Chicago Department of Family & Support Services Senior Services Division – Area Agency on Aging

CHICAGO SENIORS CONNECTED Spring 2023 | March – May





Virtual and Telephone Programs for Older Adults



City of Chicago Lori Lightfoot, Mayor **DFSS**

Chicago Department of Family & Support Services Brandie Knazze, Commissioner

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A Note from the Executive Director

Dear Friends,

As we march forward into Spring, we are happy to announce the theme of the upcoming 2023 Older Americans Month, which is **Aging Unbound**, reflecting the diverse aging experiences of older adults and underscoring the importance of combating aging stereotypes. During this 60th anniversary of Older Americans Month, occurring in May, there will be activities and celebrations across our senior centers, acknowledging how we all benefit from the contributions and engagement of older adults.

We invite older adults, 60 years and better, to share the rewards of growing older by engaging in volunteerism and imparting a wealth of experience, knowledge, and insight on those that will benefit most from it. Information on volunteer opportunities is available in this 2023 Spring edition of the Chicago Seniors Connected brochure and includes volunteering at the senior centers and/or with one of our volunteer programs, including, but not limited to, the Foster Grandparent Program, Senior Companion Program, and Ombudsman Program. Stop by the senior centers to learn more about volunteering. Stay for lunch as well as for the chance to meet new people and engage in new experiences by taking part in the many fitness and recreational activities offered.

We understand that everyone can not always make it into the senior centers. Please review the Chicago Seniors Connected brochure to enjoy virtual and telephonic activities from the comfort of home. We also encourage you to review this brochure for *Health Promotion* offerings which include dietitian and nurse presentations on *Parkinson's Disease & Fall Prevention, Common Infections,* and *Allergies & Asthma*.

Lastly, we understand how rising food costs can significantly impact the ability to grocery shop, eat, and interact with peers. We would like to highlight food pantry locations and free nutritional program offerings as well as free congregate dining social opportunities. Please see the Chicago Seniors Connected brochure for flyers and information on the following:

- Food Boxes for Older Adults (60+) and Grandparents or Older Relatives (55+) Raising Children (under 18 or loved one with a disability 19-59)
- Food Pantries List
- Home Delivered Meals/Meals on Wheels Program (for homebound seniors; assessment required)
- Senior Centers & Congregate Dining Sites (for hot lunch meals)
- Monthly Senior Center Pop-Up Produce Markets (in partnership with Meals on Wheels and Blue Cross Blue Shield of Illinois)

We are here to help. And we encourage you to enjoy the Spring weather and join us at any one of our 21 senior centers to help us celebrate the 60th anniversary of Older Americans Month. Hope to see you soon!

Sincerely,

Margaret LaRaviere

Executive Director – Chicago Area Agency on Aging Deputy Commissioner – DFSS Senior Services Division





CHICAGO SENIORS CONNECTED Virtual Programming Registration

Prior to participating in our virtual programs, registration is required. It's easy as 1, 2, 3!

1. Scan the QR code on your smart phone (open your camera, point it at the symbol below, and then tap the pop-up link) or visit: <u>https://bit.ly/3aty8T5</u>.

2. **Answer the registration questions** (if you're a current participant of a senior center, have your senior center membership card handy)

3. **New participants will receive an email with a participant number!** Current participants will keep their existing numbers. And, please note that at the beginning of each virtual class, you'll be asked to type your participant number in the chat box.



XDFSS **CHICAGO SENIORS CONNECTED**



VIRTUAL SENIOR PROGRAMMING







Spring 2023 | March – May

Classes are scheduled weekly, unless otherwise noted, and are available in various formats listed under "Location".

Zoom Instructions	Phone Instructions
Step 1: Go to zoom.com	Step 1: Dial phone number
Step 2: Click "Join A Meeting"	Step 2: Enter Meeting ID
Step 3: Enter Meeting ID	Step 3: Enter Passcode (if applicable)
Step 4: Enter Passcode (if applicable)	

MONDAY		
Time	Class	Location
8:30am	Stretch & Flex w/ Michele Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Dietitian Presentation (3/6) <i>Title: Urinary Tract Infections & Your Diet</i> Urinary tract infections (UTIs) are common and can involve any part of the urinary system, but the most common ones involve the bladder and the urethra. Learn how better hydration may prevent a UTI and the role of cranberry juice. We will also cover how better blood sugar may prevent urinary tract infections and how to cut through all the online information regarding diet and urinary tract infections. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569

MONDAY		
Time	Class	Location
9:00am	Dietitian Presentation (4/3) <i>Title: Parkinson's Disease & Fall Prevention</i> The role of nutrition matters when it comes to basic fall prevention and managing Parkinson's Disease. Eating more plant-based, unprocessed foods is important. We will discuss how to select these foods, as well as which brain- healthy foods may also help. Preventing falls is a worthy goal, with or without any specific medical condition. Presenter: Jim Coogan, RD/LDN (White Crane)	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Dietitian Presentation (5/1) <i>Title: Breathe Easier: How Food Affects Asthma & Allergies</i> Does what you eat affect asthma and allergies? Absolutely, it does. Attend this session to learn how to watch out for foods that may trigger your allergies. The importance of adequate vitamin D, omega-3 fatty acids, and avoiding sodium will also be covered. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Zumba Gold Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind! <i>Instructor: Mari-Jane Dare</i>	ZOOM Meeting ID: 867 0629 1839 Passcode: 001050
9:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. Instructor: Ash Duggal (Symbria)	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). Instructor: Michele Crump (Symbria)	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj

MONDAY		
Time	Class	Location
10:00am	Virtual Support Group (3/13, 4/10, & 5/8) Do you want to connect with others from the comfort of your own home? Our social workers are here to promote well- being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants as you explore new ideas and way of looking at the world. You may participate in the group with video from your computer/tablet, or you can join by phone. <i>Facilitator: Sandy Rubovits, LCSW (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 934 9355 5427
11:00am	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels. Instructor: Joyce Bloom (Symbria)	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
1:00pm	Balance Masters w/ Michele This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better. Instructor: Michele Crump (Symbria)	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
	TUESDAY	
Time	Class	Location
8:30am	Computer & Tech Webinar Series Each week's class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the topics, please see the attached flyer. <i>Instructor: Joseph Fedorko</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 514 975 0953 Passcode: 727822
10:30am	Forever Fit w/ Judie Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function. Instructor: Judie Bernard (Symbria)	ZOOM Meeting ID: 933 398 2644 Passcode: 261424

TUESDAY		
Time	Class	Location
12:00pm	Stretch & Flex w/ Joyce Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
12:00pm	Open Mic Karaoke Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in "Open Mic" and sing along karaoke style, request songs, read poetry, try your hand at storytelling, or even tell a joke or two! <i>Instructor: Vennié Tolbert-Rodgers</i>	ZOOM Meeting ID: 478 347 6251 Passcode: Diamond
1:00pm	Intermediate Soul Line Dancing If you already know the basic steps of line dancing and you can name the moves, then join this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. Instructor: Hakeemah Shamsuddin	ZOOM Meeting ID: 822 8021 0462 Passcode: cocdance
1:00pm	Tai Chi for Wellness Tai Chi improves strength, flexibility, balance, and aerobic conditioning. It has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson's Disease. <i>Instructor: Craig Harris</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 841 9879 2985 Passcode: 690519
1:00pm	Cooking w/ Everyday Ingredients Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! Instructor: Gloria Hafer	FACEBOOK Facebook.com/ gloria.hafer
2:00pm	Sit & Be Strong w/ Judie Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises. Instructor: Judie Bernard (Symbria)	ZOOM Meeting ID: 933 398 2644 Passcode: 261424

TUESDAY		
Time	Class	Location
2:00pm	Nurse Presentation (3/21) <i>Title: Get Smart About Urinary Tract Infections</i> Urinary tract infections (UTIs) are one of the most common infections in older adults. In addition, older adults may experience more severe symptoms than younger people. Attend this session to learn the signs and symptoms of a	PHONE/ZOOM 312-626-6799 Meeting ID:
	UTI, how it is diagnosed, and the treatment options. We will also cover tips for prevention. Presenter: Virginia Schelbert, MSN/APN (White Crane)	230 022 2803
2:00pm	Nurse Presentation (4/18) Title: Fall Prevention & Parkinson's Disease Join this session to learn how your health care provider can help you assess whether medications, a physical condition, stress, and/or environmental hazards are increasing your risk of falls. Fall prevention is an important component of living with Parkinson's Disease, but is also something to consider for all people as we age. Presenter: Virginia Schelbert, MSN/APN (White Crane)	PHONE/ZOOM 312-626-6799 Meeting ID: 230 022 2803
2:00pm	Nurse Presentation (5/16) Title: Allergies & Asthma You may wonder why asthma and allergies are often mentioned together; they have a lot in common. The same substances that trigger allergies may also cause asthma symptoms. Attend this session to learn more about both conditions, how they may overlap, and treatments available. Presenter: Virginia Schelbert, MSN/APN (White Crane) WEDNESDAY	PHONE/ZOOM 312-626-6799 Meeting ID: 230 022 2803
Time	Class	Location
11116	Stretch & Flex w/ Michele	LUCATION
8:30am	Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Tai Chi for Prevention & Balance Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply. Instructor: Mari-Jane Dare	ZOOM Meeting ID: 891 7497 7333 Passcode: 001050

WEDNESDAY		
Time	Class	Location
9:00am	Forever Fit w/ Judie Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function. Instructor: Judie Bernard (Symbria)	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
9:00am	Dietitian Presentation (3/1) <i>Title: Urinary Tract Infections & Your Diet</i> Urinary tract infections (UTIs) are common and can involve any part of the urinary system, but the most common ones involve the bladder and the urethra. Learn how better hydration may prevent a UTI and the role of cranberry juice. We will also cover how better blood sugar may prevent urinary tract infections and how to cut through all the online information regarding diet and urinary tract infections. <i>Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 7440 8025 Passcode: 123456
9:00am	Dietitian Presentation (4/5) <i>Title: Parkinson's Disease & Fall Prevention</i> The role of nutrition matters when it comes to basic fall prevention and managing Parkinson's Disease. Eating more plant-based, unprocessed foods is important. We will discuss how to select these foods, as well as which brain- healthy foods may also help. Preventing falls is a worthy goal, with or without any specific medical condition. Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 7440 8035 Passcode: 123456
9:00am	Dietitian Presentation (5/3) <i>Title: Breathe Easier: How Food Affects Asthma & Allergies</i> Does what you eat affect asthma and allergies? Absolutely, it does. Attend this session to learn how to watch out for foods that may trigger your allergies. The importance of adequate vitamin D, omega-3 fatty acids, and avoiding sodium will also be covered. <i>Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 7440 8035 Passcode: 123456
9:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. Instructor: Ash Duggal (Symbria)	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1

	WEDNESDAY	
Time	Class	Location
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	Ask the Dietitian—Group Q&A (3/1, 4/5, & 5/3) Join us for a lively discussion regarding any nutrition-related questions you may have. You can participate as much or as little as you like. Either way, you are sure to learn new ways to meet your nutritional needs! Facilitator: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 7440 8035 Passcode: 123456
11:00am	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels.	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
12:00pm	Instructor: Joyce Bloom (Symbria) Line Dancing Who says fitness can't be fun? Vennié will you have dancing your way to fitness! Beginner and intermediate dances. Instructor: Vennié Tolbert-Rodgers	ZOOM Meeting ID: 478 347 6251 Passcode: Diamond
1:00pm	Belly Dance Fitness (No Classes in March & April) Learn Isolation & Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM, and HEALTHY! Instructor: Dianne Hodges	ZOOM Meeting ID: 874 2192 8554 Passcode: bellydance
1:00pm	Balance Masters w/ Michele This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better. Instructor: Michele Crump (Symbria)	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj

	WEDNESDAY	
Time	Class	Location
		ZOOM
2:00pm	Meditation Movement (<i>No Classes in March & April</i>) Create mind, body, and soul awareness through meditation. <i>Instructor: Dianne Hodges</i>	Meeting ID: 847 2319 8152 Passcode: movement
3:00pm	Spanish II Join us and learn conversational Spanish at an advanced level. Instructor: Marvin Childress	PHONE/ZOOM (312) 626-6799 Meeting ID: 846 3658 4845 Passcode: Spanish
	THURSDAY	
Time	Class	Location
10:30am	Pharmacist Presentation/Consultations (3/16) Title: Urinary Track Infections (Kidney Infections) Urinary Tract Infections (UTIs) are extremely common. While most UTIs affect women, older men are also at higher risk of infection. UTIs can cause distressing changes in the behavior and thought patterns of older adults. Antibiotics can effectively treat a UTI, but antibiotics, like all medications, have risks. Untreated UTIs can lead to far reaching complications, so it is important to be informed and aware. In this session, the pharmacist will discuss the symptoms, risk factors, prevention, prevention, and treatment of UTIs. Individual consultations will follow the presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)	PHONE/ZOOM 312-626-6799 Meeting ID: 625 279 2910
10:30am	Pharmacist Presentation/Consultations (4/20) <i>Title: Parkinson's Disease – Fall Prevention</i> Did you know that the risk of Parkinson's Disease increases with age? Parkinson's Disease is a progressive nervous system disorder that affects movement. Symptoms include tremors and trouble moving or walking. Persons with Parkinson's Disease are significantly more likely to suffer falls, resulting in injuries ranging from minor cuts to serious fractures and impacting their mobility and quality of life. In this session, the signs/symptoms of Parkinson's Disease, strategies to prevent falls, complications of the disease, and treatment options (including medications) will be discussed. Join us to learn what resources are available for you and your loved ones. Individual consultations will follow the presentation at 11:30am. Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)	PHONE/ZOOM 312-626-6799 Meeting ID: 625 279 2910

	THURSDAY	
Time	Class	Location
10:30am	Pharmacist Presentation/Consultations (5/18) Title: Lung Health – Asthma & Allergies As we age, we may find it difficult to exercise or even perform daily activities without becoming short of breath. This is especially true in individuals with a history of asthma or allergies. Often, these individuals will need to use inhalers or other types of medications to help them breathe better. In this session, the pharmacist will go over signs and symptoms of asthma and allergies, review triggers and complications of these lung diseases, and discuss common medications that can be used to treat asthma and allergies, including different inhalers and their proper use. Take a deep breath and take control of your health. Individual consultations will follow the presentation at 11:30am. Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)	PHONE/ZOOM 312-626-6799 Meeting ID: 625 279 2910
12:00pm	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. Instructor: Joyce Bloom (Symbria)	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
2:30pm	Spanish I Join us and learn basic Spanish. All are welcome. Instructor: Marvin Childress	PHONE/ZOOM (312) 626-6799 Meeting ID: 846 3658 4845 Passcode: Spanish
3:00pm	Social Worker Presentation (3/16) Title: Women's Empowerment & History March is Women's History Month, and the theme will be a reflection on the history of two main historical figures, Marie Curie and Maya Angelou, and their legacies to construct our own legacies. The presentation will help us consider what we want to let the world know about ourselves and what our legacies look like. As women, we will consider how we support others (i.e., family, friends, neighbors, relatives) and the legacies we leave. We will celebrate successes, experiences, challenges, and what matters to you and makes you proud as a woman. Presenter: Cindy Duran (MSW Social Work Intern @ UIC) & Jeaneane Quinn, LSW (Rush)	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 0042 0679 Passcode: 123456

	THURSDAY	
Time	Class	Location
3:00pm	Social Worker Presentation (4/20) <i>Title: Spring Cleaning—From the Inside Out</i> Spring will soon be upon us, and this often inspires individuals to begin the annual rituals of the spring clean. This presentation and discussion will help us examine why objects left to us or kept by us, from loved ones, friends, or colleagues, can be emotionally difficult to part with, even though they have begun to clutter the home. We will unpack the psychology of why it's hard to part with objects which hold sentimental value and the emotional empowerment that comes with paring down, giving away to others, or tossing away items passed onto you by friends and family. <i>Presenter: Jeaneane Quinn, LSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 0042 0679 Passcode: 123456
3:00pm	Social Worker Presentation (5/18) <i>Title: Music—Meaning & Memory</i> Join us for a discussion about the meaning of music in our lives, and the various ways music can provide inspiration, hope, healing, connection to others, and memories of the past. We will explore the benefits of playing musical instruments or listening to your favorite songs or those of family members, friends, or loved ones. This presentation will also explore ways to incorporate music into your daily life, bolster mood and connections with others, and more. <i>Presenter: Jeaneane Quinn, LSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 843 0042 0679 Passcode: 123456
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8:30am	Stretch & Flex w/ Michele Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. Instructor: Ash Duggal (Symbria)	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1

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10:00am	Social Worker Presentation (3/31) Title: Tools of the Health Care Trade—Working with Medical Professionals to Maintain & Enhance Health Maintaining health is like maintaining a car—you need the right tools, and to use the right ones at the right time! The group will explore how to take advantage of the resources offered by medical professionals within your outpatient offices. Let's take the mystery out of medicine and enjoy better health! Presenter: Jim Rohde, LCSW (Rush)	PHONE/ZOOM (312) 626-6799 Meeting ID: 848 1824 7345 Passcode: 123456		
10:00am	Social Worker Presentation (4/28) <i>Title: Standing Up for Ourselves—Fall Prevention Basics</i> Now that winter's snow and slush have passed and spring is here, it's harder to keep in mind the importance of taking care of ourselves, whatever environment we are in. The home, the church, the community, virtually all settings, can sometimes pose challenges to staying upright, no matter the season. Let's look at subtle habits we can all develop to stay safe and sound wherever we are! <i>Presenter: Jim Rohde, LCSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 848 1824 7345 Passcode: 123456		
10:00am	Social Worker Presentation (5/26) <i>Title: Benefits Check Up–What Are the Possibilities?</i> Checkups are not only important in medicine, they also are vital to our finances! Are you taking advantage of what is available? Inflation is rampant today, making this more important than ever. Let's take control! Join us for a survey of what's "out there"—from well-know staples to hidden nuggets! We will explore the possibilities together! <i>Presenter: Jim Rohde, LCSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 848 1824 7345 Passcode: 123456		

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2:00pm	Sit & Be Strong w/ Judie Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises. Instructor: Judie Bernard (Symbria)	ZOOM Meeting ID: 933 398 2644 Passcode: 261424			
	SATURDAY				
Time	Class	Location			
10:00am	 Book Club (3/4, 3/18, 4/8, 4/15, 5/6, & 5/20) Join us for a special collaboration between the Chicago Public Library and DFSS. Each month a new book will be discussed (in both English and Spanish): 3/4 - Los sueños de la niña de la montaña by Eufrosina Cruz (Spanish) 3/18 - The Lost Girls from Willowbrook by Ellen Marie Wiseman (English) 4/8 - La herencia de orquídea divina by Zoraida Córdova (Spanish) 4/15 - The Family Chao by Lan Samantha Chang (English) 5/6 - No siempre es un valle de lágrimas by Pascuala Herrera (Spanish) 5/20 - The Tobacco Wives by Adele Myers (English) Copies of the books are available at the Chicago Lawn Branch (6120 S Kedzie Ave) or requested at your neighborhood branch. Please register in advance by emailing chicagolawn@chipublib.org or calling 312-747-0639. 	PHONE/ZOOM 312-626-6799 Meeting ID: 833 0209 7630 Passcode: 125911			

Individual Wellness Phone Consultations

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and refer you to resources whenever possible. Phone consultations are not designed to address emergencies. If you are having an emergency, please call 911.

To make an appointment for a phone consultation, please call the **White Crane Wellness Center** at **773-271-9001**. Appointments are available on a first-come, first-served basis and last for approximately 15 minutes.

- Ask the Nurse: The nurse can help quickly answer your most pressing health questions and direct you to follow-up care as needed.
- Ask the Social Worker: The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services when possible.
- Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- Ask the Dietitian: The dietitian has ideas for ways to get creative with healthy food.



VIRTUAL COMPUTER & TECH CLASSES

Tuesdays @ 8:30 a.m. Instructor: Joseph Fedorko

Zoom Meeting ID: **514 975 0953** Passcode: **727822** Dial-In #: **312-626-6799**



TUESDAYS—Webinar Series

March 7: Ask Joe Anything – Open Forum Q&A March 14: App Yourself – Buying, Adding, & Modifying Touchscreen Apps March 21: Watch Your Money I – Tracking Funds Via Apps & Accounts March 28: Watch Your Money II – Banks, Investments, Bill Paying, & More

April 4: Listen to the Music I – Bluetooth Speaker Roundup April 11: Listen to the Music II – Devices That Go In or On Your Ears April 18: Listen to the Music III – Using & Playing (With) Online Music Playlists April 25: Wi-Fi Options – High-Speed & Hotspots (With & Without Wires)

May 2: A Place for Your Digital Stuff – Cloud Storage, Flash Drives, & Hard Drives May 9: The Whiteboard in Zoom – What New Cool Toy is This?!? May 16: Vacation Time – Apps & Devices for Travel & Using Devices To-Go May 23: Play Time – Using Your Device To Go To the Movies or Game May 30: Ask Joe Anything – Open Forum Q&A

Symbria

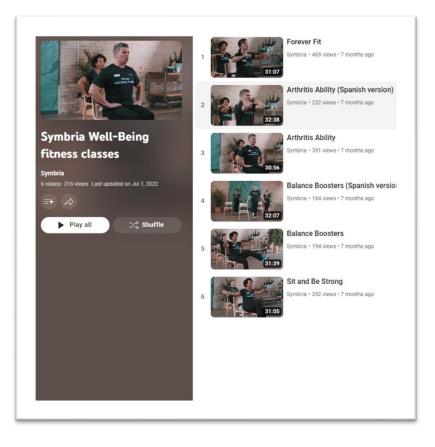
Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:

- > Forever Fit: <u>https://youtu.be/5mP5RhBUd3E</u>
- > Arthritis Ability (Spanish): <u>https://youtu.be/fQtXMAV4eqs</u>
- Arthritis Ability (English): <u>https://youtu.be/H8WQ4zGRxYc</u>
- Balance Boosters (Spanish): <u>https://youtu.be/wYJnVo2tRgg</u>
- Balance Boosters (English): <u>https://youtu.be/W-ULn_i-MS8</u>
- Sit & Be Strong: <u>https://youtu.be/og0uhgqYI90</u>

You can also access all these pre-recorded classes via Symbria's YouTube playlist:

https://youtube.com/playlist?list=PLM3tiruZ1jayrCs0XKIUXqf4TgaYHa6MI

If you enjoy Symbria's videos, please make sure to like them in the YouTube platform!











Are you a caregiver of a family member or friend with Alzheimer's or a related dementia? This program is for you!

Join us for <u>SAVVY CAREGIVER</u>™, a free, interactive 6-week training series designed to support family caregivers.

"...It was therapeutic to empathize with everyone and get to meet people in the same situation.

As a SAVVY CAREGIVER, you will be able to:

Develop strategies and master skills to help your caregiver situation
Find ways to reduce the effects of stress through planning and self-care
Manage daily life and behaviors

• Effectively communicate with a person with dementia

Online Winter/Spring Schedule 2023

Series	Dates	Day	Time
1	Feb. 15, 22, March 1, 8, 15, 22	Wednesdays	9:30 AM - 11:30 AM
2	March 9, 16, 23, 30, April 6, 13	Thursdays	2:00 PM - 4:00 PM
3	March 29, April 5, 12, 19, 26, May 3	Wednesdays	9:30 AM - 11:30 AM
4	April 20, 27, May 4, 11, 18, 25	Thursdays	2:00 PM - 4:00 PM
5	May 10, 17, 24, 31, June 7, 14	Wednesdays	9:30 AM - 11:30 AM

Register Today!

To register, please go to the link: http://bit.ly/SavvyCG Spaces are limited! For more information, contact Danielle Riley at 312-743-1475 email: <u>Danielle.Riley@cityofchicago.org</u> or Victoria Russo at 312-743-3528 email: <u>Victoria.Russo@cityofchicago.org</u>

This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. ©2002-2022. The Savvy Caregiver Program is copyrighted and used with permission. All Rights Reserved.



WHAT'S IN YOUR CLOSET?

A 'hands free' conversation on buried treasures and what to do about acquiring, collecting, and saving



Tired of your family or friends trying to get rid of your things? Feeling like you don't know what to do? Join us on Tuesday, March 21, for a conversation on how you can take charge of your stuff and learn ways to sort and organize.

ONLINE SESSION DETAILS

Via Zoom, register online at https://bit.ly/InYourCloset Tuesday, March 21, 2023 Time: 2:30 pm-4:00 pm

For more information, contact Danielle Riley at: 312-743-1475 email Danielle.Riley@cityofchicago.org or Victoria Russo at: 312-743-3528 email Victoria.Russo@cityofchicago.org









Family Caregivers of People with any type of Dementia (like Alzheimer's, Parkinson's / Lewy Body, Vascular)

You Are Not Alone

DFSS is here to support you with the Stress-Buster Program!

Caregiving can be both **rewarding** and **stressful**, this program seeks to improve your quality of life through:

- stress management and peer support
- relaxation and coping strategies
- enhanced problem-solving skills

To Register: bit.ly/SBPCaregivers Contact: victoria.russo@cityofchicago.org

This program is FREE and available at no cost to you!

WHO: Family caregivers of a loved one with any type of dementia WHAT: Multi-component program meets

- 90 minutes / week for 9 weeks
- Groups of up to 8 12 people

"I was at a very low point in my life. This program saved my life." Participant





Call 312-744-4016 or email aging@cityofchicago.org

www.caregiverstressbusters.org



Cancer: Thriving and Surviving (Virtual)

Join us for this free group workshop to support and help people managing cancer treatment or in remission. This group is facilitated by two trained leaders, meets for 2 1/2 hours once a week for 7 weeks, and focuses on increasing your ability to manage your health and maintain an active and full life. In this highly interactive workshop, you will learn:

- Techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Appropriate exercise for regaining and maintaining flexibility and endurance
- To make decisions about treatment and complementary therapies
- To communicate effectively with family, friends, and health professionals
- Nutrition recommended for those striving and surviving with cancer
- To set priorities and strategies for maintaining healthy relationships

For more information or to register, contact Waterford Place at (331) 301-5280.

Fridays, **March 3rd** through **April 14th** 10 a.m. to 12:30 p.m.

Online Access Information:

This workshop will be hosted using Zoom videoconferencing platform (https://zoom.us)

You will need Zoom access and a functioning webcam to participate in this workshop.

Please register to receive workshop materials.

QRUSH

Excellence is just the beginning. Rush Generations waterford place



Cáncer: Sobreviviendo y Triunfando

Acompáñenos en un taller virtual y gratuito para personas que han tenido un diagnóstico de cáncer y que estén en remisión o recibiendo-tratamiento. Este taller, el cual es facilitado por dos líderes de grupo entrenados, se reunirá por 7 semanas seguidas y tiene como enfoque el fortalecer su habilidad para mejorar su salud y vivir una vida más plena. Mediante este taller interactivo, usted aprenderá:

- Técnicas para lidiar con problemas como frustración, fatiga, dolor, aislamiento, mala calidad del sueño, e incertidumbre sobre el futuro
- _ Ejercicios apropiados para mantener o recuperar su flexibilidad y resistencia
- Tomar decisiones informadas sobre su tratamiento y terapias complementarias
- _ Comunicación efectiva con sus seres queridos y profesionales de la salud
- Nutrición recomendada para personas que han sobrevivido o están tratando de vivir con un diagnostico de cáncer
- _ Establecer prioridades y estrategias para mantener relaciones saludables
- Establecer prioridades y estrategias para mantener buenas relaciones

Para más información o para matricularse, llame a Waterford Place al (331) 301-5280 o al Rush Generations al (800) 757-0202.

Concei

RUSH

Los viernes, desde el 22 de abril hasta el 3 de junio 10 a.m. a 12:30 p.m.

Información del taller

virtual: Durante la pandemia de COVID-19, todos los programas de *Rush Generations* serán ofreciéndose virtualmente por medio de Zoom (<u>https://zoom.us</u>). Requerimos acceso a Zoom y una cámara (webcam) funcional para participar en el programa. Si necesita asistencia navegando la aplicación de Zoom, puede llamar a Padraic Stanley por (312) 942-2089.

Matriculación por adelantado es requerida para poder recibir los materiales que se usaran durante el taller.



waterfordplace



Join us for "Walk With

Ease"

The Walk With Ease program an enhanced walking program through the Arthritis Foundation. Participants will meet 3 times a week at Garfield Park Conservatory with a certified Walk With Ease facilitator and walk together. Walks are at your own pace and can range from 10 to 45 minutes.

Individuals living with artritis, osteoperosis, chronic pain, or other conditions are encouarged to participate; however, you do not need to have a health condition to participate. Anyone who wants to connect with others and become more active is welcome to join!

The Walk With Ease program will help you

- Motivate yourself to get in better shape
- Walk safely and comfortably
- Improve your flexibility, strength, and stamina
- Reduce pain and feel better

QRUSH

- Keep yourself accountable through mutual support

Rush Genera

Registration is required as space is limited to 12 participants. To register or for more information, call 1.800.757.0202.

Wednesdays, Thursdays, and Fridays April 6th through May 13th 2:00pm to 3:30pm

Location

Garfield Park Conservatory Community Room 300 N. Central Park Ave. Chicago, IL 60624

Parking

Free parking is available in the Garfield Park Conservatory parking lot







The Health Legacy Program for Women VIRTUAL WORKSHOP

The Health Legacy Program is a FREE 6-week workshop designed for women of color wanting to make lifestyle changes for themselves and their families by eating right, losing weight, and improving their overall health and wellness.

Join us for fun exercise, nutrition guidance, and health education in a supportive environment. Create a legacy for lifelong health for you and your family!

Health Legacy participants will:

- Meet twice a week for 6 consecutive weeks
- Discuss healthy habits and create a personal weekly health plan
- Exercise weekly for improved strength and flexibility
- Learn about nutrition, healthy eating, and practice meal planning
- Meet with other women in supportive discussion groups
- Practice goal setting and problem solving
- Be celebrated at the end with a graduation and surprises!

Registration is required.

For more information or to register, call us at (800) 757-0202!

1 RUSH

Excellence is just the beginning.

Tuesdays & Thursdays April 13-May 25 4:00-6:00pm

Online Access Information: As the date gets closer, you will be provided with information to access the class through Zoom. To access Zoom, first you must download the Zoom app on your phone, tablet or computer. Assistance available upon request.

All workshop materials will be mailed to you.





Programa de Legado de la Salud Para Mujeres Taller Virtual

El Programa de Legado de la Salud es un taller GRATUITO de 6 semanas, diseñado para mujeres de color que desean cambiar su estilo de vida y el de sus familias, por medio de una buena alimentación, pérdida de peso y una mejora en su salud y bienestar en general.

Participe en ejercicios divertidos, nutrición guiada y educación de la salud en un ambiente de solidaridad. Establezca un legado de salud de por vida para usted y su familia.

Las participantes del Programa de Legado de la Salud:

RUSH

- _ Se reunirán dos veces por semana por 6 semanas consecutivas
- Hablarán sobre hábitos sanos y crearán un plan de salud personal semanal
- _ Se ejercitarán semanalmente para mejorar su fuerza y flexibilidad
- Aprenderán sobre nutrición, alimentación saludable y practicarán planeación de comidas
- _ Se reunirán con otras mujeres en grupos de discusión de apoyo
- _ Practicarán fijación de objetivos y resolución de problemas
- _ ¡Tendrán una celebración final con graduación y sorpresas!

Si tiene preguntas o desea más información, llámenos al (800) 757-0202.

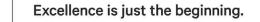
Del 13 de abril hasta el 25 de mayo, martes y jueves de 3:00pm a 5:00pm

Requisitos:

Las participantes con acceso a internet en un teléfono móvil, tableta o computadora, se

beneficiarán y disfrutarán más del programa, ya que los talleres se ofrecen por medio de la plataforma de videoconferencias *Zoom*.

Todos los materiales del taller serán enviados por correo a las participantes, por lo cual se requiere registro previo.







CEDA Services



WE ARE CEDA

OUR MISSION

It is CEDA's mission to work in partnership with communities to empower individuals and families to achieve self-sufficiency and improve their quality of life.



OUR SERVICES

GAS & ELECTRIC ASSISTANCE

WHO WE HELP

As one of the largest private, nonprofit Community Action Agencies in the US, we serve more than 300,000 people and 150,000 households in Chicagoland yearly.



What is it?

A program to relieve stress on a household's budget and keep the utilities running.



How does it help me?

Provides a one-time benefit toward gas and electric bills.



What do I need to do? Check your eligibility at CEDAorg.net/LIHEAP

FURNACE REPAIR & REPLACEMENT



What is it? Assists when your heating system isn't working or unsafe.



How does it help me? Provides a one-time benefit toward gas and electric bills.



What do I need to do? Check your eligibility at CEDAorg.net/LIHEAP

WATER ASSISTANCE (City of Chicago)



What is it? Makes your water, sewer and water-sewer tax bills more affordable.



How does it help me?

50% rate reduction for bills

No shut off, penalties or debt collection

Debt forgiveness after one year in the program



What do I need to do? Check your eligibility at Chicago.gov/UBR

STAY IN TOUCH

(iii. **CEDAorg.net**

@CEDAgogreen

FsACE (Chicago Suburbs)



Assists low-wage earners in attaining skills, knowledge and resources necessary to remove barriers and improve sustainability.



How does it help me?

Programs include Dental Care, Transportation, Vision Care, Family Nutrition, Trade Skills, Employment Services, Scholarships.



Check your eligibility at CEDAorg.net/FsACE

HOME WEATHERIZATION



Home improvements that keep houses warmer in the winter and cooler in the summer.



How does it help me?

Installs insulation

Seals drafty areas

Furnace/boiler and water heater replacement



What do I need to do?

Check your eligibility at CEDAorg.net/Home-Weatherization

WOMEN, INFANTS, AND CHILDREN



Food, education, and support for women, primary caregivers, infants, and children under age five.



How does it help me?

Provides healthy food, nutrition education, breast-feeding support, and referrals.



What do I need to do?

Check your eligibility at CEDAorg.net/WIC



Counseling services for homebuyers, homeowners, renters, and the homeless.

HOUSING SERVICES



How does it help me?

Assists with affordable housing, avoiding displacement, budgeting and credit



Check your eligibility at CEDAorg.net/Housing

STAY IN TOUCH

(CEDAozg.net

@CEDAgogreen



SNAP CUSTOMERS:

SNAP BENEFITS RETURN TO PRE-PANDEMIC LEVELS

Your SNAP emergency allotment will end in March as a result of federal policy changes.

SNAP benefits increased during COVID-19 due to the public health emergency. Since April 2020, Illinois LINK households received their regular monthly benefit and an emergency SNAP issuance. February 2023 will be the last month you will receive your emergency SNAP allotment.

Plan accordingly:



Purchase non-perishables



Shop your pantry

Find a local food pantry in your community:



Statewide: go.illinois.edu/findfood

Cook County: chicagosfoodbank.org/findfood

The Illinois Department of Human Services is here to help. Visit **abe.illinois.gov**

or call the hotline at **1-800-843-6154**













GOOD FOOD GOOD LIFE DFSS Senior Services Food Box Program

The Senior Food Box Program is a partnership between the Chicago Department of Family and Support Services and Top Box Foods. The program provides a monthly food delivery to older adults aged 60+ or grandparents or older relatives aged 55+ raising a grandchild or caring for persons with disabilities age 19-59.



Sample of Groceries Include: (Meat or vegetarian options.) Fresh produce is based on seasonality and may include items like sweet potatoes, berries, tofu, and tomatoes. Frozen meats include ground turkey or tilapia. Examples of shelf-stable items include oatmeal, rice, granola bars.

Contact **DFSS Senior Services Division** Information and Assistance **312-744-4016** Aging@CityOfChicago.org





The Golden Diners Program Site Listing

Come join your friends and neighbors at your local Golden Diners location and enjoy a well-balanced, nutritious meal! The program is open to individuals 60 years of age and older and their spouses of any age. Special programs and activities, including exercise classes, education lectures, and fun outings, are also provided at many of the locations. For additional information, please call the site directly or email your inquiry to aging@cityofchicago.org

Site Name	Address	Phone Number	Lunch Serving days and Time	Breakfast Served days and Time
	Central Wes	st Region		
Austin Senior Satellite Center	5071 W. Congress Pkw	vy. (312) 743-1538 M -	F 12:0	0 PM
Britton Budd Apartments	501 W. Surf St.	(773) 388-8101 M -	F 11:0	0 AM
Central West Regional Senior Center	2102 W. Ogden Ave.	(312) 746-5300 M -	F 11:3	0 AM
Chinese Community Center	250 W. 22nd Pl.	(312) 225-0303 M -	F 11:3	0 AM
Dickens Burling Apartments	2111 N. Halsted St.	(312) 951-1138 M -	F 10:4	5 AM
Division/LaSalle Apartments	116 W. Elm St.	(312) 573-3450 M -	· F 11:0	0 AM
Gaines Apartments	3700 W. Congress Pkw	vy. (773) 265-1901 M -	F 11:0	0 AM
Hilliard Apartments	54 W. Cermak Rd.	(312) 808-0584 M -	· F 11:1	5 AM
Lincoln/Sheffield Apartments	2640 N. Sheffield Ave.	(773) 549-8410 M -	F 11:0	0 AM
Pilsen Senior Satellite Center	2021 S. Morgan St.	(312) 743-0493 M -	F 11:3	0 AM
Sullivan Apartments	1633 W. Madison St.	(312) 243-6340 M -	F 11:0	0 AM
West Town Senior Satellite Center	1613-15 W. Chicago A	. ,	F 11:0	0 AM
	Northeast	Region		
Center on Addison	806 W. Addison St.	(773) 472-6469 T,	TH, SAT 11:0	0 AM
Clark/Irving Apartments	3920 N. Clark St.	(773) 281-9700 M -	F 11:0	0 AM
Devon/Sheridan Apartments	6400 N. Sheridan Rd.	(773) 743-7273 M -	F 11:0	0 AM
Edgewater Senior Satellite Center	5917 N. Broadway St.	(312) 742-5323 M -	F 11:0	0 AM
Fisher Apartments	5821 N. Broadway St.	(773) 271-7690 M -	F 11:0	0 AM
Japanese American Service Committee	4427 N. Clark St.	(773) 275-7212 M -	F 11:3	0 AM
North Center Senior Satellite Center	4040 N. Oakley Ave.	(312) 744-4015 M -	F 11:3	0 AM
Northeast (Levy) Regional Senior Center	2019 W. Lawrence Ave	. (312) 744-0784 M	- F 11:3	0 AM
Schneider Apartments	1750 W. Peterson Ave.	(773) 338-7557 M ·	- F 11:3	0 AM
Sheridan/Leland Apartments	4645 N. Sheridan Rd.	(773) 784-6724 M	- F 11:0	0 AM
South East Asia Center	5120 N. Broadway St.	(773) 989-6927 M -	F 11:3	0 AM

Information and Assistance

Wednesday, February 8, 2023

https://www.cityofchicago.org/fss | 312-744-4016





The Golden Diners Program Site Listing

Come join your friends and neighbors at your local Golden Diners location and enjoy a well-balanced, nutritious meal! The program is open to individuals 60 years of age and older and their spouses of any age. Special programs and activities, including exercise classes, education lectures, and fun outings, are also provided at many of the locations. For additional information, please call the site directly or email your inquiry to aging@cityofchicago.org

Site Name	Address	Phone Number	Lunch Serving days and Time	Breakfast Served days and Time		
Northwest Region						
Hanul Family Alliance	5008 N. Kedzie Ave.	(773) 478-8851 M	- F 11:00) AM		
Indo American Center	6328 N. California Ave.	(773) 973-4444 M -	F 1:00	PM		
Kelvyn Park Senior Satellite Center	2715 N. Cicero Ave.	(312) 744-3350 M	- F 12:00) PM		
Metropolitan Asian Family Services	2520 W. Devon Ave	(773) 465-3105 M	- F 12:30) PM		
Montclare Senior Residences	6650 W. Belden Ave.	(773) 237-3831 M	- F 11:30) AM		
Montrose Baptist Church	4411 N. Melvina Ave.	(773) 685-8628 M	- F 12:00) PM		
Northwest (Copernicus) Regional Senior Ce	e 3160 N. Milwaukee Ave.	(312) 744-6681 M	- F 11:30) AM		
Norwood Park Senior Satellite Center	5801 N. Natoma Ave.	(773) 775-6071 M	- F 12:00) PM		
Portage Park Senior Satellite Center	4100 N. Long Ave.	(312) 744-9022 M	- F 11:30) AM		
	Southeast	Region				
91st & South Chicago Apartments	9177 S. South Chicago	A (312) 734-6026 M	- F 11:30) AM		
Abbott Park Senior Satellite Center	49 E. 95th St.	(312) 745-3493 M	- F 11:30) AM		
Ada S. McKinley Apartments	661 E. 69th St.	(773) 955-9145 M	- F 11:00) AM		
Chatham Senior Satellite Center	8300 S. Cottage Grove	A (312) 745-0401 M	- F 11:30) AM		
Judge Green Apartments	4030 S. Lake Park Ave.	(773) 538-5273 M	- F 11:00) AM		
Paul G. Stewart Apartments	400 E. 41st St.	(773) 924-2100 M	- F 11:00) AM		
Roseland Senior Satellite Center	10426 S. Michigan Ave.	(312)-745-1500 M	- F 11:30) AM		
South Chicago Senior Satellite Center	9233 S. Burley Ave.	(312) 745-1282 M	- F 11:30) AM		
Southeast (Atlas) Regional Senior Center	1767 E. 79th St.	(312) 747-0189 M	- F 11:30) AM		





The Golden Diners Program Site Listing

Come join your friends and neighbors at your local Golden Diners location and enjoy a well-balanced, nutritious meal! The program is open to individuals 60 years of age and older and their spouses of any age. Special programs and activities, including exercise classes, education lectures, and fun outings, are also provided at many of the locations. For additional information, please call the site directly or email your inquiry to aging@cityofchicago.org

Site Name	Address	Phone Number	Lunch Servi days and Tir	0	Breakfast Served days and Time	
Southwest Region						
Auburn Gresham Senior Satellite Center	1040 West 79th St.	(312) 745-4797	M - F	11:30 AN	1	
Englewood Senior Satellite Center	653-657 W. 63rd St.	(312) 745-3328	M - F	11:30 AN	1	
Garfield Ridge Senior Satellite Center	5674-B S. Archer Ave.	(312) 745-4255	M - F	12:00 PN	1	
Lincoln Perry Apartments	3245 S. Prairie Ave.	(312) 225-3207	M - F	11:30 AN	1	
Minnie Ripperton Apartments	4250 S. Princeton Ave.	(773) 538-0395	M - F	11:00 AN	1	
Racine Apartments	1611 S. Racine Ave.	(312) 829-1311	M - F	11:00 AN	1	
Southwest Regional Senior Center	6117 S. Kedzie Ave.	(312) 747-0440	M - F	12:00 PN	1	
Vivian Carter Apartments	6401 S. Yale Ave.	(773) 783-8306	M - F	11:00 AN	1	



Thursdays March 23rd, April 20th, May 18th, & June 22nd from 1:00-2:00 p.m. Southeast (Atlas) Regional Senior Center 1767 E 79th St



This event will offer a variety of fresh produce! All FREE to you!

THIS POP-UP PANTRY MARKET IS SPONSORED BY



BlueCross BlueShield of Illinois



Fridays March 3rd, April 7th, May 5th, & June 2nd from 1:00-2:00 p.m. Southwest Regional Senior Center 6117 S Kedzie Ave



This event will offer a variety of fresh produce! All FREE to you!

THIS POP-UP PANTRY MARKET IS SPONSORED BY



BlueCross BlueShield of Illinois



Wednesdays March 1st, April 5th, May 3rd, & June 7th from 1:00-2:00 p.m. Central West Regional Senior Center 2102 W Ogden Ave



This event will offer a variety of fresh produce! All FREE to you!

THIS POP-UP PANTRY MARKET IS SPONSORED BY



BlueCross BlueShield of Illinois



Mondays March 13th, April 17th, May 15th, & June 19th from 1:00-2:00 p.m. Northwest (Copernicus) Regional Senior Center 3160 N Milwaukee Ave



This event will offer a variety of fresh produce! All FREE to you!

THIS POP-UP PANTRY MARKET IS SPONSORED BY



BlueCross BlueShield of Illinois



Tuesdays March 28th, April 25th, May 23rd, & June 27th from 1:00-2:00 p.m. Northeast (Levy) Regional Senior Center 2019 W Lawrence Ave



This event will offer a variety of fresh produce! All FREE to you!

THIS POP-UP PANTRY MARKET IS SPONSORED BY



BlueCross BlueShield of Illinois

AMOR DE DIOS UMC 2356 S SAWYER AVE APOSTOLIC PENTECOSTAL CHURCH OF MORGAN PARK 11401-13 S Vincennes Ave BACK TO GOD CHURCH 7326 S RACITEA AVE BENTON HOUSE 3022 S GRATTEN AVE CARE FOR REAL 5339-41 IN SHRIDAN RD CARE FOR REAL 5339-41 IN SHRIDAN RD CARE TOR REAL 5339-41 IN SHRIDAN RD CARE TOR REAL 1448 S HOMAN AVE CATHOLIC CHARTITES EMERGENCY ASSISTANCE PROGRAM 711 IN LA SALLE DR CATHOLIC CHARTITES ST. SABINA PARISH 1120 W 79TH ST CELESTIAL VISION POOP PANTRY 3023 W FULLERTON AVE CHACGO LOPE INC. 2505 X K EDZIE BLVD CHICAGO HOPE INC. 2505 X K EDZIE BLVD CHIRST TEMPLE COC FOOD PANTRY 3223 S SHILAND AVE COMON PANTRY 3224 S ASHILAND AVE COMON PANTRY 3224 S ASHILAND AVE CORNERSTONE COMMUNITY OUTREACH 4636 N CLIFTON AVE EDINDZER MIC FOOD PANTRY 3223 S ASHILAND AVE CORNERSTONE COMMUNITY OUTREACH 4636 N CLIFTON AVE EDINDZER MIC FOOD PANTRY 3223 S ASHILAND AVE COMMON PANTRY 3744 N DAMEN AVE CORNERSTONE COMMU	Chicago		Ward
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BENTON HOUSE 302 S GRATTEN AVE CARE FOR REAL 5339-41 N SHERIDAN RD CAREY TEMPLE AME FOOD PANTRY 7157 S GREENWOOD AVE Carey Tercentenary AME Church 1448 S HOMAN AVE CATHOLIC CHARTITES ENEGENCY ASISTANCE PROGRAM 721 N LA SALLE DR CATHOLIC CHARTITES ST. SABNA PARISH 1120 W 79TH ST CELESTIAL VISION FOOD PANTRY 302 W FULLERTON AVE CHICAGO LIOFT S ELAM DAVIES SOCIAL SERVICE CENTER 126 E CHESTNUT ST CHICAGO LIOFTS ELAM DAVIES SOCIAL SERVICE CENTER 126 E CHESTNUT ST CHRIST FEMPLE COC FOOD PANTRY 525 S ASHLAND AVE CONNON PANTRY 525 S ASHLAND AVE CONNON PANTRY 525 S ASHLAND AVE CONNON PANTRY 525 S ASHLAND AVE CONNESTONE COMMUNITY OUTREACH 426 N CLIFTON AVE EUROPEAN AMERICAN ASSOCIATION 2217 W UNISION ST EVANGELISM MUREY ON PANTRY 4501 S VINCENNES AVE EUROPEAN AMERICAN ASSOCIATION 2227 W DIVISION ST EVANGELISM MURITY OUTREACH 453 S PRINCETON AVE EIROPEAN AMERICAN ASSOCIATION 2217 VINSION ST EVANGELISM MURITY OUTREACH 453 S RINCETON AVE EIROPEAN AMERICAN ASSOCIATION 2214 N UNISTRES V	Chicago	60643	34
CARE FOR REAL\$139-41 N SHERDNOD RN RDCAREY TEMPLE AME FOR DO PANTRY7157 S GREENWOOD AVECarey Teremerary XME Church1448 S HOMAN AVECATHOLIC CHARTIESS ENERGENCY ASSISTANCE PROGRAM721 N LA SALLE DRCATHOLIC CHARTIESS ENERGENCY ASSISTANCE PROGRAM721 N LA SALLE DRCATHOLIC CHARTIESS S. SABNA PARISH1120 W 79TH STCELESTIAL VISION FOOD PANTRY3023 W FULLERTON AVECHARDNO HOPE INC.2505 N KEDZIE BLVDCHICAGO HOPE INC.2505 N KEDZIE BLVDCHICAGO LIGHTS ELAM DAVIES SOCIAL SERVICE CENTER126 C (HESTNUT STCHOSEN TABERNACLE, FULL GOSPELPO BOX 397967CHRIST EVANGELICAL LUTHERAN CH1511 N LONG AVECONMON PANTRY3252 S ASHLAND AVECOMMON PANTRY3244 N DAMEN AVECORNESSTONE COMMUNITY OUTREACH4501 S VINCENNES AVEEUROPEAN AMERICAN ASSOCIATION227 W DIVISION STEVANGELISM OUTREACH MINISTRIES214 E 115TH STELLOWSHIP MGC POOD PANTRY443 S PRINCETON AVEERSTERSTERIAN KIMBARK6400 S KIMBARK AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4453 N MONTICELLO AVEHARST MERSTERIAN KIMBARK6400 S KIMBARK AVERATERNITE NOTRE DAME520 N NORTH AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COURANT CHURCH5210 W NORTH AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING	Chicago	60636	17
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CHICAGO LIGHTS ELAM DAVIES SOCIAL SERVICE CENTER126 E CHESTUIT STCHOSEN TABERNACLE FULL GOSPELPO BOX 497967CHRIST EVANGELICAL LUTHERAN CH1511 N LONG AVECOMMON PANTRY5252 S ASHLAND AVECOMMON PANTRY3744 N DAMEN AVECORNERSTONE COMMUNITY OUTREACH4626 N CLIFTON AVEEBENEZZER MBC FOOD PANTRY4501 S VINCENNES AVEEUROPEAN AMERICAN ASSOCIATION2827 W DIVISION STEVANGELISM OUTREACH MINISTRIES214 E 115TH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST BAPTST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST BAPTST CONGREGATIONAL6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRACTE HOLY TEMPLE C.O.G.LC.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHARADA EA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEINOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEINDWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVA	Chicago	60619	6
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COMMON PANTRY3744 N DAMEN AVECORNERSTONE COMMUNITY OUTREACH4626 N CLIFTON AVEEBENEZER MBC FOOD PANTRY4501 S VINCENNES AVEEUROPEAN AMERICAN ASSOCIATION2827 W DIVISION STEVANGELISM OUTREACH MINISTRIES214 E 11STH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRACTE HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHOWARD AREA COMMUNITY CARES, NFP1908 S MILLARD AVEHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEINMACULATE CONCEPTION2745 W 44TH STINNER CITY MISSIONS NETWORK17100 LONGFELLOW AVEINNACULATE CONCEPTION2745 W 44TH STINNER CITY MISSIONS NETWORK310 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARL COMJUNITY ORG4242 S COTTAGE GROVE AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARLE MOUGA AND COMMUNITY ORG2850 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMOUDO JALLAND COMMUNITY ORG4242 S COTTAGE GROVE AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY </td <td>Chicago</td> <td>60651</td> <td>37</td>	Chicago	60651	37
CORNERSTONE COMMUNITY OUTREACH4626 N CLIFTON AVEEBENEZER MBC FOOD PANTRY4501 S VINCENNES AVEEUROPEAN AMERICAN ASSOCIATION2827 W DIVISION STEVANGELISM OUTREACH MINISTRIES214 E 115TH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFORTER DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH90 BOX 17698GRACE EVANGELIC COVENANT CHURCH90 BOX 17698GRACE EVANGELIC COVENANT CHURCH90 BOX 17698GRACE TANDELIC COGIC #14941 W CHICAGO AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK11700 LONGEFLIOW AVEIRVING PARK COMMUNITY FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY SHERIDAN3945 N SHERIDAN RD	Chicago	60609	16
EBENEZER MBC FOOD PANTRY4501 S VINCENNES AVEEUROPEAN AMERICAN ASSOCIATION2827 W DIVISION STEVANCELISM OUTREACH MINISTRIES214 E 115TH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W ASHINGTON BLVDFIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRACT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOW ARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMNER-CITY MISSIONS NETWORK17100 LONGFELLON AVEIRVING PARK COMMUNITY FOOD PANTRY3500 W 638D PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingadm Baptist Church301 N CENTRAL AVELAKEYUEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARLE MORGAN PARK FOOD PANTRY1103 O SLONGWOOD DRMARLLE MAGEL MAGE8850 S COTTAGE GROVE AVEKINSION OF OUR LADY OF THE ANGELS3808 W IOWA STMOUTO6700 S EMERALD AVENESSION OF OUR LADY OF THE ANGELS3808 W IOWA STMOUC8700 S SHERIDAN RDMARLIE HEHM 44 MBC8850 S COTTAGE GROVE AVE <tr< td=""><td>Chicago</td><td>60618</td><td>47</td></tr<>	Chicago	60618	47
EUROPEAN AMERICAN ASSOCIATION2827 W DIVISION STEVANGELISM OUTREACH MINISTRIES214 E 115TH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFRATERNITE NOTRE DAME6400 S KIMBARK AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRAAT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1008 S MILLARD AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK GOMD PANTRY3500 W 030 W 300	Chicago Chicago	60640 60653	46
EVANGELISM OUTREACH MINISTRIES214 E 115TH STFELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST PRESB YTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH8723 S CREGIER AVEGRANT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STGLESIA EVANGELICA EMANURL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63D PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARLLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church740 E 77TH STNEW CORGAN PARK FOOD PANTRY7105 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY7105 N SHERIDAN RDMARLLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STNew Covenant MB Church740 E 77TH STNew CORESTIAN M	Chicago	60653	26
FELLOWSHIP MBC FOOD PANTRY4543 S PRINCETON AVEFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRANTA WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK117100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOW ASTNew CORGAN PARK FOOD PANTRY11030 S LONGWOOD DRNEW BETHLEHEM #4 MBC8503 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew CORGEN MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD	Chicago	60622	<u> </u>
FIRST BAPTIST CONGREGATIONAL1613 W WASHINGTON BLVDFIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRAAT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeriage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEKINNER AC COMMUNITY OD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVYEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLACH OUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church633-57 5 MARSHFIELD AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVE <td>Chicago</td> <td>60609</td> <td>3</td>	Chicago	60609	3
FIRST PRESBYTERIAN KIMBARK6400 S KIMBARK AVEFRATERNITE NOTRE DAME502 N CENTRAL AVEGOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRANT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY ODD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3001 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWODD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNEW GRESHAM UMC8700 S EMERALD AVENEW MORNING STAR MBC PANTRY7105 W HOOD AVENEW MORNING STAR MBC PANTRY7105 W HOOD AVENEW MORNING STAR MBC PANTRY7105 W MARQUETTE RDNEW MORNING STAR MBC PANTRY7105 S PARRY AVE <td>Chicago</td> <td>60612</td> <td>27</td>	Chicago	60612	27
GOSPEL WAY COVENANT CHURCH8723 S CREGIER AVEGRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRANT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOW FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARLLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8800 S COTTAGE GROVE AVENEW HOPE COMMUNITY FOOD PANTRY710 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVE	Chicago	60637	20
GRACE EVANGELIC COVENANT CHURCH4159 N MONTICELLO AVEGRANT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLA CHOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNeW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MORNING STAR MBC PANTRY1850 W ARQUETTE RDNEW MORNING STAR MBC PANTRY1850 W ARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W AREAD AVE	Chicago	60644	29
GRANT A WISH INC.PO BOX 17698GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW GOVENAM MUC740 E 77TH STNEW GRESHAM UMC740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W MOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W MOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANT	Chicago	60617	7
GREATER HOLY TEMPLE C.O.G.I.C.246 N CALIFORNIA AVEHARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW WROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60618	35
HARMONY COMMUNITY CARES, NFP1908 S MILLARD AVEHEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVELÄNgdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMARLLAC HOUSE2859 W JACKSONMISISION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW HOPE COMMUNITY FOOD PANTRY7105 S MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W ARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60617	8
HEALING TEMPLE COGIC #14941 W CHICAGO AVEHeritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW COVEnant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW GRESHAM UMC8700 S EMERALD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY11500 M ARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60612	27
Heritage International Christian Church5320 W NORTH AVEHOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW COvenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY1850 W MARUETTE RDNEW MORNING STAR MBC PANTRY1850 W MARUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH1850 W MARQUETTE RD	Chicago	60623	24
HOPE FOOD PANTRY5900 W IOWA STHOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW COvenant MB Church740 E 77TH STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60651	37
HOWARD AREA COMMUNITY CENTER7648 N PAULINA STIGLESIA EVANGELICA EMANUEL5016 W ARMITAGE AVEIMMACULATE CONCEPTION2745 W 44TH STINNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN J0Y FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW MORNING STAR MBC PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MR MING STAR MBC PANTRY9406 S PERRY AVE	Chicago	60639	37
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INNER-CITY MISSIONS NETWORK17100 LONGFELLOW AVEIRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60632	15
IRVING PARK COMMUNITY FOOD PANTRY4256 N. RidgewayJESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Gresham UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60429	5
JESUS CHRIST FOOD PANTRY3500 W 63RD PLKENWOOD OAKLAND COMMUNITY ORG4242 S COTTAGE GROVE AVEKingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Gresham UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60618	45
Kingdom Baptist Church301 N CENTRAL AVELAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60629	23
LAKEVIEW PANTRY - SHERIDAN3945 N SHERIDAN RDMAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60653	4
MAPLE MORGAN PARK FOOD PANTRY11030 S LONGWOOD DRMARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60644	37
MARILLAC HOUSE2859 W JACKSONMISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60613	46
MISSION OF OUR LADY OF THE ANGELS3808 W IOWA STMount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60643	19
Mount Olive Baptist Church6353-57 S MARSHFIELD AVENEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60612	27
NEW BETHLEHEM #4 MBC8850 S COTTAGE GROVE AVENEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60651	27
NEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH11594 S STATE STNew Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60636	16
New Covenant MB Church740 E 77TH STNEW GRESHAM UMC8700 S EMERALD AVENEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago Chicago	60619 60628	8 34
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NEW HOPE COMMUNITY FOOD PANTRY7115 W HOOD AVENEW MORNING STAR MBC PANTRY206-208 S HAMLIN BLVDNEW MT. CALVARY BAPTIST CHURCH1850 W MARQUETTE RDNEW PROGRESSIVE MISSIONARY BAPTIST CHURCH9406 S PERRY AVE	Chicago	60620	21
NEW MORNING STAR MBC PANTRY 206-208 S HAMLIN BLVD NEW MT. CALVARY BAPTIST CHURCH 1850 W MARQUETTE RD NEW PROGRESSIVE MISSIONARY BAPTIST CHURCH 9406 S PERRY AVE	Chicago	60631	41
NEW MT. CALVARY BAPTIST CHURCH 1850 W MARQUETTE RD NEW PROGRESSIVE MISSIONARY BAPTIST CHURCH 9406 S PERRY AVE	Chicago	60624	28
	Chicago	60636	15
ONWARD HOUSE 5413 W DIVERSEY AVE	Chicago	60620	21
	Chicago	60639	30
OPEN ARMS MINISTRY 2649 N FRANCISCO AVE	Chicago	60647	32
PILGRIM REST M.B.C. 2951 W WABANSIA AVE	Chicago	60647	27
PINE AVENUE UNITED CHURCH 1015 N PINE AVE	Chicago	60651	37
RAVENSWOOD COMMUNITY SERVICES 4550 N HERMITAGE AVE	Chicago	60640	47
REDEEMING GRACE FOOD 11801 S SANGAMON ST ROSELAND CHRISTIAN MINISTRIES 10858 S MICHIGAN AVE	Chicago Chicago	60643	34 9
KOSELAND CHRISTIAN MINISTRIES 10858 S MICHIGAN AVE SHELDON HEIGHTS COC PANTRY 11301 S. Halsted St	Chicago	60628 60628	34
SHELDON HEIGHTS COC PANTRY 11501 S. Haisted St SHILOAH BAPTIST CHURCH 9201 S JUSTINE ST	Chicago	60628	21
Southeast Side of Chicago Food Pantry 9831 S AVENUE M	Chicago	60617	10
ST. AGATHA'S FOOD PANTRY 3147 W DOUGLAS BLVD	Chicago	60623	24
ST. ALOYSIUS 1510 N. CLAREMONT	Chicago	60622	1

The Chicago Department of Family and Support Services 2022 Emergency Food Program - Food Pantry Listing

Agency Name	Address	City	Zip Code	Ward
ST. CYPRIAN FOOD PANTRY	6535 W IRVING PARK RD	Chicago	60634	38
ST. ELIZABETH CHURCH SVDP	50 E 41ST ST	Chicago	60653	3
ST. FLORIAN: SVDP FOOD PANTRY	13145 S HOUSTON AVE	Chicago	60633	10
ST. IGNATIUS PARISH	6559 N GLENWOOD AVE	Chicago	60626	49
St. John Lutheran Church Our Lady of Victory SVD	4939 W MONTROSE AVE	Chicago	60641	45
ST. MARK CHURCH FOOD PANTRY	1048 N CAMPBELL AVE	Chicago	60622	1
ST. MATTHEW CHILD ADVOCATE	10452 S FOREST AVE	Chicago	60628	27
ST. PHILIP NERI LADY OF PEACE	2132 E 72ND ST	Chicago	60649	5
ST. PIUS V PARISH	1919 S ASHLAND AVE	Chicago	60608	25
ST. SYLVESTER PARISH	2915 W PALMER ST	Chicago	60647	1
ST. TERESA OF AVILA PARISH	1950 N KENMORE AVE	Chicago	60614	43
ST. THOMAS OF CANTERBURY	4827 N Kenwore	Chicago	60640	46
THE FRIENDSHIP CENTER	3448 W FOSTER AVE	Chicago	60625	40
The Lord's Table	4332 N. KEDZIE AVE	Chicago	60618	33
THIRD BAPTIST CHURCH OF CHICAGO	8808 S. WINCHESTER	Chicago	60620	21
TRINITY RESURRECTION UNITED CHURCH	9046 S MACKINAW AVE	Chicago	60617	10
VISITATION PARISH FOOD PANTRY	4944 S UNION AVE	Chicago	60609	20
WEST POINT BAPTIST CHURCH	3566-72 S COTTAGE GROVE AVE	Chicago	60653	4
WHOLE FOLD MINISTRIES PRAYER AND FAITH OUTREACH	956-58 W 103RD ST	Chicago	60643	34



DFSS Senior Services At a Glance

The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!

Call Information and Assistance at 312-744-4016 or call 311 Monday – Friday, 8:30 am to 4:30 pm or email <u>aging@cityofchicago.org</u>

In-Home Support Services

Caregiver Respite	Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.
Caregiver Support	People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.
Caregiver Training & Education	The Savvy Caregiver [™] Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer's Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.
Chore Services	Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. Heavy-Duty Chore is an intensive cleaning for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.
Grandparents & Older Relatives Raising Children	Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.
	Elder Rights, Legal Services, Protection, & Advocacy
Adult Protective Services (APS)	Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.
Case Advocacy & Support (CAS)	CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.
Intensive Case Advocacy Services (ICAS)	ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.



Legal Services

Ombudsman Program

Senior Health Insurance Program (SHIP)

Senior Medicare Patrol

Congregate Dining

Home Delivered Meals

Brain Health Initiative

Foster Grandparents

Senior Companion Program

Chicago Fitness Plus

Health & Wellness Program

Life Enrichment Programs **Legal Services protects the rights of older Chicagoans** on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more. Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance to those who have questions about Medicare.

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

<u>Meals</u>

Nutritious meals in a group setting are provided each weekday to nearly 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and / or dietary-specific meals.

Community Programs

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings. The programs focuses on behaviors to maintain healthy brains throughout life.

An opportunity for seniors to make a difference in a child's life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Senior Centers

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.



Resumen de los servicios para adultos mayores del DFSS

La División de Servicios para Adultos Mayores del Departamento de Servicios Familiares y de Apoyo de Chicago (The Chicago Department of Family and Support Services, DFSS) ofrece diversos programas en toda la ciudad diseñados para tratar las diversas necesidades e intereses de los adultos mayores de Chicago y sus cuidadores. En general, todos los habitantes de Chicago mayores de 60 años son elegibles para recibir los servicios. Algunos programas tienen edades de elegibilidad más bajas, ¡llámenos!

Llame a Información y Ayuda al 312-744-4016 o llame al 311 de lunes a viernes, de 8:30 a.m. a 4:30 p.m. o envíe un correo electrónico a <u>aging@cityofchicago.org</u>

Servicios de apoyo en la casa

	Servicios de apoyo en la casa
Descanso para cuidadores	El descanso para cuidadores da un receso del cuidado de sus seres queridos. Diversas opciones incluyen atención a domicilio: asistentes de atención a domicilio, contratación de un amigo cercano o familiar y atención residencial en un centro. El apoyo está disponible por hasta dos semanas al año.
Apoyo para cuidadores	Las personas que cuidan a sus familiares mayores o seres queridos (cuidadores) pueden recibir servicios de apoyo, como consejería individual o familiar, grupos de apoyo, cajas de comidas, información y remisiones, ayuda para la compra de bienes o servicios y oportunidades de educación. Califican diversas edades; llame para obtener información.
Formación y educación para cuidadores	El programa de formación Savvy Caregiver™ es un programa de educación de 12 horas para cuidadores familiares que cuidan a personas con enfermedad de Alzheimer y trastornos relacionados. Cada sesión semanal gratis es de 2 horas durante seis semanas. Se da un manual del cuidador. Las oportunidades de formación están disponibles durante todo el año.
Servicios de cuidado de la casa	El servicio de cuidado de la casa de corto plazo da ayuda con tareas domésticas ligeras, lavandería, compras u otro apoyo doméstico por un cambio de vida, enfermedad, discapacidad o situación temporal. El trabajo pesado consiste en una limpieza intensiva para los adultos mayores cuyas condiciones de vida representan una amenaza para su salud y seguridad. Los servicios incluyen recolección de basura, mover muebles pesados, ayudar con el desorden, empacar, entre otros.
Abuelos y familiares mayores que crían niños	Los abuelos o parientes mayores de 55 años que tienen la responsabilidad principal de un niño menor de 18 años o un ser querido con discapacidades graves de entre 19 y 59 años son elegibles para servicios, incluyendo consejería individual o familiar, grupos de apoyo, información y remisiones, oportunidades de educación, y ayuda para comprar bienes o servicios como ropa, útiles escolares, juguetes, entre otros.
	Derechos de los adultos mayores, servicios legales, protección
	<u>y defensa</u>
Servicios de protección para adultos (APS)	Los trabajadores certificados de APS responden a los informes de presuntos abusos de los habitantes de Chicago mayores de 60 años y de las personas con discapacidades de entre 18 y 59 años. Las preocupaciones incluyen maltrato físico, emocional y sexual, abandono propio, negligencia, confinamiento o explotación económica. Los APS detienen el maltrato y desarrollan un plan de seguridad, bienestar y prevención.
Defensa y apoyo de casos (CAS)	La CAS controla el bienestar a los habitantes de Chicago mayores de 55 años que viven en la comunidad y que pueden enfrentarse a retos para vivir de forma independiente o que son un riesgo para ellos mismos o para los demás. El equipo se reúne con el adulto mayor, evalúa su situación y luego da remisiones útiles a servicios y enlaces a apoyos de la comunidad.
Servicios intensivos de defensa de casos (ICAS)	Los ICAS dan apoyo continuo a los habitantes de Chicago mayores de 55 años que enfrentan retos para vivir de forma independiente en la comunidad al ayudar a los pacientes a tener acceso a apoyos que prolongan la capacidad de permanecer viviendo en casa. Los ICAS también puede ayudar a quienes se están mudando, teniendo transiciones, retos de salud, entre otros.
	DFSS

Department of Family and Support Services

Servicios legales

Programa del mediador

Programa de seguro médico para adultos mayores (SHIP)

Supervisión de Medicare para adultos mayores

Comidas Colectivas

Entrega de comidas a domicilio

Iniciativa de salud del cerebro

Abuelos sustitutos

Programa de compañía para adultos mayores

Chicago Fitness Plus

Programa de salud y bienestar

Programas de enriquecimiento de vida Los servicios legales protegen los derechos de las personas mayores de Chicago en asuntos como: vivienda, tutela, poderes notariales para la atención médica y la propiedad, bancarrota, fraude, empleo, derecho familiar, consejería económica y de ejecución hipotecaria, hipotecas inversas e instrucciones anticipadas.

Los mediadores protegen, defienden y abogan por los residentes en centros de atención de largo plazo, como residencia de adultos mayores, vida asistida, entre otros. Los mediadores protegen los derechos de los residentes, resuelven quejas, dan información y garantizan atención de calidad para los residentes de cuidados de largo plazo de Chicago mayores de 19 años.

El SHIP ayuda a los beneficiarios de Medicare a tener acceso a Medicare, planes de medicamentos, entre otros. Los consejeros del SHIP organizan programas de educación y orientación personalizada para ayudar a los adultos mayores y las personas con discapacidades al dar información objetiva sobre el seguro médico a quienes tienen preguntas sobre Medicare.

El programa Senior Medicare Patrol (SMP) informa a los consumidores del fraude, mal uso y abuso de Medicare y Medicaid. El personal y los voluntarios del programa ayudan a los habitantes de Chicago a prevenir, detectar e informar del abuso de Medicare y Medicaid.

Comidas

Se dan comidas nutritivas en un entorno de grupo todos los días de la semana a casi 50 centros de la comunidad en todo Chicago. Estas comidas promueven una mejor salud mediante una mejor nutrición y un menor aislamiento social. Hay comidas culturalmente específicas disponibles.

Se entregan comidas congeladas o calientes listas para calentar en el microondas a adultos mayores de 60 años que no pueden prepararse comidas por sí mismos y no tienen otros medios para conseguir comidas nutritivas o dietéticas específicas..

Programas de la comunidad

Este programa gratis de formación virtual y por teléfono está disponible para todos los habitantes de Chicago y es para los residentes que viven en edificios de apartamentos. El programa se centra en comportamientos para mantener cerebros sanos a lo largo de la vida.

Una oportunidad para que los adultos mayores hagan una diferencia en la vida de un niño. Este programa reconoce a los voluntarios mayores como una presencia en la comunidad. Los voluntarios hacen una diferencia en la vida de los niños y jóvenes mediante la enseñanza y la tutoría en comunidades de toda la ciudad. Este programa incluye viajes, reembolsos de comidas y un estipendio mensual.

Los adultos mayores hacen una diferencia en la vida de otros adultos mayores solos y confinados en sus casas mediante la lectura, visitas y conversación, preparación de comidas ligeras, entre otros. Este programa reconoce a los voluntarios mayores como una presencia en la comunidad e incluye viajes, reembolsos de comidas y un estipendio mensual.

Centros para adultos mayores

Programa galardonado de acondicionamiento físico que aumenta la resistencia, la fuerza, el equilibrio y la flexibilidad. Nuestros centros tienen equipos de ejercicio aptos para personas de la tercera edad y cuentan con profesionales con experiencia y certificación en acondicionamiento físico que dirigen clases grupales de ejercicio y entrenamiento individual en persona o en línea.

La promoción de la salud basada en evidencia y la programación de prevención de enfermedades se dan en todos los centros para adultos mayores mediante presentaciones mensuales, exámenes médicos y visitas con enfermeros de bienestar, dietistas, farmacéuticos y trabajadores sociales.

Una variedad de actividades sociales, educativas y recreativas para adultos mayores adaptadas a los intereses de la comunidad local. Programa de enriquecimiento de vida diseñado para mantener a los participantes activos mientras da oportunidades para fomentar el crecimiento personal y la creatividad.

*****DFSS Free Legal Services for Seniors

Common legal issues we assist with include, but are not limited to:

Advance Planning

- Power of Attorney for Healthcare and Property
- Wills

Domestic Relations

- Age and Disability Discrimination
- Elder Abuse and Orders of Protection for Victims of Domestic Violence
- Guardianship Discharge
- Health and Long-Term Care Including Medicare

Grandparents/Other Relatives Raising Children

- Custodial Rights
- Support for Non-Parent Youth Caregivers (i.e., Appeals of DCFS Decisions)

Housing

- Foreclosure Defense
- Home Equity Conversion and Reverse Mortgages
- Landlord Relations
- Loans and Installment Purchases
- Utilities Including Eviction Defense of Subsidized Housing

Money and Debt

- Bankruptcy and Debt Defense
- Chapter 7 and Chapter 13
- Consumer Fraud/Collections/Creditor Problems
- Contracts and Warranties
- Financial Exploitation
- Public Aid Benefits (Social Security, SSI, SNAP, TANF, Medicaid)

For assistance, call DFSS Senior Services at 312-744-4016 or email: aging@cityofchicago.org



We cannot help with criminal, personal injury, probate, traffic, worker's compensation, pensions, medical malpractice, building code violation, or business dispute cases.

Free interpretation services available; including Sign Language, TTY, and translation of mutiple languages.





Chicagoans 60 and Over: Need Help at Home? FREE Chore Services include:

ELIBILITY

- 60 years or older
- Difficulty completing household tasks due to physical or cognitive limitations.

Must be assessed for eligibility.

*Short-Term: Temporary home care assistance with cleaning, laundry, and / or self-care tasks like bathing, dressing, or grooming after an illness or hospital stay

*Heavy-Duty: A one-time deep cleaning, removing trash or clutter or packing items for a move

*Additional services may include: Lawn care, snow removal, and professional extermination services (for homeowners only)

Contact the DFSS Senior Services Division Information and Assistance (I&A) aging@cityofchicago.org • 312-744-4016









Are you caring for a spouse, parent, relative, or friend? We are here to help!

Caregiver Services Programs include FREE services such as:

★ Education & Training: Learn new skills to care for you and loved ones

Cap-Filling Funds: Help buying essential items lke clothing, furniture, grab bars, eyeglasses, technology, and hearing aids

*** One-on-One Counseling: Help with decisions, self-care, and support**

- **Support Groups:** Share your stories, successes, and challenges caring foryour loved ones with fellow caregivers
- **Respite:** Take a short-term break with help at home from a professional caregiver or caregiver of your choice or a nursing home stay for the person receiving your care

Programs are for individuals of any age who are caring for:

A Chicago resident age 60+ OR under age 60 with

Alzheimer's Disease or Related Dementias

Contact the DFSS Senior Services Division Information and Assistance Unit <u>aging@cityofchicago.org</u> • 312-744-4016









¿Está cuidando a un cónyuge, padre, familiar o amigo? ¡Estamos aquí para ayudarlo!

Los programas de servicios para cuidadores incluyen servicios <u>GRATIS</u> como:

- **★ Educación y capacitación:** Aprenda nuevas competencias para cuidar de usted y de sus seres queridos.
- ***** Fondos para cubrir necesidades: Ayuda para comprar artículos de primera necesidad como ropa, muebles, barras de apoyo, gafas, tecnología y audífonos.
- Consejería individual: Ayuda con la toma de decisiones, el cuidado personal y para obtener apoyo.
- **Crupos de apoyo:** Comparta con otros cuidadores sus historias, éxitos yretos en el cuidado de sus seres queridos.
- Relevo: Tome un breve descanso mediante la ayuda en casa de un cuidador profesional o de su elección, o envíe a la persona que cuida a una residencia de adultos mayores

Los programas están dirigidos a personas de cualquier edad que cuidan: A un residente de Chicago mayor de 60 años O menor de 60 años con enfermedad de Alzheimer o demencias relacionadas

Comuníquese con la Unidad de Información y Asistencia de la División de Servicios para Personas Mayores (Senior Services Division Information and Assistance Unit) del Departamento de Servicios Familiares y de Apoyo (DFSS) <u>aging@cityofchicago.org</u> • 312-744-4016







Are you 55 and Older Caring for a Child Under 18 or Loved One (19-59) with a Disability?

Grandparents or Older Relatives Raising Children Program FREE support services include:

★ Education & Training: Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.

- ★ Gap-Filling Funds: Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ One-on-One Counseling: Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.
- Support Groups: Share your stories, challenges, & successes caring for your loved ones.

Contact the DFSS Senior Services Division Information and Assistance Unit aging@cityofchicago.org • (312) 744-4016







¿Es usted mayor de 55 años y cuida a un niño menor de 18 años o a un ser querido con una discapacidad?

Programa para abuelos o familiares mayores que crían niños (Grandparents or Older Relatives Raising Children Program) Los servicios de ayuda GRATIS incluyen:

- Educación y capacitación: Aprenda sobre temas como servicios legales, educación financiera y estrategias para respaldar el desarrollo emocional y educativo del niño.
- Fondos para cubrir necesidades: Ayuda para comprar artículos esenciales, como suministros para la escuela, tecnología, uniformes, muebles, ropa, y pagar cargos de programas extraescolares o campamentos de verano.
- Asesoría personalizada: Hable sobre autocuidado, toma de decisiones y maneras de afrontar el estrés cuando se sienta abrumado por los retos de criar niños de manera inesperada.
- ★ Grupos de apoyo: Comparta sus historias, retos y logros relacionados con el cuidado de sus seres queridos.

Comuníquese con la División de Servicios para Adultos Mayores del DFSS Unidad de información y asistencia aging@cityofchicago.org • (312) 744-4016





Free Assistance for People Turning 65!

- Are you turning 65 and need to learn more about joining Medicare?
- Want help choosing the right prescription drug coverage for you?
- Do you find it hard to pay monthly Medicare or prescription drug costs?
- We are here to help!

Call the Senior Services Information & Assistance Helpline 312-744-4016 or email <u>aging@cityofchicago.org</u>

Information about Medicare

Enrolling in Medicare is a milestone! And selecting a Part-D prescription drug plan can be challenging. **DFSS' Senior Health Insurance Program (SHIP) has trained counselors who can help provide the information you need**, whether you are new to Medicare, joining or changing a Part-D Drug plan, or just have questions about Medicare. Call us about:

- Original Medicare Part-A: Hospital Insurance
- Original Medicare Part-B: Medical Insurance
- Medicare Part-C: Medicare Advantage—an alternative
- Medicare Part-D: Prescription Drug Coverage
- **Medigap Policies:** Extra Medicare policies that cover co-pays and additional costs

Medicare Open Enrollment is October 15th - December 7th.

Free language interpretation services available.



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Help with paying for prescription drug costs

Social Security Low Income Subsidy (LIS)–also known as Extra Help–helps pay prescription drug costs for Medicare beneficiaries with low income.

Help with paying Medicare premiums and other costs

Medicare Savings Program (MSP) helps pay Medicare premiums, deductibles and coinsurance for qualifying Medicare beneficiaries. Did you know that Medicare recipients are entitled to many FREE or low cost Prevention and Wellness Benefits such as:

- Welcome to Medicare Wellness Visit Physical
- Yearly Wellness Visit
- Diabetes Screening
- Cancer Screenings

Medicare Open Enrollment is October 15th - December 7th.

Free language interpretation services available.



Volunteer Opportunities for Seniors 55+

- Become a FGP Volunteer
- Mentor/tutor children in a classroom setting
- Earn a nonreportable monthly stipend, meal and transportation reimbursements
- Call 312-746-8572 for more information



www.chicago.gov/seniors





Volunteer Senior Companion

- Support your peers as a Senior Companion
- Support and encourage homebound seniors while forging a lasting companionship
- Earn a nonreportable monthly stipend, meal and transportation reimbursements
- Call 312-746-8572 for more information



www.chicago.gov/seniors





Celebrate Older Americans Month This May!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, visit one of Chicago's senior centers and join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging!

Line Dancing	Zumba	Yoga	
Karaoke	Billiards	Arts & Crafts	
Board Games	Belly Dancing	Dominoes	
Bridge	Clowning	Storytelling	
Cooking	Singing	Brain Fitness	
Parties	Parties Stepping Gardening		
Movies	Live Music	Languages	
Note: Not all activities are available at all senior centers.			





SENIOR CENTERS: Locations

REGIONAL SENIOR CENTERS

*Monday through Friday 8:30 am to 4:30 pm *Ren Court hours are Mon-Fri 10am-5pm

CENTRAL WEST

Regional Senior Center 2102 W Ogden Ave 312-746-5300

NORTHEAST

Levy Senior Center 2019 W Lawrence Ave 312-744-0784

NORTHWEST

Copernicus Senior Center 3160 N Milwaukee Ave 312-744-6681

DOWNTOWN

Renaissance Court 78 E Washington St 312-744-4550

SOUTHEAST

Atlas Senior Center 1767 E 79th St 312-747-0189

SOUTHWEST

Regional Senior Center 6117 S Kedzie Ave 312-747-0440

SATELLITE SENIOR CENTERS

Monday through Friday 8:30 am to 4:30 pm

Abbott Park

49 E 95th St 312-745-3493

Auburn Gresham

1040 W 79th St 312-745-4797

Austin 5071 W Congress Parkway 312-743-1538

Chatham 8300 S Cottage Grove Ave 312-745-0401

Edgewater 5917 N Broadway St 312-742-5323

Englewood

653-657 W 63rd St 312-745-3328

Garfield Ridge 5674-B S Archer Ave 312-745-4255

Kelvyn Park 2715 N Cicero Ave 312-744-3350

North Center 4040 N Oakley Ave 312-744-4015

Norwood Park 5801 N Natoma Ave 773-775-6071



Pilsen Center 2021 S Morgan St 312-743-0493

Portage Park 4100 N Long Ave 312-744-9022

Roseland 10426 S Michigan Ave 312-745-1500

South Chicago 9233 S Burley Ave 312-745-1282

West Town 1613 W Chicago Ave 312-743-1016