

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

July 2025 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

News and
Events

Illinois' State
Plan on Aging

Find Services
in Your Area

Senior
Illinoisans
Hall of Fame

License Plate
Discount

Message From Director Mary Killough



As summer temperatures peak, it's important to take care of yourself and others who may be vulnerable to extreme heat.

Older adults often have difficulty adjusting to sudden changes in temperature due to certain medical conditions or prescription medications that affect the body's ability to control its temperature or sweat.

To keep cool, stay in air-conditioned spaces as much as possible, drink plenty of fluids, wear lightweight and light-colored clothing, and avoid outdoor exercising and other physical activities. Seek medical care immediately if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

If you care for an older loved one, be sure to visit them frequently to confirm they are safe and healthy and have the resources to stay that way.

[Your Area Agency on Aging](#) can help you locate and access assistance to stay cool during extreme heat and potentially direct you to cooling centers at local senior centers. Call 1-800-252-8966 to be connected to the agency serving your community.

Get Seasonal Coupons for Fresh Produce from

Local Farmers Markets

The Senior Farmers Market Nutrition Program, administered jointly by the Illinois Department on Aging and Department of Human Services, offers income-eligible older adults access to up to \$25 worth of locally grown produce from certified farmers.

You are eligible for the Senior Farmers Market Nutrition Program if:

- You are age 60 or older,
- You live in one of the [37 counties](#) that participate in the program, and
- You have a household income that falls within 185% of the [Federal Poverty Level](#).

Participants receive a seasonal coupon booklet to be used at participating farmers markets between July and October.

To learn more about the program and get help with applying, call 1-800-252-8966 to be connected to your local Area Agency on Aging.

Chicago residents can apply in person by visiting [any of these locations](#).

Monday, Aug. 11 Is Senior Day at the Illinois State Fair



Adults 60 and older can enter the State Fair for free on Monday, Aug. 11, when the Department on Aging hosts Senior Day in the Illinois Building, located near the main gate of the fairgrounds.

Beginning at 9 a.m., the main floor of the Illinois Building will be set up with vendors and exhibitors offering free health screenings, wellness demonstrations, and giveaways. The building is air conditioned, has restrooms, and offers a limited number of motorized wheelchairs for rent.

A schedule of special events and Senior Day activities is below. All events will take place in the Illinois Building auditorium unless otherwise noted.

9:45 – 10:15 a.m.

Performance by the Tip Top Tappers tap dancing troupe

10:30 a.m.

Opening remarks by Department on Aging Director Mary Killough and the Adult Protective Services Advocate of the Year awards presentation (on the main floor)

11 a.m.

Bingo begins in the Mezzanine area

11:15 a.m. – 12 p.m.

Information session on the Multi-Sector Plan for Aging

Noon - 1:30 p.m.

The Not So Newlywed Game



ILLINOIS STATE FAIR 25th AUGUST 7 - 17, 2025

THE NOT SO NEWLYWED GAME

MONDAY, AUGUST 11 • 12:00PM

Participation is open to couples aged 50 and older. Cash prizes will be awarded for first and second place to the couples who answer the most questions correctly.

Participating couples must register at the Department on Aging's booth, located on the main floor of the Illinois Building, at least 15 minutes prior to game time.

2 – 2:45 p.m.

Medicare Jeopardy Contest



MONDAY, AUGUST 11 • 2:00PM

Cash prizes will be awarded to first through third place winners. Participants must register at the Department on Aging's booth, located on the main floor of the Illinois Building, at least 15 minutes prior to game time.

3 – 4:00 p.m.

Singing performance by BB Ross & the Happy Accidents

Fairgoer Services

For information about wheelchair and scooter rentals, trams, cooling stations, and other fairgoer services, [click here](#).

Additional days of interest:

Tuesday, August 12

\$2 admission for adults and seniors.

Saturday, August 16

New to the fair in 2025, a pickleball tournament will take place inside the air-conditioned Orr Building on Saturday, August 16. [Sign up to compete](#), or stop by to learn how to play. There is nearby parking at Gate 8.

DMV Text Messages Are a Scam

Secretary of State Alexi Giannoulias is warning Illinoisans to be on the lookout for text message scams claiming to be from the "Illinois State Department of Motor Vehicles" that threaten to suspend vehicle registration and driving privileges.

The text messages are phishing attempts designed to trick residents into giving up personal or financial information. **Recipients should not respond or open any links found in unsolicited texts and emails.**

The Secretary of State's office only sends text messages to remind residents about scheduled DMV appointments. It does not send text messages regarding driver's license or vehicle registration status.

Upcoming Events

Senior Housing Residents' Advisory Council Meeting

Tuesday, July 22 from 3 to 4:30 p.m.

Virtual - [Join meeting](#)

The Senior Housing Residents' Advisory Council was established in 2022 to evaluate available resources, services, and state outreach for older adults and review the impact of COVID-19 on senior living arrangements. The council meets quarterly and submits annual reports of its findings to the Governor and state lawmakers. Council meetings are open to the public.

Items of Interest

[Illinois becomes first state to require that all insurance covers Alzheimer's treatment](#)

[Michelle Hoersch to lead the Multi-Sector Plan for Aging](#)

[No more paper checks: Social Security moving to 100% electronic payments this fall](#)

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)**



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