

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

March - April 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

Spring is on the horizon, and as we enter a new phase of COVID-19, many of us are feeling hopeful in a way that we haven't felt in a while. With COVID-19 positivity rates continuing to decline and the majority of eligible Illinoisans vaccinated, Governor Pritzker [issued an updated executive order](#) lifting the mask requirement in most indoor settings on February 28. This decision was guided by a decline in hospital metrics, meaning our healthcare facilities are no longer stretched to capacity fighting outbreaks of the Delta and Omicron variants. Some welcome news after a difficult two years.

Find a Vaccine
Location Near
You

Of course, COVID-19 is still a part of our lives. Please respect others' choice to continue wearing a mask indoors and in crowded outdoor settings, even if we're not required to. Also, be sure to order your second set of free at-home tests at <https://www.covidtests.gov/>. They're shipped directly to your door and good to have on hand.

IDoA COVID-19
Vaccine
Resources

This month marks not only the beginning of spring, but also the 50th anniversary of the national Senior Nutrition Program! For decades, local nutrition programs have met older adults' most basic needs to keep them in their own home and provided a daily safety check and social interaction. I am grateful to Illinois' Aging Network for sustaining these vital programs that promote healthy aging, and I am excited to join them in celebrating an incredible 50 years of success this March.

Looking For
Services?

Register [here](#) for a special anniversary event on March 31, featuring remarks from the Administration for Community Living's Principal Deputy Administrator and Deputy Assistant Secretary for Aging and an awards ceremony recognizing outstanding program champions.

Upcoming

Webinar Events

#VaxUpIL - All in Illinois Campaign

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, you will be referred to a local office in your area.

Please continue to stay safe and well. Wishing you all the luck of the Irish this St. Patrick's Day! ♣

Celebrating 50 Years of the Senior Nutrition Program

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



This March, the Illinois Department on Aging is proud to [celebrate the 50th anniversary of the national Senior Nutrition Program](#) with others across the country. The theme for the 50th anniversary celebration is *Celebrate. Innovate. Educate.* With this theme, we invite you to join us in:

- **Celebrating** the many accomplishments of senior nutrition programs over the past 50 years.
- Highlighting **innovative** approaches that have been used to support seniors.
- **Educating** communities so that they can understand and use nutrition services.

Since 1972, the national Senior Nutrition Program has been there to support older adults by providing nutrition services across the country. Funded by the federal Older Americans Act, the [Administration for Community Living \(ACL\)](#) provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation, and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

Throughout March, the Department on Aging will be sharing resources on nutrition and spotlighting local nutrition programs and the impact they have. See below for some photos and client success stories that speak to the everyday impact of home-delivered meals.

For more information about the anniversary, visit ACL's [Senior Nutrition Program 50th Anniversary website](#) or join the conversation on social media using hashtag #SNP50. To learn about nutrition program volunteering opportunities near you or to sign up to receive home-delivered meals, call the Department on Aging's Senior HelpLine at 1-800-252-8966.

Hanul Family Alliance

[Hanul Family Alliance's](#) senior nutrition program has served Korean American seniors in the Chicagoland area for many years,



striving to fulfill both their nutrition and socialization needs. The Korean community has praised the program for its quality Korean ethnic meals and for providing opportunities for seniors to get together. The photo to the left, taken in 2021, shows volunteers' preparation of to-go meals during the COVID-19 pandemic.



Harriet

About five years ago, Harriet could no longer cook for herself. *"I just can't move around like I used to and standing over the stove hurts my back so much."* Harriet's children convinced her to sign up for Meals on Wheels. *"I really like Leon, my driver, he is so friendly and positive. Every time he comes, he asks me to say a prayer with him. It means so much to him and to me."*

[Click here to read Harriet's story](#)



Hope and Ethel

Although Hope has only received meals for a couple of weeks, Ethel joined the Home Delivered Meals program about four years ago. The two have lived together for 31 years, and as they both adapt to aging, Hope expresses her gratitude for Meals on Wheels, *"It's a good thing we both have home delivered meals, because after my hands gave out and it gets harder for family to get here and cook, we don't have to worry about what we will eat or how we will grocery shop, especially living on a fixed income. It alleviates pressure on us and our family."*

[Click here to read Hope and Ethel's story](#)

Reminder: Senior Illinoisan Hall of Fame Nominations Due by June 1

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

Free Income Tax Preparation Assistance Available

Low-to-moderate income families and older adults needing assistance filing their 2021 income taxes can receive free help through several trusted programs across the state of Illinois. The Internal Revenue Service (IRS), AARP Foundation Tax-Aide Program, and Ladder Up Tax Assistance Program are providing free basic income tax return preparation with electronic filing to qualified individuals in select locations statewide.

The [IRS Volunteer Income Tax Assistance and the Tax Counseling for the Elderly](#) programs offer free tax help for individuals making \$58,000 a year or less, people 60 years of age or older, individuals with disabilities, and taxpayers with limited English-speaking skills.

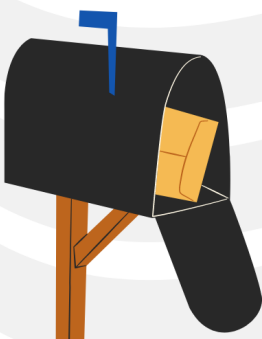
The [AARP Foundation Tax-Aide Program](#) provides free tax assistance, with a special focus on taxpayers over the age of 50 or who have low-to-moderate income. Availability is determined at the local or community level. AARP membership is not required to receive assistance.

In Chicagoland, the [Ladder Up Tax Assistance Program](#) (TAP) provides free basic tax return preparation for families earning up to \$58,000 and individuals earning up to \$32,000 per year.


Taxpayers can search for a free tax assistance provider closest to them by visiting IDOR's website tax.illinois.gov. Individuals with questions should contact IDOR's Taxpayer Assistance Division at 800-732-8866.


Taxpayers may also visit any of IDOR's offices located in Chicago, Des Plaines, Fairview Heights, Marion, Rockford, and Springfield to receive assistance. Staff at these locations can help with any Illinois state income tax filing inquiries and are available weekdays from 8:30 a.m.


Don't Risk Losing Your Health Insurance



MEDICAID MEMBER!
Updating your address is easy, fast and free

 **CALL 877.805.5312 OR TTY: 877.204.1012**
MON-FRI 7:45AM - 4:30PM

 **WWW2.ILLINOIS.GOV/HFS/ADDRESS**

 **ILLINOIS DEPARTMENT OF
Healthcare and
Family Services**

DON'T RISK LOSING YOUR HEALTH INSURANCE

Medicaid members! Don't risk losing your health insurance. Please update your address with Illinois Medicaid. It's easy, fast, and free:

Call 877-805-5312 from 7:45am–4:30pm or visit

www2.illinois.gov/hfs/address. If you use a TTY, call 1-877-204-1012.

Find Ways to Boost Your Budget

**Find Ways
to Boost
Your Budget**

nco
national council on aging

BoostYourBudget



The cost of living keeps going up – which can be hard if you're living on a fixed income. April 11-15 is Boost Your Budget Week, the perfect time to see if you qualify for benefits programs that can help you pay for food, medicine, housing, and more. The National Council on Aging's BenefitsCheckUp tool, available in English and Spanish, is free and confidential and will give you a personalized list of benefits to explore. Answer a few short questions and get a list of programs that could help you.

[Start your checkup](#)

Local Spotlight: PrideLinc to Promote Connections Among LGBTQ Older Adults

According to a [report from AARP Illinois](#), LGBTQ older adults are often isolated, disconnected from services, and have thin support networks. These disparities persist because many LGBTQ older adults have been estranged from family and historically faced legal barriers to marriage, adoption, caregiving, and social services. As a result, LGBTQ older adults are far more likely to live alone than non-LGBTQ individuals and far less likely to have adult children or other family members to rely upon for informal caregiving. Three out of four LGBTQ people age 45 and older are concerned about having enough support from family and friends as they age, and LGBTQ people are more likely than non-LGBTQ people to report being lonely.

[AgeLinc](#), the Area Agency on Aging for Lincolnland serving 12 counties in central Illinois, has created a new community-driven program to provide opportunities for older adults to socialize in an age-friendly and LGBTQ-inclusive environment. [PrideLinc](#) offers a weekly congregational meal program open to LGBTQ older adults and allies, with lunches served every Thursday at 11:30 a.m. at AgeLinc.

According to Cathy Boerke, community engagement specialist at AgeLinc, the new program has already made an impact since its launch this month. "You could see people making connections, the camaraderie, where people are coming from. It's really a nice group. What I like most about it is just watching everybody come together. People were excited to be there."

Looking ahead, Boerke and AgeLinc CEO Carolyn Austin would love to see the meal program grow to fill AgeLinc's large conference room, and they are brainstorming plans to expand to other activities, including drag queen bingo, and field trips.

[Click here to follow PrideLinc on Facebook](#). For more information, contact Prairie at 217-787-9234.

PrideLinc



MEAL PROGRAM

Starting March 3rd!

PrideLinc is proud to announce a weekly congregante meal program open to LGBT seniors and allies!

Lunches will be served 11:30 am every Thursday at AgeLinc beginning March 3rd, and will include time for education and socialization. Meals are provided by Senior Services of Central Illinois.

For more information and to fill out your application, contact Prairie at 217.787.9234

AgeLinc



Area Agency on Aging for Lincolnland

2731 MACARTHUR BLVD
SPRINGFIELD, IL 62704
217.787.9234

Upcoming Events



INVALUABLE

THE UNRECOGNIZED PROFESSION OF DIRECT SUPPORT

**Illinois Aging
Together**

presents "Invaluable", a documentary film screening
in collaboration with partners with expertise in aging,
disability, and direct support; produced by University
of Minnesota, provided by Elsevier & Directcourse
Friday, April 29th 10AM-12PM

The Illinois Department on Aging is partnering with [Illinois Aging Together](#) to present a documentary film screening this April, showing "Invaluable: The Unrecognized Profession of Direct Support."

Join us for this 44-minute film screening and small group discussions to recognize and explore the impact the direct support workforce has on their communities and in the lives of direct support consumers.

Read more and register for the event [here](#).

Employment Opportunities

[Deputy General Counsel \(PSA, OPT. 8L\)](#)

Position Overview

The Office of General Counsel provides legal support to numerous programs to assist senior Illinoisans and disabled adults stay in their homes rather than going into a nursing facility. We provide legal advice and counsel to all levels of IDoA staff regarding legislation, rule making, programmatic/operational issues and various processes (including procurement, grants, agreements, contracts and appeals). Team and individual assignments also include project management of new and existing processes, FOIA, OMA, and representing IDoA in administrative hearings. This position has REMOTE and HYBRID schedules as options.

Job Responsibilities

1. Independently conducts legal research and advanced analysis to interpret and summarize Illinois, other states and federal legal mandates impacting IDoA, including but not limited to Executive Orders, Public Acts, rule-making bulletins, letters and related IDoA directives.
2. Using a personal computer, other common office equipment and windows-based software, promulgates, reviews, and coordinates IDoA rule making for IDoA administered programs and services in accordance with the Illinois Administrative Procedures Act.
3. Serves as lead attorney for assigned programs within IDoA and provides support for other programs as requested.

4. Monitors, tracks and analyzes policies regarding local, State and federal government procedures, rules, statutes, and other activities which increases the effectiveness and efficiency of IDoA and improves its accountability to the public, state and federal governmental entities, including the Grant Accountability and Transparency Act (GATA).
5. Processes requests submitted to IDoA regarding Freedom of Information (FOIA), authorizations for the release of information and subpoenas based on specific program or other confidentiality requirements.
6. Performs other duties as required or assigned which are reasonably within the scope of the duties enumerated above.

Minimum Qualifications

1. Active Illinois law license in good standing.
2. Prior experience equivalent to three years of progressively responsible legal work including administrative rule making and/or policy development experience in a public or business organization.

Preferred Qualifications

1. More than three years of progressively responsible legal work including administrative rule making and/or policy development experience in a public or business organization.
2. Experience in program support, understanding of state and federal requirements for elderly or disabled populations, experience with procurement, grants, agreements and/or contracts, procedure and policy development, project management.
3. Experience identifying legal issues, reviewing, researching/investigating, analyzing and recommending resolutions, opportunities for improvement or corrective action.
4. Experience in problem identification and solving skills and ability to discern root causes and systemic issues includes ability to identify and coordinate corrective or preventative actions.
5. Experience developing concise written and verbal presentation of issues, training, procedures, etc.
6. Experience with aging population or other identifiable demographic populations.
7. Experience in Microsoft Office products and legal research software and ability to learn new software products.

Conditions of Employment

1. Requires limited ability to travel.

Work Hours: 8:30-5:00 Mon-Fri

Work Location: One Natural Resources Way, Springfield, IL 62702-1813

Agency Contact: Nick Gilmore

Email: aging.hr.assist@illinois.gov

Phone: 217-900-0013

Job Function: Administration/Management; Legal and Compliance

About the Agency

Respect yesterday, support today, and plan for tomorrow's Illinois seniors. Employment at the Illinois Department on Aging promotes quality and culturally-appropriate programs and partnerships that encourage independence, dignity, and quality of life.

Items of Interest

[Medical alert devices at risk with 5G network](#)

[5G rollout impacts central Illinois seniors' emergency devices](#)

[Pritzker Administration Urges Action to Protect Seniors in Nursing Homes Following](#)

[State of the Union Address](#)

[Villa: We are a step closer to eliminating misleading information for long-term care patients](#)

[Villa: Advancing toward extended support for older LGBTQ adults](#)

[Letters: Support for unpaid caregivers](#)

[5 Tips for Difficult Family Caregiving Conversations](#)

[Tax Tips for Family Caregivers](#)

[How to Save Money at the Gas Pump](#)

[Can Ultrasound Help Treat Alzheimer's?](#)

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)**

