



AgeLinc and the American Society on Aging will celebrate Ageism Awareness Day on Oct. 7, 2022. Modeled after the United Nation's International Day of Older Persons (Oct. 1), Ageism awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society.

Evidence shows ageism is widespread in society and can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media.

A few facts about Ageism:

- * There are many forms of ageism, including internalized, cultural, implicit and benevolent.
- * Ageism decreases quality of life and can shorten lifespan by 7 years.
- * In media, underrepresented older adults most often reflect negative stereotypes.



Medicare Open Enrollment runs from October 15th - December 7th, 2022

AgeLinc will schedule Medicare Open Enrollment appointments starting October 1st at 8:00 am. Appointments can be provided in person or remotely. For more information on appointment options, please call 217-787-9234 or drop by our office at 2731 S. MacArthur Blvd, Springfield starting October 1, 2022.



WINTER IS COMING!!

For Illinois residents struggling to pay their heating bills, the Low Income Home Energy Assistance Program (LIHEAP) can help. LIHEAP helps low-income households pay for utilities. LIHEAP is available regardless of immigrant status.

The utilities covered by LIHEAP include heat, gas, and electric. Visit Help Illinois Families to request services in your county or see the list of Community Action Agencies to learn where you can apply in your county. You can also call 1-833-711-0374 for assistance in 30 languages or if you need help completing and submitting your information.

Payments will be offered starting on September 1, 2022, to May 31, 2023, or until funds run out.



SAVE THE DATE

2nd Annual Mardi Gras Masquerade Gala

Saturday, February 25th
6:00 pm

Crowne Plaza, Springfield, IL



Community Education Program

Every second Tuesday of the month at 5:30 pm, we host a **Community Education Program** open to the public. October 11, 2022:

The Language of Gender

Presented by Juli Grey-Owens, Board Chair & Executive Director, Gender Equality New York, Inc.

The workshop will include a detailed "Gender 101" PowerPoint presentation to provide the basic concepts and proper terminology to discuss sex, gender, and sexual orientation. We will explain the categories and characteristics that describe every human in regard to our sex, our gender, how we express our gender, and who we love. Additionally, the presentation will introduce and clarify economic & social issues that impact those who are "gender-expansive".

***This month's presentation will be held in-person and virtually.**

To Register Contact Scott Linde @ 217-787-9234 or visit www.agelinc.org

Coming up November 8th:
Translating Visual into Audio
Presented by: MindsEye Radio



Lunch and Learn Program

Every Third Wednesday of the month at noon, we host a **Lunch & Learn** open to all past, present and future caregivers. October 19th, 2022:

Respite Care 101

Presented by Illinois Respite Coalition

The Illinois Respite Coalition (IRC) is a not-for-profit organization of caregivers and respite providers dedicated to advocating support for families by ensuring access to quality respite services for the residents of Illinois. The IRC is dedicated to spreading the awareness of lifespan respite for caregivers of individuals with special needs. The IRC is able to assist caregivers by connecting them to resources in their area, provide training on respite topics, and have funding available for emergency respite.

Respite Care provides temporary relief for caregivers from the ongoing responsibility of caring for an individual of any age with special needs who may be at risk of abuse or neglect.

To Register Contact Jennifer Hopper @ 217-787-9234 or visit www.agelinc.org

Coming up November 16th:
Estate Planning: POA'S, Wills, and Trusts.
Presented by: Edwards Group, LLC



Abbie Stock | #12035045

MEET SENATOR DORIS TURNER



Following a long and productive tenure on the Springfield City Council and Sangamon County Board, Senator Doris Turner was appointed to represent the 48th Legislative District in February of 2021. She is a past member of the Springfield /Sangamon County Regional Planning Commission, Springfield/Sangamon County Health Initiative Board of Directors, Voices for Illinois Children Springfield Leadership Team, Chamber of Commerce Q5 Initiative Diversity Council, Medics First Board of Directors, and a founding board member of the Southern Illinois University Federally Qualified Health Center. She is a current member of the Sangamon County Board of Health, Friends of Sangamon County Drug Court, and co-chair of the Springfield High Speed Railroad Community Advisory Commission. Senator Turner is a lifelong resident of Springfield. A recent retiree after working 33 years for the State of Illinois with twenty-two of those with the Department of Public Health, she has spent her entire career working to enhance the lives of those around her and looks forward to continuing this work in the state Senate. Senator Turner is a member of Greater All Nations Tabernacle Church of God in Christ. She and her husband, Cecil, have three children, ten grandchildren and five great grandchildren.

The senator prides herself on volunteerism , public education, and legislation that provides a voice for seniors. During her tenure as a Senator, Turner has supported such legislation as: Telehealth, Sr Health Care and Connectivity, and keeping seniors safely in their homes.

Senator Turner is most proud of the Sr Lunch Program she started at her church, The Greater All Nations Tabernacle Church of God in Christ. The churches Sr Lunch group began with a group of 10 and has grown to well over 100. The program provides socialization, prominent speakers, on relevant, diverse topics, a healthy, well balanced meal, and most importantly a re-connection of friends, some who are seeing each other after a 30 year absence.

In conjunction with AgeLinc and Senior Services of Central Illinois, Turner has expanded the Meals on Wheels program. Once a month, the Senator takes a route and delivers the meals herself. She finds this rewarding and keeps her connected to the community. Some of her favorite stories involve delivering the meals and being recognized. Many of the meal recipients will say "is that you Doris Jean?" A name she was known by growing up in Springfield area.

From Volunteerism, to Advocacy, to making Public Policy, has always been, and will remain to be Senator Doris Turner's priority.

**Area Agency on Aging for Lincolnland, Inc.
(AgeLinc)**

**2731 S MacArthur Blvd, Springfield, IL 62704
217-787-9234 or 1-800-252-2918 (Toll Free)
www.agelinc.org**