

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

March 2024 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Acting Director Mary Killough



News and
Events

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Illinoisans Hall
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Discount

I am thrilled to return and take the reins of IDoA, and build upon its work to support older adults and their caregivers throughout Illinois. In my most recent position, I served as Vice President of Operations and Government Relations at AccentCare, a national leader in home care, home health and hospice services, and served on the Board of Directors for the Illinois Association of Community Care Program Homecare Providers (IACCPHP) and Senior Services of Will County. I previously served as Deputy Director and Division Manager of Home and Community Services at IDoA. It is an honor to bring my decades of experience protecting the interests of older adults to the agency directorship.

Our elders deserve access to compassionate caretaking, comprehensive healthcare, and the opportunity to age in their communities with maximum independence and quality of life. I look forward to working with our statewide network of aging services providers, advocates, community members, and other stakeholders to advance these priorities, thereby advancing equity in aging.

Particularly as we recognize Women's History Month and celebrate the contributions of women to our history, culture, and contemporary society, we are reminded that equity in aging is a [women's issue](#): women aged 60+ outnumber men by over 7 million in the United States, and older women, on average, have lower incomes and higher rates of poverty than men.

For information about programs and services available to help older adults of all identities and backgrounds age well, you may contact IDoA's Senior HelpLine at 1-800-252-8966, 711 (TRS), or aging.ilsenior@illinois.gov.



IDoA Celebrates National Nutrition Month, Senior Nutrition Program

Celebrate the Senior Nutrition Program

[ACL.GOV/SNP/CELEBRATE](https://acl.gov/snp/celebrate)



Source: [ACL.gov](https://acl.gov)

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health. They also act as a gateway to other home and community-based services like falls prevention programs, chronic disease management resources, and more.

This March, IDoA is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country. Throughout the month, we are highlighting the importance of adequate nutrition and how nutrition services help people stay independent as they age.

If you are interested in signing up for home-delivered meals, would like to participate in group (congregate) dining, access the [nutrition screening](#) (also available in [Spanish](#)), education, counseling, cooking classes and other nutrition-related activities, contact your Area Agency on Aging or a nutrition provider in your area by using this [map tool](#).

Additional Nutrition Resources and Information

Supplemental Nutrition Assistance Program (SNAP): SNAP was designed to help end hunger and improve nutrition for low-income households and is administered by the Illinois Department of Human Services (IDHS). Benefits can be used to buy any food or food product for human consumption, plus seeds and plants for use in home gardens to produce food. For more information, visit www.dhs.state.il.us or call the IDHS Customer Service HelpLine at 1-800-843-6154.

Eat. Move. Save.

Use the [Find Food IL](#) community food map to find food resources in your community. The [Eat. Move. Save.](#) website also offers tips to help you make healthier choices on any budget.

Older Adults Can Dine Around Morris at Maria's, Weits Cafe



Maria's Pizzeria & Ristorante and Weits Cafe are the newest restaurants to join the Community Nutrition Network's "Dine Around Town" senior dining program, which offers low or no-cost meals to older adults in Grundy and surrounding counties.

Partner organizations and community members celebrated during [ribbon-cutting ceremonies](#) on Tuesday, March 5.

Older adults who register for the program receive a pre-loaded payment card to purchase dietician-approved menu favorites from participating restaurants during their senior dining hours. For more information or to sign up, please call 815-941-1590.

ICYMI: Patty Strahan with the Community Nutrition Network's Meals on Wheels program spoke with WSPY about the restaurant partnership program. [Listen to Patty's interview here.](#)

Federal Older Americans Act Gets Major Update



Last month, the Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, [released a final rule](#) affecting the Older Americans Act of 1965 (OAA), marking the first significant changes to the act in more than 35 years.

According to ACL, the recent updates "reinforce and clarify policies and expectations, promote appropriate stewardship of OAA resources, and incorporate lessons learned during the COVID-19 pandemic." For example, the regulations now allow some meal programs to offer carry-out meals to older adults.

[More details](#)

The Illinois Department on Aging distributes OAA funds to Illinois' 13 regional Area Agencies on Aging to plan and coordinate OAA services. Available services fall into the following categories:

- Access services: transportation, outreach, and information and assistance to help older adults access other existing services
- Family caregiver support services such as information and assistance, support groups, caregiver training, and respite
- Legal assistance for a range of civil law issues
- Nutrition services, including home-delivered and congregate meals
- Senior centers

While the new regulations officially took effect on March 15, IDoA and the AAAs have until

March is Problem Gambling Awareness Month

**Betting out of control?
Get help before you lose everything.**



1.800.GAMBLER

Source: IDHS

From bingo games to casinos, gambling can be a fun way for older adults to socialize and break up their routines. While most gamblers play responsibly, a small percentage will develop compulsive habits that can risk their savings and emotional and physical health.

Not sure if you or someone you know has a gambling problem? Here are some of the most common signs:

- Needing to gamble with more money to keep gambling exciting
- Feeling irritated or restless when trying to cut back on gambling
- Trying to cut back or stop gambling, but not being able to
- Thinking about gambling a lot
- Gambling when you're upset
- Chasing losses (gambling more to win back money after losing)
- Trying to hide gambling by lying
- Having problems with relationships, work, or school because of gambling
- Needing to borrow money as a result of gambling losses

If gambling has become a problem for you or someone you know, call 1-800-GAMBLER. Help is also available through the website [AreYouReallyWinning.com](https://www.AreYouReallyWinning.com) and by texting GAMB to 833234.

Are You Really the Lucky Winner? How to Spot Fake Prize, Sweepstakes, and Lottery Scams

Never pay to
get a prize.
That's a scam.

ftc.gov/fakeprizes



FEDERAL TRADE
COMMISSION

#FTCTopFrauds

ReportFraud.ftc.gov

You get a call, email, or letter saying you won a sweepstakes, lottery, or prize — like an iPad, a new car, or something else. But you can tell it's a scam because of what they do next: they ask you to pay money or give them your account information to get the prize. If you pay, you'll lose your money and find out there is no prize.

Signs of a Prize Scam

Who doesn't dream of winning a lot of money or a big prize? That's why scammers still use the promise of a prize to get your money or personal information. The good news is that there are ways to tell you're dealing with a scam.

Here are three signs of a prize scam:

- **You have to pay to get your prize.** Real prizes are free. If someone tells you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, you're dealing with a scammer. And if they ask you to pay by wiring money, sending cash, or paying with gift cards or cryptocurrency to get your prize, don't do it. Scammers use these payments because it's hard to track who the money went to. And it's almost impossible to get your money back.
- **They say paying increases your odds of winning.** Real sweepstakes are free and winning is by chance. It's illegal for someone to ask you to pay to increase your odds of winning. Only a scammer will do that.
- **You have to give your financial information.** There's absolutely no reason to ever give your bank account or credit card number to claim any prize or sweepstakes. If they ask for this information, don't give it. It's a scam.

How Scammers Try to Trick You

Scammers will say anything to get your money. Here are ways they try to trick you into thinking you really won a prize:

- Scammers say they're from the government when they're not.
- Scammers use names of organizations you may recognize.
- Scammers send you a message (via text, email, or social media) to get your personal information.
- Scammers make it seem like you're the only one that won a prize, but the text, email, or letter went to numerous people.
- Scammers say you've won a foreign lottery, or that you can buy tickets for one.
- Scammers pressure you to act now to get a prize. Scammers want you to hurry up and pay or give them information.
- Scammers send you a check and ask you to send some of the money back.

TIP: If you're not sure about a contest or the company sending you a prize notification, search online to see if you find anything about them. Type the name with terms like "review," "complaint," or "scam" into a search engine like Google.

What to Know About Real Contests and Prizes

Plenty of contests are run by reputable marketers and non-profit organizations. But there are some things to know before you drop in a quick entry or follow instructions to claim a prize:

- Real sweepstakes are free and by chance.
- Contest promoters may sell your information to advertisers.
- Contest promoters must tell you certain things like the contest is free, the prizes, odds and how to redeem if you might win.
- Sweepstakes mailings must say you don't have to pay to participate.

A special note about skills contests. A skills contest — where you do things like solve problems or answer questions correctly to earn prizes — can ask you to pay to play. But you might end up paying repeatedly, with each round getting more difficult and expensive, before you realize it's impossible to win or just a scam. Skills contests can leave contestants with nothing to show for their money and effort.

Report Prize Winnings and Lottery Scams

If you think you've been targeted by a prize scam:

- Report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/identity-theft) or by calling the FTC's Consumer Response Center at 877-382-4357.
- Report it to the Illinois Attorney General's Senior Citizen's Consumer Fraud Hotline at 217-782-1090.
- If the prize promotion came in the mail, report it to the US Postal Inspection Service at <http://www.uspis.gov/report/>.
- If you gave your personal information to a scammer, report to the Illinois Attorney General's Identity Theft unit at 866-999-5630 and also go to <http://identitytheft.gov/> for steps to protect your identity.

Golden Poets Poetry Contest

Illinois Poet Laureate Angela Jackson has established the Golden Poets Poetry Contest, open to writers aged 70 and older. Older adults are encouraged to enter their original, unpublished poems for a chance to win up to \$500 cash.

Requirements/Formatting:

- All poems must be typed, with name, age, and page numbers on the upper right corner of each page.
- Copyrighted text will be disqualified. Proof of age is required to win.

Selection:

- Poems will be judged on originality and creativity. Illinois Poet Laureate Angela Jackson will make the final selections.

Submissions must be emailed to ilpoetlaureate.contests@gmail.com no later than **March 31, 2024**. First through third place winners will be announced in May and each receive a cash prize.

[Learn more](#)

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](#)

Employment Opportunities

IDoA has no employment openings at this time. Vacancies will be posted to [this page](#) as positions become available.

Save the Date

The [Senior Housing Residents' Advisory Council](#) will meet on Tuesday, April 23 at 3 p.m.

[Join via Webex](#)

Inaugural African American Conference

RELEASE THE SILENCE

Reducing Memory Health Disparities with Awareness, Education, and Resources

SATURDAY | MAY 4, 2024

9:00AM – 2:00PM

UNION BAPTIST CHURCH
1405 E MONROE ST, SPRINGFIELD, IL



In partnership with the Illinois Department on Aging, Illinois Department of Public Health, Zeta Phi Beta Sorority Inc., NAACP, Prince Hall Masons, Frontiers International Springfield Club, and Senior Services of Central Illinois, the Alzheimer's Association Illinois Chapter invites you

to the *Release the Silence* Conference on **Saturday, May 4** from 9 a.m. to 2 p.m. at Union Baptist Church in **Springfield**.

This **free** conference is designed for those who are caregivers of a person with Alzheimer's, individuals who want to learn more about the disease as well as professionals wanting to understand the health disparities which affect individuals in the African American community. Topics covered will include the Alzheimer's & dementia journey, managing the caregiving role and navigating healthcare systems.

Register by clicking the button below or by calling 800-272-3900.

[Register now](#)

Items of Interest

[CDC recommends seniors get another Covid-19 shot](#)

[Preventing Malnutrition After a Hospital Stay: 6 Questions to Ask Your Doctor](#)

[What do I need to bring with if I'm voting in-person? Here's what to know ahead of 2024](#)

[Illinois primary election](#)

[A Bloomington creator's VR worlds are helping older adults stave off social isolation](#)

[Spoto takes title as Orland Township's Senior Idol](#)

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)**

