

CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES  
Senior Services Division—Area Agency on Aging

# CHICAGO SENIORS CONNECTED

Winter 2023/24 | December – February



*Virtual and Telephonic Programming for Older Adults*



City of Chicago  
Brandon Johnson, Mayor



Chicago Department of Family & Support Services  
Brandie Knazze, Commissioner

## \*\*\*\* Table of Contents \*\*\*\*

Executive Director Note.....	1-2
Virtual Programming Registration.....	3
Virtual Programming Schedule.....	4-15
Virtual Computer & Tech Classes.....	16
Symbria YouTube Fitness Classes.....	17
DFSS What's in Your Closet Seminars.....	18-19
DFSS Savvy Caregiver Training.....	20
DFSS Caregiver Stress-Busting Program.....	21
DFSS Brain Health Series.....	22
Rush Health Legacy Program for Women.....	23
Rush Group Workshops.....	24
Rush Schaalman Senior Voices.....	25
ADPA/UChicago Medicine Virtual Caregiver Support Group.....	26
DFSS Warming Centers.....	27
Medicaid Redetermination.....	28-29
CEDA Services.....	30-33
Lead Service Line Replacement Program.....	34-37
DFSS Congregate Dining Passport to the World Program.....	38-40
DFSS Food Pantries Listing.....	41-42
DFSS Senior Services At-a-Glance.....	43-44
DFSS Legal Services.....	45
DFSS Chore Services.....	46-47
DFSS Caregiver Services Programs.....	48-49
DFSS Grandparents or Older Relatives Raising Children Program.....	50-51
DFSS Foster Grandparents & Senior Companion Programs.....	52-53
DFSS Medicare Open Enrollment.....	54-55
DFSS Medicare Assistance.....	56-57
DFSS Senior Centers Locations.....	58

# A Note from the Executive Director

Dear Friends,

As we continue to engage in holiday celebrations, we would like to invite you to join us both in-person and virtually for recreational, fitness, health and wellness opportunities to help you **Age Well as you seek to live your best life!** Engaging in activities that support your physical, mental, and cognitive health is key. **Staying active, eating and sleeping well, meeting new people, and being socially engaged are factors associated with improved health and well-being.**

The holiday season can be filled with feelings of excitement for holiday traditions and this time of year can also generate feelings of sadness and loneliness, particularly for those living alone. Studies show that social isolation and loneliness are a significant threat to health contributing to an increased risk of mortality and comparable to smoking 15 cigarettes a day. The winter weather, along with the higher costs of living, can also create barriers to social interaction.

We can assist you with trying new things and making new connections. Please take a look at the **Winter Edition** of our **Chicago Seniors Connected Enrichment Brochure**. From the comfort of your home, you can engage in **free** activities like **Chair Yoga, Belly Dance Fitness, Karaoke, Cooking with Gloria**, and more. Grab a cup of tea and listen to our recorded **Brain Health Series**, learning ways to support a healthy mind, improve memory, and possibly reduce the risk of dementia. Take advantage of our **Health & Wellness Sessions** to engage in the **Healthy New Year, Healthy New You dietician presentations**, showing how small dietary changes can positively impact your health, and/or select one of the **pharmacist presentations**, focusing on stroke awareness and controlling diabetes.

For those of you who would like to go out and are not sure of where to go, we invite you to join us at one of our 21 senior centers or 50 congregate dining sites located across the city. This year, our senior centers received almost 500,000 visits and we look forward to receiving even more in the new year. Activities like jewelry making, BINGO, yoga, billiards, and core fitness are offered **free of charge**. Select an activity and stay for a delicious hot meal!

We are excited to share that we have served over 10,000 specialty meals as part of our **Passport to the World Congregate Dining Program**, which started in October. The program, available at our senior centers and congregate dining sites, features ethnic and culturally diverse meals (e.g., Polish, German, Caribbean, Mediterranean, Southern, Latinx), representing the vibrancy and diversity of our great city. Please see our flyers, identifying site locations and upcoming menus. The meals are free, but a \$2.00 donation is accepted.

Lastly, we would like to provide you with **a few tips shared by the Centers for Disease Control to help you stay safe during these winter months**, especially during times of snowstorms and extreme cold:

- \* Listen for radio and television reporting regarding the weather.
- \* Plan ahead by keeping a supply of shelf stable food that does not require cooking, such as cereal, crackers, tuna, nuts, dried fruit, canned goods, and water.
- \* Secure a larger supply of your medication. If you normally get 30 days of medication, request larger supplies (e.g., 90 days). You may also look into having medication mailed to you if you feel comfortable with doing so.
- \* Make sure to dress warmly and have extra blankets (and extra batteries for a flashlight).
- \* Make sure your carbon monoxide and fire detector are working and have fresh batteries.
- \* In times of extreme cold, leave your water taps slightly open for a constant drip of water to combat against frozen pipes.

Please see our flyer with respect to warming centers and our senior centers. And please call 911 if there is a cold weather emergency.

Wishing you the best in the upcoming New Year!

**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**



**Winter 2023/24 | December – February**

*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	<p><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></p>	<p><b>ZOOM</b>                      Meeting ID:  <b>907 424 6822</b>                      Passcode:  <b>q5QBVj</b></p>
9:00am	<p><b>Dietitian Presentation (12/4)</b>  <i>Title: Managing Your Diet &amp; Diabetes</i>                      Diet plays a huge role in the management of diabetes. Managing diabetes can be difficult during the holiday season. This may be due to busy schedules or changes in diet habits. This session will discuss how all foods can fit into a healthy diet for an individual living with diabetes. There is not a one-size-fits-all approach to diet interventions and diabetes management, so a focus will be placed on general dietary changes that can be made. In addition, a few healthy holiday tips will be provided.  <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b>                      (312) 626-6799                      Meeting ID:  <b>476 608 7569</b></p>

# MONDAY

Time	Class	Location
9:00am	<p><b>Dietitian Presentation (1/29)</b>  <i>Title: Health New Year, Healthy New You</i></p> <p>New Year, New You! Starting the year off on a healthy note helps sets the tone for the rest of the year. Making small dietary changes can have a huge impact on your overall health for the year. This session will discuss the importance of eating a balanced diet to prevent and manage chronic disease. In particular, focus will be placed on fruits, vegetables, whole grains, proteins, and dairy products. Making small changes to your diet can have huge payoffs moving through the new year.</p> <p><i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799</p> <p>Meeting ID:  <b>476 608 7569</b></p>
9:00am	<p><b>Dietitian Presentation (2/5)</b>  <i>Title: Healthy Heart, Happy Heart</i></p> <p>The foods we eat may determine how healthy our hearts remain as we age. Heart healthy foods are delicious and nutritious. This session will discuss how diet impacts overall heart health. In particular, the importance of reducing sodium, cholesterol, and saturated fat intake, and increasing fruit, vegetable, whole grain, and healthy fat intake. Tips will be provided on how to make small changes that will have a huge impact on your heart's health.</p> <p><i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799</p> <p>Meeting ID:  <b>476 608 7569</b></p>
9:00am	<p><b>Zumba Gold</b></p> <p>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!</p> <p><i>Instructor: Mari-Jane Dare</i></p>	<p><i>Please register  <a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a> to  receive Zoom login  info for this class!</i></p>
9:00am	<p><b>Forever Fit w/ Ash</b></p> <p>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.</p> <p><i>Instructor: Ash Duggal (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>712 1429 2628</b></p> <p>Passcode:  <b>bMa7C1</b></p>

# MONDAY

Time	Class	Location
9:15am	<p><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></p>	<p><b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b></p>
10:00am	<p><b>Virtual Support Group (12/11, 1/8, &amp; 2/12)</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></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>934 9355 5427</b></p>
11:00am	<p><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></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b></p>
1:00pm	<p><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></p>	<p><b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b></p>

# TUESDAY

Time	Class	Location
10:30am	<p><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></p>	<p><b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b></p>



# TUESDAY

Time	Class	Location
12:00pm	<p><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></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b></p>
12:00pm	<p><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></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
1:00pm	<p><b>Intermediate Soul Line Dancing</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></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
1:00pm	<p><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></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
1:00pm	<p><b>Cooking w/ Gloria</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></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
1:30pm	<p><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. <b>(December classes will be at 8:30 a.m. on Tuesdays)</b> <i>Instructor: Joseph Fedorko</i></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
2:00pm	<p><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></p>	<p><b>ZOOM</b> Meeting ID: <b>933 398 2644</b> Passcode: <b>261424</b></p>

# TUESDAY

Time	Class	Location
2:00pm	<p><b>Nurse Presentation (12/19)</b>  <i>Title: Diabetes</i></p> <p>If you have diabetes, your body may not make enough insulin, may not use insulin in the right way, or both. That can cause too much glucose to stay in the blood, which can cause health problems over time. Learn about the types of diabetes, treatments, and how to work with your health care providers to manage the disease.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>
2:00pm	<p><b>Nurse Presentation (1/16)</b>  <i>Title: New Year, New YOU! (Wellness &amp; Prevention)</i></p> <p>Learn what represents the essential hallmarks of good geriatric care. Information will be shared about the 4Ms: What Matters, Mobility, Medication, and Mentation.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>
2:00pm	<p><b>Nurse Presentation (2/20)</b>  <i>Title: Know the Facts about Stroke</i></p> <p>Stroke is the #5 cause of death and a leading cause of disability in this country. Knowing your risk factors for stroke is the first step in preventing a stroke. Learn about lifestyle changes to prevent a stroke and get information regarding the causes, symptoms, diagnosis, and treatment of strokes.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>

# WEDNESDAY

Time	Class	Location
8:30am	<p><b>Stretch &amp; Flex w/ Michele</b></p> <p>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.</p> <p><i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>907 424 6822</b></p> <p>Passcode:  <b>q5QBVj</b></p>
9:00am	<p><b>Tai Chi for Prevention &amp; Balance</b></p> <p>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.</p> <p><i>Instructor: Mari-Jane Dare</i></p>	<p><i>Please register  (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to  receive Zoom login  info for this class!</i></p>

# WEDNESDAY

Time	Class	Location
9:00am	<p><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.</p> <p><i>Instructor: Judie Bernard (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>933 398 2644</b>            Passcode:  <b>261424</b></p>
9:00am	<p><b>Dietitian Presentation (12/6)</b>  <i>Title: Managing Your Diet &amp; Diabetes</i></p> <p>Diet plays a huge role in the management of diabetes. Managing diabetes can be difficult during the holiday season. This may be due to busy schedules or changes in diet habits. This session will discuss how all foods can fit into a healthy diet for an individual living with diabetes. There is not a one-size-fits-all approach to diet interventions and diabetes management, so a focus will be placed on general dietary changes that can be made. In addition, a few healthy holiday tips will be provided.</p> <p><i>Presenter: Mark McInerney, DHSc/RD/LDN (Rush)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>843 7440 8035</b>            Passcode:  <b>123456</b></p>
9:00am	<p><b>Dietitian Presentation (10/4)</b>  <i>Title: Health New Year, Healthy New You</i></p> <p>New Year, New You! Starting the year off on a healthy note helps sets the tone for the rest of the year. Making small dietary changes can have a huge impact on your overall health for the year. This session will discuss the importance of eating a balanced diet to prevent and manage chronic disease. In particular, focus will be placed on fruits, vegetables, whole grains, proteins, and dairy products. Making small changes to your diet can have huge payoffs moving through the new year.</p> <p><i>Presenter: Mark McInerney, DHSc/RD/LDN (Rush)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>843 7440 8035</b>            Passcode:  <b>123456</b></p>
9:00am	<p><b>Dietitian Presentation (2/7)</b>  <i>Title: Healthy Heart, Happy Heart</i></p> <p>The foods we eat may determine how healthy our hearts remain as we age. Heart healthy foods are delicious and nutritious. This session will discuss how diet impacts overall heart health. In particular, the importance of reducing sodium, cholesterol, and saturated fat intake, and increasing fruit, vegetable, whole grain, and healthy fat intake. Tips will be provided on how to make small changes that will have a huge impact on your heart's health.</p> <p><i>Presenter: Mark McInerney, DHSc/RD/LDN (Rush)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>843 7440 8035</b>            Passcode:  <b>123456</b></p>

# WEDNESDAY

Time	Class	Location
9:00am	<p><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.</p> <p><i>Instructor: Ash Duggal (Symbria)</i></p>	<p><b>ZOOM</b> Meeting ID: <b>712 1429 2628</b> Passcode: <b>bMa7C1</b></p>
9:15am	<p><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).</p> <p><i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b></p>
10:00am	<p><b>Ask the Dietitian—Group Q&amp;A (12/6, 1/3, &amp; 2/7)</b> Join us for a lively discussion on 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!</p> <p><i>Facilitator: Mark McInerney, DHSc/RD/LDN (Rush)</i></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>843 7440 8035</b> Passcode: <b>123456</b></p>
11:00am	<p><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.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b></p>
12:00pm	<p><b>Line Dancing</b> Who says fitness can't be fun? Vennié will you have dancing your way to fitness! Beginner and intermediate dances.</p> <p><i>Instructor: Vennié Tolbert-Rodgers</i></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>
1:00pm	<p><b>Belly Dance Fitness</b> Learn Isolation &amp; 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!</p> <p><i>Instructor: Dianne Hodges</i></p>	<p><b>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</b></p>

# WEDNESDAY

Time	Class	Location
1:00pm	<p><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></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
2:00pm	<p><b>Meditation Movement</b>            Create mind, body, and soul awareness through meditation.  <i>Instructor: Dianne Hodges</i></p>	<p><i>Please register (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>
3:00pm	<p><b>Spanish II</b>            Join us and learn conversational Spanish at an advanced level.  <i>Instructor: Marvin Childress</i></p>	<p><i>Please register (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!Spanish</i></p>
3:00pm	<p><b>Social Worker Presentation (1/17)</b>  <i>Title: Creating New Year's Resolutions That Stick All Year!</i>            Join us to learn proven methods for creating and fostering New Year's resolutions that stick all year round. Research suggests that only 9% of Americans who make resolutions actually complete them and that 43% quit by the end of January. This presentation/discussion will help participants foster a sense of well-being and to view goals as attainable and actionable all year round, before they are forgotten.  <i>Presenter: Jeaneane Quinn, LSW (Rush)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>852 2647 6417</b>            Passcode:  <b>123456</b></p>

# THURSDAY

Time	Class	Location
10:30am	<p><b>Pharmacist Presentation/Consultations (12/21)</b>  <i>Title: Diabetes</i>            Uncontrolled diabetes is a leading cause of amputation, blindness, dialysis, and stroke. However, all of these outcomes can be avoided with proper nutrition, regular exercise, and tailored diabetes care. In this program, the pharmacist will discuss the mental challenge of diabetes, the integral role of mobility, as well as diabetes medications and side effects. The pharmacist will also answer the questions that matter most to you. <b>Individual consultations will follow the presentation at 11:30am.</b>  <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b>            312-626-6799            Meeting ID:  <b>625 279 2910</b></p>

# THURSDAY

Time	Class	Location
10:30am	<p><b>Pharmacist Presentation/Consultations</b> (1/18)  <i>Title: New Year, New You, New Med List, and the 4Ms</i></p> <p>Out with 2023. In with 2024. Now is a great time to update your medication list, as it can be a life saver—if the list is accurate. It can help providers and caregivers understand your treatment plan. In this session, the pharmacist can review your medication list with you. You can ensure that everything listed is appropriate and make sure nothing is missing. The pharmacist can help you evaluate any potential side effects and reflect on how your medications affect your ability to think and move. <b>Individual consultations will follow the presentation at 11:30am.</b></p> <p><i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799            Meeting ID:  <b>625 279 2910</b></p>
10:30am	<p><b>Pharmacist Presentation/Consultations</b> (2/15)  <i>Title: Heart Health—Stroke Awareness</i></p> <p>A fast response to a stroke can mean the difference between recovery and permanent disability or death. It is important to recognize the symptoms of a stroke so you can seek care, immediately. The risk of stroke can be reduced with diet, exercise, and proper medical care. In this session, the pharmacist will focus on stroke symptoms, risk, and prevention. The session will discuss how a stroke impacts your mind and mobility and the medications that reduce stroke risk. <b>Individual consultations will follow the presentation at 11:30am.</b></p> <p><i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799            Meeting ID:  <b>625 279 2910</b></p>
12:00pm	<p><b>Stretch &amp; Flex w/ Joyce</b></p> <p>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.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
2:30pm	<p><b>Spanish I</b></p> <p>Join us and learn basic Spanish. All are welcome.</p> <p><i>Instructor: Marvin Childress</i></p>	<p><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></p>

# FRIDAY

Time	Class	Location
8:30am	<p><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></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
9:00am	<p><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></p>	<p><b>ZOOM</b>            Meeting ID:  <b>712 1429 2628</b>            Passcode:  <b>bMa7C1</b></p>
9:15am	<p><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></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
10:00am	<p><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></p>	<p><b>ZOOM</b>            Meeting ID:  <b>933 398 2644</b>            Passcode:  <b>261424</b></p>
10:00am	<p><b>Social Worker Presentation (12/15)</b>  <i>Title: Vaccines</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, a licensed social worker 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></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>848 7524 0527</b>            Passcode:  <b>123456</b></p>

# FRIDAY

Time	Class	Location
10:00am	<p><b>Social Worker Presentation (2/23)</b>  <i>Title: Preventing Strokes—Acting FAST</i></p> <p>This month's health theme is stroke prevention. Each year, about 800,000 people in the United States have a stroke. But like many health problems, a stroke can be prevented! Join us for a discussion on preventing strokes and doing so by taking care of our hearts. 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.</p> <p><i>Presenter: James Rohde, LCSW (Rush)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799            Meeting ID:  <b>842 9331 8490</b>            Passcode:  <b>123456</b></p>
12:00pm	<p><b>Stretch &amp; Flex w/ Joyce</b></p> <p>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.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
1:00pm	<p><b>Balance Masters w/ Michele</b></p> <p>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.</p> <p><i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
2:00pm	<p><b>Sit &amp; Be Strong w/ Judie</b></p> <p>Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises.</p> <p><i>Instructor: Judie Bernard (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>933 398 2644</b>            Passcode:  <b>261424</b></p>

# SATURDAY

Time	Class	Location
10:00am & 11:30am	<p><b>Book Club (12/2, 1/13, &amp; 2/10)</b></p> <p>Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed:</p> <p>12/2 – <i>The Santa Suit</i> by Mary Kay Andrews (English / 10:00am)            12/2 – <i>Una Navidad Diferente</i> by John Grisham (Spanish / 11:30am)            1/13 – <i>Maame</i> by Jessica George (English / 10:00am)            1/13 – <i>El Problema Final</i> by Arturo Perez-Reverte (Spanish / 11:30am)            2/10 – <i>Las Madres: A Novel</i> by Esmeralda Santiago (English / 10:00am)            2/10 – <i>El Cuco de Cristal</i> by Javier Castillo (Spanish / 11:30am)</p> <p>Copies of the books are available at the Chicago Lawn Branch (6120 S Kedzie Ave) or requested at your neighborhood branch. Please register by emailing <a href="mailto:chicagolawn@chipublib.org">chicagolawn@chipublib.org</a> or calling 312-747-0639.</p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799            Meeting ID:  <b>833 0209 7630</b>            Passcode:  <b>125911</b></p>



# 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. (December)**

**Tuesdays @ 1:30 p.m. (January/February)**

**Instructor: Joseph Fedorko**

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



## **TUESDAYS—Webinar Series**

**December 5:** Contact Files & Virtual Phone Books

**December 12:** New & Cool Apps – Please Share Your Favorites!

**December 19:** ASK JOE ANYTHING!

**December 26:** No Class (Holiday Break)

**January 2:** Questions About Gifts Received & How to Use Them!

**January 9:** Get Up & MOVE—The World of Exercise Apps & Devices

**January 16:** New in 2024—A Report from the Consumer Electronics Show

**January 23:** Time Is a Flat Circle—Shopping for Smart Watches

**January 30:** Tick Tock—Using a Smart Watch

**February 6:** How to Organize Your Digital Life – Computer Edition

**February 13:** How to Organize Your Digital Life – Touchscreen Edition

**February 20:** How to Organize Your Digital Life – Media Edition

**February 27:** How to Organize Your Digital Life – Calendar Edition



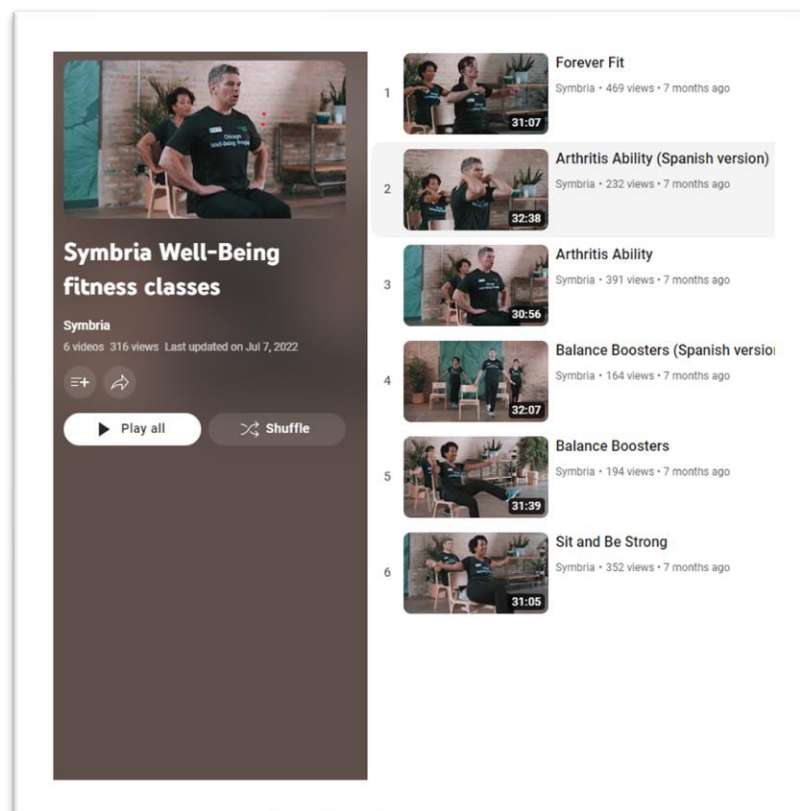
Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:

- **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, December 12, for a conversation on how you can take charge of your stuff and learn ways to sort and organize. For ages 60 and older.

## ON-LINE SESSION DETAILS

Location: Join us virtually via Zoom

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

Date: Tuesday, Dec. 12, 2023

Time: 1:30 pm - 3:00 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)





# 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 Wednesday, February 21, for a conversation on how you can take charge of your stuff and learn ways to sort and organize. For ages 60 and older.

## ON-LINE SESSION DETAILS

Location: Join us virtually via Zoom  
Register: At <http://bit.ly/InYourCloset>  
Date: Wednesday, Feb. 21, 2023  
Time: 2:30 pm - 4:00 pm

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





**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.**

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

**As a SAVVY CAREGIVER, you will be able to:**

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

**Online Winter/Spring Schedule 2024**

Series	Dates	Day	Time
<b>1</b>	Jan. 10, 17, 24, 31, Feb. 7, 14	Wednesdays	9:30 AM - 11:30 AM
<b>2</b>	Feb. 8, 15, 22, 29, March 7, 14	Thursdays	2:00 PM - 4:00 PM
<b>3</b>	March 6, 13, 20, 27, April 3, 10	Wednesdays	9:30 AM - 11:30 AM
<b>4</b>	April 4, 11, 18, 25, May 2, 9	Thursdays	2:00 PM - 4:00 PM
<b>Evening</b>	April 2, 9, 16, 21, 30, May 7	Tuesdays	6:00 PM - 8:00 PM

**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)

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

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

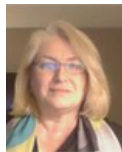
**WHO:** Family caregivers of a loved one with any type of dementia

**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*

## **Brain Health Series 1-6:**



Brain Health is the state of brain functioning across cognitive, sensory, social-emotional, behavioral and motor domains. The Brain Health Series is designed to help adults learn how to reduce risks and maintain a healthy brain.

**Brain Health 1 - Brain Health Basics** addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain. Dr. Victoria Russo and Danielle Riley of DFSS Senior Services present.

**Brain Health 2 - Medicine, Age, and the Brain** - Dr. Michael Koronkowski, Clinical Assistant Professor at the University of Illinois at Chicago (UIC), College of Pharmacy, discusses the impact some medications can have on brain health of older adults and the importance of talking with your doctor.

**Brain Health 3 - Managing Memory** - Dr. Victoria Russo, City of Chicago DFSS discusses normal changes in the brain due to age and how we can adapt to cognitive slowing, recognize Alzheimer's Disease, and strengthen our memory.

**Brain Health 4 - Preventing Brain Injury** - neurologist Joshua G. Cahan, MD with the Northwestern Medicine Mesulam Center for Cognitive Neurology and Alzheimer's Disease, addresses what happens after a brain injury occurs and ways you can protect your brain.

**Brain Health 5 - Social Connections and Health: Why feeling connected matters** - presented by Dr. Louise Hawkley, Principal Research Scientist, NORC at the University of Chicago. This thought-provoking discussion addresses the benefits of staying connected in an ever-changing world.

**Brain Health 6 - Vision and the Brain** - presented by Deborah Zelinsky, OD, Founder and Executive Research Director of the Mind-Eye Institute. Dr. Zelinsky addresses the importance of vision's impact on overall brain health.

**Find the live recordings Online at [www.cityofchicago.org/caregivers](http://www.cityofchicago.org/caregivers)**

*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.*





# 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.**



# Join a Group Workshop today! Become more active in your health.

**RUSH Generations offers a suite of group programs proven to improve your health and quality of life.** Workshops are free and are offered throughout the community, at RUSH, and virtually.

Workshop topics include:

- Balance & Fall Prevention
- Chronic Health Condition Management
- Pain Management
- Emotional Wellness
- Cancer Survivorship
- Walking Groups
- Healthy Living and Nutrition for Women of Color

**Call us today at (800) 757-0202! Our team can help find a group workshop that's right for you!**

To learn more about upcoming groups, call **RUSH Generations** at **(800) 757-0202**

**All of our group workshops are free, and are open to anyone in the community regardless of insurance, status, or medical home.**

**Workshops are offered in either English or Spanish.**

**Any workshop can be brought to community sites as requested. For more information on how to bring RUSH Generations to your organization, agency, or faith-based institution, reach out to [Rush\\_Generations@rush.edu](mailto:Rush_Generations@rush.edu) or call us at (800) 757-0202**

# Schaalman Senior Voices at RUSH

**Schaalman Senior Voices** is a collection of inspiring films, educational opportunities and programs that aim to strengthen the well-being of older adults and their communities. These videos strive to empower older adults to discuss what matters most to them as they age.



Benefits of recording a video include: Understanding that your story is important and can have an impact; Educating health care professionals on how to provide the best care for older adults; and Fostering community among older adults

**Schaalman Senior Voices wants to hear from you!**  
Please share your wisdom by recording a video!

Questions to consider answering:

- 1) How has participating in this workshop helped you focus on what matters most to you?
- 2) Why it is important for your health care team and loved ones to know your goals, wishes and what matters most to you?

To record a  
video, scan  
the  
QR code OR  
use the  
following  
website link:



<https://gather.video/ih1E>

Questions? Contact Kimberly Morley by phone or email:  
312-942-4299; Kimberly\_Morley@rush.edu



AT THE FOREFRONT  
**UChicago**  
**Medicine**

**apda** AMERICAN  
PARKINSON DISEASE  
ASSOCIATION  
Strength in optimism. Hope in progress.

## Caregiver Support Group and Book Club

**Program Presented:** virtually via Zoom

**Date:** Every Thursday, from November 2<sup>nd</sup> - December 21<sup>st</sup>, 2023  
We will meet November 22 instead of 23 for the holiday.

**Time:** 10:00A.M. - 11:30 AM CT

**Free program, space is limited, and registration is required.**

### **Explanation of group:**

This caregiver support group is an eight-week group in which we will be reading a book specifically designated for adult caregivers who are caring for a loved one with Parkinson Disease or Parkinsonism. Each week we will be reading and processing a chapter specific to ambiguous loss. Ambiguous loss is defined as a loss without certainty, without clarity, and we do not get all of our questions answered. Education will also be provided on ways to cope with multiple losses, adjusting to these losses, and working on strengthening resilience. Please reach out if you are interested or would like to register.



**To register or for additional information please email:**  
**Nicole.reidy@uchicagomedicine.org or call: 1-773-834-1688**

# KEEP WARM AND SAFE THIS WINTER

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

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

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

**King Center**  
4314 S. Cottage

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

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

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

*The Garfield Center, located at 10 S. Kedzie, is available 24 hours a day, seven days a week to connect residents to emergency shelter.*

**Seniors are welcome at one of the City's 21 Senior Centers.**  
**Visit [Chicago.gov/Seniors](http://Chicago.gov/Seniors) for location and hours.**

## ALTERNATE LOCATIONS

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

## FACE COVERINGS IN CITY WARMING CENTERS.

Wearing a face covering in city warming centers is optional.

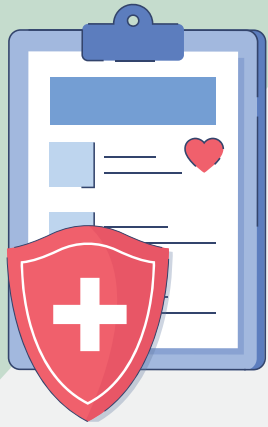


**VISIT [311.CHICAGO.GOV/](http://311.CHICAGO.GOV/) OR CALL 3-1-1 FOR THE MOST CURRENT INFO. ON CITY WARMING CENTERS.**

**REMEMBER** 

**CALL 3-1-1 FOR UP-TO-DATE INFORMATION ON  
WARMING AREAS AT ANY GIVEN TIME.**

- To locate the warming area nearest to you.
- To request a well-being check for a neighbor, loved one or a friend.
- Report inadequate heat in a residential building.



# Do You Get Health Insurance Through Medicaid?

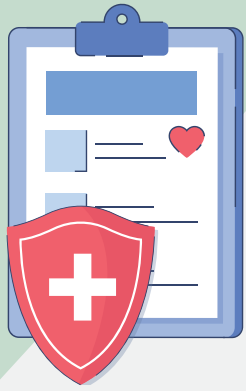
## Get Ready To Renew!

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)



# Utility Bills Weighing You Down? We've Got Your Back! Call a CEDA Partner Intake Site to apply!

## Heating



**LIHEAP - DVP** This program allows income-eligible households the opportunity to receive a one-time benefit applied directly to your heating utility.

**Reconnection Assistance** This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's heating services.

**Peoples Gas Share the Warmth** This program provides a benefit up to \$200 towards the past due balance of your Peoples Gas bill.

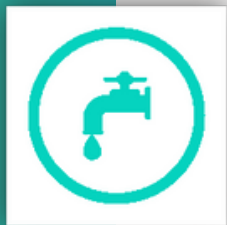
## Electric



**LIHEAP - DVP** In addition to helping pay your heating bill, this program can also provide a one-time benefit applied directly to your electric utility.

**Reconnection Assistance** This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's electric services.

## Water



**UBR** For City of Chicago residents, the Utility Billing Relief program makes your water, sewer and water-sewer tax bills more affordable. You can receive up to 50% rate reduction on those bills and the opportunity for complete debt forgiveness.

Apply during your  
designated priority  
period!



Learn how to apply:  
[www.CEDAorg.net/Bills](http://www.CEDAorg.net/Bills)



1 (800) 571-2332



# Partner Intake Sites

Find a site near you!  
(Hours and in-person availability may vary)




LOCATION	PHONE NUMBER	ZIP CODE	LOCATION	PHONE NUMBER	ZIP CODE
Wheeling Township	(847) 259-7730	60004	European American Association	(773) 342-5868 x1000	60622
Elk Grove Township	(224) 265-6111	60007	Puerto Rican Cultural Center (PRCC)	(773) 661-2304	60622
Barrington Area Council on Aging	(847) 381-5030	60010	Operation Brotherhood	(773) 522-0433	60623
Northfield Township	(847) 724-8300	60025	Breakthrough Urban Ministries, Inc.	(872) 444-8262	60624
Hanul Family Alliance	(847) 439-5195	60056	North Lawndale Employment Network	(773) 265-7940	60624
Palatine Township	(847) 358-6700	60067	Peoples Community Development Association of Chicago	773-533-1340	60624
Maine Township	(847) 297-2510	60068	Universal Prayer Tower	(773) 378-3464	60624
Hana Center	(847) 520-1999	60070	Cambodian Association of Illinois	(773) 878-7090	60625
North Shore Senior Center	(847) 784-6040	60093	Hanul Family Allianc	(773) 478-8851	60625
Leyden Family Services	(847) 455-3929	60131	Allen Metropolitan CME Church	(773) 568-1200	60628
Hanover Township	(630) 540-9085	60133	Brock Social Services Organization	(773) 291-0500	60628
PLCCA	(708) 450-3500	60153	Christ Cathedral Baptist Church	(773) 660-4296	60628
Solutions For Care	(708) 345-3632	60160	Fernwood Community Outreach Church	(773) 881-0800	60628
PLCCA	(708) 450-3500	60162	Latino Organization of the Southwest	(773) 581-1900	60629
Schaumburg Township	(847) 884-0030	60169	SANAD	(773) 436-7989	60629
Oak Park Township	(708) 383-8005	60302	Chicago Comprehensive Community Center	(847) 387-2426	60630
Stickney Township on Aging	(708) 788-9100	60402	Brighton Park Neighborhood Council	(773) 523-7110	60632
Village of Ford Heights	(708) 758-3131	60411	Northwest Side Housing Center	(773) 283-3888	60634
Seasons Community Outreach Services	708-331-8875	60428	WECAN	(773) 451-8077	60637
Lemont Township	(630) 257-2522	60441	Polish American Association	(773) 767-7773	60638
In His Hands Resource Center	708-248-6019	60443	Heritage Int'l Community Development Corporation	773-237-9600	60639
Valley Kingdom Comm Development Corp	(708) 225-9307	60452	Northwest Side Housing Center	(773) 283-3888	60639
Pathlights	(708) 361-0219	60463	Spanish Coalition For Housing	(773) 342-7575	60639
Rich Township	(708) 228-5970	60466	Chinese Mutual Aid Association	(773) 784-2900	60640
Thornton Township	(708) 985-3176	60473	South-East Asia Center	773-989-6927	60640
United Evangelistic Consulting Association	(708) 223-2680	60473	Polish American Association	(773) 282-8206	60641
The Apostolic Church	(708) 833-7031	60475	Total Resource Comm. Organization / Triedstone	(773) 881-0761	60643
Arab American Family Services	(708) 599-2237	60482	CRDDC (Chetwyn Rodgers Drive Development Center)	(773) 261-6098	60644
Solutions For Care	(708) 447-2448	60546	PLCCA	(708) 450-3500	60644
Workers Education Society	(773) 446-9925	60608	South Austin Coalition	(312) 743-1538	60644
Community Care Outreach	(773) 595-6034	60609	MORE Services Inc.	(773) 657-3079	60646
Midwest Asian Health Association	312-225-8659	60609	San Lucas United Church of Christ	(773) 227-5747	60647
New Eclipse Community Alliance	(773) 538-4957	60609	AGORA Community Services Corporation, NFP	(773) 483-3888	60649
Chinese American Service League	(312) 791-0418	60616	PLCCA	(708) 450-3500	60651
Midwest Asian Health Association	(312) 225-8659	60616	Evening Star Baptist Church	(312) 715-8605	60653
Midwest Asian Health Association	(312) 225-8659	60616	Agents of Hope Training & Information Center (AHTI)	(773) 739-9079	60659
Saving Lives, Inc	(708) 400-9770	60616	Arty Helping Hands	773-942-6250	60659
Centro Comunitario Juan Diego	(773) 731-0109	60617	Community Helping Hands	(773) 587-2894	60659
New Eclipse Community Alliance	872-218-4881	60617	Global Executive Council Services (GEC)	(872) 806-2066	60659
Spanish Coalition For Housing	(773) 933-7575	60617	Indo - American Center	(773) 973-4444	60659
Trinity Resurrection United Church	(708) 262-0293	60617	Metropolitan Asian Family Services	(773) 465-3105	60659
Hana Center	(872) 302-4883	60618	Seniors Assistance Center	(708) 456-7979	60706
Romanian American Community Center	(773) 604-8888	60618	Chicago Chesed Fund	(224) 534-6774	60712
Chosen Vessels Ministries Community Outreach	(312) 771-8212	60619	Metropolitan Asian Family Services	(847) 824-9414	60714
Universal Prayer Tower	(773) 437-3203	60619	North Shore Senior Center	(847) 864-3721	60714
Greater Mt. Vernon Baptist Church	773-629-8693	60620	Women Power, NFP	(708) 265-9253	60803
Universal Prayer Tower	(773) 874-6103	60620	Worth Township	(708) 371-2900	60803
Action Coalition of Englewood Inc.	(773) 846-0080	60621	PLCCA	(708) 450-3500	60804
The Public Outreach Agency	(773) 424-8656	60621	Chicago South Community Development Organization	(708) 631-2258	60827



# Utility Bills Weighing You Down? We've Got Your Back!





## APPLY FOR LIHEAP DURING YOUR HOUSEHOLD'S ELIGIBILITY PERIOD

### DOCUMENTS NEEDED TO APPLY

-  Proof of current 30-day gross income for all household members. This also includes income for children who receive child support or social security benefits.
-  Copy of most recent heating and electric bills.
-  Proof of social security numbers or ITINs for all household members. Individuals without a SSN or ITIN can still apply.

\*\*Additional Documentation may be needed.

### DID YOU KNOW?

-  Help is available on your heating or electric bills, even if you are not behind.
-  You can still apply if you don't have income.
-  Delivered fuel households are eligible for assistance.
-  Furnace Assistance is also available for households with an inoperable furnace.

**October  
2nd**

### PRIORITY PERIOD 1

Beginning October 2nd, households with a senior(s) age 60 and over, person(s) with a disability, and families with children under the age of 6 can apply for LIHEAP benefits.

**November  
1st**

### PRIORITY PERIOD 2

Beginning November 1st, households disconnected from one or both utilities or in danger of being disconnected can apply for LIHEAP benefits. Priority period 1 customers can also apply at this time.

**December  
1st**

### ALL HOUSEHOLDS ELIGIBLE TO APPLY

Beginning December 1st, all eligible Cook County households may apply for LIHEAP benefits through August 15, 2024 (or until funds are exhausted), including households with a senior(s), disabled individual(s), children under 6, and/or disconnected/imminent disconnected households.



Community and Economic Development Association of Cook County, Inc.  
Energy Services Department



Funded by  
**Illinois**  
**Department of Commerce**  
& Economic Opportunity

Call, Scan or Visit  
to learn more!

(800)-571-2332  
CEDAorg.net/Bills





**FREE!**

# FURNACE ASSISTANCE

If your household is LIHEAP eligible and your heating system isn't working properly or is red-tagged by the utility, qualified homeowners can receive vouchers for repairing or replacing their heating systems, such as furnaces and boilers.

## DOCUMENTS NEEDED TO APPLY:

### LIHEAP eligibility documents

- Proof of current 30-day gross income for all household members, including income for children who receive child support or Social Security benefits
- Copy of most recent heating and electric bills
- Proof of social security numbers (SSN) or ITINs for all household members. Individuals without an SSN or ITIN can still apply.

### Furnace Assistance eligibility documents

- 2 proofs of home ownership
  - Current property tax bill, Mortgage billing or loan statement, and any Recorded Cook County Record. Only the original Vehicle Title is required for mobile homeowners.

### Who is eligible?

- LIHEAP approved households
- Undocumented customers
- Homeowners (must reside at the property)
  - Landlords (building of up to 4 units)
  - Condominium owners
  - Mobile Homeowners

## PRIORITY PERIOD 1

Beginning October 2nd, households with a senior(s) age 60 and over, person(s) with a disability, and families with children under the age of 6 can apply for LIHEAP benefits.

**October 2nd**

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**December 1st**

*Call, Scan or Visit to learn more!*

(800)-571-2332  
CEDAorg.net/Bills





## 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)

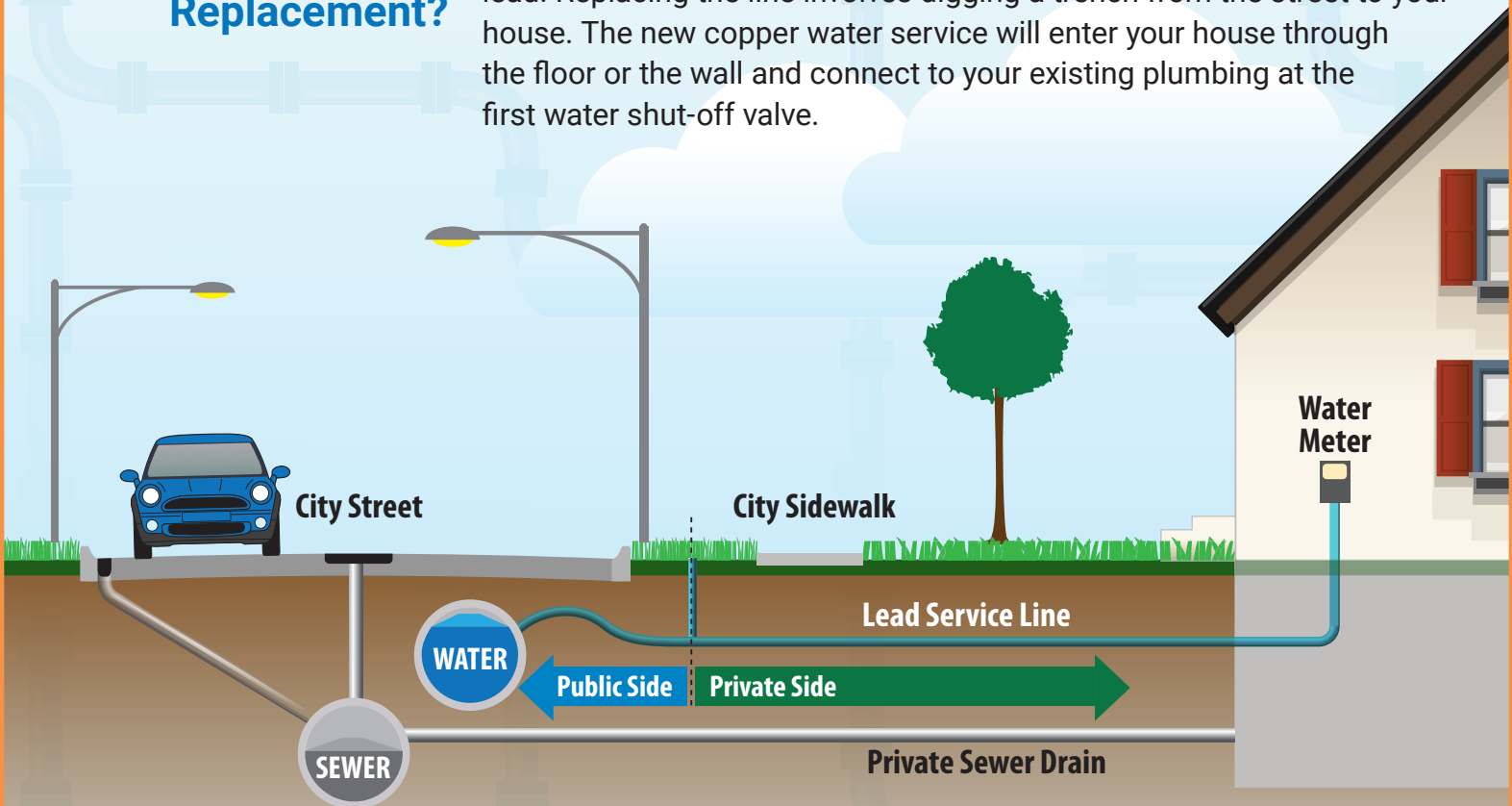
*The number of homes receiving free service line replacements will be capped annually by available funding.*

### 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.**



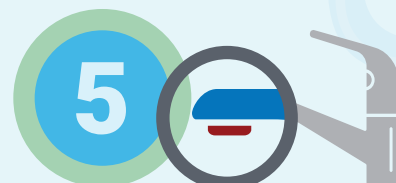
### 3 Replace old faucets:

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.



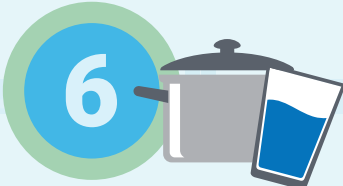
### 4 Flush water for 5 minutes if it hasn't been used for 6 hours:

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.



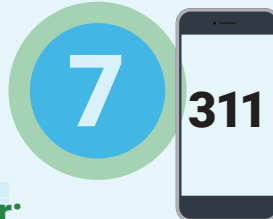
### 5 Clean faucet aerators every six months:

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.

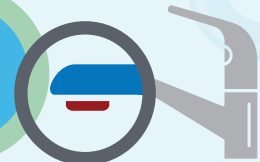
4



### 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.

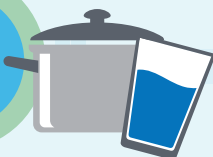
5



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

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

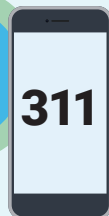
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### Cocine y beba agua fría:

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

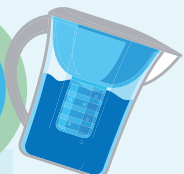
7



### 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.



## Senior Services Congregate Dining Program



Join us for our city-wide culinary celebrations across our 50 congregate nutrition sites featuring culturally diverse meals representing the vibrancy and diversity of our great city!

Special meals will be served twice a month across all nutrition sites. Please visit your nearest site from the list below between the hours of 9am-1pm Monday through Friday for more information or call 312-744-4016.

### Northeast Region Address

Mary Hartwell Apts	3920 N. Clark St.
Judge Fisher Apts	5821 N. Broadway St.
Japanese-American	4427 N. Clark St.
Ella Flagg Apts.	4645 N. Sheridan Rd.
Schneider Apts	1750 W. Peterson Ave.
<b>Northeast Regional Center</b>	<b>2019 W. Lawrence Ave.</b>
Center on Addison	806 W. Addison St.
South-East Asia Center	5120 N. Broadway St.
Caroline Hedger Apts	6400 N. Sheridan Rd.
Metropolitan Asia Family Serv	2520 W. Devon Ave.
Edgewater Senior Satellite	5917 N. Broadway St.

### Central West Region Address

Parick Sullivan Apts	1633 W. Madison St.
Edith Spurlock-Sampson Apts	2640 N. Sheffield Ave.
Hilliard Apts	54 W. Cermak Rd.
Chinese Community Center	250 W. 22nd Pl.
Zelda Ormes Apts	116 W. Elm St.
Maria Diaz Martinez Apts	2111 N. Halsted St.
Irene McCoy Gaines Apts.	3700 W. Congress Pkwy.
<b>Central/West Regional Center</b>	<b>2102 W. Ogden Ave.</b>
West Town Logan Square Satellite	1613-15 W. Chicago Ave.
Britton Budd Apts	501 W. Surf St.
Austin Satellite	5071 W. Congress Pkwy.
Fannie Emanuel Apts.	3916 W. Washington

### Northwest Region Address

Indo American Center	6328 N. California Ave.
Montclare Apts.	6650 W. Belden Ave.
<b>Northwest Regional Center</b>	<b>3160 N. Milwaukee Ave.</b>
Montrose Baptist Church	4411 N. Melvina Ave.
Hanul Family Alliance	5008 N. Kedzie Ave.
Portage Park Satellite	4100 N. Long Ave.
Norwood Park Satellite	5801 N. Natoma Ave.
North Center Satellite	4040 N. Oakley Ave.
Kelvyn Park Satellite	2715 N. Cicero Ave.

### Southeast Region Address

Ada S. McKinley Apts.	661 E. 69th St.
Mahalia Jackson Apts.	9177 S. South Chicago Ave.
Judge Green Apts.	4030 S. Lake Park Ave.
<b>Southeast Regional Center</b>	<b>1767 E. 79th St.</b>
Paul G. Stewart	400 E. 41st St.
Abbott Park Satellite	49 E. 95th St.
Chatham Satellite	8300 S. Cottage Grove Ave.
South Chicago Satellite	9233 S. Burley Ave.
Roseland Senior Satellite	10426 S. Michigan Ave.

### Southwest Region Address

Lincoln Perry Apts	3245 S. Prairie Ave.
Minnie Ripperton Apts.	4250 S. Princeton Ave.
Vivian Carter Apts	6401 S. Yale Ave.
Las Americas Apts.	1611 S. Racine Ave.
<b>Southwest Regional Center</b>	<b>6117 S. Kedzie Ave.</b>
Garfield Ridge Senior Center	5672 S. Archer Ave.
Englewood Satellite	653-657 W. 63rd St.
Auburn Gresham Satellite	1040 West 79th St.
Pilsen Satellite	2021 S. Morgan St.





# PASSPORT to the WORLD



## Senior Services Congregate Dining Program



Join us for our city-wide culinary celebrations across our 45 congregate nutrition sites featuring culturally diverse meals representing the vibrancy and diversity of our great city!

**Reserve your place for the special meals at your local congregate site!**

### Special Meal on December 14, 2023

Featuring Mexican cuisine in recognition of the Feast of Our Lady of Guadalupe which is celebrated in Mexico and in the United States during the month of December. This celebration commemorates the appearance of Mary (Patron Saint of Mexico) to the Mexican peasant Juan Diego in 1531. Every year, thousands of people from all over the country make a pilgrimage to the Basilica in Mexico City.



**Chicken Tinga with Tortillas, Beans, Pico de Gallo, Fresh Tropical Fruit, Lemonade and Churro for Dessert**

### Special Meal on December 28, 2023

Our Golden Diners caterer, Open Kitchens, is partnering with south side restaurant owner Josephine Wade from Josephine's Southern Cooking to provide a citywide African American inspired meal in celebration of Kwanzaa, honoring African American culture and heritage. Josephine entered the business world at the early age 21. After owning and operating several restaurants and food establishments, she invested her efforts into bringing the downtown dining experience back to the south side of Chicago. In 1989, Captain's Hard Time Dining under the ownership of her son, Victor Love opened its doors. Through hard work and dedication, this popular restaurant located in Chatham specializes in award-winning Soul, Cajun, and Continental Cuisine and has been a pillar in the community for more than 30 years.

**Josephine's Catering will be featured at Englewood and Chatham Satellite Centers**



**Roasted Turkey Leg, Hoppin' John with Black Eyed Peas, Green Peppers and Onions, Side of Green Beans and Carrots, Cornbread, Iced Tea or Lemonade, and Strawberry Banana Pudding for Dessert**



# PASSPORT to the WORLD



## Senior Services Congregate Dining Program



Join us for our city-wide culinary celebrations across our 45 congregate nutrition sites featuring culturally diverse meals representing the vibrancy and diversity of our great city!

Reserve your place for the special meals at your local congregate site!

### Special Meal on January 4, 2024

Featuring Caribbean inspired cuisine in recognition of **Haitian Independence Day** when Haiti became a free republic after a revolution that began in 1791, declaring independence for all people from colonial rule and enslavement. Haiti made history by being the first black republic in the world and the first country in the Western Hemisphere to abolish slavery.



Caribbean Beef Patties, Jamaican Callaloo (Stewed Greens with Onions and Tomatoes), Iced Tea/Lemonade, and Pound Cake with Strawberry Topping for Dessert

### Special Meal on January 18, 2024

Our Golden Diners caterer, Open Kitchens, is partnering with west side restaurant owner Shawnie Jones from Chicago Eats Market Place to provide a citywide Southern inspired meal in celebration of **Dr. Martin Luther King Jr.**, an American Baptist minister, activist, and one of the most prominent leaders in the civil rights movement. Shawnie is the Chef and owner of Chicago Eats & Catering located in Chicago's West Garfield Park neighborhood. Shawnie's culinary art is a gift she shares every day with her customers. Meals are prepared with fresh, quality ingredients that include fresh vegetables and premium meats.

Chicago Eats & Catering will be featured at Central West Regional Senior Center & Fannie Emanuel Apts.



Chicken Quarter with Gravy, Cabbage Greens, Mac n Cheese, Fresh Orange, Lemonade, and Chocolate Cake for Dessert

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.

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

### Adult Protective Services (APS)

**Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59.** Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

### Case Advocacy & Support (CAS)

**CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community** who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

### Intensive Case Advocacy Services (ICAS)

**ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community** by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

## Legal Services

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

Contact the DFSS Senior Services Division  
Information and Assistance Unit  
[aging@cityofchicago.org](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](mailto: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



# Medicare Open Enrollment

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

- **Signing up for Medicare have you confused?**
- **Looking for a change in prescription drug coverage?**
- **New to Medicare and want some help finding the right plan for you?**
- **We are here to help!**

*Call us at 312-744-4016 - We are here to help!*

**Call the Senior Services Information & Assistance Helpline  
312-744-4016 or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

## What is Medicare Open Enrollment?

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**This is the time to make changes** to your Medicare health plan and prescription drug coverage to better meet your needs for the following year.

## What changes will be made during open enrollment?

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**Medicare health and drug plans can change each year.** This includes changes to cost, coverage, and which providers and pharmacies are in their networks.

## When is Medicare Open Enrollment?

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Open Enrollment is **October 15 – December 7** every year.

*Free language interpretation services available.*



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## How will I know if I need to change plans?

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Always review the Medicare materials you receive, like the Evidence of Coverage (EOC) and Annual Notice of Change (ANOC).

If your plan is changing, make sure they meet your needs.

## How can Senior Health Insurance Program (SHIP) Counselors help me?

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SHIP counselors are available during Open Enrollment, and throughout the year, to answer questions and help you select your Medicare plans.

## What do I do if I want to make a change to my plan?

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Call a SHIP Counselor at 312-744-4016 to learn more about Medicare options and help finding the right plan for you.

If you are happy with your current Medicare plans and do not want to make a change, you don't need to do anything. Your coverage will remain the same.

## Where can I find Medicare plan information or compare plans?

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**1-800-MEDICARE** or visit [www.Medicare.gov](http://www.Medicare.gov).

**Call Senior Services Information & Assistance helpline  
312-744-4016 or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

*Free language interpretation services available.*

# 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.***

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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