



CRIS HEALTHY AGING: OCTOBER 2026 EDITION

October marks the height of autumn, with cooler temperatures, falling leaves, pumpkin picking, seasonal foods, and harvest festivals. The month is recognized for numerous awareness campaigns including Breast Cancer, ADHD, Cybersecurity, LGBTQ, and National Book Month.

October glows on every cheek, October shines in every eye, While up the hill and down the dale, Her crimson banners fly. – Elaine Goodale Eastman

CRIS October Events

- Oct. 1st, 6th, 8th, 13th, 15th, 20th, 22nd, and 27th: Fit & Strong Class at Danville YMCA, 10-11:30am
- Oct. 5th: Carle Mobile Market, 9-10:30am
- Oct. 7th & 21st: Caregiver Support Group at Vermilion Co. Health Dept., 1-2pm
- Oct. 12th: Columbus Day and Indigenous Peoples' Day
- Oct. 15th: PACE Center for Independent Living, 1-2:30pm
- Oct. 21st: Brain health presentation @ Catlin Library, 10-11am
- Oct. 22nd: Danville Public Library Bookmobile 11-1pm
- Oct. 23rd: Medicare 101 Bingo 2-3pm
- Oct. 28th: Grandparents Raising Grandchildren Support Group, 12-1pm
- Oct. 31st: Halloween

Visit Us Online at:

www.CRISHealthyAging.org

Follow us on Facebook for monthly events, activities and menu!

Danville Office: (217) 443-2999
309 N. Franklin St,
Danville, IL. 61832
Monday-Friday: 8 a.m. to 4 p.m.

Champaign Office: (217) 355-1543
4116 Fieldstone Rd,
Champaign, IL. 61822
Monday-Friday: 8 a.m. to 4 p.m.



October is Domestic Violence Month

We have programs designed to protect adults 50+ (and disabled persons 18-59) including Adult Protective Services, Violent Crime Victim Assistance, and the Office of Violence Against Women “End Abuse in Later Life”. To report allegations of Abuse call us at 217-443-2999 (M-F, 8-4pm) or our 24/7, hotline 1-866-800-1409.

OVW - Partner Spotlight: Survivor Resource Center

The OVW Coordinated Community Response Team is proud to recognize Survivor Resource Center; a nonprofit organization committed to supporting survivors of sexual violence and their loved ones through free and confidential services.

Survivor Resource Center provides counseling, legal and medical advocacy, case management, and awareness and prevention programming while offering 24-hour support to individuals in need. As an original MOU partner of the Abuse in Later Life Program, Survivor Resource Center brings specialized knowledge and survivor-centered expertise to the Coordinated Community Response Team.

Through referrals, information sharing, and continued participation in collaborative meetings, Survivor Resource Center helps strengthen connections between agencies and identify gaps in services. This partnership improves access to specialized resources and helps ensure survivors are connected to appropriate support throughout the community.

Their continued collaboration strengthens the CCRT's ability to provide a comprehensive response to abuse in later life while ensuring survivors have access to advocacy, resources, and support when they need it.

Interested in learning more about the OVW Coordinated Community Response Team or becoming involved? Contact the OVW Program Coordinator, Heather at 217-443-2999 to learn how community partnerships are making a difference for older adults in Vermilion County.



Active Aging Week: October 5th-11th

Active Aging Week, first launched in 2003, was created by the International Council on Active Aging ® to promote healthy aging and dismantle stereotypes and stigmas associated with it. This week is intended to showcase all the activities that aged individuals participate in and to demonstrate that older adults can still thrive in all aspects of life!

CRIS Healthy Aging is proud to offer programs and activities throughout the year to engage older adults in our community through physical activity, educational classes, nutritious meals, and more!

- Bingo, hosted every Monday in our Senior Center, is a wonderful way to socialize.
- Fit & Strong! is an exercise and health education class offered throughout the year in Champaign and Danville.
- WISE (Wellness Initiative for Senior Education) is a new class teaching attendees about medication management, health advocacy, and other important topics.
- Stress-Busting is designed for caregivers to learn about chronic health conditions and stress management techniques.
- Technology Classes provide in-depth presentations about different technology including smartphones, Alexa devices, Google Maps, and other applications.
- CRIS gives frequent educational presentations in the community on topics including nutrition, brain health, Medicare/Medicaid, and memory loss – check our calendar each month.

To learn more about any of these programs or to join the waitlist for upcoming sessions, please call our office at (217) 443-2999.

New Educational Series with Catlin Public Library

We are excited to share a new monthly educational series hosted by Catlin Public Library and CRIS Healthy Aging. This series is on the third Wednesday of each month from 10-11am starting in October 2026 through June 2027! The first topic, held on October 21st, will be Brain Health strategies taught by CRIS' Memory Support Program staff who are Certified Dementia Practitioners and can help you keep your brain healthy to combat memory loss. Future topics will include technology education, nutrition, advanced care planning, home safety, and abuse awareness!



Recipe: Pumpkin Soup

Servings: 4

Prep Time: 5 minutes minutes

Cook Time: 24 minutes minutes

Total Time: 29 minutes minutes

This simple fall soup recipe is quick to make for lunch or dinner. Made with canned pumpkin, it's light, flavorful and so delicious!

Instructions

- In a large pot, add the olive oil and onions. Cook the onions on medium-high heat for 5 minutes, or until translucent.
- Reduce the heat to medium and add garlic and cook for 1 to 2 minutes.
- Stir in the pumpkin puree, thyme, salt, pepper and ginger. Cook for 1 to 2 minutes.
- Add in the chicken broth and simmer for 15 minutes, stirring occasionally.
- Stir in the heavy cream and maple syrup. Blend with an immersion blender or regular blender until smooth.
- Serve warm with pepitas, chopped parsley and freshly ground black pepper.

Ingredients

- 1 tbsp extra virgin olive oil
- 1 large yellow onion diced
- 2 cloves garlic minced
- 1 can pumpkin puree 14oz can, 1 $\frac{3}{4}$ cup
- 1 tsp fresh thyme removed from stems
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp ground ginger
- 2 cans chicken broth 14oz cans, 1 $\frac{3}{4}$ cup
- $\frac{1}{2}$ cup heavy cream
- 1 tbsp maple syrup
- 1 tbsp pepitas pumpkin seeds, for garnish
- 1 tsp fresh parsley chopped, for garnish



Medicare Open Enrollment

The Medicare Annual Open Enrollment Period (AEP) for 2027 coverage runs from October 15 through December 7, 2026, with all approved changes taking effect on January 1, 2027.

What Can Beneficiaries Do?

- Switch between **Original Medicare** and **Medicare Advantage**.
- Change your current **Medicare Advantage** plan or standalone **Part D** drug plan.
- Enroll in a Part D plan if you did not sign up previously (late enrollment penalties may apply if you lack creditable coverage).

If you need assistance with this, please make an appointment with one of our certified SHIP Counselors in our Senior Information Services department. They can provide you free, unbiased, one-on-one assistance and education about Medicare to beneficiaries, their families, and caregivers.

Medicaid Rules Are Changing October 1st

Medicaid eligibility for noncitizens is changing, effective October 1, 2026. A new federal law (HR1) is modifying who qualifies for Medicaid. You may also know Illinois Medicaid by All Kids, Aetna, BlueCross BlueShield, CountyCare, Meridian, or Molina.

Here's what is changing:

Noncitizens, including but not limited to refugees, asylees, humanitarian parolees, and survivors of trafficking or domestic violence will no longer qualify for federally funded Medicaid. Individuals in these groups may still receive Emergency Medicaid, but not regular full-scope benefits.

The following groups will remain eligible:

- Naturalized Citizens
- Lawful permanent residents who meet or are exempt from the 5-year eligibility bar
- Certain Cuban and Haitian entrants
- COFA migrants (from Marshall Islands, Micronesia, or Palau)
- Children under 19 years old and pregnant people
- Individuals enrolled in a state-funded program including AATV, VTTC, and HBIS

What to do now:

- Update your contact information at abe.illinois.gov so HFS can reach you.
- Watch your mail. HFS will send you a personalized notice if you are affected.
- Get care and pick up prescriptions before October 1, 2026.
- If you are notified that you lost coverage, look for another health plan. Visit GetCoveredIllinois.gov and check employer plans. You may also call 1-877-805-5312 to speak with a caseworker.



Scan the QR Code and
click "Manage My
Case"
1-877-805-5312

Congratulations

All-Star Team Member of the Month:

It is our great privilege at CRIS to recognize and praise Leslie Miller, Community Care Unit Coordinator, as the All-Star of the Month for October!

This acknowledgement comes as no surprise to anyone who has worked with Leslie. Her position as a care coordinator directly aligns with her love of being out in the community and meeting new people. She exemplifies dedication, flexibility, and a strong sense of teamwork while supporting her fellow CCU team members.

Since coming on board the CRIS Team 3 years ago, Leslie has quickly become knowledgeable in her job duties and fiercely reliable. Her attention to fine details of CCU work with an ever-changing workload has significantly shined through with the implementation of a new assessment system. Leslie helps clients and CRIS team members navigate the complex system of in-home care while aiding in activities to support the overall needs of the department, going above and beyond the requirements of her coordinator role. Leslie can often be found answering questions, keeping the atmosphere in the department light with jokes and promoting interdepartmental collaboration through referrals.

Outside of work Leslie enjoys gardening, building Lego kits (bonus points if they're Harry Potter), puzzles and spending time with her family bowling. She is an avid reader and essential part of both the CCU and CRIS Team. Please join us once again in congratulating Leslie on her well-deserved accolades celebrating the commitment she has to CRIS and the clients we serve in the community!

