

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

July 2024 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Acting Director Mary Killough



News and
Events

Fair season is almost upon us! If you live near Springfield or are planning a trip to the State Fair this year, you won't want to miss Senior Day held on Monday, August 12. On Senior Day, admission is free for adults 60 and older, and fairgoers will have access to dozens of free health screenings, wellness demonstrations, freebies, and resources promoting healthy aging provided by state and community partners.

Illinois' State
Plan on Aging

Senior Day will formally kick off at 10:30 a.m. in the Illinois Building, located just inside the fairgrounds' main gate. The building is air conditioned, has restrooms, and offers motorized wheelchairs for rent. Visitors are encouraged to participate in special programming, including bingo and the crowd-pleasing Not So Newlywed Game.

Find Services
in Your Area

A complete schedule of events and performances is available for download later in this newsletter. For questions about Senior Day programming, you may contact the Senior HelpLine at 1-800-252-8966, 711 (TRS) or by email at aging.ilsenior@illinois.gov. General information about the fair is available [here](#), and maps and directions can be found [here](#).

Senior
Illinoisans
Hall of Fame

I hope to see you there.

License Plate
Discount

Farmers Market Coupon Books Now Available



The Senior Farmers Market Nutrition Program (SFMNP) helps older adults obtain fresh food from local farms, roadside stands, and CSAs at no cost. To qualify, you must be at least 60 years old with a household income at or below 185% of the federal poverty line. Is this you? Apply today!

How does the SFMNP work?

Area Agencies on Aging, along with the Greater Chicago Food Depository, distribute coupons seasonally that can be used to purchase fresh fruit, vegetables, honey and herbs at farmers markets in [participating counties](#).

How do I apply, and where can I pick up a coupon booklet?

Contact your local Area Agency on Aging (AAA) for information about the application process. Use this [map](#) to find the phone number for your local AAA.

Can I spend coupons at more than one farmers market?

Yes! If you do not spend all of your coupons at one market, you can use them at another. The most important thing is that vendors are not able to give you change, so get as close to the nearest \$10 as possible.

Do the coupons expire?

Yes, you can not spend your coupons after October 31.

Can I receive more than one coupon booklet?

Get #SummerReady: Be Prepared for Extreme Heat



Extreme heat can be hazardous for everyone, especially for older adults. Being #SummerReady means understanding your risk of extreme heat and taking steps now to prepare.

Tips for older adults

- Do not stay home alone during a summer power outage or an extreme heat event.
- Make sure a trusted friend or relative has an extra key to your home, knows where you keep your emergency supplies and can use lifesaving equipment or administer medicine.
- Drink fluids regularly to avoid getting dehydrated and overheated. Talk to your doctor about whether you need fluids with extra electrolytes in the heat.
- Be careful with the amount of time you spend outdoors. Take frequent breaks to come back inside, cool off, and drink fluids that don't have caffeine.

Some people have situations that need a little more attention. Find unique tips below for what you need.

"I have a health condition that makes the heat really hard on my body."

- Work with your support network if you have one - caregivers, neighbors, family and friends - to monitor and address your heat-related needs. Have them check in with you regularly to ensure you are safe and healthy.
- Read the side effects of medications and talk with your doctor about how heat exposure will interact with them.
- Keep a cooler and cold packs nearby to help keep refrigerated medicine, like insulin, cool during a power outage.
- Know the phone numbers and locations for local medical facilities, such as hospitals or nursing homes, to create contingency plans if you cannot access cooling options, lose power, or need more help.
- Seek medical care immediately if you have [symptoms of heat-related illness](#) such as muscle cramps, dizziness, headaches, nausea, weakness, or vomiting.

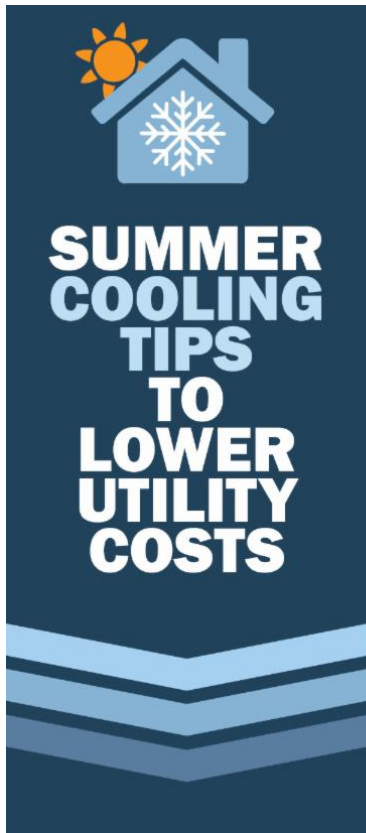
"I need ideas that don't cost a lot of money."

- Identify places in your community where you can go to get cool, such as libraries and

shopping malls, or contact your local health department to find cooling options in your area.

- Check the weather stripping on doors and windows to keep the cool air in.
- Have multiple ways to move air and reduce the temperature in your home. Fans create a sense of comfort, but may not be enough to reduce body temperature or prevent heat-related illnesses.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

IDoA's [tip sheet](#) offers more suggestions to help you keep cooling costs down.



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

Join Us August 12 for Senior Day at the State Fair

For one day only, receive free admission to the [Illinois State Fair](#) and take advantage of special programming geared toward older adults.

The Illinois Building will open at 9 a.m. on Monday, August 12 for older adults and their family members to connect with local vendors and exhibitors. A schedule of major events and activities is below:

10:30 a.m. – Opening remarks by IDoA Director Mary Killough and other dignitaries

11 a.m. – Juneteenth king and queen performance

11 a.m. – 2 p.m. - Bingo in the mezzanine area



Play BINGO
in the Illinois Building
Mezzanine every day from 11:00am
to 2:00pm through Saturday,
August 17 during the State Fair

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



MONDAY, AUGUST 12 • 12:00PM

Couples 50 years of age or older, PLEASE JOIN US at the Illinois State Fairgrounds in the Illinois Building to see just how much you actually know about your spouse after all these years!
Register at the IDoA booth that day or by calling 217-782-0004.



2 – 2:45 p.m. - Medicare Jeopardy Contest

This is....

SHIP

JEOPARDY!

ILLINOIS
STATE FAIR

Be the first to buzz in!

MONDAY, AUGUST 12 • 2:00PM

Test your knowledge about Land of Lincoln history and facts, as well as Medicare in this fun version of the game show you love!
CASH PRIZES!

Call 217-782-0004 to register, or stop by the IDoA booth in the Illinois Building.



3 – 4 p.m. AARP Social Security Presentation

View the full schedule of events and performances

Don't Let Fraud Win: A Guide to Reporting It

Whether you've seen something suspicious or been a victim of fraud, you should always report it.

Illinois Attorney General – Senior Citizen's Consumer Fraud Helpline

Call: 800-243-5377

Email: seniorhelpline.ilag.gov

Illinois Attorney General – Identity Theft Hotline

Call: 866-999-5630

United States Postal Service - Mail Fraud, Scam Emails, and Texts

Visit: www.uspis.gov

Call: 877-876-2455

Federal Trade Commission - Report a Scam, a Company, or an Unwanted Call

Visit: ReportFraud.ftc.gov

Call: 877-382-4357

U.S. Department of Justice/National Elder Fraud Hotline - Elder Scams/Fraud

Call: 833-372-8311

FBI – Report Elder Fraud/Scams

Visit: Your local FBI office

Call: 800-225-5324

Visit: www.IC3.gov

AgeOptions - Senior Medicare Patrol

Call: 800-699-9043 and ask for SMP

Medicaid Provider Fraud, Abuse, or Neglect

Call: 866-748-2297

AARP Fraud Watch Network Helpline

Call: 877-908-3360 – for members and nonmembers

Better Business Bureau (BBB)

Visit: <https://www.bbb.org/file-a-complaint>

Write: Your area’s local Better Business Bureau. You can locate your local BBB by using <https://www.bbb.org/bbb-directory/us/il>

U.S. Department of the Treasury – IRS Fraud

Visit: <https://www.tigta.gov/reportcrime-misconduct>

Email: phishing@IRS.gov (forward all IRS imposter emails)

Social Security Administration – SSA Fraud/Scams

Visit: <https://www.tigta.gov/reportcrime-misconduct>

CONSUMER ALERT

Urinary Catheter Scams

SCAMMERS are targeting Medicare enrollees by offering free services, medical equipment, or gifts cards in order to obtain their Medicare number to commit fraud.



Scammers target Medicare enrollees through various communication methods to obtain enrollee’s personal information.



Scammers steal or obtain Medicare numbers and other personal information.



Scammers then bill Medicare for medical equipment that’s unnecessary or not provided.

REPORT FRAUD: TIPS.HHS.GOV | 1-800-447-8477

OIG.HHS.GOV

Employment Opportunities

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



**SANGAMON
COUNTY TRIAD**

Legal Presentation: How to navigate the criminal justice system after you make a police report

We will discuss:

- How to make a police report
- What happens after report is made
- Order of Protections/No Contact orders
- What to do with firearms after a loved one passes
- Guardian/POA
- Victim Advocates
- Crime Victim Compensation
- And more!

JULY 18, 2024

1:30PM

ST. JOHN'S LUTHERAN

2477 W. WASHINGTON

SPRINGFIELD, IL



www.sangamoncounty-sheriff.com

The criminal justice system can be complicated. How do you make a police report? Who do you call? How do you seek an order of protection? What do you do with a loved one's firearms when they pass? What is the difference between power of attorney and guardianship?

This presentation will cover it all and more.

Thursday, July 18

**1:30 p.m. | St. John's Lutheran Church
2477 W. Washington St. in Springfield**

This event is free and open to adults of all ages.

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

Join via Webex



SENIORS' HEALTH & VENDOR EXPO 2024

Friday, July 26, 2024 / 10:00 AM - 1:00 PM
The Ovation Center
349 S. Weber Rd / Romeoville, IL 60446



RESOURCE BOOTHS

VENDORS

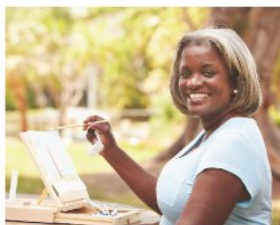
HEALTH SCREENINGS

(BLOOD PRESSURE, HEARING,
GLUCOSE, BALANCE)

RAFFLES
& SO MUCH MORE!

PRE-REGISTER TO WIN A ONE
YEAR MEMBERSHIP TO
WILL COUNTY SENIORS!

[CLICK HERE TO REGISTER](#)



Swing by our fabulous new location in Romeoville and dive into a world of classes, resources, and services tailored for seniors and their loved ones!



Join in on the fun and try the free mini classes offered throughout the day - you won't want to miss this!



Humana

WILL COUNTY SENIORS LOCATIONS: JOLIET: 251 N CENTER STREET | ROMEOVILLE: 349 S WEBER RD

Get all the info on services for seniors in Will County!

50+ vendors
Health checks

Vaccines
Mini classes
Raffles

Pre-register to be entered into a drawing for a free one-year membership to Will County Seniors!

Friday, July 26
10 a.m. to noon | The Ovation Center
349 S. Weber Rd. in Romeoville

[Register now](#)



Aging Summit

Economic Resilience Across the Lifespan

AgeGuide's Aging Summit will bring together aging adults, caregivers, thought leaders, and community stakeholders who understand they have a vital stake in shaping economic resilience across the lifespan.

Wednesday, August 21
8 a.m. to 4 p.m. | Northern Illinois University - Naperville Campus
1120 E. Diehl Rd. in Naperville

Early bird rates if you register by July 16:
Government/non-profit: \$69 per person
General registration: \$89 per person
Breakfast & lunch included

[Register now](#)

Items of Interest

[Eureka to kick off dementia-friendly initiative](#)

[Senior Services expanding to keep up with growing demand](#)

[IL organization seeks extra hands to serve older adults](#)

[How do you know when it's time to retire?](#)

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)**





Try email marketing for free today!
