

RESPECT FOR  
YESTERDAY,  
SUPPORT FOR  
TODAY,  
PLAN FOR  
TOMORROW



## Aging Matters

May - June 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

At the Department on Aging, we honor older Illinoisans year-round. We celebrate their achievements and are committed to providing our elders with the support and services they need to thrive and age with dignity.

This month in particular, I ask that you join us in celebrating the older adults who richly contribute to our communities. That's because May is Older Americans Month! The 2022 theme, *Age My Way*, is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Find a Vaccine  
Location Near  
You

Below you'll find information about how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique. You may also want to check out these [activity ideas](#) to help you plan May activities in and with your own community.

IDoA COVID-19  
Vaccine  
Resources

If you are planning or attending an in-person event, please be sure to follow local health and safety guidance. COVID is still a part of our lives. In fact, [according to the CDC, 14 counties in Illinois are now rated at the Medium Community Level, including nine counties in the northeast part of the state and five in the central part.](#) At the Medium Community Level, people at risk of severe health outcomes are advised to take additional precautions to protect themselves from the virus, including masking up in indoor spaces.

Looking For  
Services?

The best way to maximize protection and fight COVID-19 is to be fully vaccinated **AND** get your booster shots, particularly if you are **65 years of age or older**. If you're thinking about getting a second COVID-19 booster, here are [some factors to consider](#).

Upcoming  
Webinar

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](mailto: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.

## Age Your Way During Older Americans Month and Beyond



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, IDoA is excited to celebrate OAM with our partners in the aging community. Join us at the [Central Illinois Senior Celebration](#) on May 18, and follow along throughout the month to find resources on aging in place.

For more information, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.

## Recognizing Asian American and Pacific Islander Heritage Month

In addition to being Older Americans Month, May is [Asian American and Pacific Islander \(AAPI\) Heritage Month](#), a time to recognize the historic and cultural contributions of AAPI groups and individuals to the United States. The AAPI community is diverse, representing more than 50 distinct ethnic groups and 100 languages, and this commemoration uplifts their unique stories.

Asian American and Pacific Islanders also represent one of the fastest growing populations of older adults in the United States. Over the next 50 years, the number of AAPIs aged 65 and older is expected to grow more than 350%, from 1.6 million to 7.3 million people.

As part of our agency's DEI plan, IDoA is committed to ensuring that the programs and services we administer are culturally and linguistically accessible, and that they serve the needs of AAPI elders.

Click [here](#) to view a video from one of our partner organizations, Hanul Family Alliance, about how they have been meeting the needs of Korean-American seniors and families throughout the pandemic.

We're also excited to announce the opening of a new meal site in Orland Park, operated by [Metropolitan Asian Family Services](#). The new site serves South Asian vegetarian cuisine and is open five days a week. Meals are served at 3 p.m. but the site is open from 8:30 on, offering a host of services.

This is the first new meal site AgeOptions has opened as a result of their initiative to use American Rescue Plan Act funding to expand access to nutrition.



## Read Governor Pritzker's AAPI Heritage Month Proclamation

For additional news and blog posts from the Diverse Elders about Asian American, Pacific Islander American, and Native Hawaiian older adults, click [here](#).

## May is Mental Health Awareness Month



May is also Mental Health Awareness Month. If you or a loved one are struggling with your mental health, help is available.

Call4Calm is a free-of-charge emotional support text line for Illinois residents who are experiencing stress and mental health issues related to COVID-19. Text TALK to 552020 to be connected with a mental health professional.

If you or a family member have mental health and/or substance use challenges and would like to receive support by phone, call the Illinois Warm Line at 866-359-7953.

Illinois is also in the process of implementing 988, a national three-digit dialing code for the suicide prevention and crisis hotline, which is scheduled to launch in July.

## 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](mailto: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



**WORLD ELDER ABUSE  
AWARENESS DAY**  
Building Strong Support for Elders

World Elder Abuse Awareness Day, observed annually on June 15, serves as a call to action for individuals, organizations and communities to raise awareness about the abuse, neglect and exploitation of older adults. Every year, an estimated one in 10 older Americans are victims of elder abuse, neglect or exploitation. And that's only part of the picture: Experts believe that elder abuse is significantly underreported, in part because many communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as one in 14 cases of elder abuse come to the attention of authorities.

Illinois' [Adult Protective Services \(APS\)](#) program aims to prevent and resolves instances of abuse against older adults and persons with disabilities aged 18-59. The program is coordinated through 39 local provider agencies, whose trained caseworkers investigate allegations of abuse and connect victims with appropriate resources. During fiscal year 2021, the most recent reporting period for which data is available, the APS program received a total of 20,567 reports of suspected abuse, neglect, self-neglect, and exploitation. IDoA, regional Area Agencies on Aging and local provider agencies have worked uninterrupted throughout the pandemic to investigate all reported allegations of abuse.

For information on the warning signs of adult abuse, visit <https://www2.illinois.gov/aging/Engage/Pages/default.aspx>. To report suspected abuse, exploitation or neglect of an older adult or person with a disability, call the statewide, 24-hour APS hotline at 1-866-800-1409.

[Read Governor Pritzker's Proclamation](#)

**Save on Your Internet Bill**

The Federal Communications Commission launched a new program on December 31, 2021: Low-income households can apply for the Affordable

**ACP** Affordable  
Connectivity  
Program



Save up to \$30 a month on  
your internet service bill

Connectivity Program, which includes monthly internet discounts, an Enhanced Tribal Benefit, and a one-time device discount. To learn more, go to [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov).

The Affordable Connectivity Program (ACP) is a new government program that helps low income households pay for broadband service and internet connected devices.

See if your household is eligible by visiting:



[www.affordableconnectivity.gov](https://www.affordableconnectivity.gov)



## Find It on the ICRN

Illinois is home to approximately 230,000 residents living with Alzheimer's disease, the most common form of dementia. To increase awareness of dementia-related resources, the [Illinois Cognitive Resources Network](https://www.ilbrainhealth.org) has launched a newly redesigned website as a one-stop shop for caregivers, professionals, and community members who have been touched by Alzheimer's or another dementia.

Visit [ilbrainhealth.org](https://www.ilbrainhealth.org) to check it out!

**CONNECT WITH DEMENTIA  
RESOURCES AND LOCAL SUPPORT  
SERVICES YOU NEED...  
ALL IN ONE PLACE**



Caregivers



Professionals



Community Groups



Family & Friends



Living with dementia



[WWW.ILBRAINHEALTH.ORG](https://www.ilbrainhealth.org)

## Upcoming Events

# AARP Illinois Virtual Conversation:

## COVID-19: VACCINES, BOOSTERS, AND THE FUTURE FOR ILLINOIS

**MAY 18 | 10 AM CT**

**Watch on Facebook and YouTube**



**Amaal Tokars, PhD**

Interim Director,  
Illinois Department  
of Public Health



**Paula Basta**

Director,  
Illinois Department  
on Aging



**Philippe Largent**

State Director,  
AARP Illinois



Join us on Wednesday, May 18 for a virtual event addressing the impact of COVID on older Illinoisans, variants, and the importance of the latest booster. Register [here](#).



*Age 50 Plus - 22nd Annual*

# Central Illinois Senior Celebration

## "Age My Way"

### Host Agencies

Advanced Healthcare  
 HSHS St John's Hospital  
 Illinois Department on Aging  
 Illinois State Library  
 Memorial Medical Center  
 Senior Services of Central Illinois  
 Jennifer Duprey ■ Sally Hamilton ■ Carol Harms  
 Barbara Hipsher, Co-chair  
 Justin Yuroff, Co-chair  
 Springfield Supportive Living  
 SIU Medicine

Illinois State Fairgrounds  
 Orr Building

**Wednesday, May 18, 2022**

**9 am – 2 pm**

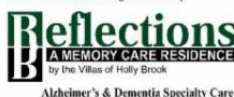
**Free Admission with Can of Food  
 for Central Illinois Food Pantry...**

Health Screenings, Informational Displays,  
 Parking Lot Shuttles, Refreshments, Food Trucks  
 Entertainment & Door Prizes

### Gold Sponsors



BlueCross BlueShield  
 of Illinois



### Silver Sponsors

AARP  
 Addus Home Care  
 America Ambulance  
 Edwards Group  
 Memorial Home Medical Supply  
 Timi's Tours

### Bronze Sponsors

Aetna Better Health	Illinois Presbyterian Home
AgeLinc	Regency Care
Ameren Illinois	Rochester Estates
Bardo Insurance	Staab Funeral Home
Copper Creek Cottages Memory/	The Bridge Care Suites
Timber Creek Village Assisted Living	Visiting Angels
Hickory Glen	

### Beverage Sponsors

Advanced Healthcare	MJ Kellner
Gordon Food Service	Springfield Supportive Living
Edwards Group	

### Media Print Sponsor

Senior News and Times for Illinois

### Program Sponsor

A & B Printing Services, Inc.

**For More Information Call Senior Services of Central Illinois (217) 528-4035**



Also on Wednesday, May 18, we're celebrating Older Americans Month at the Central Illinois Senior Celebration. Stop by the Orr Building on the Illinois State Fair grounds between 9 a.m. and 2 p.m. for free health screenings, refreshments, food trucks, entertainment and more!



Senator Rob Martwick, Rep. Lindsey LaPointe  
& Commissioner Bridget Degnen present:



## RULES OF THE ROAD REFRESHER COURSE & SENIOR RESOURCE FAIR



**Friday, May 20**  
**10 AM - 2 PM**  
Copernicus Center Annex  
5216 W Lawrence Ave

**Rules of the Road:**  
**10 - 11:30 AM**  
**Vision Screening:**  
**11:30 AM**

*With information from: IL Secretary of State • IL Attorney General • IL Dept on Aging • ICASH • AETNA • Age Options • CEDA • LIHEAP • CUB  
Contact (773) 286-1115 or [info@senatormartwick.com](mailto:info@senatormartwick.com) to learn more*

We'll be at Senator Robert Martwick, State Representative Lindsey LaPointe, and Commissioner Bridget Degnen's Senior Resource Fair on Friday, May 20 from 10-2. Stop by for a Rules of the Road refresher course, vision screening, and to learn about the many programs and services available to older adults.

## Employment Opportunities

### Administrative Assistant II

#### **Position Overview**

We are looking to hire an individual who wants to be part of a high energy division with multiple functions that is competent, reliable, organized, and motivated. This position works directly for the Chief Financial Officer for the Agency, but will network and work with all divisions within the Agency. All interested candidates are invited to apply.

#### **Job Responsibilities**

1. Monitors and processes communications received and sent by the CFO and Department staff, maintaining confidentiality.
2. Performs independent activities to assist in the meeting of deadlines related to the activities of the Division.
3. Serves as the Department's telecommunications coordinator/liaison with CMS for all agency units.
4. Serves as the Agency Property Control Coordinator who oversees the agency inventory and property control functions.
5. Advises the Division Manager of significant problems and makes recommendations as appropriate.
6. Confers with and acts as a liaison with other government office representatives, businesses, and the public in meeting activities and other agency functions using

methods and procedures specifically associated with the CFO and other Division managers.

7. Plans and coordinates all meetings.
8. Performs other duties as required or assigned which are reasonable within the scope of the duties enumerated above.

### **Minimum Qualifications**

1. Requires knowledge, skill, and mental development equivalent to completion of four years of college, preferably with courses in public or business administration.
2. Requires two years of professional experience in a public or private organization.

### **Preferred Qualifications**

1. Prefers advanced knowledge in the development and use of spreadsheets and database software for program tracking and analysis.
2. Prefers advanced knowledge of word processing, spreadsheets, MS Access, and presentation business software solutions.
3. Prefers good written and verbal communication skills.

### **Employment Conditions**

- Requires ability to pass a criminal background check.

**Work Hours:** 8:30am - 5:00pm Monday-Friday

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

#### **Agency Contact:**

Nick Gilmore

Email: [Aging.hr.assist@illinois.gov](mailto:Aging.hr.assist@illinois.gov)

Phone #:217-900-0013

**Job Function:** Clerical and Administrative Support; Administration/Management; Fiscal/Finance/Business

**CANDIDATES MUST SUBMIT A SEPARATE BID FORM (as applicable) AND CMS-100/B FOR EACH POSTED VACANCY APPLIED FOR.**

### **APPLICATION INSTRUCTIONS**

#### **DO NOT APPLY ONLINE.**

Please submit application via email to: [aging.hr.assist@illinois.gov](mailto:aging.hr.assist@illinois.gov). For expedited processing, please put all of your application materials into one .PDF prior to submission.

#### **Current State Employees:**

- Seeking a Promotion – Submit an Official Position Vacancy [Bid Form](#) and [CMS-100B](#) Employment Application (version dated 9/2020 or after) to the Agency Contact address listed above.
  - Older versions of the [CMS-100B](#) will not be graded or returned to applicants.
  - Failure to complete and submit the new [CMS-100B](#) (version dated 9/2020 or after) will result in your application being rejected.
- Seeking a Transfer – Submit an Official Position Vacancy [Bid Form](#), [Transfer Request](#), and [CMS-100](#) Employment Application (version dated 9/2020 or after) to the Agency Contact address listed above.
  - A separate Bid form and Application is required for each Posting Identification#/Job Requisition ID # or your bid will be rejected.
  - Failure to complete and submit the new [CMS-100](#) version (dated 9/2020 or after) will result in your application being rejected.
- Seeking a Reduction - Submit an Official Position Vacancy [Bid Form](#) and [CMS-100](#) Employment Application (version dated 9/2020 or after) to the Agency Contact address listed above.
  - A separate Bid form and Application is required for each Posting Identification#/Job Requisition ID # or your bid will be rejected.

- Failure to complete and submit the new [CMS-100](#) (version dated 9/2020 or after) will result in your application being rejected.

#### **Former State Employees:**

- Submit an Official Position Vacancy [Bid Form](#) and [CMS-100](#) Employment Application (version dated 9/2020 or after) to the Agency Contact address listed above.
  - A separate Bid form and Application is required for each Posting Identification#/Job Requisition ID # or your bid will be rejected.
  - Failure to complete and submit the new [CMS-100](#) (version dated 9/2020 or after) will result in your application being rejected.

#### **Non-State Employees:**

- Submit a [CMS-100](#) Employment Application (version dated 9/2020 or after) and official college transcripts (where applicable) to the Agency Contact address listed above.
  - Documentation is required for each Posting/Bid ID or your application(s) will be rejected.
  - Failure to complete and submit the new [CMS-100](#) version (dated 9/2020 or after) will result in your application being rejected.

## **Items of Interest**

[Senior Center Spotlight: Arlington Heights Senior Center Showcases Cooperation](#)

[May recognized as Older Americans Month in Illinois](#)

[Department on Aging Promotes Home and Community-Based Services During Older Americans Month](#)

[State Officials Warn Seniors Of Medicare Card Scam](#)

[How to Find Trustworthy Mental Health Information Online](#)

[Make Every Day Grandparents Day: Try These Wellness-Focused Activities With Your Grandkids](#)

[How to Survive a Bear Market if You're Over 50](#)

[9 Tips to Keep Your Loved One Eating Well With Dementia](#)

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)

