo



News and
Events

Happy New Year! I hope 2024 is treating you well and your resolutions, if you made any, are still going strong.

Illinois' State
Plan on Aging

Following the retirement of former IDoA Director Paula Basta, I accepted the temporary position of Interim Director while the state's top officials continue to interview potential candidates for the permanent directorship. I have served as IDoA's Deputy Director since January 2023 and am pleased to serve the agency in this new, albeit temporary, capacity.

Find Services
in Your Area

As you plan out your year, I encourage you to check IDoA's 2024 [events calendar](#) for both virtual and in-person events in your area. Events are added to the calendar as they are confirmed; please check regularly for additional events.

Senior
Illinoisans Hall
of Fame

New this month, we have updated the nomination form for the [Senior Illinoisans Hall of Fame](#) and are currently accepting nominations for the 2024 induction class. Categories of nomination include: arts, sports, and entertainment; community service; education; and the labor force.

License Plate
Discount

If you have questions about the nomination or selection process, please call the Illinois Department on Aging's Senior HelpLine at 1-800-252-8966 or 711 (TRS). HelpLine operators can also answer questions about IDoA's [programs and services](#), including eligibility criteria and how to access services locally.

Sincerely,



Nominate Someone for the Senior Illinoisans Hall of Fame Class of 2024



**NOW
ACCEPTING
NOMINATIONS**

CATEGORIES:
Arts, Sports, and Entertainment
Community Service
Education
Labor Force



The Illinois Department on Aging (IDoA) is seeking nominations for the 2024 induction class of the Senior Illinoisans Hall of Fame, which honors the accomplishments of Illinois residents aged 65 and older.

Each year, four older adults are inducted into the Hall of Fame for their work in the arts, sports, and entertainment; community service; education; or the labor force. Anyone may nominate an older adult for consideration.

To be eligible for nomination to the Hall of Fame, nominees must be:

- At least 65 years old at the time of nomination; and
- A current Illinois resident or a previous resident of Illinois for most of their life.

Posthumous nominations are also accepted, provided the nominee was 65 or older and living in Illinois at the time of death.

To guarantee consideration for the 2024 induction class, nominations must be submitted no later than June 1, 2024. Nominators of new Hall of Fame inductees are expected to participate in an award ceremony honoring their nominee and highlighting their accomplishments.

[Submit a nomination](#)

**Free Tablets, Smart Home Devices Available
Through Illinois Care Connections Program**

Illinois Care Connections



Initially launched during the COVID-19 pandemic to increase social connectedness, the Illinois Care Connections (ICC) program provides technology and assistive devices to eligible older adults living in the community. IDoA partners with the Illinois Assistive Technology Program (IATP) to administer this program.

Who is eligible?

Individuals over 60 connected to, or receiving services from, an Area Agency on Aging (AAA), AAA-funded entity, Community Care Program (CCP), Adult Day Service (ADS), or those willing to contact one of these organizations to learn about these programs.

What devices are available?

- **Technology** – iPad or tablet with case, keyboard, headphones, and routers as needed for internet
- **Durable Medical Equipment (DME)** – walkers, shower chairs, toilet risers, and other DME
- **Activities of Daily Living (ADL) Devices** – to aid in bathing, grooming, cooking, medicine management, and other daily living tasks
- **Smart Home Devices** – smart doorbells, lightbulbs, door locks, and other smart devices

How do I sign up?

Referrals must be made through an IDoA Community Care Program Coordination Unit (CCU) or [AAA](#). If you feel you qualify for the ICC program, contact your local CCU or AAA provider, and request an application be submitted on your behalf.

[How the program started](#)

[Read last year's annual report](#)

Senior Community Service Employment Program State Plan Listening Sessions

Are you 55 or older, low-income, and unemployed or underemployed? Are you seeking employment and interested in using employment support and/or training services?

Or, have you participated in the [Senior Community Service Employment Program \(SCSEP\)](#)?

We want to hear from you! IDoA is currently planning what this program will look like over the next several years and is seeking older adults' input and feedback to help identify priorities and goals. We are hosting one virtual and three in-person listening sessions:

Northern region (in-person):

- **Date:** Tuesday, January 23
- **Time:** 9 to 10:30 a.m.
- **Location:** Chicago Department of Family and Support Services Satellite Senior Center; 1767 W. 79th St. in Chicago

Southern region (in-person):

- **Date:** Wednesday, January 24
- **Time:** 1 to 2:30 p.m.
- **Location:** Egyptian Area Agency on Aging; 200 E. Plaza Dr. in Carterville

Central region (in-person):

- **Date:** Thursday, January 25
- **Time:** 2 to 3:30 p.m.
- **Location:** AgeLinc; 2731 S. MacArthur Blvd. in Springfield

Virtual session:

- **Date:** Tuesday, January 30
- **Time:** 1 to 2:30 p.m.
- **Location:** A Webex link will be sent to registrants.

[Register for a session](#)

[Aging Network professionals may register for a separate virtual session](#) on Tuesday, January 30 at 9 a.m.

[Registration link for professionals](#)

Cold Weather Safety Tips for Older Adults



Older adults are more sensitive to cold (and heat) than younger adults. Stay safe this winter by taking extra precautions to stay warm.

Staying warm indoors

According to the [National Institute on Aging](#), about 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:

- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight — some body fat is necessary for staying warm.
- Avoid or limit alcohol. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

If you use a space heater for warmth, keep in mind that space heaters need space! Place heaters on a flat, level surface at least 3 feet away from anything that can burn. Other portable heater safety tips can be found [here](#).

Preventing unsafe exposure to cold outdoors

Here are some tips for keeping warm when the temperature drops outside:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged phone.
- Keep warm blankets and extra cold weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand and foot warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.

Tax Time Is Coming

The [AARP Foundation Tax-Aide Program](#) provides tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. Availability is determined at the local or community level. AARP membership is not required to receive assistance.

Get a head start on tax season by [finding out what documents you will need to help prepare your tax return](#) before scheduling an appointment with an IRS-certified Tax-Aide volunteer.

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

Employment Opportunities

Social Service Program Planner IV

Work Location: Springfield

Salary: \$6,422 - \$9,687 monthly

Application Deadline: January 19, 2024

Job Responsibilities:

1. Serves as an Adult Protective Services Coordinator for assigned service areas.
2. Serves as the coordinator for the Case Management Portal development and deployment.
3. When requested and necessary, represents the agency at adult protective services meetings, fatality review team meetings, seminars, and conferences to promote utilization of adult protective services and to promote preventions and strategies.
4. Incorporates feedback and data compiled from monitoring duties for presentation to division leadership for the development and implementation of APS programming.
5. Coordinates the joint planning process of staff engaged in the development and updating of procedures and operations for the APS Program.
6. Performs other duties as required which are reasonably within the scope of the duties enumerated above.

[Apply here](#)

Events Recap

Congratulations to 2023 Senior Illinoisans Hall of Fame inductee, Hilda Frontany!

Hilda is a longtime community activist whose family first lived in the Water Hotel in Chicago's La Clark neighborhood when they arrived in Chicago from Puerto Rico.

Over the years, Hilda has worked relentlessly to protect and advance the rights of immigrants and limited English-speaking communities, having participated in a lawsuit to bring bilingual elections to the city of Chicago. Currently, she is Chair Emeritus of Rincon Family Services, originally one of the first Latino-focused substance use treatment centers.



Upcoming Events

The Senior Housing Residents' Advisory Council will meet on Tuesday, Jan. 23 at 3 p.m.

[Join via Webex](#)

Items of Interest

[Franklin County Senior Services wins state award](#)

[Glen Carbon Senior Center Receives Statewide Recognition](#)

[Once Upon a Caregiver](#): A Partnership Between the Illinois Family Caregiver Coalition and Caregiving Magazine, Based on Caregiver Interviews Conducted by Rebecca Berman, PhD

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; 711 (TRS)**



[**Visit our website**](#)