

FLIP THE SCRIPT ON AGING



Aging Matters

May 2025 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Acting Director Mary Killough



News and
Events

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

Illinois' State
Plan on Aging

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Find Services
in Your Area

Senior
Illinoisans
Hall of Fame

And, this month and beyond, let's continue to be mindful of the ways ageism shows up in our lives, including in the words we use. Instead of, "She still drives," for instance, simply say, "She drives." Phrases like "still" often reinforce ageist assumptions, and small shifts like this can make a big impact. This one-page Reframing Aging [quick guide](#) offers further guidance on ageist words and themes to avoid and recommended alternatives.

License Plate
Discount

A handwritten signature in black ink, appearing to read 'Mary Killough'.

Illinois State Plan on Aging Public Hearing Schedule

Under the federal Older Americans Act, each state is required to detail how it plans to serve older adults.



Attend a public hearing to learn more about the [proposed Illinois State Plan on Aging](#) and provide feedback to the Illinois Department on Aging.

[View the plan.](#)

Public hearing locations:

Monday, May 19 | 9:30 - 11 a.m.

Renaissance Court (at the Chicago Cultural Center)
78 East Washington // Chicago, IL 60602
(312) 744-4550

Monday, May 19 | 2:30 - 4 p.m.

AgeGuide Northeastern Illinois
1910 S. Highland Ave., Suite 100 // Lombard, Illinois 60148
(630) 293-5990

Wednesday, May 28 | 10:30 a.m. - noon

Senior Adult Services
409 N. Springer St. // Carbondale, IL 62901
(618) 457-4151

Thursday, May 29 | 9 - 10:30 a.m.

Virtual hearing
[Webex link](#)

An option to provide written feedback is available [here](#). Written feedback will be accepted through **June 15, 2025**.

Tell Lawmakers: Don't Blow the Candles Out on the Older Americans Act

Now in its 60th year, the federal Older Americans Act (OAA) ensures a network of national, state, tribal, local, and community-based organizations can plan for and implement important programming to ensure all older Americans, especially the most vulnerable, can age well with health, dignity, and independence.

OAA programming is currently funded through the end of September. But proposals for next year's budget include elimination or drastic reduction of funding for the OAA's programs.

Take action now to protect critical services that keep nearly 500,000 older Illinoisans healthy and independent - services like meals, job training, senior centers, health promotion, benefits enrollment, caregiver support, transportation, and more.

The Illinois Association of Area Agencies on Aging will lead a statewide Day of Action in support of the Older Americans Act on Tuesday, May 28. [Find an event near you](#), or if you can't attend in person, follow [these instructions](#) to send a message to your member of Congress.

Nominate Someone for the Senior Illinoisans Hall of Fame



The Illinois Department on Aging (IDoA) is seeking nominations for the 2025 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 2025 induction class, nominations must be submitted on or before **June 2, 2025**. Nominators of new Hall of Fame inductees are expected to participate in an award ceremony honoring their nominee and highlighting their accomplishments.

Completed nomination forms may be submitted electronically or returned via U.S. mail, fax, or email. For more information or to submit a nomination, click [here](#).

How to Spot, Avoid, and Report Tech Support Scams

Tech support scammers want you to believe you have a serious problem with your computer, like a virus. They want you to pay for tech support services you don't need, to fix a problem that doesn't exist. They often ask you to pay by wiring money, putting money on a gift card, prepaid card, or cash reload card, or using cryptocurrency or a money transfer app because they know those types of payments can be hard to reverse.

Spotting and Avoiding Tech Support Scams

Tech support scammers use many different tactics to trick people. Spotting these tactics will help you avoid falling for the scam.

Phone calls

Tech support scammers often call and pretend to be a computer technician from a well-known company. They say they've found a problem with your computer. They typically ask you to give them remote access to your computer and then pretend to run a diagnostic test. Then they try to make you pay to fix a problem that doesn't exist.

If you get a phone call you didn't expect from someone who says there's a problem with your computer, hang up.

Pop-up warnings

Tech support scammers may try to trick you with a pop-up window that appears on your computer screen. It might look like an error message from your operating system or antivirus software, and it might use logos from trusted companies or websites. The message in the window warns you about a security issue on your computer and tells you to call a phone number to get help.

If you get a pop-up window on your computer, don't call the number. Real security warnings and messages will never ask you to call a phone number.

Online ads and listings in search results pages

Tech support scammers try to get their websites to show up in online search results for tech support. Or they might run their own ads online. The scammers are hoping you'll call the phone number to get help.

If you're looking for tech support, go to a company you know and trust.

What To Do if You Were Scammed

If you paid a tech support scammer with a credit or debit card, you may be able to stop the transaction. Contact your credit card company or bank right away. Tell them what happened and ask if they can reverse the charges.

If you paid a tech support scammer with a gift card, contact the company that issued the card right away. Tell them you paid a scammer with the gift card and ask if they can refund your money.

If you gave a scammer remote access to your computer, update your computer's security software. Then run a scan and delete anything it identifies as a problem.

If you gave your username and password to a tech support scammer, change your password right away. If you use the same password for other accounts or sites, change it there, too. Create a new password that is strong.

Reporting Tech Support Scams

If a tech support scammer contacts you, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/idthelp/submit-report).

When you report a scam, the FTC uses the information to build cases against scammers.

Upcoming Events

Central Illinois Senior Celebration

The Central Illinois Senior Celebration will be held on May 21, 2025, from 9 a.m. to 2 p.m. in the Orr Building at the Illinois State Fairgrounds.

Admission is free with the donation of a canned food item, and concessions will be available for purchase at the event.

As part of the celebration, beginning at 11 a.m. on May 21, the [Sangamon County TRIAD](#) will present "Who's Knocking at Your Door." Police officers, government and utility workers, and various delivery personnel will walk a runway dressed in uniform to help older adults distinguish between scammers and strangers who may have a legitimate reason to visit their home.

Items of Interest

[Bill to end senior road tests for 86 and younger, allow reporting of unsafe drivers clears Senate committee](#)

[Social Security rescinding its plan to end phone-based filing called a win for Illinois seniors](#)

[Graceland Center for Purposeful Aging hosts ribbon cutting](#)

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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