

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

November 2024 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Acting Director Mary Killough



News and
Events

Are you a family caregiver? Do you know someone who is? Chances are, you'll either be one – or need one – at some point during your life.

Illinois' State
Plan on Aging

At any given moment, more than one in five Americans are serving as family caregivers, according to a 2020 [report](#) by AARP and the National Alliance for Caregiving. Caregivers spend, on average, nearly 24 hours per week assisting with household activities like paying bills and grocery shopping, as well as with more complex tasks such as wound care and medication management.

Find Services
in Your Area

Often, people who provide for an aging parent or family member do not see themselves as caregivers - they are simply "helping out" a loved one. But [self-identification as a caregiver matters](#) and is the first step toward accessing [support services](#).

Senior
Illinoisans
Hall of Fame

This November, as we observe National Family Caregivers Month, I encourage you to reflect on your own experiences navigating the complexities of caregiving. Our website offers [wellness resources](#), [training videos](#), and other materials to aid you on this journey. For more personalized support, you can contact or visit a [caregiver resource center](#) for help creating a roadmap that will empower you in your caregiving role.

License Plate
Discount

A handwritten signature in black ink that reads "Mary Killough". The signature is fluid and cursive.

November Is National Family Caregivers Month

November is NATIONAL FAMILY CAREGIVERS MONTH

#NFCmonth

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The national observance is led by [Caregiver Action Network \(CAN\)](#), a nonprofit that provides free education, peer support, and resources to family caregivers. CAN selected the 2024 theme, I Care..., to highlight the importance of self-recognition and self-identity — key factors in caregivers' access to essential support. According to CAN, more than half of those providing care in the U.S. don't recognize themselves as caregivers. As a result, many do not connect with supports that can make a difference throughout their caregiving journeys.

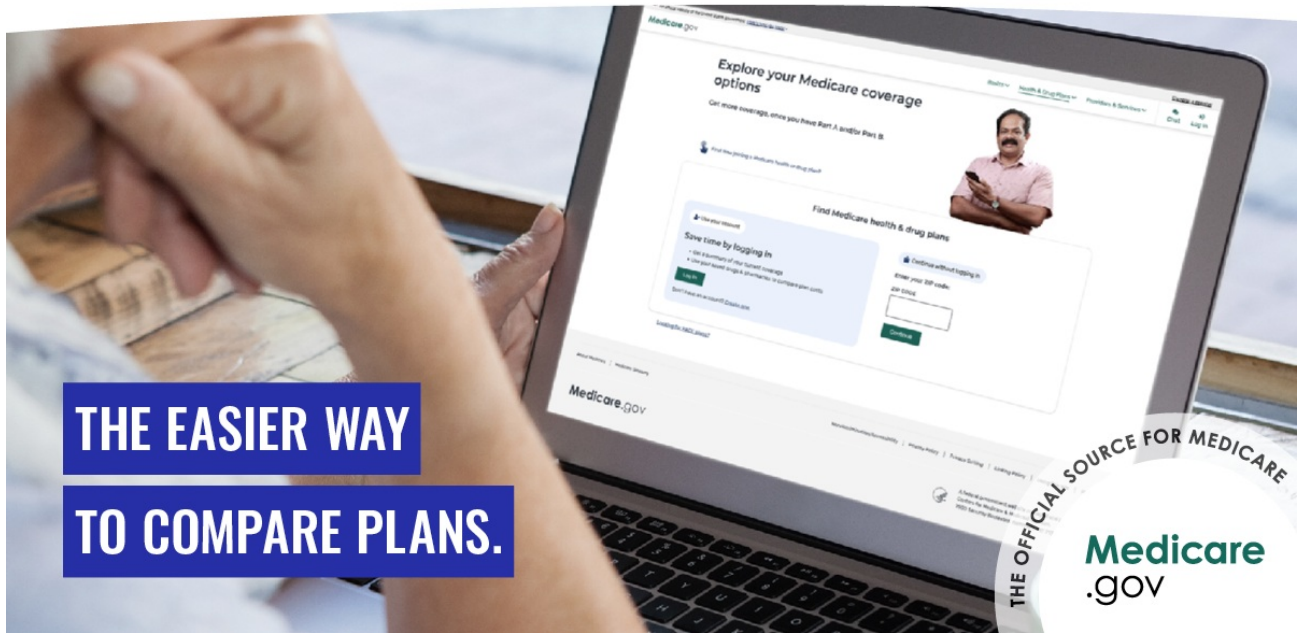
IDoA Resources to Support Family Caregivers

- [Advance Directives](#): Durable Power of Attorney for Property, Durable Power of Attorney for Health Care, and Living Will.
- The [Community Care Program](#), through case management, in-home care and adult day services, helps frail older people, who might otherwise need nursing home care, to remain in their own homes.
- [Adult Protective Services Program](#) investigates and assesses reports of abuse.
- [Grandparents Raising Grandchildren Program](#) promotes awareness of older caregivers who are currently raising their family's children and establishes support groups to assist them.
- Information on [Housing Options](#).
- [Legal Assistance](#) provides information on legal aid resources in Illinois.
- The [Long-Term Care Ombudsman Program](#) responds to questions, concerns and complaints that involve people who live in long-term care facilities.
- [Nutrition Programs](#), including home-delivered meals.
- [Senior Centers](#) provide resources, services and programs.
- [Senior HelpLine](#) is a toll-free number (Voice & TTY) providing information and assistance.
- [Transportation Services](#).

All family and caregiver services

A proclamation on National Family Caregivers Month, 2024

Medicare Open Enrollment Ends Dec. 7



**THE EASIER WAY
TO COMPARE PLANS.**

Medicare Open Enrollment ends soon. Don't miss your chance to find better coverage, lower premiums, or both.

To get help understanding your Medicare options and how you can save money on costs, call or visit a [Senior Health Insurance Program site](#) near you. You can also compare 2025 coverage options and shop for plans using [Medicare's Plan Finder](#) or by calling **1-800-MEDICARE** to talk with a customer support representative. TTY users should call **877-486-2048**. The Medicare Support Hotline is available 24/7, except for some federal holidays.

[Explore your Medicare coverage options](#)

A Flu Vaccine Is the Best Protection Against Flu

A FLU VACCINE CAN TAKE FLU FROM

WILD TO *mild*

IF YOU'RE 65 AND OLDER, TALK TO YOUR HEALTH CARE PROVIDER

#FIGHT FLU

The CDC recommends that almost everyone 6 months and older get a seasonal flu vaccine every

year, ideally by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even into January or later.

Flu vaccination is especially important for people 65 years and older because they are at higher risk of developing serious flu complications.

If you haven't received your flu shot yet, you can still get one from your primary care provider or at a pharmacy near you.

Visit vaccines.gov to schedule an appointment.

Opt Out of Receiving Most Telemarketing Calls

To reduce the amount of unwanted telemarketing calls you receive, you can register your phone number on the nationwide Do Not Call Registry. The Attorney General's Office enforces the rules of the Do Not Call Registry to make sure that businesses follow the law and consumers do not become victims of fraud.

To register, visit <https://donotcall.gov/register/reg.aspx> or call **1-888-382-1222**. Individuals with hearing or speech disabilities can use the 711 relay service to call.

Easy online registration

Step 1: Enter up to three phone numbers and your email address.

Step 2: Check that the information is correct.

Step 3: Receive an email from verify@donotcall.gov within a few minutes. It will tell you if your number was previously registered or if the new registration is complete.

This service is free to consumers and doesn't require repeated enrollment—once you sign up, your registration will not expire.

However, it's important to know that, under federal and state law, a number of businesses or organizations still can call numbers on the registry, including:

- calls from organizations with which you have established a business relationship
- calls for which you have given prior written consent
- calls which are not commercial or do not include unsolicited advertisements
- calls by or on behalf of tax-exempt non-profit organizations
- calls that are political
- calls about charities
- calls about debt collection

If you receive an unwanted call after your number has been on the registry for 31 days, [report it to the FTC](#).

Help Stop Hate in Illinois



In recent years, Illinois has seen a stark rise in hate and extremism, reflecting a troubling national trend. In response, Governor JB Pritzker, along with the Illinois Human Rights Department and the Illinois Commission on Discrimination and Hate Crimes, announced the official launch of Help Stop Hate, a confidential service that provides support and resources to individuals and communities affected by hate.

Help Stop Hate provides meaningful support to assist victims and witnesses of hate acts in reporting what happened and connecting them and their communities with vital resources. The service is free, confidential, and not affiliated with law enforcement. Online reports can be made in seven languages. Callers can report in the language of their preference and receive assistance from call specialists trained in trauma-informed care.

We need each and every Illinoisan to help stop hate. By reporting hate acts you witness or experience, you play a crucial role in making Illinois a more inclusive and welcoming state. Visit ILStopHate.org or call **877-458-HATE** Monday to Friday from 12 to 9 p.m. to report what you've experienced or witnessed. Together, we can ensure that hate has no place to hide.

[Learn more](#)

Employment Opportunities

Applications are currently being accepted for the following employment opportunities:

[Administrative Assistant I](#)

[Account Technician I](#)

[Accountant](#)

[Deputy Division Manager - Home and Community Services](#)

Data Analyst

Training and Development Assistant

Save the Date



Advocating
FOR CHANGE

**5TH ANNUAL STATE LEGISLATIVE BREAKFAST
ON LGBTQ+ AND HIV/AIDS AGING ISSUES**

KEYNOTE SPEAKER:
MARY KILLOUGH
DIRECTOR, ILLINOIS
DEPARTMENT ON AGING

TUESDAY,
DEC. 10, 2024
8:30–10 a.m. CST

JOIN US:
bit.ly/40JWU9p



This event will feature updates from the Illinois Department on Aging, program offerings from Area Agencies on Aging across the state, and public policy initiatives and insights that impact older adults who identify as LGBTQ+ and/or are living with HIV and their caregivers.

[Register here](#)

Items of Interest

[Eldercare Locator's Home for the Holidays Campaign](#)

['Winter Weather – Get it Together,' plan ahead for snow and ice](#)

[Evanston, Illinois announces volunteer snow shoveling for seniors, people with disabilities](#)

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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