

RESPECT FOR  
YESTERDAY,  
SUPPORT FOR  
TODAY,  
PLAN FOR  
TOMORROW



## Aging Matters

September 2024 Newsletter from the Illinois Department on Aging

Office of  
Governor JB  
Pritzker

News and  
Events

Illinois' State  
Plan on Aging

Find Services  
in Your Area

Senior  
Illinoisans  
Hall of Fame

License Plate  
Discount

### Message From Acting Director Mary Killough



Did you know that September is Healthy Aging Month? For older adults, healthy aging includes being able to meet basic needs, to learn, to be mobile, to build and maintain relationships, and to contribute to society. For most people, this means being able to remain independent and choose where and how we age.

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by the National Institute on Aging and others has identified [actions you can take](#) to help manage your health, live as independently as possible, and maintain your quality of life as you age. [Click here](#) to learn more about the research and the steps you can take to take charge of your well-being.

The Department on Aging administers a variety of [programs](#) to further help you age well - physically, mentally, socially, and even financially. Our Senior HelpLine staff can help you determine what programs are available in your area, which will best meet your needs, whether you or a loved one is eligible and how to sign up.

Give us a call at 1-800-252-8966, or visit our [website](#) for more information.

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

Upcoming Roundtables to Discuss Aging Issues

Leaders from the state Department on Aging and regional Area Agencies on Aging will convene a dozen roundtable discussions statewide to inform the development of Illinois' 2026-2028 State Plan on Aging, a strategic framework to improve and promote quality of life for older adults, their families, and caregivers. The most recent [state plan](#) was completed in July 2021 and extends through federal fiscal year 2025.

As IDoA begins development of its next state plan, expected to be published in draft form in early 2025, aging officials are seeking public input on the types of supports and resources that are needed to address older adults' concerns and priorities. Older adults, their families, and caregivers are invited to share their feedback during a roundtable discussion in their area.

### Springfield

Monday, Sept. 23 from 1 to 2:30 p.m.  
Senior Services of Central IL - Senior Center  
701 W. Mason St. in Springfield  
RSVP to [Heather.Austwick@illinois.gov](mailto:Heather.Austwick@illinois.gov) or by calling 217-782-5057

### Peoria

Wednesday, Sept. 25 from 9 to 10:30 a.m.  
Graceland Center for Purposeful Aging  
Life Together Center  
3625 N. Sheridan Rd. in Peoria  
RSVP to Hoangvan Dinh at [HDinh@ciao.net](mailto:HDinh@ciao.net) or 309-674-2071 ext. 2226

### Dixon

Wednesday, Oct. 2 from 1 to 2:30 p.m.  
Lee County Council on Aging  
100 W. 2nd St. in Dixon  
RSVP to [info@nwilaaa.org](mailto:info@nwilaaa.org), [information@wiaaa.org](mailto:information@wiaaa.org), or by calling 815-226-4901

### Chicago

Thursday, Oct. 3 from 9:30 to 11 a.m.  
Southeast Regional Senior Center  
1767 E. 79th St. in Chicago  
RSVP information to be announced

### Maywood

Monday, Oct. 7 from 10 to 11:30 a.m.  
Masonic Temple, 2nd floor  
200 S. Fifth Ave. in Maywood  
RSVP to [info@ageoptions.org](mailto:info@ageoptions.org) or by calling 708-383-0258

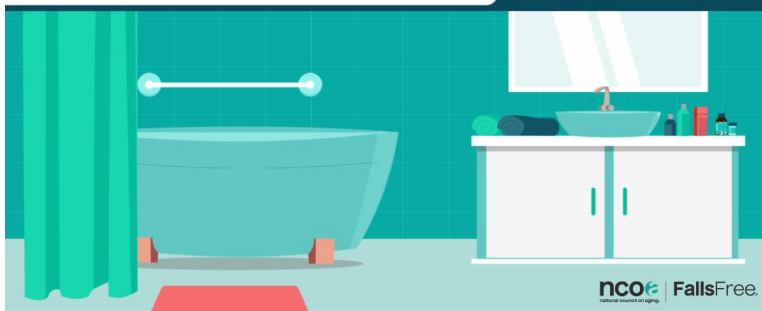
### Aurora

Tuesday, Oct. 29 from 10 to 11:30 a.m.  
Prisco Community Center  
150 W. Illinois Ave. in Aurora  
RSVP to AgeGuide staff by calling 630-293-5990

Additional roundtables to be held virtually will be announced later this fall.

## Falls Prevention Awareness Week Is Sept. 23-27

### Keep your home safe



### Live without the fear of falling.

Did you know that you can prevent your falls risk with just a few simple steps? During Falls Prevention Awareness Week Sept. 23-27, explore handouts from the National Council on Aging that highlight easy tips on how to make your home safe, sharing falls and balance concerns with your doctor, friends, and family, finding a local exercise program, keeping your eyes and ears healthy, and more!

[Stay healthy and independent by checking your risk for a fall.](#)

## What Older Adults Need to Know During Flu Season



Holiday parties  
Family dinners  
Date night  
**Long Live Illinois**  
Fishing trips  
Book club  
Game days



Seasonal flu activity in the U.S. typically peaks between December and February, and the Centers for Disease Control and Prevention (CDC) recommends everyone aged 6 months and older get their annual shot by Halloween.

However, for older adults and people with chronic health conditions, early fall is the best time to get your flu vaccine to protect against the influenza virus, also known as the “flu.”

It's important to note that it takes about two weeks after the flu shot to develop antibodies or protection against the flu virus.

Getting your annual flu shot can help you stay active, healthy, and independent. Ask your health care provider which flu vaccine is right for you. You can search by ZIP code to find flu vaccines near you at [vaccines.gov](https://www.vaccines.gov).

[Find pharmacies near you](#)

## Illinois Tollway Warns of I-PASS Text Message Scam



Illinois Tollway officials are warning customers of an ongoing phishing scam that targets drivers by saying they have an outstanding toll balance owed to the agency.

According to a press release, the Tollway says some customers have reported receiving text messages from "Illinois toll way" detailing outstanding toll amounts owed by customers.

Those customers are then directed to pay the outstanding tolls to avoid being assessed additional fines, with a link to a website to obtain financial information.


I-PASS customers are being urged to ignore and delete those texts if received.

If you receive a text and are unsure, check your account online at [illinoistollway.com](http://illinoistollway.com), or call customer service at 800-824-7277 weekdays between 7 a.m. and 7 p.m.

## Save the Date

The AARP Illinois logo consists of the word "AARP" in a large, bold, white sans-serif font with a registered trademark symbol, and the word "Illinois" in a smaller, white sans-serif font directly below it.

**AARP**<sup>®</sup>  
Illinois

A photograph of three people walking outdoors in a park-like setting. On the left is a woman with curly brown hair wearing a white lace top. In the center is a man with white hair wearing a yellow polo shirt and dark pants. On the right is a woman with short grey hair wearing a light blue shirt and a magenta cardigan. They are all smiling and holding hands.

**CAMINANDO  
JUNTOS 2024:  
CONFERENCIA  
PARA CUIDADORES**

Sábado, 5 de octubre | 8:30 AM - 1:00 PM

**Instituto Arturo Velásquez  
2800 S. Western Ave., Chicago**

Caminando Juntos es una conferencia bilingüe gratuita para cuidadores, una persona que cuidan a



un familiar de la tercera edad incluyendo sus padres, tíos o abuelos. Al participar en esta conferencia saldrá con información que le ayudara a planear el cuidado de su ser querido, participará en talleres de autocuidado para usted, y tendrá la oportunidad de platicar con otras personas que también están aprendiendo a navegar las complejas dinámicas familiares, el sistema de salud y los servicios de apoyo. La registración es recomendada pero no obligatoria.

**Date & time:** Saturday, **Oct. 5** from 8:30 a.m. to 1 p.m.

**Location:** Arturo Velasquez Institute, 2800 S. Western Ave. in Chicago

[Register today](#)

*follow along*

as we **#TalkAboutAgeism**



[learn more: asaging.org/ageism-awareness](https://asaging.org/ageism-awareness)

Ageism Awareness Day on **Oct. 9** is an opportunity to draw attention to the impact of ageism in our society and how we can reframe aging in our communities. Spread the word about [Ageism Awareness Day](#) using free resources, social media graphics and toolkits from the American Society on Aging.

## PLANS CHANGE. SO CAN YOUR NEEDS.



*Can I change my Medicare plan at any time? Should I switch Medicare plans? When can you enroll in or change Medicare plans?*

These are common questions among older adults who have Medicare. If you're thinking about making a change to your coverage, you'll want to mark **Oct. 15 - Dec. 7** on your calendar. This is the Medicare Open Enrollment Period.

During Open Enrollment, you have the chance to join, switch, or drop [Medicare Advantage](#) and [Medicare Part D](#) drug plans. The choices you make during Open Enrollment could save—or cost—you hundreds of dollars out of pocket and even impact your health.

For help understanding your Medicare options and how to save money on costs, you can contact the Senior Health Insurance Program (SHIP) by calling 800-252-8966 or emailing [Aging.SHIP@Illinois.gov](mailto:Aging.SHIP@Illinois.gov). SHIP uses trained volunteers to offer trusted, unbiased Medicare counseling.

People with Medicare also can compare 2024 coverage options and shop for plans using [Medicare 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.

[More about SHIP](#)

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The [Senior Housing Residents' Advisory Council](#) will meet on **Tuesday, Oct. 22 at 3 p.m.**

[Join via Webex](#)

## Items of Interest

[Illinois launches training initiative for those who help LGBTQ+ seniors](#)

[Ottawa hosts Walk to End Alzheimer's](#)

[Seniors socialize, dance at return of Millennium Park event: 'It's like a senior takeover'](#)

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)**



Illinois Department on Aging | One Natural Resources Way, Suite 100 | Springfield, IL 62702-1271 US

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