



# **CRIS**

## Healthy-Aging Center

### **CRIS Healthy-Aging Center is on a Mission**

CRIS is passionate about empowering older adults and adults with disabilities. We want you to be safe, healthy, and independent, and we will do everything in our power to help you stay healthy and active, avoid placement in an assisted living facility, and maintain your quality of life well into your advanced years.

## STAY SAFE

Abuse (including emotional abuse), neglect, exploitation, scams, and fraud are more common among seniors and persons with disabilities than ever before. You can protect yourself or a senior in your life from predators with the help of CRIS.

## LIVE HEALTHY

Health and wellness can play a big role in aging; your health can hinge on proper healthcare and nutritional support. CRIS is there every step of the way. CRIS manages Vermilion County's Meals-on-Wheels program. CRIS helps keep your healthcare affordable with our Medicare/Medicaid enrollment assistance program. We also assist qualifying patients in their transition from a hospital stay to home.

## MAINTAIN YOUR INDEPENDENCE

There are multiple ways CRIS can show you how to stretch a dollar, get extra help, and tap into services that enable seniors to live in their homes for as long as possible. CRIS helps qualifying adults get discounts, Medicare/Medicaid enrollment help, transportation solutions, in-home housekeeping, and other assistance to make living at home more manageable and affordable. We even offer support services for caregivers of older adults and grandparents raising grandchildren.

## HAVE FUN

There are always social events to enjoy at CRIS Healthy-Aging Center. Check out our calendar online for a full schedule of upcoming events!

## Vermilion County

217-443-2999

309 N Franklin St  
Danville, IL 61832

## We're on the web!

[AgeStrong.org](http://AgeStrong.org)

[info@AgeStrong.org](mailto:info@AgeStrong.org)

