

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

# CHICAGO SENIORS CONNECTED

Summer 2023 | June – August



*Virtual & Telephone Programs for Older Adults*



City of Chicago  
Brandon Johnson, Mayor



Chicago Department of Family & Support Services  
Brandie Knazze, Commissioner

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# *A Note from the Executive Director*

Dear Friends,

We hope everyone is enjoying summer time Chi! We invite you to take advantage of pleasant summer weather by going to parks, walking with friends, and gardening around your home and community. According to the National Institute on Aging, there are a number of steps that you can take to actively support **aging well as you seek to live your best life!** Taking care of your physical, mental, and cognitive health is key. It has been shown that even making small changes to your daily routine can put you on the path to living longer and better. **Staying active, eating and sleeping well, meeting new people, and being socially engaged** are all factors associated with improved health and well-being.

We can assist you with exploring new things, making new connections, and enjoying the opportunity to fully focus and concentrate on you! As you go out in search of things to do, we invite you to join us at one of our 21 senior centers located throughout the city. Enjoy a lunchtime meal free of charge. Check out your nearby senior center to see who's there and what's going on. Our centers offer activities like yoga, billiards, line dancing, chair tap, jewelry making, and card games like Bid Whist. For those of you not able to make it out to the senior centers or those who prefer to enjoy the senior center from the comfort of your home, please take a look inside the latest edition of the Chicago Seniors Connected brochure. You will find virtual opportunities for fitness, health and wellness presentations, computer sessions, and other activities.

We also know that many of you have considerable skills, talents, and experiences to share. We invite you to share those talents with us and your peers across the city. We are seeking volunteer support with our senior centers, senior companion and foster grandparent programs, and our new ombudsman volunteer program. Studies show that people who volunteer feel a renewed sense of purpose and that participation in meaningful social activities has helped to improve longevity, mental health, and, in some instances, to reduce the risk of dementia. Please call DFSS Senior Services at 312-744-4016 or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org) to learn more about volunteer opportunities.

Lastly, we would like to provide you with a few tips shared by the Center for Disease Control to help you stay safe and healthy during these summer months, especially during time of extreme heat and heat waves:

**Stay hydrated.** Drink water to help you stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee, and tea, as they can leave you dehydrated quickly.

**Stay indoors during extreme heat.** In extreme heat and humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Remember the sun is the most intense between 10:00 a.m. and 4:00 p.m. If you can... limit your outdoor activity to the morning and the evening.

**Stay in an air-conditioned place.** Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. You are welcome to join us at any of our senior centers which also serve as local cooling centers during periods of extreme heat. You may also visit a local library, a movie theater, or friends and family to try to stay cool.

**Know the weather forecast and dress appropriately.** The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

**Protect your skin and eyes.** Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses, and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.

**Know the side effects of your prescriptions.** Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

**Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc.** Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, and confusion. Take immediate action if you feel any symptoms coming on.

**Maintain communication with friends, family, caregivers, and emergency contacts.** Prepare a list of emergency phone numbers and place them in an easy-to-access area in case needed. Call your friends/peers to check on them and see how they are doing.

Please call 311 if you need assistance with heat related matters. Please call 911 for emergencies. We have also included flyers and informational materials in the Chicago Seniors Connected brochure for additional tips on managing the heat.

Enjoy the summer! We look forward to seeing you soon and often!

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:** <https://bit.ly/3aty8T5>.
- 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.





**VIRTUAL SENIOR PROGRAMMING**



## Summer 2023 | June – August

*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 2: Click “Join A Meeting” Step 3: Enter Meeting ID Step 4: Enter Passcode (if applicable)	Step 1: Dial phone number Step 2: Enter Meeting ID Step 3: Enter Passcode (if applicable)

## MONDAY

Time	Class	Location
8:30am	<b>Stretch &amp; Flex w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
9:00am	<b>Dietitian Presentation (6/5)</b> <i>Title: Diet Tips to Limit Headaches &amp; Migraines</i> No doubt you have suffered from a headache in your life. But did you know what you eat or more often what you aren't eating can make a big difference? Join us to learn how your diet can help reduce your incidences of headaches and even migraines. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>476 608 7569</b>

# MONDAY

Time	Class	Location
9:00am	<b>Dietitian Presentation (7/3)</b> <i>Title: Happy Heart—Diet Don't Fail Me Now</i> Congestive Heart Failure (CHF) occurs when the heart does not pump enough to deliver enough oxygen to your body. High blood pressure, heart disease, and kidney problems can lead to CHF. Too often people focus too much on what they need to cut out of their diet instead of what they should add to their diet to keep their heart healthy. This can lead to your heart being even more unhealthy! Join us to learn what to add to your diet to help keep your heart happy and strong! <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>476 608 7569</b>
9:00am	<b>Dietitian Presentation (8/7)</b> <i>Title: Bulk Up Your Immunity with Functional Foods</i> Functional foods are foods that contain, in addition to nutrients, other components that may be beneficial to your health. You may be surprised how many functional foods you already eat! For example, oatmeal contains Beta-glucan or soluble fiber, known to help reduce cholesterol, and spinach has zeaxanthin, associated with reducing macular degeneration! Join us to find out how easy it is to make sure your diet is more functional than fashionable! <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>476 608 7569</b>
9:00am	<b>Zumba Gold</b> 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>	<b>Please register</b> <b>(<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to</b> <b>receive Zoom login</b> <b>info for this class!</b>
9:00am	<b>Forever Fit w/ Ash</b> 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. <i>Instructor: Ash Duggal (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>777 4743 9337</b> Passcode: <b>RknhP1</b>

# MONDAY

Time	Class	Location
9:15am	<b>Forever Fit w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
10:00am	<b>Virtual Support Group (6/12, 7/10, &amp; 8/14)</b> 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>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>934 9355 5427</b>
11:00am	<b>Sit &amp; Be Strong w/ Joyce</b> 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. <i>Instructor: Joyce Bloom (Symbria)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b>
1:00pm	<b>Balance Masters w/ Michele</b> 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. <i>Instructor: Michele Crump (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>

# TUESDAY

Time	Class	Location
8:30am	<b>Computer &amp; Tech Webinar Series</b> 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>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>

# TUESDAY

Time	Class	Location
10:30am	<b>Forever Fit w/ Judie</b> 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. <i>Instructor: Judie Bernard (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b>
12:00pm	<b>Stretch &amp; Flex w/ Joyce</b> 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>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b>
12:00pm	<b>Open Mic Karaoke</b> 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>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
1:00pm	<b>Intermediate Soul Line Dancing (No Classes in June)</b> 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. <i>Instructor: Hakeemah Shamsuddin</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
1:00pm	<b>Tai Chi for Wellness</b> 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>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
1:00pm	<b>Cooking w/ Gloria (No Classes in July &amp; August)</b> Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! <i>Instructor: Gloria Hafer</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Facebook login info for this class!</b>



## TUESDAY

Time	Class	Location
2:00pm	<b>Sit &amp; Be Strong w/ Judie</b> Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises. <i>Instructor: Judie Bernard (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b>
2:00pm	<b>Nurse Presentation (6/20)</b> <i>Title: Migraines &amp; Headaches</i> Research shows that headaches are one of the most common forms of pain. Headaches are also listed as a major reason for missed days at work or school as well as visits to the doctor. Without proper treatment, headaches can be serious and interfere with your day-to-day activities. Join us to learn more about the different types of headaches, signs, symptoms, treatment, and when to seek medical care. <i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>230 022 2803</b>
2:00pm	<b>Nurse Presentation (7/18)</b> <i>Title: Get A Pulse On Your Heart's Health</i> People aged 65 and older are much more likely than younger people to have a heart attack, a stroke, and to develop heart disease. This is why it is important for you to have your blood pressure checked regularly. If not treated, high blood pressure could lead to a stroke or other problems with your heart. Attend this session to learn other ways you can lessen your chances of developing problems with your heart. <i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>230 022 2803</b>
2:00pm	<b>Nurse Presentation (8/15)</b> <i>Title: Are You Vaccination Up to Date?</i> Immunizations are our best way to prevent disease in ourselves and others. Learn which vaccines are recommended for older adults, how they work, and when and how to get them in your arm. <i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>230 022 2803</b>

## WEDNESDAY

Time	Class	Location
8:30am	<b>Stretch &amp; Flex w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>

# WEDNESDAY

Time	Class	Location
9:00am	<b>Tai Chi for Prevention &amp; Balance</b> 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. <i>Instructor: Mari-Jane Dare</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
9:00am	<b>Forever Fit w/ Judie</b> 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. <i>Instructor: Judie Bernard (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b>
9:00am	<b>Dietitian Presentation (6/7)</b> <i>Title: Diet Tips to Limit Headaches &amp; Migraines</i> No doubt you have suffered from a headache in your life. But did you know what you eat or more often what you aren't eating can make a big difference? Join us to learn how your diet can help reduce your incidences of headaches and even migraines. <i>Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>843 7440 8025</b> Passcode: <b>123456</b>
9:00am	<b>Dietitian Presentation (7/5)</b> <i>Title: Happy Heart—Diet Don't Fail Me Now</i> Congestive Heart Failure (CHF) occurs when the heart does not pump enough to deliver enough oxygen to your body. High blood pressure, heart disease, and kidney problems can lead to CHF. Too often people focus too much on what they need to cut out of their diet instead of what they should add to their diet to keep their heart healthy. This can lead to your heart being even more unhealthy! Join us to learn what to add to your diet to help keep your heart happy and strong! <i>Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>843 7440 8035</b> Passcode: <b>123456</b>
9:00am	<b>Dietitian Presentation (8/2)</b> <i>Title: Bulk Up Your Immunity with Functional Foods</i> Functional foods are foods that contain, in addition to nutrients, other components that may be beneficial to your health. You may be surprised how many functional foods you already eat! For example, oatmeal contains Beta-glucan or soluble fiber, known to help reduce cholesterol, and spinach has zeaxanthin, associated with reducing macular degeneration! Join us to find out how easy it is to make sure your diet is more functional than fashionable! <i>Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>843 7440 8035</b> Passcode: <b>123456</b>

# WEDNESDAY

Time	Class	Location
9:00am	<b>Forever Fit w/ Ash</b> 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. <i>Instructor: Ash Duggal (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>777 4743 9337</b> Passcode: <b>RknhP1</b>
9:00am	<b>Ask the Dietitian—Group Q&amp;A (6/7, 7/12, &amp; 8/2)</b> 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! <i>Facilitator: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>843 7440 8035</b> Passcode: <b>123456</b>
9:15am	<b>Forever Fit w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
11:00am	<b>Sit &amp; Be Strong w/ Joyce</b> 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. <i>Instructor: Joyce Bloom (Symbria)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b>
12:00pm	<b>Line Dancing</b> Who says fitness can't be fun? Vennié will you have dancing your way to fitness! Beginner and intermediate dances. <i>Instructor: Vennié Tolbert-Rodgers</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
1:00pm	<b>Belly Dance Fitness (No Summer Classes)</b> 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! <i>Instructor: Dianne Hodges</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>

## WEDNESDAY

Time	Class	Location
1:00pm	<b>Balance Masters w/ Michele</b> 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. <i>Instructor: Michele Crump (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
2:00pm	<b>Meditation Movement (No Summer Classes)</b> Create mind, body, and soul awareness through meditation. <i>Instructor: Dianne Hodges</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
3:00pm	<b>Spanish II</b> Join us and learn conversational Spanish at an advanced level. <i>Instructor: Marvin Childress</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>
3:00pm	<b>Social Worker Presentation (6/21)</b> <i>Title: Summer Safety—Beyond Sunscreen</i> Join us for a discussion about topics to help keep you and your family members feeling safe and secure this summer. Topics will include: water safety (especially with grandchildren and family members), pedestrian safety, developing a plan for staying cool and safe on high temperature days, and more. Please join us! <i>Presenter: Jeaneane Quinn, LSW (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>899 5101 8927</b> Passcode: <b>123456</b>

## THURSDAY

Time	Class	Location
10:30am	<b>Pharmacist Presentation/Consultations (6/15)</b> <i>Title: Dementia &amp; Alzheimer's Disease (Adv Care Planning)</i> Did you know that the greatest known risk factor for Alzheimer's disease is increasing age? Alzheimer's disease is the most common form of dementia, affecting memory, thinking, and social abilities. As dementia progresses, it can become difficult to make choices about your care, finances, and other decisions. Advanced care planning helps ensure your wishes are communicated, heard, and respected. Join us as we discuss how to recognize signs/symptoms of dementia, discuss treatment options (including meds), and provide an overview of advanced care planning. <b>Individual consultations will follow the presentation at 11:30am.</b> <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>625 279 2910</b>

# THURSDAY

Time	Class	Location
10:30am	<b>Pharmacist Presentation/Consultations (7/20)</b> <i>Title: Hepatitis—Another Reason to Learn Your ABCs</i> Hepatitis means inflammation of the liver. When the liver is inflamed or damaged, its function can be affected. In older adults, hepatitis is even more concerning since the liver is not able to process nutrients, filter the blood, and fight infections as easily. There are many types of hepatitis, with the most common types being A, B, and C. Hepatitis C is the most common infection in the United States. In this session, the pharmacist will review the different types of hepatitis infections, their causes, complications, prevention, and treatment methods, including drug therapies. <b>Individual consultations will follow the presentation at 11:30am.</b> <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>625 279 2910</b>
10:30am	<b>Pharmacist Presentation/Consultations (8/17)</b> <i>Title: Vaccines &amp; Immunizations</i> By the time you are 65 years old, you have probably been exposed to, or immunized against, most of the common infectious diseases. However, sometimes that protection decreases, which is why certain immunizations are recommended in older adults. In this session, we will review the most up-to-date recommendations for immunizations (including the flu, shingles, pneumonia, and COVID-19 vaccines), what vaccines you should receive based on your age or health conditions, why these immunizations are important, and who can give them to you. Don't miss your shot to learn more about vaccines! <b>Individual consultations will follow the presentation at 11:30am.</b> <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i>	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>625 279 2910</b>
12:00pm	<b>Stretch &amp; Flex w/ Joyce</b> 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>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b>
2:30pm	<b>Spanish I</b> Join us and learn basic Spanish. All are welcome. <i>Instructor: Marvin Childress</i>	<b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b>



# FRIDAY

Time	Class	Location
8:30am	<b>Stretch &amp; Flex w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
9:00am	<b>Forever Fit w/ Ash</b> 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. <i>Instructor: Ash Duggal (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>777 4743 9337</b> Passcode: <b>RknhP1</b>
9:15am	<b>Forever Fit w/ Michele</b> 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>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
10:00am	<b>Forever Fit w/ Judie</b> 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. <i>Instructor: Judie Bernard (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b>
10:00am	<b>Nurse &amp; Social Worker Presentation (7/28)</b> <i>Title: Heart Health for Older Adults</i> We all want to live vital lives. That starts with health, and more specifically, heart health. We may not think about it, but our hearts are working all the time. Let's look at what the heart does, how it does it, and what we can do to improve heart health, physically and emotionally. <i>Presenter: Rhonda Harbin-Rucker, RN/BSN/OCN, &amp; Daniela Mitchem, LCSW (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>842 8068 4664</b> Passcode: <b>123456</b>

# FRIDAY

Time	Class	Location
10:00am	<b>Social Worker Presentation (8/11)</b> <i>Title: Vaccines &amp; Immunizations</i> As we age, we often face new health challenges that can take time, money, and energy to manage. This includes accessing preventative care like new, seasonal, and booster vaccines. During this talk, we will make space to explore common questions about vaccines and share resources to help make decisions and get access to vaccines. <i>Presenter: Theo Lakshmanan, LSW (they/them) (Rush)</i>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>899 4694 8555</b> Passcode: <b>123456</b>
12:00pm	<b>Stretch &amp; Flex w/ Joyce</b> 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>	<b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b>
1:00pm	<b>Balance Masters w/ Michele</b> 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. <i>Instructor: Michele Crump (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b>
2:00pm	<b>Sit &amp; Be Strong w/ Judie</b> Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises. <i>Instructor: Judie Bernard (Symbria)</i>	<b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b>

# SATURDAY

Time	Class	Location
10:00am	<b>Book Club (6/17, 6/24, 7/15, 7/29, 8/19, &amp; 8/26)</b> Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed: 6/17 – <i>The Lifeguards</i> by Amanda Eyre Ward (English) 6/24 – <i>A Lupita le gustaba planchar</i> de Laura Esquivel (Spanish) 7/15 – <i>Our Missing Hearts</i> by Celeste Ng (English) 7/29 – <i>Mujer de Luz</i> de Kali Fajardo-Anstine (Spanish) 8/19 – <i>Homegoing</i> by Yaa Gyasi (English) 8/26 – <i>Solito</i> de Javier Zamora (Spanish)  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 <a href="mailto:chicagolawn@chipublib.org">chicagolawn@chipublib.org</a> or calling 312-747-0639.	<b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>833 0209 7630</b> Passcode: <b>125911</b>

# 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**

Please register ([bit.ly/3aty8T5](https://bit.ly/3aty8T5)) to receive Zoom login info for these classes!



## **TUESDAYS—Webinar Series**

**June 6:** For Your Wheels—Using Your Phone In Your Car

**June 13:** Keep It Safe—Cases & Covers for Portable Devices

**June 20:** A New Device Roundup for Summer 2023

**June 27:** ChatGPT & Artificial Intelligence—What's the Big Deal?

**July 4:** NO CLASS (Independence Day Holiday)

**July 11:** Know Your Settings—Smart Phone Edition

**July 18:** Know Your Settings—Tablet Edition

**July 25:** Know Your Settings—Computer Edition

**August 1:** The Device as Book I—Kindle Versus iPads & Tablets

**August 8:** The Device as Book II—News Sites & News Aggregators

**August 15:** The Device as Book III—Blogs 2023

**August 22:** New Twitter-ish Social Media Platforms

**August 29:** Ask Joe Anything—Open Forum Q&A



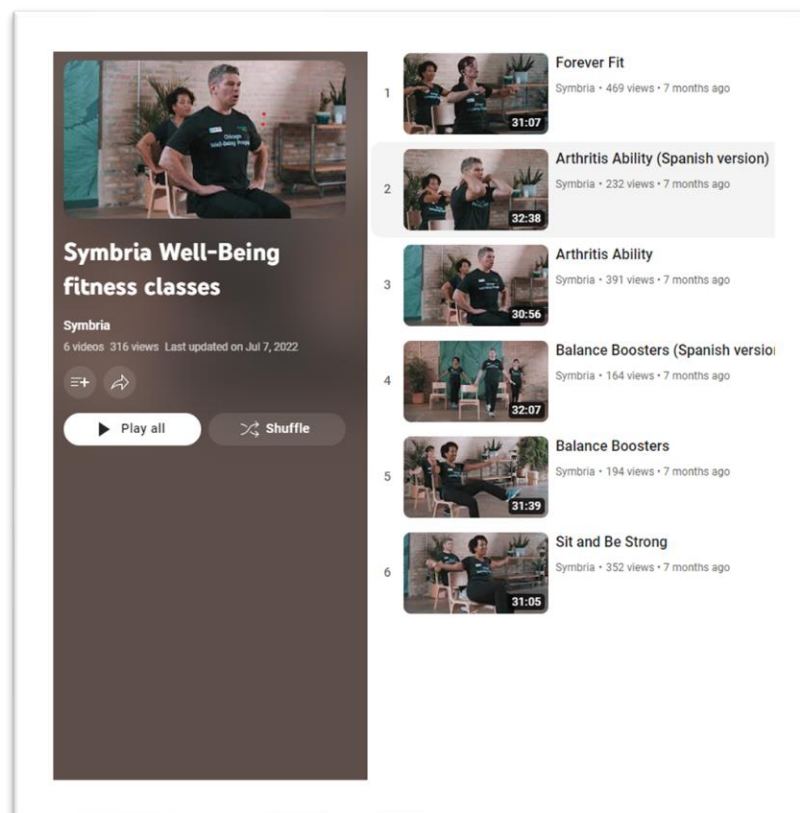
*Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:*

- **Forever Fit:** <https://youtu.be/5mP5RhBUd3E>
- **Arthritis Ability (Spanish):** <https://youtu.be/fQtXMAV4eqs>
- **Arthritis Ability (English):** <https://youtu.be/H8WQ4zGRxYc>
- **Balance Boosters (Spanish):** <https://youtu.be/wYJnVo2tRgg>
- **Balance Boosters (English):** [https://youtu.be/W-ULn\\_i-MS8](https://youtu.be/W-ULn_i-MS8)
- **Sit & Be Strong:** <https://youtu.be/og0uhgqYI9Q>

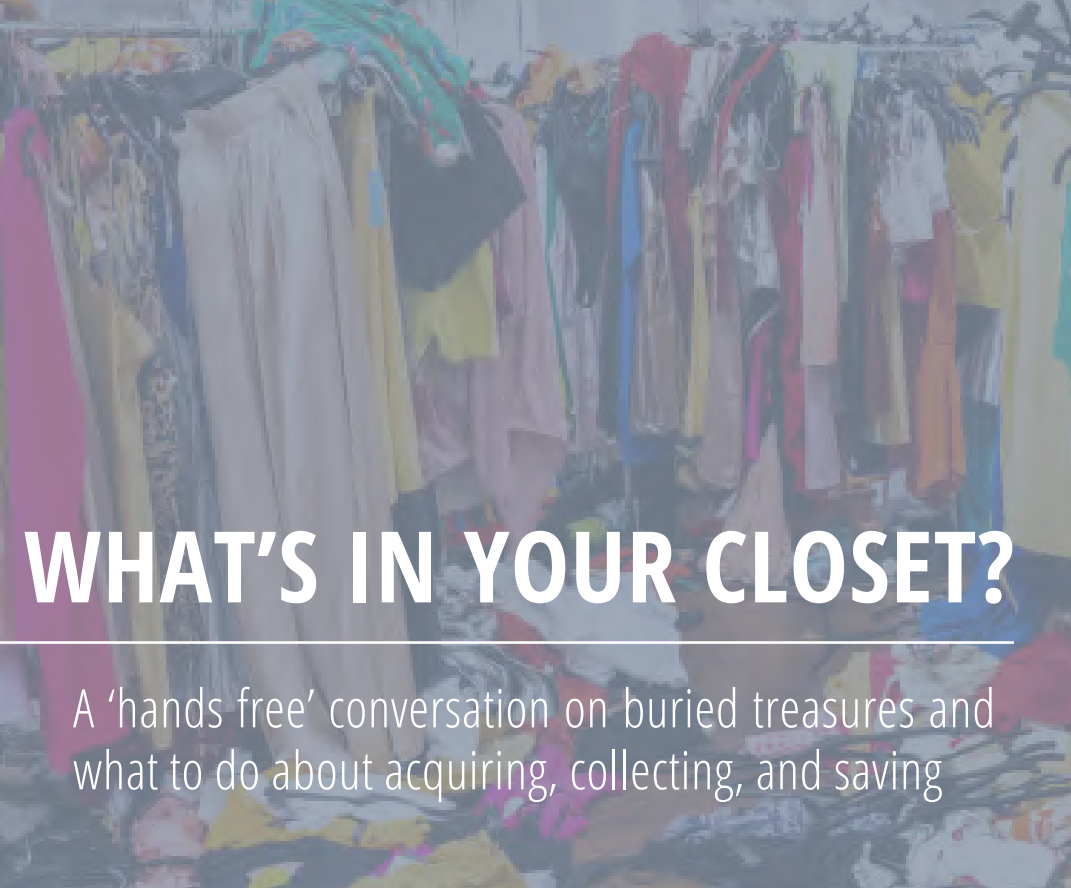
*You can also access all these pre-recorded classes via Symbria's YouTube playlist:*

- <https://youtube.com/playlist?list=PLM3tiruZ1jayrCs0XKIUXqf4TgaYHa6MI>

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







# 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, July 25, for a conversation on how you can take charge of your stuff and learn ways to sort and organize. For ages 60 and older.

## IN-PERSON SESSION DETAILS

Location: Edgewater Senior Center

5917 N. Broadway St.

Register: At <https://bit.ly/InYourCloset>

Date: Tuesday, July 25, 2023

Time: 1:00 pm - 2:30 pm

For more information, contact Danielle Riley at:  
**312-743-1475** email [Danielle.Riley@cityofchicago.org](mailto:Danielle.Riley@cityofchicago.org)  
or Victoria Russo at: **312-743-3528** email [Victoria.Russo@cityofchicago.org](mailto:Victoria.Russo@cityofchicago.org)





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

**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 SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.**

### **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 Spring/Summer Schedule 2023**

<b>Series</b>	<b>Dates</b>	<b>Day</b>	<b>Time</b>
<b>5</b>	May 10, 17, 24, 31, June 7, 14	Wednesdays	9:30 AM - 11:30 AM
<b>6</b>	June 1, 8, 15, 22, 29, July 6	Thursdays	2:00 PM - 4:00 PM
<b>7</b>	June 21, 28, July 5, 12, 19, 26	Wednesdays	9:30 AM - 11:30 AM
<b>8</b>	July 13, 20, 27, Aug. 3, 10, 17	Thursdays	2:00 PM - 4:00 PM
<b>9</b>	August 2, 9, 16, 23, 30, Sept 6	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: [Danielle.Riley@cityofchicago.org](mailto:Danielle.Riley@cityofchicago.org) or Victoria Russo at 312-743-3528 email: [Victoria.Russo@cityofchicago.org](mailto:Victoria.Russo@cityofchicago.org)

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.

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**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](https://bit.ly/SBPCaregivers)  
Contact: [victoria.russo@cityofchicago.org](mailto: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*





# RUSH Diabetes Support Group

If you are living with diabetes, join this monthly meeting to share information, resources and ideas related to the ups and downs of managing this chronic condition. We are an informal, diverse group and welcome new members every month.

- Research shows that managing diabetes can sometimes be overwhelming, sharing your experiences with others in similar situations is a way to relieve stress and learn new ways to care for yourself
- Acquire valuable information from Rush diabetes experts and gain insights from others who truly understand the journey of living well with diabetes
- Establish personal health goals and make monthly action plans to achieve these goals in a supportive environment

**To register or for more information, please call 800-757-0202**

**The Third  
Thursday of  
every month,  
2:00-3:30pm**

**This group will be held  
via zoom until further  
notice.**

**To receive the  
information to log-in,  
contact Daniela  
Mitchem, LCSW at  
312.947.0469 or email  
Daniela\_Mitchem@rush.  
edu**



# 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 Program 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!

**For any questions or for more information, call us at (800) 757-0202!**

**If you would like to schedule a virtual workshop for women at your organization or if you are interested in participating in a workshop, please call us!  
(800) 757-0202**

## **Requirements**

Participants with internet access on Smart Phone, a Tablet or Computer will enjoy and benefit most from the program, since workshops are offered via the Zoom videoconference platform.

**Needed workshop materials will be mailed to participants, so pre-registration is required.**

**This workshop is provided at zero cost to the host organization or participants.**





# Programa de Legado de la Salud Para Mujeres

**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:

- 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!

**Para más información, para registrar para una sesión pendiente, o para coordinar un taller para su iglesia u organización, llame a Grisel Rodríguez-Morales al (312) 942-2093.**

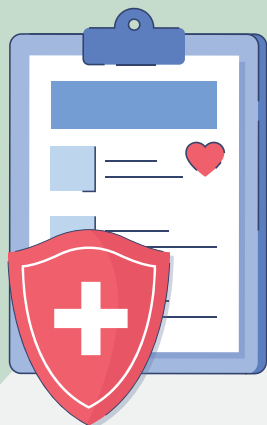
**Este grupo se reúne dos veces a la semana y dura 6 semanas, con una sesión zero adicional.**

**Para unirse a una sesión o coordinar un grupo para su organización, llame 312.942.2093.**

**Este taller no tiene ningún costo para la institución anfitriona, ni para las participantes.**

**Por el momento ofrecemos los talleres a través de zoom, pero regresaremos a talleres presenciales en cuanto podamos.**

**Coordinadora de Programa:  
Daniela Mitchem, LCSW  
312.947.0469  
Daniela\_Mitchem@rush.edu**

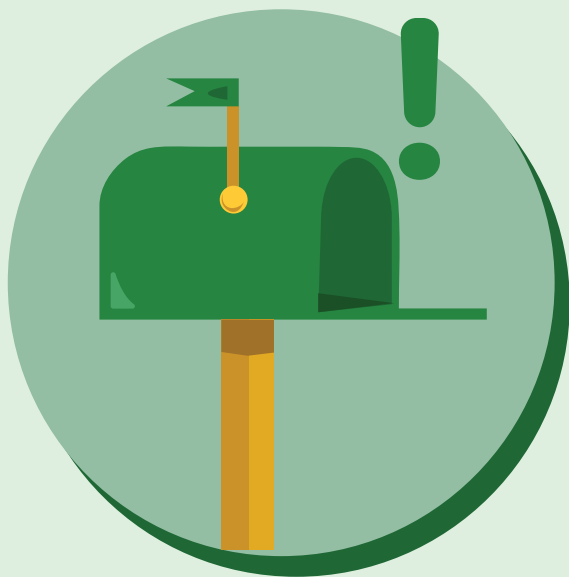


# Do You Get Health Insurance Through Medicaid?

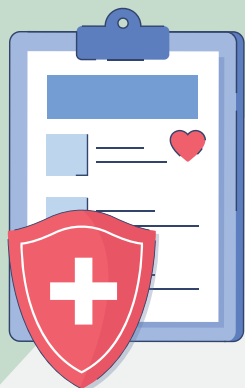
## Get Ready To Renew!

Starting May 2023, all Illinois residents must reconfirm eligibility. Don't risk losing your health insurance. To keep your insurance, Illinois Medicaid needs to be able to send you paperwork. Give them an address where mail can always reach you.

## 3 WAYS TO UPDATE YOUR INFORMATION



- Call the Illinois Department of Healthcare and Family Services (HFS) to report address changes:  
1-877-805-5312 (select Option 8),  
TTY 1- 877-204-1012  
**MONDAY-FRIDAY | HOURS 7:45-4:30**
- Use the HFS online change of address form to report new address, phone, email:  
**[WWW2.ILLINOIS.GOV/HFS/ADDRESS](http://WWW2.ILLINOIS.GOV/HFS/ADDRESS)**
- Click Manage My Case at [abe.illinois.gov](http://abe.illinois.gov) to verify your address and find your due date.

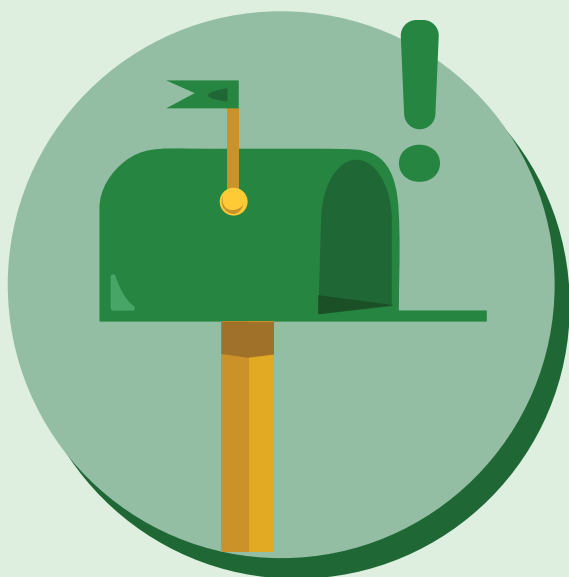


# ¿Obtiene Seguro Médico por medio de Medicaid?

## ¡Prepárese para renovarlo!

A partir de Mayo del 2023, todos los residentes de Illinois necesitan que reconfirmar su elegibilidad. No se arriesgue a perder su cobertura médica. Para mantenerse inscrito, Medicaid en Illinois necesita que envíe la documentación a su domicilio. Asegúrese de proporcionar una dirección en la cual lo puedan contactar

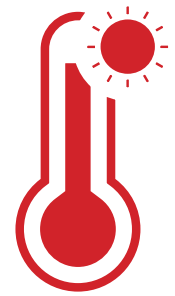
### 3 MANERAS EN LAS QUE PUEDE ACTUALIZAR SU INFORMACIÓN



- Llame al Departamento de Beneficios de Salud en Illinois y al Departamento de Servicios para la Familia (HFS) para realizar cambios:  
1-877-805-5312 (seleccione la opción 8),  
TTY 1- 877-204-1012  
**LUNES A VIERNES HORARIO 7:45 A 4:30**
- Utilice la opción en línea de HFS para actualizar su domicilio, teléfono, correo electrónico.  
[WWW2.ILLINOIS.GOV/HFS/ADDRESS](http://WWW2.ILLINOIS.GOV/HFS/ADDRESS)
- Para verificar su dirección y su fecha límite, seleccione "manage my case" en [abe.illinois.gov](http://abe.illinois.gov)



# BEAT THE HEAT!



## KEEP YOUR COOL DURING EXTREME HOT WEATHER.

The City of Chicago has services available to help residents cope safely with extreme weather conditions. Those resources will be even more impactful with your support. Make a special effort to check on your friends and neighbors during a heat wave, especially if they are older adults, young children, live alone or are people with special needs.

### CALL 3-1-1 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone.
- Register for the City's Extreme Weather Notification System.

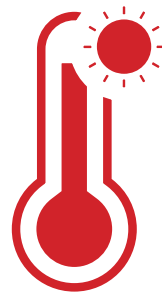
### HOT WEATHER TIPS:

- Drink lots of water, avoid alcoholic beverages, coffee, and sodas.
- Avoid going outside in extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed, with windows slightly open.
- If you must be outside, seek shade.
- Keep electric lights off or turned off.
- Minimize your use of your stove or oven.
- Wear loose, light, cotton clothing.
- Take cool baths and showers.
- Don't leave anyone (including pets) in a parked car, even for a few minutes.
- Never leave children, older adults, or those who require special care during periods of intense summer heat.
- Older adults and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives periodically throughout the day.
- Seek help if you feel symptoms of heat related illnesses.

## REMEMBER

Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.

# COOLING CENTERS



## COMMUNITY SERVICE CENTERS

**COOLING CENTER HOURS: 9 A.M. – 5 P.M. (Monday–Friday)**

**Englewood Center**  
1140 W. 79th St.

**North Area Center**  
845 W. Wilson Ave.

**\*Garfield Center**  
10 S. Kedzie Ave.

**South Chicago Center**  
8650 S. Commercial Ave.

**King Center**  
4314 S. Cottage Grove

**Trina Davila Center**  
4312 W. North Ave.

## SENIOR CENTERS

**COOLING CENTER HOURS: 8:30 A.M. – 4:30 P.M. (Monday–Friday)**

**Central West Center**  
2102 W. Ogden Ave.

**Renaissance Court**  
78 E. Washington  
**10 A.M. – 5 P.M.**

**Northeast Senior Center**  
2019 W. Lawrence Ave.

**Southeast Senior Center**  
1767 E. 79th St.

**Northwest Senior Center**  
3160 N. Milwaukee Ave.

**Southwest Center**  
6117 S. Kedzie Ave.

## ALTERNATE LOCATIONS

Chicago Parks & Libraries also serve as cooling centers during extreme heat.  
Check in with your local park, library or police station for cooling center locations & hours.

**VISIT [311.CHICAGO.GOV](http://311.CHICAGO.GOV) OR CALL 3-1-1 FOR THE MOST CURRENT INFORMATION ON CITY COOLING CENTERS**



**\*The Garfield Center is available 24/7 to connect residents to shelter!**

# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person’s temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul> |
|---|---|

### HEAT EXHAUSTION

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul> |
|--|--|

### HEAT CRAMPS

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul> | <ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You’re on a low-sodium diet</li><li>• You have heart problems</li></ul> |
|--|--|

### SUNBURN

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul> | <ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul> |
|--|--|

### HEAT RASH

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul> | <ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul> |
|--|--|





# Staying Safe in Hot Weather

## Watch for these signs of hyperthermia:



**Dizziness**



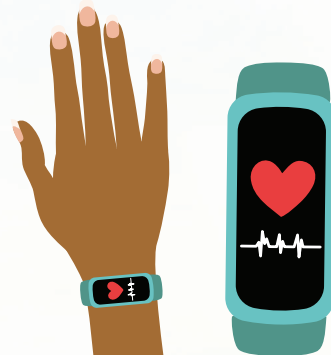
**Muscle cramps**



**Swelling in your ankles and feet**



**Nausea and weakness**



**Rapid pulse**



## Tips to prevent hot-weather illness:



**Drink liquids**



**Limit caffeine and alcohol**



**Wear light-colored, loose fitting clothes**



**If it's too hot, try exercising indoors**

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).





## 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.



### 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.

## OUR SERVICES

### GAS & ELECTRIC ASSISTANCE



**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](http://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](http://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](http://Chicago.gov/UBR)**

## FsACE (Chicago Suburbs)



What is it?

**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.**



What do I need to do?

**Check your eligibility at [CEDAorg.net/FsACE](https://CEDAorg.net/FsACE)**

## HOME WEATHERIZATION



What is it?

**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](https://CEDAorg.net/Home-Weatherization)**

## WOMEN, INFANTS, AND CHILDREN



What is it?

**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](https://CEDAorg.net/WIC)**

## HOUSING SERVICES



What is it?

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



How does it help me?

**Assists with affordable housing, avoiding displacement, budgeting and credit**



What do I need to do?

**Check your eligibility at [CEDAorg.net/Housing](https://CEDAorg.net/Housing)**



## EQUITY LSLR PROGRAM

The City of Chicago is offering a new program to provide **FREE** lead service line replacements to income-qualified homeowners.

You may qualify if you:

- Own your home – and it's a single family home or two-flat
- Have a household income below 80% of the area median income (\$88,250 for a family of four)

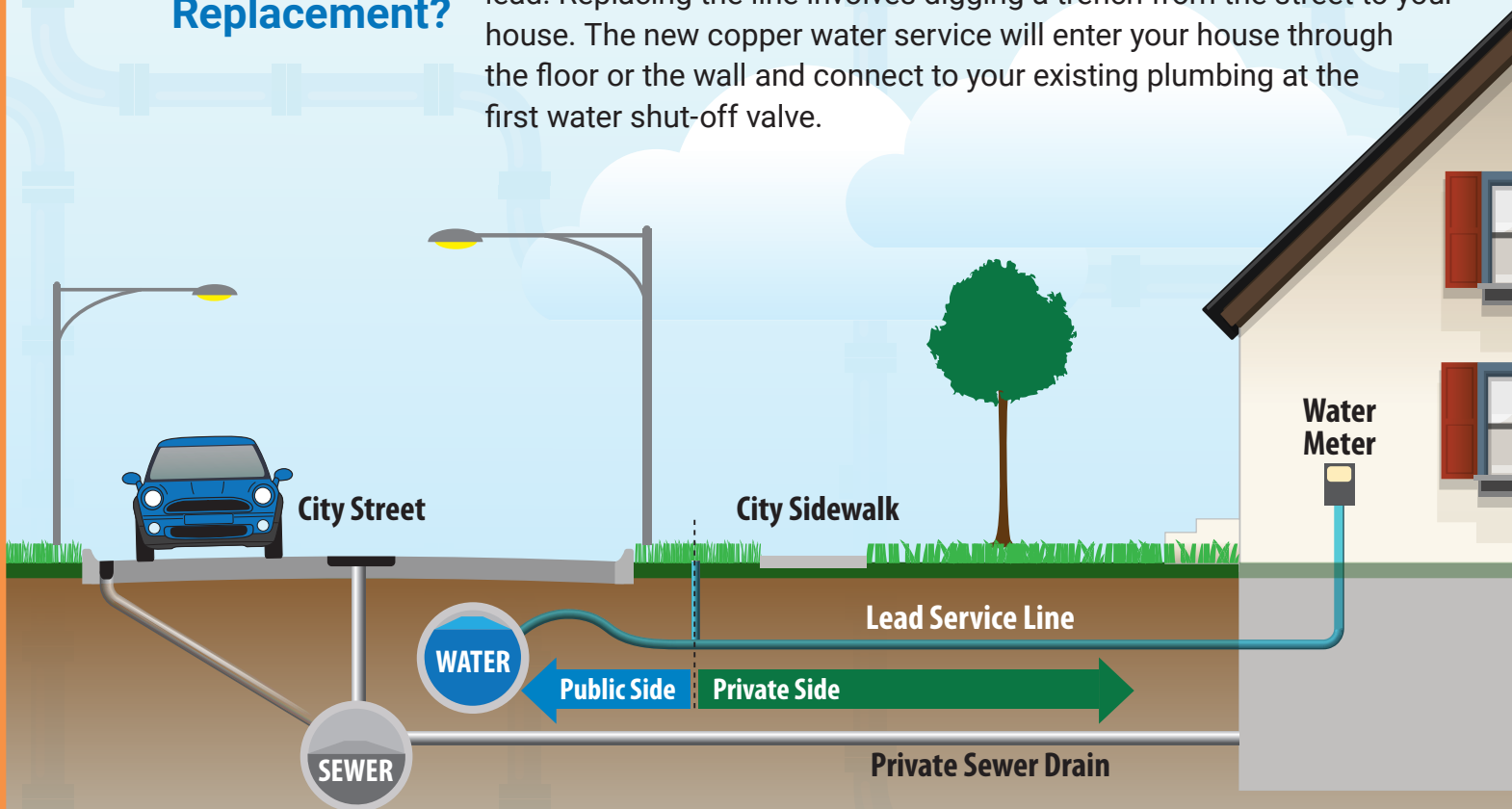
*The number of homes receiving free service line replacements will be capped annually by available funding.*

### GET STARTED NOW

For more program details and a program application visit [www.LeadSafeChicago.org](http://www.LeadSafeChicago.org).

### What's Involved in a Lead Service Line Replacement?

The service line brings the water from the water main to your house. In Chicago, many service lines to single family and two-flat homes are lead. Replacing the line involves digging a trench from the street to your house. The new copper water service will enter your house through the floor or the wall and connect to your existing plumbing at the first water shut-off valve.



*The lead service line ownership is split between the City (public side) and the homeowner (private side). If you qualify for this program the City will replace the full lead service line, including the homeowner's portion, free of charge.*

## What Residents Can Do Now

The following steps are options for further reducing residents' exposure to lead in their homes. Lead exposure should be particularly limited for pregnant or nursing women and children under age 5.

1



### Check for lead paint:

Paint is the most common cause of lead exposure in children. Test swabs can instantly check for lead in paint. Paint no longer contained lead after the 1970s, but children's toys and red-glazed pottery can still sometimes contain lead.

2

### Check what your service line material is:



#### Copper:

The pipe may appear dull brown on the outside but will be the color of a bright penny if gently scratched. **A magnet WILL NOT stick to a copper pipe.**



#### Lead:

The pipe will appear dull and soft but will turn a shiny silver color when scratched. **A magnet WILL NOT stick to a lead pipe.**



#### Galvanized Steel:

The scratched area will remain a dull gray, and a **magnet WILL stick to the surface.**

3



### Replace old faucets:

If your faucet is brass from before 2014, replace it with a new no-lead fixture. Antique faucets often have high lead content as well and should not be used for kitchen sinks.

4



### Flush water for 5 minutes if it hasn't been used for 6 hours:

Activities such as showering or running the dishwasher/laundry will serve to flush the line. When the water temperature drops during flushing, this typically indicates that the water is coming from the water main, where lead is rarely detectable.

5



### Clean faucet aerators every six months:

The screen on the faucets can trap lead particles and so should be cleaned periodically.

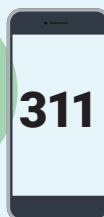
6



### Cook and drink cold water:

Heat cold water for cooking or drinking rather than using the hot water from the tap.

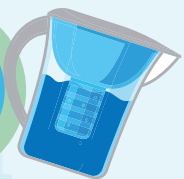
7



### Call 311 for a free lead test kit if you're concerned about lead:

The test kit will have three bottles to take sample water in the morning, once the water has not been used for eight hours. Samples are sent back to the City for analysis, and property owners will be notified of results within a few weeks. City staff will do a follow-up investigation of any property with a lead test result above 15 ppb for free.

8



### Use a water filter:

If you are concerned about lead exposure, pitcher filters rated NSF 53 remove dissolved lead. A standard Britta filter will not remove lead. The filter must be specifically rated for lead. The City will provide a free filter to properties impacted by construction or with a past meter installation or high lead test results. Go to [www.LeadSafeChicago.org](http://www.LeadSafeChicago.org) to see if your property qualifies.



## PROGRAMA DE EQUIDAD (E-LSLR)

La ciudad de Chicago está ofreciendo un nuevo programa para proporcionar reemplazos de líneas de servicio de plomo GRATIS para los dueños de casas con ingresos calificados.

Usted podría calificarse si:

- Es dueño de su casa - y es una casa unifamiliar o de dos pisos
- Tenga ingresos familiares bajo 80% de los ingresos medios de la zona (88.250 dólares para una familia de cuatro miembros)

*El número de casas que reciban reemplazos gratuitos de líneas de servicio tendrá un límite anual según los fondos disponibles.*

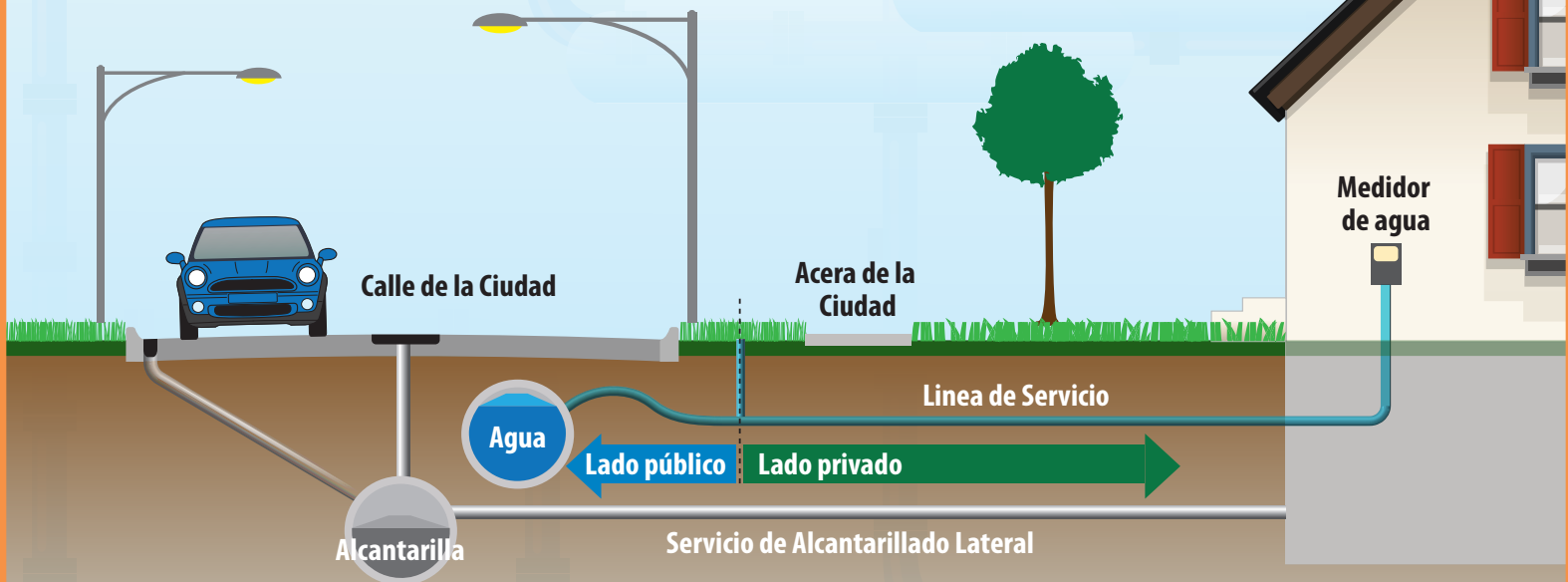
## EMPIECE AHORA MISMO

Para obtener más detalles del programa y una solicitud de este, visite

[www.lead-safe-chicago.org/es/hogar](http://www.lead-safe-chicago.org/es/hogar)

### ¿Qué está involucrado en reemplazar una línea de servicio de plomo?

La línea de servicio lleva el agua desde la tubería principal de agua hasta su casa. En Chicago, muchas líneas de servicio de las casas unifamiliares y de dos pisos son de plomo. El reemplazo de la línea implica la excavación de una zanja desde la calle hasta su casa. El nuevo servicio de agua de cobre entrará en su casa a través del suelo o de la pared y se conectará a la tubería existente en la primera válvula de corte de agua.



*La propiedad de la línea de servicio de plomo se divide entre la ciudad (lado público) y el propietario (lado privado). Si usted cumple con los requisitos de este programa, la ciudad reemplazará toda la línea de servicio de plomo, incluida la parte del propietario, de forma gratuita.*



## Que pueden hacer los residentes ahora:

Los siguientes pasos son opciones para reducir aún más la exposición de los residentes al plomo en sus hogares. La exposición al plomo debe ser particularmente limitada para mujeres embarazadas o lactantes y niños menores de 5 años.

**1**



### Compruebe si hay pintura con plomo:

La pintura es la causa más común de la exposición al plomo en los niños. Hay pruebas que pueden verificar instantáneamente si hay plomo en la pintura. Pintura hecha después de la década de 1970 no contiene plomo, pero los juguetes de niños y la cerámica con esmalte rojo todavía pueden contener plomo.

**2**

### Compruebe de cual material esta hecho su línea de servicio:



#### Cobre:

La tubería puede parecer marrón opaco por fuera pero será el color de un brillante centavo si se rasca suavemente. **Un imán NO se pegará a un tubo de cobre.**



#### Plomo:

La tubería parecerá opaca y suave pero se volverá un brillante color de plata cuando se raya. **Un imán NO se pegará a un tubo de plomo.**



#### Acero galvanizado:

El área rayada se quedará un gris opaco, y **un imán SE pegará a el tubo.**

**3**



### Reemplace grifos antiguos:

Si su grifo es de latón anterior a 2014, reemplácelo con un accesorio nuevo sin plomo. Los grifos antiguos también tienen un alto contenido de plomo y no deben usarse para fregaderos de cocina.

**4**



### Descarga su agua para 5 minutos si no se ha utilizado durante 6 horas:

Actividades como duchándose o prender el lavaplatos/lavadora servirá para enjuagar la línea. Cuando la temperatura del agua baja durante el lavado, esto generalmente indica que el agua proviene de la tubería principal de agua, donde el plomo rara vez se detecta.

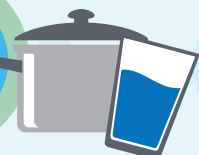
**5**



### Limpie los aireadores del grifo cada seis meses:

La malla de los grifos puede atrapar partículas de plomo y así debería ser limpiado periódicamente.

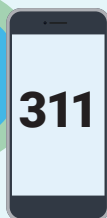
**6**



### Cocine y beba agua fría:

Calienta el agua fría para cocinar o beber en lugar que usar el agua caliente del grifo.

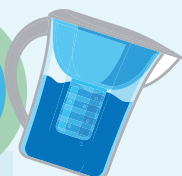
**7**



### Llame al 311 para obtener un kit de prueba de plomo gratis si le preocupa el plomo:

El kit de prueba tendrá tres botellas para tomar muestras de agua en la mañana, una vez que el agua no se ha utilizado durante ocho horas. Las muestras se envían de regreso a la Ciudad para su análisis, y los propietarios serán notificados de los resultados dentro de unas pocas semanas. El personal de la ciudad hará una investigación de seguimiento de cualquier propiedad con un resultado de prueba de plomo superior a 15-ppb gratis.

**8**



### Utilice un filtro de agua:

Si le preocupa la exposición al plomo, los filtros de jarra con clasificación NSF 53 eliminan el plomo disuelto. El filtro Britta estándar no eliminará el plomo. El filtro debe estar clasificado específicamente para plomo. La ciudad proporciona un filtro gratis a las propiedades afectadas por la construcción o en el pasado con una instalación de medidor o con resultados altos de la prueba de plomo. Vaya a [www.LeadSafeChicago.org](http://www.LeadSafeChicago.org) para ver si su propiedad califica.

## 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](mailto:aging@cityofchicago.org)

Site Name	Address	Phone Number	Lunch Serving days and Time	Breakfast Served days and Time
<b>Centralwest Region</b>				
Austin Senior Satellite Center	5071 W. Congress Pkwy.	(312) 743-1538	M - F	11:30 AM
Britton Budd Apartments	501 W. Surf St.	(773) 388-8101	M - F	11:00 AM
Central West Regional Senior Center	2102 W. Ogden Ave.	(312) 746-5300	M - F	11:30 AM
Chinese Community Center	250 W. 22nd Pl.	(312) 225-0303	M - F	11:00 AM
Dickens Burling Apartments	2111 N. Halsted St.	(312) 951-1138	M - F	11:00 AM
Division/LaSalle Apartments	116 W. Elm St.	(312) 573-3450	M - F	11:00 AM
Gaines Apartments	3700 W. Congress Pkwy.	(773) 265-1901	M - F	11:15 AM
Hilliard Apartments	54 W. Cermak Rd.	(312) 808-0584	M - F	11:15 AM
Lincoln/Sheffield Apartments	2640 N. Sheffield Ave.	(773) 808-3149	M - F	11:00 AM
Pilsen Senior Satellite Center	2021 S. Morgan St.	(312) 743-0493	M - F	11:30 AM
Sullivan Apartments	1633 W. Madison St.	(312) 243-6340	M - F	11:00 AM
West Town Senior Satellite Center	1613-15 W. Chicago Ave	(312) 743-1016	M - F	11:30 AM
<b>Northeast Region</b>				
Center on Addison	806 W. Addison St.	(773) 472-6469	T, TH, SAT	10:30 AM
Clark/Irving Apartments	3920 N. Clark St.	(773) 281-9700	M - F	11:00 AM
Devon/Sheridan Apartments	6400 N. Sheridan Rd.	(773) 743-7273	M - F	11:00 AM
Edgewater Senior Satellite Center	5917 N. Broadway St.	(312) 742-5323	M - F	11:30 AM
Fisher Apartments	5821 N. Broadway St.	(773) 271-7690	M - F	11:00 AM
Japanese American Service Committee	4427 N. Clark St.	(773) 275-7212	M - F	11:30 AM
North Center Senior Satellite Center	4040 N. Oakley Ave.	(312) 744-4015	M - F	11:30 AM
Northeast (Levy) Regional Senior Center	2019 W. Lawrence Ave.	(312) 744-0784	M - F	11:30 AM
Schneider Apartments	1750 W. Peterson Ave.	(773) 338-7557	M - F	11:30 AM
Sheridan/Leland Apartments	4645 N. Sheridan Rd.	(773) 784-6724	M - F	11:00 AM
South East Asia Center	5120 N. Broadway St.	(773) 989-6927	M - F	11:30 AM



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Site Name	Address	Phone Number	Lunch Serving days and Time	Breakfast Served days and Time
<b>Northwest Region</b>				
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	12:45 PM
Kelvyn Park Senior Satellite Center	2715 N. Cicero Ave.	(312) 744-3350	M - F	11:30 AM
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	11:00 AM
Northwest (Copernicus) Regional Senior Ce	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
<b>Southeast Region</b>				
91st & South Chicago Apartments	9177 S. South Chicago A	(312) 734-6026	M - F	11:00 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) 955-9139	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	11:30 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

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Site Name	Address	Phone Number	Lunch Serving days and Time	Breakfast Served days and Time
<b>Southwest Region</b>				
Auburn Gresham Senior Satellite Center	1040 West 79th St.	(312) 745-4797	M - F	11:30 AM
Englewood Senior Satellite Center	653-657 W. 63rd St.	(312) 745-3328	M - F	11:30 AM
Garfield Ridge Senior Satellite Center	5674-B S. Archer Ave.	(312) 745-4255	M - F	11:30 AM
Lincoln Perry Apartments	3245 S. Prairie Ave.	(312) 225-3581	M - F	11:00 AM
Minnie Riperton Apartments	4250 S. Princeton Ave.	(773) 538-0395	M - F	11:00 AM
Racine Apartments	1611 S. Racine Ave.	(312) 829-1311	M - F	11:00 AM
Southwest Regional Senior Center	6117 S. Kedzie Ave.	(312) 747-0440	M - F	12:00 PM
Vivian Carter Apartments	6401 S. Yale Ave.	(773) 783-8273	M - F	11:00 AM



**Northwest Copernicus Regional Senior Center  
3160 N. Milwaukee Ave.**

**Tuesday, June 20<sup>th</sup> from 1:00–2:00 p.m.  
Monday, July 17<sup>th</sup> from 1:00–2:00 p.m.  
Monday, August 21<sup>st</sup> from 1:00–2:00 p.m.**



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

*Please bring your grocery bags and cart to shop at the market!*



**Northeast Levy Regional Senior Center  
2019 W. Lawrence Ave.**

**Tuesday, June 27<sup>th</sup> from 12:30–2:00 p.m.  
Tuesday, July 25<sup>th</sup> from 12:30–2:00 p.m.  
Tuesday, August 22<sup>nd</sup> from 12:30–2:00 p.m.**



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

*Please bring your grocery bags and cart to shop at the market!*



**Central West Regional Senior Center  
2102 W. Ogden Ave.**

**Wednesday, June 7<sup>th</sup> from 1:00–2:00 p.m.  
Wednesday, July 12<sup>th</sup> from 1:00–2:00 p.m.  
Wednesday, August 2<sup>nd</sup> from 1:00–2:00 p.m.**



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

*Please bring your grocery bags and cart to shop at the market!*



**Southeast Atlas Regional Senior Center  
1767 E. 79<sup>th</sup> St.**

**Thursday, June 22<sup>nd</sup> from 1:00–2:00 p.m.  
Thursday, July 20<sup>th</sup> from 1:00–2:00 p.m.  
Thursday, August 17<sup>th</sup> from 1:00–2:00 p.m.**



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

*Please bring your grocery bags and cart to shop at the market!*



**Southwest Regional Senior Center  
6117 S. Kedzie Ave.**

**Friday, June 2<sup>nd</sup> from 1:00–2:00 p.m.**

**Friday, July 7<sup>th</sup> from 1:00–2:00 p.m.**

**Friday, August 4<sup>th</sup> from 1:00–2:00 p.m.**



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

*Please bring your grocery bags and carts to shop at the market!*





# Senior Farmers' Market Coupons 2023 Pantry Distribution Sites

## Program Regulations:

- The Senior Farmers' Market Nutrition Program (SFMNP) coupons will be available **WHILE SUPPLIES LAST**.
- You must be 60 years of age or older and meet income guidelines to qualify.
- Proof of age and address required.
- Coupons are valid from July 10<sup>th</sup> – Oct 31<sup>st</sup>.
- Each qualifying older adult may only receive ONE booklet. **Any person who applies for and receives more than one booklet will be disqualified from receiving coupons next year.**
- Additional pickup locations at farmers' markets and senior centers will be added in August.

Site Name	Address	Start Date	Distribution Schedule
St. Francis de Sales High School	10155 S. Ewing Ave	Monday, July 17	Mondays: 9 a.m.-2 p.m.
Roseland Christian Ministries	10858 S. Michigan Ave	Wednesday, July 19	1st & 3rd Wednesday of the month: 11 a.m.-1 p.m.
Hope Manor II	6002 S. Halsted St	Friday, July 14	Monday-Friday: 9 a.m.-5 p.m.
Sanad Social Services	6248 S. Spaulding Ave	Friday, August 4	3rd Thursday only: 9 a.m.-12 p.m.; Fridays: 8 a.m.-11 a.m.
New Eclipse Community Alliance	715 W. 51st St	Thursday, July 13	Thursdays: 11 a.m.-1 p.m.
Casa Catalina	4537 S. Ashland Ave	Tuesday, July 25	Tuesdays & Thursdays: 9:30 a.m.- 11:30 a.m. & 1 p.m.-3 p.m.
United for Better Living	4540 W. Washington Blvd	Friday, July 14	2nd & 4th Friday of the month: 1 p.m.-3 p.m.
Heritage International Church	5320 W. North Ave	Saturday, July 22	2nd & 4th Saturdays of the month: 9 a.m.-12 p.m.
Grace and Peace Church	1856 N. Leclair Ave	Wednesday, July 19	1st & 3rd Wednesday of the month: 10 a.m.-2 p.m.
Chicago Hope	2505 N. Kedzie Blvd	Friday, July 21	Fridays: 10 a.m.-2 p.m.
Korean Self-Help Center	4934 N. Pulaski Rd	Monday, July 24	Mondays: 8:30 a.m.-2 p.m.

**COUPONS ONLY AVAILABLE AT THESE SITES WHILE SUPPLIES LAST**

*This institution is an equal opportunity provider.*



## Senior Farmers' Market Coupons 2023 Pop-Up Distribution Sites

### Program Regulations:

- The Senior Farmers' Market Nutrition Program (SFMNP) coupons will be available **WHILE SUPPLIES LAST**.
- You must be 60 years of age or older and meet income guidelines to qualify.
- Proof of age and address required.
- Coupons are valid from July 10<sup>th</sup> – Oct 31<sup>st</sup>.
- Each qualifying older adult may only receive ONE booklet. **Any person who applies for and receives more than one booklet will be disqualified from receiving coupons next year.**
- Additional pickup locations at farmers' markets and senior centers may be added depending on supplies available.

Site Name	Address	Distribution Dates
Northeast (Levy) Senior Center	2019 W Lawrence Ave, Chicago, IL 60625	Friday, August 4, 10 a.m. - 1 p.m. Wednesday, August 16, 10 a.m. - 1 p.m.
61 <sup>st</sup> Street Farmers Market	6100 S Blackstone Ave, Chicago, IL 60637	Saturday, August 5, 9 a.m. - 2 p.m. Saturday, August 19, 9 a.m. - 2 p.m.
Garfield Ridge Senior Center	5674 S Archer Ave, Chicago, IL 60638	Tuesday, August 8, 9:30 a.m. - 1:30 p.m.
Auburn Gresham Senior Center	1040 W 79th St, Chicago, IL 60620	Wednesday, August 9, 11:30 a.m. - 2:30 p.m.
Daley Plaza Farmers' Market	50 W Washington St, Chicago, IL 60602	Thursday, August 10, 7 a.m. - 11 a.m. Thursday, August 17, 7 a.m. - 11 a.m. Thursday, August 24, 7 a.m. - 11 a.m. Thursday, August 31, 7 a.m. - 11 a.m.
Gary Comer Youth Center Farmers' Market	7200 S Ingleside Ave, Chicago, IL 60619	Tuesday, August 15, 3 p.m. - 6 p.m.

## COUPONS ONLY AVAILABLE AT THESE SITES WHILE SUPPLIES LAST

*This institution is an equal opportunity provider.*

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

Agency Name	Address	City	Zip Code	Ward
AMOR DE DIOS UMC	2356 S SAWYER AVE	Chicago	60623	12
APOSTOLIC PENTECOSTAL CHURCH OF MORGAN PARK	11401-13 S Vincennes Ave	Chicago	60643	34
BACK TO GOD CHURCH	7326 S RACINE AVE	Chicago	60636	17
BENTON HOUSE	3052 S GRATTEN AVE	Chicago	60608	11
CARE FOR REAL	5339-41 N SHERIDAN RD	Chicago	60640	48
CAREY TEMPLE AME FOOD PANTRY	7157 S GREENWOOD AVE	Chicago	60619	5
Carey Tercentenary AME Church	1448 S HOMAN AVE	Chicago	60623	24
CATHOLIC CHARITIES EMERGENCY ASSISTANCE PROGRAM	721 N LA SALLE DR	Chicago	60654	2
CATHOLIC CHARITIES: ST. SABINA PARISH	1120 W 79TH ST	Chicago	60620	17
CELESTIAL VISION FOOD PANTRY	3023 W FULLERTON AVE	Chicago	60647	32
CHATHAM-AVALON MINISTRIES	8601 S STATE ST	Chicago	60619	6
CHICAGO HOPE INC.	2505 N KEDZIE BLVD	Chicago	60647	32
CHICAGO LIGHTS ELAM DAVIES SOCIAL SERVICE CENTER	126 E CHESTNUT ST	Chicago	60611	42
CHOSEN TABERNACLE FULL GOSPEL	PO BOX 497967	Chicago	60649	4
CHRIST EVANGELICAL LUTHERAN CH	1511 N LONG AVE	Chicago	60651	37
CHRIST TEMPLE COC FOOD PANTRY	5252 S ASHLAND AVE	Chicago	60609	16
COMMON PANTRY	3744 N DAMEN AVE	Chicago	60618	47
CORNERSTONE COMMUNITY OUTREACH	4626 N CLIFTON AVE	Chicago	60640	46
EBENEZER MBC FOOD PANTRY	4501 S VINCENNES AVE	Chicago	60653	3
EUROPEAN AMERICAN ASSOCIATION	2827 W DIVISION ST	Chicago	60622	26
EVANGELISM OUTREACH MINISTRIES	214 E 115TH ST	Chicago	60628	9
FELLOWSHIP MBC FOOD PANTRY	4543 S PRINCETON AVE	Chicago	60609	3
FIRST BAPTIST CONGREGATIONAL	1613 W WASHINGTON BLVD	Chicago	60612	27
FIRST PRESBYTERIAN KIMBARK	6400 S KIMBARK AVE	Chicago	60637	20
FRATERNITE NOTRE DAME	502 N CENTRAL AVE	Chicago	60644	29
GOSPEL WAY COVENANT CHURCH	8723 S CREGIER AVE	Chicago	60617	7
GRACE EVANGELIC COVENANT CHURCH	4159 N MONTICELLO AVE	Chicago	60618	35
GRANT A WISH INC.	PO BOX 17698	Chicago	60617	8
GREATER HOLY TEMPLE C.O.G.I.C.	246 N CALIFORNIA AVE	Chicago	60612	27
HARMONY COMMUNITY CARES, NFP	1908 S MILLARD AVE	Chicago	60623	24
HEALING TEMPLE COGIC #1	4941 W CHICAGO AVE	Chicago	60651	37
Heritage International Christian Church	5320 W NORTH AVE	Chicago	60639	37
HOPE FOOD PANTRY	5900 W IOWA ST	Chicago	60651	29
HOWARD AREA COMMUNITY CENTER	7648 N PAULINA ST	Chicago	60626	49
IGLESIA EVANGELICA EMANUEL	5016 W ARMITAGE AVE	Chicago	60639	36
IMMACULATE CONCEPTION	2745 W 44TH ST	Chicago	60632	15
INNER-CITY MISSIONS NETWORK	17100 LONGFELLOW AVE	Chicago	60429	5
IRVING PARK COMMUNITY FOOD PANTRY	4256 N. Ridgeway	Chicago	60618	45
JESUS CHRIST FOOD PANTRY	3500 W 63RD PL	Chicago	60629	23
KENWOOD OAKLAND COMMUNITY ORG	4242 S COTTAGE GROVE AVE	Chicago	60653	4
Kingdom Baptist Church	301 N CENTRAL AVE	Chicago	60644	37
LAKEVIEW PANTRY - SHERIDAN	3945 N SHERIDAN RD	Chicago	60613	46
MAPLE MORGAN PARK FOOD PANTRY	11030 S LONGWOOD DR	Chicago	60643	19
MARILLAC HOUSE	2859 W JACKSON	Chicago	60612	27
MISSION OF OUR LADY OF THE ANGELS	3808 W IOWA ST	Chicago	60651	27
Mount Olive Baptist Church	6353-57 S MARSHFIELD AVE	Chicago	60636	16
NEW BETHLEHEM #4 MBC	8850 S COTTAGE GROVE AVE	Chicago	60619	8
NEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH	11594 S STATE ST	Chicago	60628	34
New Covenant MB Church	740 E 77TH ST	Chicago	60619	6
NEW GRESHAM UMC	8700 S EMERALD AVE	Chicago	60620	21
NEW HOPE COMMUNITY FOOD PANTRY	7115 W HOOD AVE	Chicago	60631	41
NEW MORNING STAR MBC PANTRY	206-208 S HAMLIN BLVD	Chicago	60624	28
NEW MT. CALVARY BAPTIST CHURCH	1850 W MARQUETTE RD	Chicago	60636	15
NEW PROGRESSIVE MISSIONARY BAPTIST CHURCH	9406 S PERRY AVE	Chicago	60620	21
ONWARD HOUSE	5413 W DIVERSEY AVE	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	Chicago	60643	34
ROSELAND CHRISTIAN MINISTRIES	10858 S MICHIGAN AVE	Chicago	60628	9
SHELDON HEIGHTS COC PANTRY	11301 S. Halsted St	Chicago	60628	34
SHILOAH BAPTIST CHURCH	9201 S JUSTINE ST	Chicago	60620	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

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 [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

## 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.

### Adult Protective Services (APS)

## Elder Rights, Legal Services, Protection, & Advocacy

**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

**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.

## Ombudsman Program

**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.

## Senior Health Insurance Program (SHIP)

**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.

## Senior Medicare Patrol

**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.

## Congregate Dining

### Meals

**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.

## Home Delivered Meals

**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.

## Brain Health Initiative

### 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.

## Foster Grandparents

**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.

## Senior Companion Program

**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.

## Chicago Fitness Plus

### 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.

## Health & Wellness Program

**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.

## Life Enrichment Programs

**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.





# 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](mailto: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 multiple 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](mailto:aging@cityofchicago.org) • 312-744-4016**

## Para residentes de Chicago mayores de 60 años:

**¿Necesita ayuda en casa?**  
**Los servicios de tareas domésticas GRATIS incluyen:**

### ELEGIBILIDAD

- Ser mayor de 60 años.
- Tener dificultad para hacer las tareas domésticas por las limitaciones físicas o cognitivas.

Se debe evaluar para determinar la elegibilidad.

- ★ **A corto plazo:** Asistencia temporaria en la casa para las tareas de limpieza, lavado o cuidado personal, como bañarse, vestirse y asearse después de una enfermedad o una estancia hospitalaria.
- ★ **Tarea pesada:** Limpieza profunda única, eliminación de la basura o el desorden o empacado de artículos para la mudanza.
- ★ **Los servicios adicionales pueden incluir:** Cuidado del césped, limpieza de la nieve y servicios profesionales de exterminación (solo para propietarios de casa).

**Comuníquese con la División de Servicios para  
Adultos Mayores del DFSS**  
**Información y Asistencia (I&A)**  
**[aging@cityofchicago.org](mailto: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
- ★ **Gap-Filling Funds:** Help buying essential items like 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 for your 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  
[aging@cityofchicago.org](mailto:aging@cityofchicago.org) • 312-744-4016**



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

## Los programas de servicios para cuidadores incluyen servicios GRATIS 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.
- ★ **Grupos de apoyo:** Comparta con otros cuidadores sus historias, éxitos y retos 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)**  
[aging@cityofchicago.org](mailto:aging@cityofchicago.org) • 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.
- ★ **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.
- ★ **Gap-Filling Funds:** Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ **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](mailto: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.

★ **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.

★ **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.

★ **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**



# 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





## 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

# 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 [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

## Information about Medicare

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**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.***

# Free Assistance for People Turning 65!

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## Help with paying for prescription drug costs

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**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

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**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.***

# 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