

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

July - August 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

It's been just over two years since we first launched *Aging Matters*, and we hope you've found this newsletter to be valuable and informative. We understand that our readership represents a diverse audience, and also that our world has changed quite a bit since 2020. To that end, the Department on Aging would like to hear from you about what you want to hear from us.

Find a Vaccine
Location Near
You

Let us know how we can improve our newsletter content by taking the short survey below - it's completely anonymous and takes no more than five minutes.

[Take the survey](#)

IDoA COVID-19
Vaccine
Resources

For the most up-to-date information on our services, events, volunteer opportunities and more, be sure to follow us on social media. You can find IDoA on [Facebook](#), [Twitter](#), and [LinkedIn](#).

Looking For
Services?

We have a lot planned for the next few months, including our biggest event of the year, Senior Day at the Illinois State Fair, and the announcement of our 2022 Senior Illinoisans Hall of Fame inductees. We wouldn't want you to miss any of the excitement!

Upcoming

As always, the Department on Aging is here to assist you however we can. 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, we will connect you with a local office in your area.

**Webinar
Events**

Please continue to stay safe and well.

Sincerely,



**#VaxUpIL - All
in Illinois
Campaign**

Get Connected to Aging Services



Your connection to help ...

begins with a call to the

Senior HelpLine

1-800-252-8966

711 (TRS)

Monday – Friday, 8:30 a.m. – 5:00 p.m.

The Department on Aging's Senior HelpLine connects older adults, adult children, caregivers and professionals to information and services. We are ready to help you with any of your questions, whether they pertain to Medicare assistance, community-based services, caregiving issues, or how to access services. We enjoy being the “answer people” for older adults and their families throughout Illinois.

Do you need another state? Call the nationwide Eldercare Locator at 1-800-677-1116 (8 a.m. – 7 p.m. CST)

Trained staff are available to:

Help you locate services in your community,

Evaluate your needs and answer questions,
Link you to local care coordination services, and
Provide information, assistance and literature.

To contact the Senior HelpLine, call 1-800-252-8966 or email aging.ilsenior@illinois.gov.

To report abuse, neglect or exploitation of an older person living in the community, please contact the 24-hour Illinois Elder Abuse Hotline at 1-866-800-1409 or 1-888-206-1327 (TTY).

To report the abuse, neglect or exploitation of an older person living in a long-term care facility, please contact the Department of Public Health at 1-800-252-4343 or 1-800-547-0466 (TTY).

Save on Fresh Fruits and Veggies at Local Farmers' Markets



The Seniors Farmers' Market Nutrition Program is designed to provide low-income older adults with access to locally grown fruits, vegetables, honey and herbs. Adults aged 60+ with a household income of no more than 185% of the federal poverty level are eligible.

Checks for seniors are distributed at local senior facilities through the cooperation of the Illinois Department on Aging, Area Agencies on Aging and Catholic Charities of the

Archdiocese of Chicago. These checks can be redeemed for fresh fruits and vegetables at farmers' markets in 37 Illinois counties.

Eligible foods for purchase with FMNP checks include:

- **Fresh vegetables:** artichokes, asparagus, beans, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celeriac, celery, corn, cucumbers, eggplant, fennel, garlic, greens, herbs, horseradish, kale, kohlrabi, leeks, lettuce, mushrooms, okra, onions, parsley root, parsnip, peas, peppers, potatoes, pumpkins, radishes, rhubarb, rutabagas, scallions, shallots, spinach, sprouts, squash, sunchokes, swiss chard, tomatoes, turnips, tomatillos, watercress, zucchini
- **Fresh fruits:** apples, apricots, berries, cantaloupe, cherries, currants, grapes, melons, nectarines, peaches, pears, persimmons, plums, rhubarb

At the farmers' market, look for the sign below to identify vendors that accept the checks. All authorized farmers are required to post a sign.

Farmers' Market Nutrition Program



[View a map of participating counties](#)

For additional information, visit the [Illinois Department of Human Services website](#) or contact your local [Area Agency on Aging](#).

July is Extreme Heat Safety Month

Extreme heat, defined as high heat and humidity with temperatures above 90 degrees for at least two to three days, can be particularly hazardous for children, older adults, those with special needs, and pets. In addition to discomfort and fatigue, high temperatures can cause heat-related illnesses: heat cramps, heat exhaustion, and heat stroke.

Prepare for extreme heat:

- Learn to [recognize the signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

Be safe DURING

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.

- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency, call 911.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

988 Coming to Illinois



The Illinois Department of Human Services' Division of Mental Health plans to launch 988, a three-digit dialing code for the National Suicide Prevention Lifeline. Starting July 16,

individuals experiencing a crisis or any other kind of emotional distress can dial 988 for support. The Lifeline also provides information and support to concerned family members, friends, and caregivers.

How does it work?

Currently, all callers have access to the National Suicide Prevention Lifeline (NSPL) network by dialing 800-273- 8255.

Beginning, July 16, 2022, 988 will be launched as the three-digit dialing code. 988 will be a direct access point, providing greater access to life-saving services and compassionate care. At the beginning of the call, callers have the option to select the Veterans Crisis Line or the

Spanish language Crisis Line. If the caller with an Illinois area code does not select either of those options, they will be routed to an Illinois Lifeline Call Center. If after 3 minutes, the call is not answered by a live person, the caller is routed to the NSPL backup affiliate network, which includes call centers that operate in other states.

In the coming months, text and chat services will be available for users. Callers who are connected with the Illinois Lifeline will receive specialized, individualized support by trained call takers trained in suicide prevention, de-escalation and stabilization, and resources.

What is the difference between 988, 911, 211/311, and other local hotlines?

988:

- Suicide prevention and mental health crisis lifeline
- Specialized intervention by trained call takers with advanced training in de-escalation and clinical suicide prevention
- Confidential, free, and available 24/7/365
- Eventually, 988 call centers will function as access points to statewide community-based crisis

911:

- Emergency line for public safety emergencies, medical emergencies, and law enforcement
- Provides limited de-escalation or emotional support; staffed with public safety answering point dispatch workers
- If the public safety or medical emergency is pertaining to someone who has a mental health condition, or appears to be experiencing a mental health crisis, a crisis intervention team (CIT) trained officer with basic training in mental health crises may be available through 911 dispatch
- Free, and available 24/7/365

211/311:

- Resource support line that links callers to resources related to quality of life (housing, food, other important services)
- Ability to transfer callers to the Lifeline Line
- Free, and available 24/7/365
- 311 is specific to Chicago and Cook County, while 211 is available in approximately half of other Illinois counties

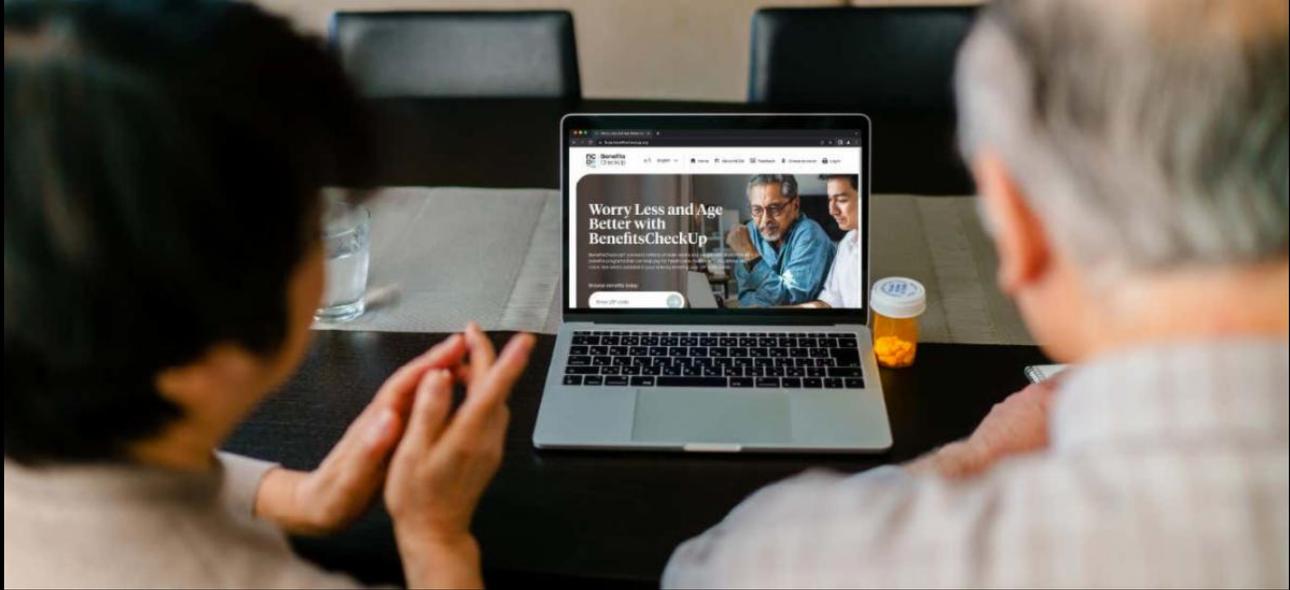
Local mental health/substance use crisis hotlines:

- Resource for people who need help getting into behavioral health services
- Various hours of operation, according to the hotline's capacity
- Provides screening, assessment and referrals to helpful services

Illinois Warm Line: (1-866-359-7953):

- Free phone support for anyone living in Illinois to include emotional support, recovery education, self-advocacy support, and referrals
- Staffed by Certified Recovery Support Specialist (CRSS)
- Not a crisis line, rather, works with callers to address aspects of their wellness by identifying triggers, developing action plans, and learning what is necessary to maintain wellness
- Free, available Mon- Sat, 8 a.m.-8 p.m.

Meet the New and Improved BenefitsCheckUp Tool



[The National Council on Aging](#)'s free [BenefitsCheckUp](#) tool connects older adults and people with disabilities to 2,000 benefits programs to help pay for food, medicine, and more. Though not an application, users can learn more about various benefits programs before applying and find contact information for the agencies that offer each program.

How BenefitsCheckUp helps older adults and people with disabilities:

- Provides details on nearly 2,000 federal, state, and local benefits programs in both English and Spanish
- Offers free, confidential eligibility checks by specific program or benefits category
- Helps users save their eligibility results when they create an account
- Extends personalized support through a call center, online chat, email, and NCOA's network of local **Benefit Enrollment Centers**—85 agencies in 41 states where people can get in-person application support. Five of these agencies are in Illinois.

[See What Key Benefits Programs You May Qualify For](#)

Upcoming Events



Your Health This Summer A COVID-19 Update

**WEDNESDAY, JULY 20, 2022
STARTS AT 5 PM**

Join our continuing series with Dr. Ison and learn the latest on COVID, information about long-haul effects on older adults, appointments for at-home vaccinations and boosters, and recommendations for summer travel.

**Ask Dr. Ison? Indicate “Dr. Ison”
in the subject line and send in
advance to:
info@skylinevillagechicago.org**

Speaker:

Dr. Michael Ison,
MD MS FIDSA FAST,
Professor, Divisions
of Infectious
Diseases and Organ
Transplantation,
Northwestern
University Feinberg
School of Medicine.



REGISTER HERE:

<https://us02web.zoom.us/join/register/tZEgc-utqj0pHNRITLZ-gyqXgHyUbncU6Mc>

This event is free.



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Join Pathlights' continuing series with Northwestern Medicine's Dr. Michael Ison and learn the latest on COVID, information about long-haul effects on older adults, appointments for at-home vaccinations and boosters, and recommendations for summer travel.

Register [here](#).

You're Invited!



Roundtables On Aging

ASA's Chicagoland Virtual Roundtable

Inflation and Rising Economic Insecurity for Older Adults

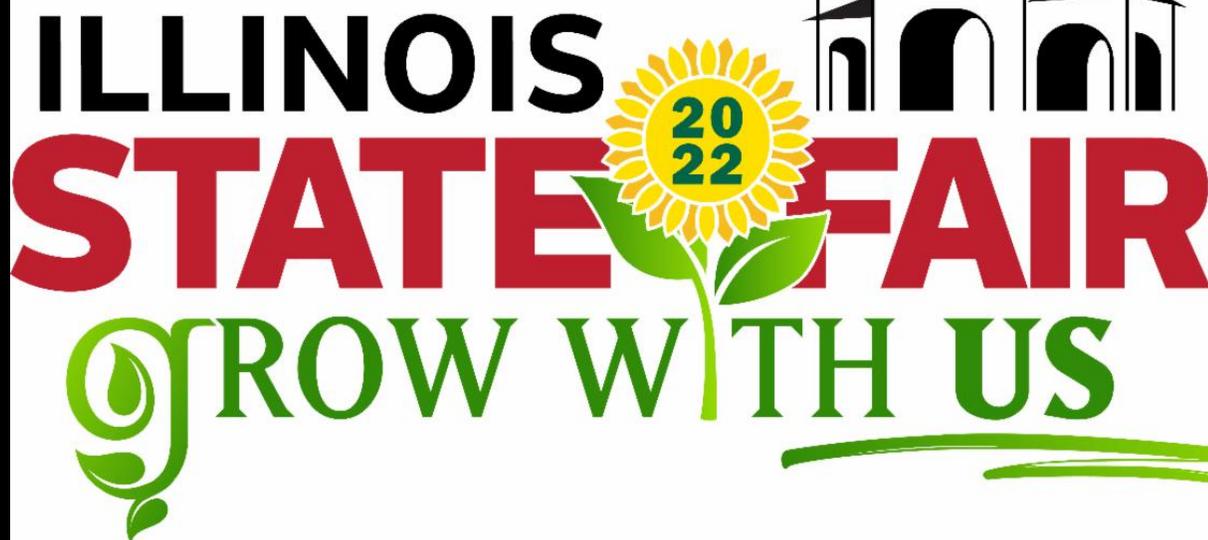
Friday, August 5, 2022
8:30-10:30 a.m.

[Register Now](#)

Description: Americans' cost of living has increased by over 8.6% since a year ago, with everything costing more. At the same time, we are seeing higher costs in healthcare and the highest debt ever held by older people, the older workforce is feeling the long tail of the pandemic, and retirement savings are impacted by steep stock market decreases. The August ASA Chicagoland Roundtable will look at this issue from the perspective of the older person's pocketbook, and their service network's ability to help people sustain their independence and safety. What policies and practices can effectively improve the economic well-being of those older adults most at risk?

Presenters Include:

- **Jan Mutchler, PhD**, Professor of Gerontology and Director of the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts-Boston, who will discuss the Elder Economic Security Index
- **Sophie Milam**, Vice President of Public Policy and Advocacy for the Greater Chicago Food Depository, who will discuss their recent study of food cost inflation
- **Paula Bartolozzi**, AgeOptions Grants Manager on how the current inflation is impacting service in the community
- **Paula Basta**, Director for the Illinois Department on Aging, and **Lora McCurdy**, Deputy Director for the Illinois Department on Aging, who will discuss what Illinois is doing to assist older persons with cost of living concerns



ILLINOIS STATE FAIR

GROW WITH US

Save the date for [Senior Day at the State Fair!](#) On Monday August 15, fair visitors aged 60 and older receive free admission, with special events taking place in the Senior Citizens Center throughout the day. The Illinois Building will open at 9 a.m. for older adults to visit with vendors and exhibitors. A full schedule for the day is below:

10:30 a.m. – Opening Remarks by Department on Aging Director Paula Basta and other dignitaries

12 - 1:30 p.m. – The Not So Newlywed Game

Sponsored by Central Illinois Senior Celebration

Hosted by the Department on Aging

Emcee – Sangamon County Circuit Clerk Paul Palazzolo

Participants are couples 50 years of age or older. Just how much do you know about your spouse after all these years?

Cash prizes awarded for 1st place (\$100) and 2nd place (\$50) to the couples who answer the most questions correctly.

Register no later than 11:45 a.m. on August 15 in the Illinois Building/Department on Aging's booth.

2 – 3:15 p.m. – Grandparent/Grandchild Contest

Sponsored by Springfield Supportive Living

Hosted by the Department on Aging

Participants are judged on resemblance, costumes, talent, and interview.

Prizes: 1st place - \$150; 2nd place - \$100; 3rd place - \$50.

Register no later than 1:45 p.m. on August 15 in the Illinois Building/Illinois Department on Aging's booth.

Employment Opportunities

While IDoA does not currently have any open positions, we regularly update our job postings and encourage you to check back [here](#).

Items of Interest

[10 Secrets of a Happy Retirement](#)

[Summer Travel With Seniors](#)

[5 Apps to Help Caregivers Get Organized, Find Support](#)

[Beat Inflation by Buying in Bulk](#)

[Illinois Family Relief Plan Began July 1](#)

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)

