

RESPECT FOR
YESTERDAY,
SUPPORT FOR
TODAY,
PLAN FOR
TOMORROW



Aging Matters

Sept. 2023 Newsletter from the Illinois Department on Aging

Office of
Governor JB
Pritzker

Message From Director Paula Basta



News and
Events

In September, we celebrate both National Senior Center Month and Healthy Aging Month. You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community - all with the help of your local senior center!

Illinois' State
Plan on Aging

Senior centers are a gateway to critical community services that can help older adults stay healthy and independent. They're also places to make new friends, tap into your creativity, and explore new interests. This month, I encourage you to discover everything your local senior center has to offer. You might be pleasantly surprised by the wide array of activities to choose from and find yourself coming back for more.

Find Services
in Your Area

Today is also the first day of Hispanic Heritage Month, a time to celebrate the achievements, histories, traditions, and cultural diversity of Hispanic/Latino Americans.

Senior
Illinoisans Hall
of Fame

See how we're celebrating on IDoA's [Facebook page](#), where you'll also find upcoming event details and resources to support your well-being year-round. For information about our [programs and services](#) for older adults, contact the Senior HelpLine toll-free at 1-800-252-8966, 711 (TRS), or via email at aging.ilsenior@illinois.gov. If you are seeking services for yourself or a loved one, we can help connect you with a local office in your area.

License Plate
Discount

Sincerely,



National Senior Center Month

September is National Senior Center Month, emphasizing the tremendous potential senior centers deliver in their communities. Today's senior centers cater to three generations of older adults, offering a vibrant, action-packed combination of educational, arts, and evidence-based health and fitness programming. They are also a great place to find volunteer opportunities that match your talents and experience.

Nationwide, more than 11,000 senior centers serve 1 million older adults aged 50-plus every day. This month, discover everything your local senior center has to offer, whether you're visiting for the first time or trying a new-to-you activity. To find a center in your area, please reference the list available on [IDoA's website](#) or call the Senior HelpLine at 1-800-252-8966.

What does your local senior center have in store for you? Check out this video created by the National Council on Aging:



Ravenswood Senior Center Neighbors Are Stars Of New Mural



A new mural adorning the facade of the Northeast (Levy) Senior Center in Chicago shows faces of older adults who were photographed and had their faces digitally abstracted and painted on the wall. The mural also features the different activities that take place in the center, ranging from mahjong to karaoke.

[Read more from Block Club Chicago](#)

Falls Prevention Awareness Week

Did you know that falling is NOT a normal part of aging?

IDoA is committed to empowering all older Illinoisans to age well, and that includes avoiding falls. From September 18-22, 2023, we are partnering with the National Council on Aging to

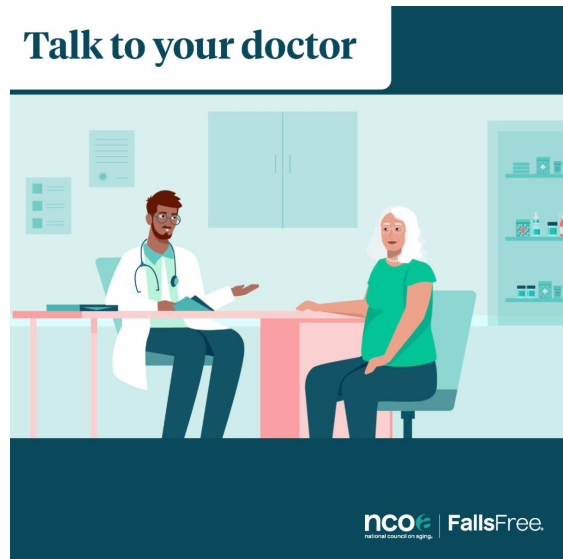
observe Falls Prevention Awareness Week.

Falls remain a leading cause of injury for people aged 65 and older. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. However, through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among older adults can be substantially reduced.

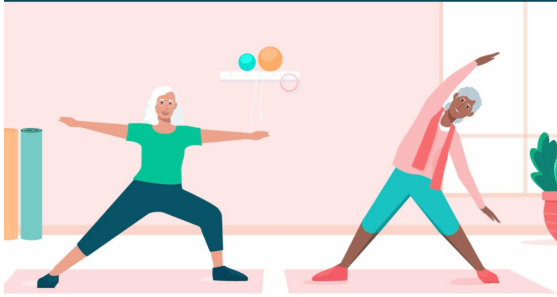
Do you know your falls risk? Answer 12 easy questions using the [National Council on Aging's Falls Free CheckUp](#) to see how you can maintain your independence and stay falls free.

Check your risk for a fall

Get falls prevention tips & resources by clicking the images below

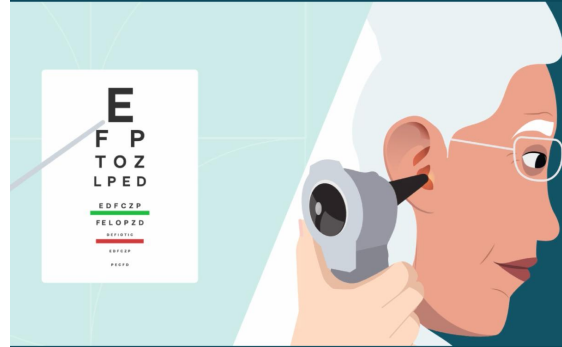


Find a good exercise program



nco | FallsFree.
national council on aging

Get vision and hearing checked



nco | FallsFree.
national council on aging

Gov. Pritzker Signs Legislation Establishing Grandparents Raising Grandchildren Pilot Program



Governor JB Pritzker recently signed House Bill 780 to establish and administer a Grandparents Raising Grandchildren Pilot Program in Will County beginning January 1, 2024, through January 1, 2027. IDoA worked in close coordination with Leader Natalie Manley to establish this legislation that amends the Illinois Act on Aging. It will require an intake coordinator for Will County

to be responsible for connecting grandparents raising grandchildren to relevant resources and services provided by state agencies.

This pilot program will have multigenerational benefits, advancing the reach and impact of Illinois' existing Grandparents Raising Grandchildren Program that works to locate, assist and promote awareness of older caregivers who are currently raising their family's children.

Read the full press release [here](#).

Hispanic Heritage Month



NATIONAL HISPANIC HERITAGE MONTH

September 15 - October 15



Illinois
Department of Commerce
& Economic Opportunity
Ill. Public Act 100-001

The State of Illinois and the Illinois Department of Commerce and Economic Opportunity are [celebrating Hispanic Heritage Month](#) from September 15-October 15 by honoring the important contributions of Latino entrepreneurs and business owners, and Illinois' Latino communities at-large. Joining in the celebrations this month, IDoA will be highlighting the contributions of Latino older adults, as well as organizations that support and care for them, such as [Casa Central](#).

Get Ready to Renew Your Medicaid



GOT MEDICAID?



HFS

Illinois Department of
Healthcare and Family Services



abe.illinois.gov



GET
READY TO
RENEW!

Medicaid customers have not had to renew their Medicaid coverage since the COVID-19 pandemic began. Medicaid pays for healthcare, like doctor visits, prescription medicine, and urgent emergency services.

Now Illinois is starting renewals again to see if people are still eligible. Everybody's renewal date is different, so it is critical that you get ready to renew.

Don't risk losing your Medicaid! Here is what you need to do:

Click Manage My Case at abe.illinois.gov to:

- Verify your mailing address under "contact us."
- Find your due date (also called redetermination date) in your "benefit details".

Watch your mail and complete your renewal right away.

If you are no longer eligible for Medicaid, connect to coverage at work or through the official Affordable Care Act marketplace for Illinois, GetCoveredIllinois.gov.

Meal Choice Diet Options Survey Due By Oct. 13

Do you or a loved one receive home-delivered meals through your regional Area Agency on Aging? Be on the lookout for a Meal Choice Diet Options survey with your meal deliveries this month. Surveys will also be available at congregate dining sites.

Complete and return the survey by Friday, October 13 to share your feedback on the quality and variety of food options available to older adults.

Be on the lookout for a
MEAL CHOICE DIET OPTIONS
survey with your meal deliveries
or at your local senior center
or congregate dining
site this month.



Your feedback will help us
improve the quality and variety
of food options available
to older adults.



Employment Opportunities

Human Services Grants Coordinator III

Work Location: Springfield

Salary: \$5,536 - \$8,279 monthly

Application Deadline: Sept. 22, 2023

Job Responsibilities:

- Provides complex/specialized technical assistance to Area Agencies on Aging.
- Reviews Area Agencies on Aging area plans and their revisions for assigned areas in accordance with the Older Americans Act, applicable federal and state regulations, and the State Plan on Aging.
- Monitors and analyzes Area Agency performance data through application of the Area Plan and program and fiscal performance reports of agency administered grants.
- Conducts formal administrative reviews of grantees.
- Analyzes Title III program reports, US Census Data, and other reports to inform grant implementation.
- Inputs, reviews, monitors, receives applications, and processes approvals and denials of agency administered grants in Amplifund.
- Represents the Department in external meetings as needed or directed and collaborates internally with staff in various Divisions within the Department,
- Performs other duties as required which are reasonably within the scope of the duties enumerated above.

[View application instructions](#)

Deputy General Counsel

Work Location: Springfield

Salary: \$7,473 - \$9,140 monthly

Application Deadline: Sept. 26, 2023

Job Responsibilities:

- Independently conducts legal research and advanced analysis to interpret and summarize Illinois, other states and federal legal mandates impacting IDoA, including but not limited to Executive Orders, Public Acts, rule-making bulletins, letters and related IDoA directives.
- Using a personal computer, other common office equipment and windows-based software, promulgates, reviews, and coordinates IDoA rule making for IDoA administered programs and services in accordance with the Illinois Administrative Procedures Act.
- Serves as lead attorney for assigned programs within IDoA and provides support for other programs as requested.
- Monitors, tracks and analyzes policies regarding local, State and federal government procedures, rules, statutes, and other activities which increases the effectiveness and efficiency of IDoA and improves its accountability to the public, state and federal governmental entities, including the Grant Accountability and Transparency Act (GATA).
- Processes requests submitted to IDoA regarding Freedom of Information (FOIA), authorizations for the release of information and subpoenas based on specific program or other confidentiality requirements.
- Performs other duties, as required, or assigned, which are reasonably within the scope of the duties enumerated above.

[View application instructions](#)

Home Care Ombudsman Representative

Work Location: Springfield

Salary: \$5,087 - \$7,243 monthly

Application Deadline: Sept. 26, 2023

Job Responsibilities:

- Provides comprehensive advocacy services to participant's and their caregivers.
- Receives and investigates complaints made, pertaining to problems arising out of services provided by Dual-Eligible managed care organizations or HCBS waiver providers.
- Conducts educational and outreach presentations to disseminate information about the Home Care Ombudsman Program.
- Responds to inquiries and provides appropriate referrals, when necessary. Conducts telephonic visits (face-to-face, if necessary, in order to best serve the participant).

- Documents the steps used in resolving problems in State approved documentation system in compliance with programmatic, state, and federal reporting requirements.
- Establishes and maintains good working relations with governmental, public, private entities, aging and disability networks, other advocacy groups to gain support and create an effective service delivery system network.
- Performs other duties as required or assigned which are reasonably within the scope of the duties enumerated above.

[View application instructions](#)

For a full list of open positions, check the [State of Illinois job board](#).

Events Recap

Senior Day at the Illinois State Fair



Thanks to everyone who joined us for Senior Day at the Illinois State Fair! The Illinois Building was buzzing with activity on Monday, Aug. 14 as older adults and their family members grabbed freebies from more than 90 vendors, checked their blood pressure and blood sugar levels, won bingo prizes, and listened to informational presentations about Medicare, common scams targeting older adults, and more.

Pictured, from left to right: IDoA Director Paula Basta, Governor JB Pritzker, and Director Basta's spouse Terri Worman at Senior Day at the Illinois State Fair.

AgeGuide's Aging Summit

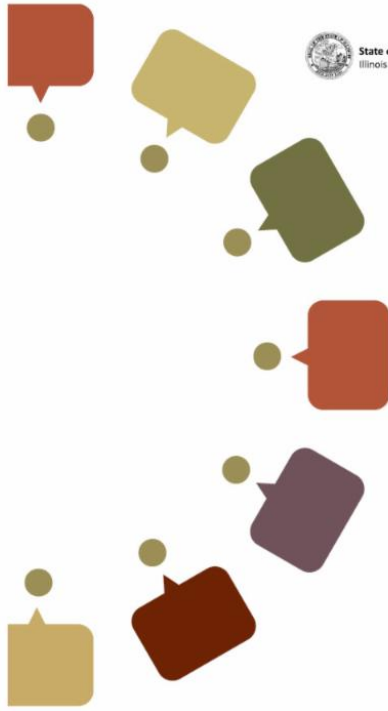
AgeGuide's 2023 Aging Summit addressed the question: "How might we make longevity more equitable for all?" Several IDoA staff attended this event on Aug. 23 and participated in sessions focused on financial prosperity, social connections, race and social justice, place, and healthcare and how each of these factors plays a role in how long someone lives. We left feeling hopeful about the future of aging, how it might be more inclusive, and the work we need to do to get there.



Pictured: Aging Summit attendees enjoyed a movement break with White Crane Wellness Center.

Upcoming Events

Caregiver Roundtables - Join the Conversation



You're invited to...

JOIN THE CONVERSATION!

A Regional Caregiver Roundtable Discussion

Let's explore additional support that can enhance your caregiving journey by identifying the needs and challenges caregivers face.

Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers like yourself.

RSVP TODAY!

To gain insight into the needs and challenges of family caregivers across Illinois, IDoA is hosting a series of caregiver roundtables in partnership with Illinois' 13 regional Area Agencies on Aging. These events aim to provide a platform for open discussions about unpaid family caregivers' needs, experiences, and preferences regarding caregiver support. Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers across Illinois.

Click on a location below to view event details, including RSVP information. Additional roundtables in the Chicagoland area will be announced later this fall.

[Peoria - Sept. 22](#)

[Mount Carmel - Sept. 25](#)

[Champaign-Urbana - Sept. 26](#)

[Quincy - Sept. 27](#)

[Maywood - Oct. 16](#)

[Northfield - Nov. 2](#)

Save the Date for Ageism Awareness Day

REFRAME HOW WE TALK ABOUT AGING AND OLDER ADULTS



#TalkAboutAgeism

Save the date! Oct. 7 is Ageism Awareness Day! Join with IDoA and others across the country to draw attention to the existence and impact of ageism in our society and how we can reframe aging in our communities. <https://asaging.org/ageism-awareness>

The next meeting of the [Resident and Family Support Council](#) will be on Tuesday, Sept. 26 at 3 p.m.

Registration is not required for this meeting. Join the Zoom call by clicking the link below.

[Join the Resident and Family Support Council](#)

The [Senior Housing Residents' Advisory Council](#) will meet on Tuesday, Oct. 24 at 3 p.m.

[Join meeting](#)

Items of Interest

[Seniors with Chicago Hyde Park Village highlight dementia-friendly space](#)

[IL Athlete, 67, Wins Silver In Basketball At National Senior Games](#)

[Why We Collect](#)

[What Older Adults Need to Know During Flu Season](#)

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)**



[Visit our website](#)