

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

July/Aug. 2023 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Director Paula Basta



News and
Events

So far, this summer has been one of extreme weather conditions, from wildfire-related air quality issues to flash flooding and tornadoes. Older adults may have specific needs in an emergency, and I encourage you to use the information on [this page](#) to ensure you're as prepared as possible for any kind of disaster situation. This newsletter also contains several tips to stay safe in extreme heat, a concern for all of us as the first week of July was the [hottest week on record](#). Keep in mind that your local senior center is a great place to catch a break from the heat while enjoying some indoor activities!

Illinois' State
Plan on Aging

For all of you planning a trip to the State Fair next month, the air-conditioned Illinois Building is the place to be! More than 90 vendors and exhibitors will have a presence in the building, with special events targeted toward older adults and their family members occurring on Senior Day, Monday, August 14. Stop by for fun and freebies, including our highly popular IDoA-branded yardsticks.

Find Services
in Your Area

For more information about Senior Day or about IDoA [programs and services](#) you may be eligible for, contact the Senior HelpLine toll-free at 1-800-252-8966, 711 (TRS), or via email at aging.ilsenior@illinois.gov. If you are seeking services for yourself or a loved one, we can help connect you with a local office in your area.

Senior
Illinoisans Hall
of Fame

License Plate
Discount

Sincerely,

Join Us for Senior Day at the Illinois State Fair

Adults aged 60 and older will receive free admission to the Illinois State Fair on Monday, Aug. 14, with special events for seniors and their families taking place in the Illinois Building throughout the day.

The Illinois Building will open at 9 a.m. for older adults and their family members to visit with local vendors and exhibitors. A schedule of major events and activities is below:

10:30 a.m. – Opening remarks by IDoA Director Paula Basta and other dignitaries

Immediately following the opening remarks, IDoA's Office of Adult Protective Services will host members of the [Sangamon](#) and [DeWitt](#) County TRIAD groups, consisting of law enforcement agencies, local older adults, and aging service providers, in an interactive discussion focused on what these groups do, how to engage with your local TRIAD, and information on aging services.

11 a.m. – Bingo begins in the mezzanine area

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

Sponsored by Central Illinois Senior Celebration

Hosted by the Department on Aging

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 Aug. 14 in the Illinois Building/Department on Aging's booth.

Check out this and other events happening in the Illinois Building during the State Fair!

THE NOT SO NEWLYWED GAME

Monday, August 14
Noon-1:30pm // Illinois Building

Participants are couples 50 years of age or older.
Cash prizes awarded for 1st and 2nd place to the couples who answer the most questions correctly. Register no later than 11:45am in the Illinois Building/Department on Aging's booth on 8/14.

How much do you know about your spouse after all these years?

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 Aug. 14 in the Illinois Building/Illinois Department on Aging's booth.

Check out this
and other events
happening in the
Illinois Building
during the
State Fair!

GRANDPARENT

GRANDCHILD

CONTEST



**Monday,
August 14
2:00–3:15pm
Illinois Building**

Participants are judged on resemblance,
costumes, talent, and interview.
Cash prizes awarded!

Register no later than 1:45pm
on 8/14 in the Illinois Building/
Illinois Department on Aging's booth.

For the entirety of the fair, including on Senior Day, the Illinois Building will also feature a traveling exhibit from the [Illinois Freedom Project](#), presenting stories of slavery to freedom through the lens of people, places and events in Illinois over a 200-year period.

Get Ready to Renew Your Medicaid



**GOT
MEDICAID?**



HFS

Illinois Department of
Healthcare and Family Services

abe.illinois.gov

GET
READY TO
RENEW!

Get ready to renew your Medicaid! Medicaid customers have not had to renew their Medicaid

coverage since the COVID-19 pandemic began. Medicaid pays for healthcare, like doctor visits, prescription medicine, and urgent emergency services.

Now Illinois is starting renewals again to see if people are still eligible. Everybody's renewal date is different, so it is critical that you get ready to renew.

Don't risk losing your Medicaid! Here is what you need to do:

Click Manage My Case at abe.illinois.gov to:

- Verify your mailing address under "contact us."
- Find your due date (also called redetermination date) in your "benefit details."

Watch your mail and complete your renewal right away.

If you are no longer eligible for Medicaid, connect to coverage at work or through the official Affordable Care Act marketplace for Illinois, GetCoveredIllinois.gov.

Lower Your Prescription Drug Costs With Extra Help



You may qualify for lower drug costs.

Medicare.gov/ExtraHelp

Medicare.gov

The illustration shows a pharmacist in a white lab coat and blue stethoscope standing behind a blue pharmacy counter with a red cross logo. A customer in a blue shirt is standing on the other side of the counter, looking at a list of items. The pharmacist is pointing to the list. In the background, there are shelves with various medicine bottles and boxes. The text 'You may qualify for lower drug costs.' is written in a large, dark blue, italicized font to the right of the pharmacist. Below the illustration, the URL 'Medicare.gov/ExtraHelp' is written in a small, dark blue font. In the bottom right corner of the illustration area, the 'Medicare.gov' logo is displayed in green and white.

If your income for 2023 is below \$22,000 (\$30,000 for married couples), you may qualify for lower prescription drug costs. Many people qualify for "Extra Help" with Medicare Part D (drug coverage) and don't even know it. Find out if you qualify by visiting www.medicare.gov/ExtraHelp or by contacting IDoA's Senior Health Insurance Program (SHIP) at Aging.SHIP@Illinois.gov.

Protect Yourself From AI-Powered Scams

The federal government issued a [warning](#) recently about criminals using artificial intelligence (AI) to target older adults in a sophisticated version of the grandparent scam.

Scammers are using voice-cloning technology to trick older adults into believing one of their grandchildren is in trouble - because the voice on the line sounds just like their loved one.

How can you spot this scam? If you receive a call from an unknown number about a family emergency, hang up and call the person who supposedly contacted you at a number you know is theirs. If you can't reach your loved one, try to get in touch with them through another family member, even if the caller said, "Please don't tell my mom and dad."

For more information or to report a scam, contact the Illinois Attorney General's Senior Citizens Consumer Fraud Hotline at 1-800-243-5377.

Additional scam prevention resources from the [National Council on Aging](#):

- [How Older Adults Can Improve Their Personal Cyber Security](#)
- [Sending Money Digitally: 5 Safety Tips for Older Adults](#)
- [Text Message Scams: How to Identify, Report, and Help Protect Yourself](#)

Stay Safe and Cool This Summer

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:

- Dizziness
- Muscle cramps
- Swelling in your ankles and feet
- Nausea and weakness
- Rapid pulse

Tips to prevent hot-weather illness:

- Drink liquids
- Limit caffeine and alcohol
- Wear light-colored, loose fitting clothes
- If it's too hot, try exercising indoors

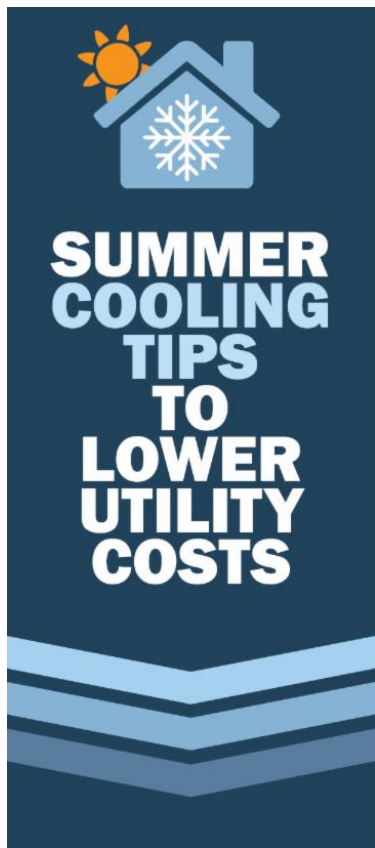
Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Extremely hot weather is not safe for anyone, but it's especially dangerous for older adults and people with chronic medical conditions that affect their body's response to temperature changes.

July is National Extreme Heat Safety Month, and the National Institute on Aging has some [tips](#) to stay safe and as comfortable as possible in hot weather:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, [senior center](#), or a friend's home. You may also contact your [local health department](#) or city to find out if they have air-conditioned shelters in your area.

IDoA also has some [tips to avoid spiking your utility bill](#) during the summer months, including raising your thermostat by a few degrees and using a ceiling fan.



DID YOU KNOW?



CEILING FANS cost roughly an average of a penny per hour of operation versus \$0.36 per hour for an AC unit to run. If using a ceiling fan and AC unit simultaneously, you can raise your thermostat setting 4 degrees F without a change in comfort.



[Get more summer cooling tips to lower utility costs](#)

Employment Opportunities

Grants Accountability and Transparency Act (GATA) Manager

Work Location: Springfield

Salary: \$6,250 - \$8,350 monthly

Application Deadline: July 24, 2023

Job Responsibilities:

- Serves as GATA Manager. Plans, organizes, and interprets audits and the financial information contained within or external to the audit.
- Establishes internal controls over all grant funds to prevent fraud, waste, and abuse.
- Establishes agency GATA objectives working within the Statewide grants management system.
- Supervises staff, assigns and reviews work, provides guidance and training to assigned staff, and counsels staff regarding work performance by establishing annual goals and objectives.
- Develops and maintains ongoing communications with private and public organizations as well as officials of other agencies, other states, and the federal government.
- Continues education through formal and in-house training and obtains the required continuing professional education to maintain, improve, and broaden the knowledge, skills, competence, and proficiency of a Certified Public Accountant (CPA).
- Performs other duties, as required, or assigned, which are reasonably within the scope of the duties enumerated above.

[View application instructions](#)

Human Resources Specialist

Work Location: Springfield

Salary: \$5,536 - \$8,279 monthly

Application Deadline: July 26, 2023

Job Responsibilities:

- Serves as a Hiring Specialist for the Agency.
- Performs as a lead worker in the Office of Human Resources.
- Develops, reviews, and clarifies duties and responsibilities of present and prospective code positions to determine proper placement of positions in accordance with the Position Classification Plan and Pay Plan.
- Reviews and approves as necessary, Human Resources related transactions for submission to Central Management Services.
- Collaborates with HR Administrator to prepare and present to the Director and Deputy Director's recommendations related to staffing and organization.
- Acts as a subject matter expert to agency employees regarding protocol for required personnel actions in compliance with IDoA policies, collective bargaining agreements, DCMS Rules, Classification and Pay Plan.
- Attends job fairs and helps potential candidates in following the State of IL Hiring process.
- Performs other duties, as required, or assigned, which are reasonably within the scope of the duties enumerated above.

[View application instructions](#)

For a full list of open positions, check the [State of Illinois job board](#).

Events Recap

AgeOptions Releases New Comprehensive Needs Report



Aging in the Suburbs
A Comprehensive Needs Assessment
of Cook County Suburbs
50+ Population



To better meet the needs of older adults in their service area, AgeOptions recently commissioned the University of Illinois Chicago Department of Disability and Human Development to report on the changing demographics of the 50+ population in suburban Cook County. Read the new report, [Aging in the Suburbs, A Comprehensive Needs Assessment of Cook County Suburbs 50+ Population](#) and find the [accompanying demographic analysis website](#), commissioned from Rob Paral and Associates, [here](#).

Palatine Township Senior Center Celebrates 50th Anniversary

The Palatine Township Senior Center celebrated their 50th anniversary this month with a summertime bash, complete with games, bingo, raffle prizes, food and beverages, and entertainment by keyboard player and singer Peter Miletic.

View photos of the celebration [here](#).

IDoA is also turning the big 5-0 this year, and we have some fun celebratory activities planned. More to come in our next newsletter!

Upcoming Events

Caregiver Roundtables - Join the Conversation

Over the coming months, IDoA will be hosting a series of caregiver roundtables, aiming to provide a platform for open discussions on unpaid family caregivers' needs, experiences, and preferences regarding caregiver support. Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers across Illinois.

In-person roundtables will be offered regionally, with virtual attendance options to ensure inclusivity and accessibility. As these events are scheduled, they will be posted to IDoA's [events calendar](#).

The next meeting of the [Resident and Family Support Council](#) will be on Tuesday, July 25 at 3 p.m.

Registration is not required for this meeting. Join the Zoom call by clicking the link below.

[Join the Resident and Family Support Council](#)

The [Senior Housing Residents' Advisory Council](#) will also meet on Tuesday, July 25 from 3 to 4:30 p.m.

[Join meeting](#)

SAVE THE DATE



Aging Summit

Building Equity in Longevity

August 23, 2023

NIU Outreach Center
Naperville, IL

www.ageguide.org

[Register for the Aging Summit](#)

Items of Interest

[Illinois Seniors Can Get Help Finding Benefits, Resources](#)

[Top 6 Questions to Ask Before Enrolling in a Medicare Plan](#)

[6 Sensible Sleep Tips for Older Adults](#)

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)



[Visit our website](#)