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Silver Connections Professional Resource Directory

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Silver Connections
PO Box 92
Cary, IL 60013
www.ASilverConnection.com

Publisher
PeaPod Publications
Rolling Meadows, Illinois

ISBN 978-1-879078-00-0

Printed in the United States of America

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WHEN YOU ARE LOOKING FOR ASSISTANCE, SUPPORT OR IF YOU'RE IN A
CRISIS CALL US FIRST. 866-421-8266

4 ASSOCIATIONS FOR SPECIFIC ILLNESSES



Alzheimer's Association

8430 W. Bryn Mawr Suite 800

Chicago, IL 60631

847-933-2413

National: 800-272-3900 (24 hr. helpline)

866-403-3073 (TTY)

www.alz.org

Mission: To eliminate Alzheimer's disease through research; to provide & enhance care & support for all affected; & to reduce dementia through the promotion of brain health.

The American Academy of Dermatology

930 E. Woodfield Rd.

Schaumburg, IL 60173

847-330-0230 or

866-503-7546

www.aad.org

Provides information on aging skin, age spots and skin cancer.

American Brain Tumor Association

2720 S. River Rd.

Des Plaines, IL 60018

847-827-9910 or

800-886-2282

www.abta.org

A nonprofit organization dedicated to promoting brain tumor research, while offering information & support to brain tumor patients and their families.

American Cancer Society

225 N. Michigan Ave. #1210

Chicago, IL 60601

312-372-0471

800-227-2345

866-228-4327 (TTY)

www.cancer.org

A nationwide, community-based voluntary health organization devoted to defeating cancer through research, support and advocacy.

American Cancer Society

1114 N. Arlington Heights Road

Arlington Heights, IL 60004

800-227-2345

www.cancer.org

Provides free assistance for those that are fighting cancer.

American Council of the Blind

1155 15th Street NW, Suite 1004

Washington DC 20005

202-467-5081

800-424-8666

www.acb.org

Strives to improve the well-being of all blind and visually impaired people by serving as a representative national organization of blind people.

American Dental Association

211 East Chicago Ave.

Chicago, IL 60611-2678

312-440-2500

www.jada.ada.org

Mission: Committed to the public's oral health, ethics, science and professional advancement.

American Diabetes Association

30 N. Michigan Ave. #2015

Chicago, IL 60602

312-346-1805

800-342-2383 (National)

www.diabetes.org

Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

American Heart Association

208 LaSalle St. #900

Chicago, IL 60604

312-346-4675

800-242-8721

www.americanheart.org

Mission: To build healthier lives, free from cardiovascular diseases and stroke.

American Liver Foundation

180 N. Michigan Ave., #1870

Chicago, IL 60601

312-558-1675 (Chicago)

800-223-0179 (National)

Provides information on liver diseases, as well as advocacy for education, treatment and research funding.

American Lung Association of Metro Chicago

1440 W. Washington Blvd.

Chicago, IL 60607

312-243-2000

800-586-4872

www.lungusa.org

Mission: To promote healthy lungs and fight lung disease through research, advocacy and education.



American Parkinson Disease Association

Information and Referral Center



Central DuPage Hospital

27 W. 353 Jewell Road

Winfield, IL 60190-1231

800-223-9776

www.apdamidwest.org

American Parkinson Disease Association

Central DuPage Hospital

27 W. 353 Jewell Road

Winfield, IL 60190-1231

800-223-9776

www.apdamidwest.org

Provides information, referrals, educational programs and support services to anyone with questions or concerns about Parkinson's Disease

6 ASSOCIATIONS FOR SPECIFIC ILLNESSES



American Red Cross of Greater Chicago

2200 W. Harrison
Chicago, IL 60612
312-729-6100

A humanitarian organization led by volunteers and guided by its Congregational Charter and the Fundamental Principles of the International Red Cross Movement. Provides relief to victims of disasters and help people, prevent, prepare for, and respond to emergencies.

Arthritis Foundation of Greater Chicago

29 E. Madison #500
Chicago, IL 60602
312-372-2080

800-283-7800 (National)

The three-fold mission of the organization is research, prevention and quality of life.

Brain Injury Association of Illinois

P.O. Box 64420
Chicago, IL 60664-0420
312-726-5699
800-699-6443

Mission: Create a better future through brain injury awareness, prevention, education and advocacy.

Chicago Hearing Society

2001 N. Clybourn Ave
Chicago, IL 60614
773-248-9121
773-248-9174 (TTY)

www.chicagohearingsociety.org

Mission: To empower deaf, hard of hearing and hearing people to communicate with each other, thereby lessening the isolation which separates them.

Foundation for Fighting Blindness

1590 South Milwaukee Avenue, #302
Libertyville, IL 60048
847-680-0100
800-683-5555
800-683-5551 (TTY)

www.blindness.org

Raises money for research into causes and cures of retinal degenerative diseases.

Kidney and Urology Foundation of America

152 Madison Avenue, Suite 201
New York, NY 10016
212-629-9770
800-633-6628

www.kidneyurology.org

Dedicated to helping people with kidney and urologic diseases and individuals waiting for organ and tissue transplants.

Mental Health Association of Illinois

70 E. Lake St.
Chicago, IL 60601
312-368-9070

A leading nonprofit, non-governmental statewide organization in Illinois concerned with the entire spectrum of mental and emotional disorders.

Multiple Sclerosis Foundation

6350 North Andrews Avenue
Ft. Lauderdale, FL 33309
888-673-6287
800-225-6495
800-344-4867 (National)

www.nmss.org

Funds raised by the foundation go directly into services designed to improve the quality of life for people with MS. Our priority is to serve with empathy, resourcefulness and responsibility.

National Association for Continence

450 West Highway 22
Barrington, IL 60010
847-382-5080 or
800-252-3337

NAFC is the largest and most prolific consumer education and advocacy organization dedicated to bladder and bowel health.

National Hearing Association

3030 W. 81st Avenue
Westminster, CO 80031
303-224-9022
800-638-8255

www.hearingconservation.org

Mission: To prevent hearing loss due to noise and other environmental factors in all sectors of society.

National High Blood Pressure Education Program

PO 30105
Bethesda, MD 20824
301-592-8573
240-629-3255 (TTY)

www.nhlbi.nih.gov

A cooperative effort among professional and voluntary health agencies, State health departments, and many community groups to reduce death and disability related to high blood pressure.

National Institute of Arthritis and Musculoskeletal and Skin Disease

1 AMS Circle
Bethesda, MD 20892-3675
301-495-4484
301-565-2966 (TTY)
877-226-4267

www.niams.nih.gov

Mission: To support research into the causes, treatment, and prevention and

the training of basic and clinical scientists to carry out this research, and the dissemination of information on research progress in these diseases.

National Institute of Neurological Disorders and Stroke

P.O. Box 5801
Bethesda, MD 20824
301-496-5751
800-352-9424

www.ninds.nih.gov

Mission: To reduce the burden of neurological disease – a burden borne by every age group, every segment of society, and by people all over the world.

National Parkinson Foundation

1501 N.W. 9th Ave., Bob Hope Road
Miami, FL 33136-1494
800-327-4545

www.parkinson.org

Dedicated to providing education, research, information, referral, and outreach to those affected by Parkinson's Disease.

National Resource Center on Osteoporosis and Related Diseases

2 AMS Circle
Bethesda, MD 20892-3676
202-223-0344
800-624-2663
202-466-4315 (TTY)

www.healthywomen.org

Mission: To expand awareness and enhance knowledge & understanding of the prevention, early detection and treatment of these diseases as well as strategies for coping with them.

8 ASSOCIATIONS FOR SPECIFIC ILLNESSES



National Stroke Association

9707 E. Easter Lane
Building B
Centennial, CO 80112
800-STROKES
800-787-6537
www.stroke.org

Mission: To lower the incidence and impact of stroke by developing compelling community outreach programs, calling for continued improvement in the quality of stroke patient care, and educating both healthcare professionals and the general public about stroke.

Northwestern University Parkinson's Disease and Movement Disorders Center

312-503-4397
Mission: To provide innovative, multidisciplinary care for patients and families affected by Parkinson's Disease and other movement disorders. Promote health, education, and support for patients, caregivers, family members, healthcare providers, and the community; and conduct pre-clinical and clinical research in order to extend the knowledge and treatment of movement disorders.



Care Navigation provides you with one on one counseling with a licensed social worker, specifically trained in issues related to memory loss.

Care Navigators can help you:

- Identify avenues of support.
- Adjust to the diagnosis of a loved one.
- Develop a plan to share the diagnosis with others.

Using a solutions-focused approach for each session, Care Navigators work with you to complete an assessment, assist in prioritizing goals and solving problems, develop a care plan, and refer to other community resources.

For more information or to schedule your care navigation appointment call 847.933.2413 or visit www.alz.org/illinois.

Pancreatic Cancer Action Network

2141 Rosecrans Avenue, Suite 700
El Segundo, CA 90245
310-725-0025
877-272-6226

www.pancan.org

A nationwide network of people dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer.

Prevent Blindness America

211 W. Wacker Drive
Suite 1700
Chicago, IL 60606
847-843-2020

A volunteer eye health and safety organization.

Parkinson's Disease Foundation

710 W. 168th Street
New York, NY 10032-9982
212-923-4700
800-457-6676

www.pdf.org

The Parkinson's Disease Foundation provides education, research, and advocacy to those affected by the disease.

Simon Foundation for Continence (Chicago headquarters)

P.O. Box 815
Wilmette, IL 60091
847-864-3913
800-237-4666

www.simonfoundation.org

The Simon Foundation is known throughout the world for its innovative educational projects and tireless efforts on behalf of people with loss of bladder and bowel control.

Skin Cancer Foundation

149 Madison Avenue, Suite 901
New York, NY 10016
212-725-5176
800-962-3260
800-754-6490

www.skincancer.org

Mission: To decrease the incidence of the disease by means of public and professional education, medical training, and research.

10 CHARITABLE ORGANIZATIONS



@Home Matters Volunteer Program Lutheran Life Communities

800 W. Oakton Street
Arlington, Heights, IL 60004
224-735-4033

Provides friendly visits and telephone reassurance to the elderly & mentally ill in the Northwest Chicago area.

Allendale's Hidden Treasures Give & Thrift

2177 North Route 83
Round Lake Beach, IL 60073
847-543-8731

Proceeds from sales go to Allendale Association, which is a private, not-for-profit organization dedicated to excellence and innovation in the care, education, treatment and advocacy for troubled children, youth and their families.

A Safe Haven

P.O. Box 39083
Chicago, IL 60639-0083
773-435-8300 (Ask for intake)
Intake@asafehaven.com (Email)
www.asafehaven.com

A private organization that specializes in housing for individuals recovering from alcoholism and substance abuse. Provides recovery homes, supportive housing and affordable housing enriched with trained staff. Also, a referral network to individuals and families that are homeless and/or have special needs, such as substance abuse, mental health issues, or other chronic health conditions.

Belongings

205 South Cook Street
Barrington, IL 60010
847-304-0504

All proceeds from Belongings benefit Wellness Place, a non-profit, cancer resource center. Located in Palatine, Wellness Place provides education, encouragement, and empowerment to people living with cancer, their family, caregivers and friends.

Big Brothers/Big Sisters

560 W. Lake Street, 5th Floor
Chicago, IL 60661
312-427-0637

www.bbbschgo.org

Mission: To provide friendship, emotional support, and guidance to youth through positive adult role models.

Brown Elephant

3651 N. Halsted Street
Chicago, IL 60613-4315
773-549-5943 ext. 1

All proceeds go to all people in need, the homeless/run away and at risk youth, elders in need, low income and uninsured. Many who struggle with poverty and illnesses such as HIV/AIDS.

Cancer Federation

800-962-3260

www.cancerfed.com

Cancer Federation is one of the foremost non-profit foundations in the field of cancer immunology. The federation provides information, donations, education, educational materials and support groups for cancer patients, to help their families and friends.

Caregiver Interfaith Volunteer Services

800 E. Carpenter
Springfield, IL 62769
217-757-6621

Provides friendly visits, telephone reassurance, transportation, and shopping to the elderly, developmentally and physically disabled, and mentally ill in Sangamon.

Carpentersville Thrift and Resale

150 Kennedy Drive Route 25 Suite 3A
Carpentersville, IL 60110
847-551-3590

100% of proceeds benefit the Veterans Homeless Shelter, Project Fresh Start, which assists Veterans with housing, job training and counseling, etc. Most household items are accepted for donation.

C.A.R.S.

67 East Algonquin Road
South Barrington, IL 60010
847-765-0100 ext. 1116
224-512-1775

www.willowcreek.org/cars

The C.A.R.S. Ministry helps provide cars to single moms, helping them gain independence and opportunity.

Catchpenny Thrift Store

118 East Main Street
Barrington, IL 60010
847-381-7721

Proceeds go to Good Shepherd Hospital.

Catholic Charities

312-655-7700

www.catholiccharities.net

Main number for any number of reasons, such as shelter, clothing, food, legal and counseling, etc.

Catholic Charities

North Suburban Senior Services

671 Lewis (Lake County)
Waukegan, IL 60085
847-782-4000

Provides in-home social service assessments and on-going case management for frail elderly who live in Lake County.

Catholic Charities

South Suburban Senior Services

15300 S. Lexington Avenue
Harvey, IL 60426
708-596-2222

Government-funded employment and training for low-income residents 55 years and older. Seniors work part-time in social agencies and government organizations while obtaining skills for unsubsidized employment.

CJE SeniorLife

3003 West Touhy Avenue
Chicago, IL 60645
773-508-1000
www.cje.net

A comprehensive network of housing, healthcare, community services, education and applied research.

Collinsville Faith in Action

222 Goethe Ave.
Collinsville, IL 62234
618-344-8080

Provides friendly visits, telephone reassurance, transportation, personal care, shopping, respite care, and assistance with chores to the elderly and developmentally and physically disabled in Collinsville, Caseyville, Maryville and State Park.

Compeer of Northern Illinois

8616 Northern Ave.
Mildred Berry Center
Rockford, IL 61107
815-332-8003

Provides friendly visits and telephone reassurance to the mentally ill in Winnebago & Boone Counties.

C.O.O.L. Food Pantry

Transitional Housing
127 West Water Street
Waukegan, IL 60085
847-662-1340

www.coolministries.org

A food pantry that supplies four days of emergency food to clients referred by area agencies and churches.

County ReStore

3545 Grand Avenue
Gurnee, IL 60031
847-623-1020
www.habitatlc.org

A nonprofit, ecumenical Christian housing organization building simple, decent, affordable housing in partnership with people in need.

12 CHARITABLE ORGANIZATIONS



Easter Seals of Metropolitan Chicago

14 East Jackson Blvd.

Suite 900

Chicago, IL 60604

312-939-5115

www.chicago.easterseals.com

Provides services for individuals with disabilities comprehensive services for individuals with special needs and their families to improve quality of life and maximize independence.

Faith in Action

528 S. Batavia Ave.

Batavia, IL 60510

630-482-9699 ext. 222

Provides friendly visits and telephone reassurance to the elderly & mentally ill in Kane and Kendall Counties.

Faith in Action of Bloomington/ Normal

410 N. Prairie Street

Bloomington, IL 61701-4077

309-827-7780

Provides friendly visits, telephone reassurance, assistance with chores, transportation and shopping to the elderly & disabled in the Bloomington/Normal area.

Faith in Action Danville

100 N. Franklin Street

Danville, IL 61832

217-431-8489

Provides friendly visits, telephone reassurance, meal preparation, shopping, transportation, respite care, assist with chores, and bill paying to the elderly and developmentally and physically disabled in Vermillion.

Faith in Action DeWitt County

803 W. Leander

Clinton, IL 61727

217-935-2241

Provides friendly visits, telephone reassurance, transportation, and shopping to the elderly and mentally and physically disabled in Dewitt.

Faith in Action East St. Louis

4601 State Street Suite 220-230

East Saint Louis, IL 62205-1359

618-271-7000

Provides friendly visits, telephone reassurance, bill paying, meal preparation, shopping, assist in chores, housekeeping and personal care to seniors and developmentally and physically disabled in the St. Louis area.

Faith in Action of Edgar County

104 E. Washington Street

P.O. Box 154

Paris, IL 61944

217-466-6388

Provides friendly visits, telephone reassurance, housekeeping, transportation, shopping, and assist in chores to the elderly, and developmentally and physically disabled in Edgar County.

Faith in Action Edwardsville/Glen Carbon

P.O. Box 255

Edwardsville, IL 62025

618-692-0480

Provides friendly visits, telephone reassurance, transportation, meal preparation, respite care, assist in chore and housekeeping to the elderly, mentally ill and physically disabled in Edwardsville.

Faith in Action Evanston

2120 Lincoln Street

Evanston, IL 60201-2282

847-902-7073

Provides friendly visits, telephone reassurance, transportation, shopping, house keeping, respite and assist in chores to the elderly, mentally ill and physically disabled in Greater Evanston and Skokie.

Faith in Action of Gateway Services, Inc.

406 S. Gosse Boulevard
Princeton, IL 61356
815-875-4548

Provides friendly visits, telephone reassurance, transportation and assist in chores to developmentally and physically disabled and the mentally ill in Bureau, Marshall and Putnam.

Faith in Action: Interfaith Caregiver Network

Central Illinois Agency on Aging, Inc.
700 Hamilton Boulevard
Peoria, IL 61603-3617
309-674-2071

Provides friendly visits, telephone reassurance, housekeeping, meal preparation, transportation, shopping, and assist in chores to the elderly and physically disabled in Tazewell, Peoria and Fulton.

Faith in Action of Mason County

247 W. Prairie Ave.
Decatur, IL 62523
217-428-0013

Provides friendly visits, telephone reassurance, transportation, meal preparation, shopping, respite care and assist with chores to the elderly and developmentally and physically disabled in Macon County.

Faith in Action of McHenry County

7105 Virginia Road Suite 21
Crystal Lake, IL 60014
815-455-3120

Assists the elderly with bill paying, chores, housekeeping, meal preparation, shopping and provides friendly visits and telephone reassurance.

Faith in Action of Platt County

121 N. State Street
Monticello, IL 61856-1677
217-762-7575 ext. 27

Provides friendly visits, telephone reassurance, housekeeping, meal preparation, shopping, transportation, and assist in bill paying to the elderly in Platt County and some surrounding areas.

Faith in Action of the Quad Cities/ URIC

22621 1/2 Route 2 & 92
Port Byron, IL 61275-9407
309-523-3880

Provides friendly visits, transportation, housekeeping, shopping, and assist in chores to the elderly in Silvis, Upper Rock Island and Eastern portion of East Moline.

Faith in Action of The Quad Counties

101 E. Ninth Street
Pana, IL 62571
217-562-6263

Provides friendly visits, telephone reassurance, housekeeping, meal preparation, shopping, transportation, and assist in chores and personal care to the elderly, and developmentally and physically disabled in Shelby, Christian, Fayette and Montgomery Counties.

Faith in Action South

302 N. State Street
Westville, IL 61883-1466
217-267-2752

Provides friendly visits, housekeeping, meal preparation, telephone reassurance, transportation, shopping and assist in chores to the elderly in South/Southwestern Vermillion.

14 CHARITABLE ORGANIZATIONS



Faith in Action Voluntarios de Fox Valley Hospice

200 Whitfield Drive
Geneva, IL 60134-1648
630-232-2233 ext. 227

Provides friendly visits, housekeeping, bill paying, meal preparation, shopping, telephone reassurance, personal care, transportation, respite and assist in chores to the terminally ill and those with HIV/AIDS related illnesses in Kendall and Kane Counties.

Foster Grandparent Program Illinois Department on Aging

421 East Capitol Avenue, #100
Springfield, IL 62701
800-424-8867
800-252-8966 (TTY)
Chicago branch 312-744-3221
www.state.il.us/aging

Help abused and neglected children; mentor troubled teenagers and young mothers; provides care for pre-mature infants, and children with disabilities. Provide different generations opportunities to grow together.

Frisbie Senior Center Resale Shoppe

50 E. Northwest Hwy
Des Plaines, IL 60016
847-768-705

All proceeds are to fund programs for the seniors at the Frisbie Senior Center.
Volunteers and donations always welcome.

Goodwill Industries

819 S. Wabash Avenue, 4th Floor
Chicago, IL 60605-2153
312-212-1290
312-212-2223 (TTY)
www.goodwillchicago.com

Provides job training and employment opportunities for people with disabilities and disadvantages through its community-based member organization around the world.

Habitat for Humanity Northern Fox Valley

20 S. Grove Suite 201
Carpentersville, IL 60110
847-836-1432
www.hfhfv.org

A nonprofit, ecumenical Christian housing organization building simple, decent, affordable housing in partnership with people in need.

Habitat for Humanity of Illinois

323 Grapevine Trail
Oswego, IL 60543
630-551-0160
www.habitatillinois.org
Helps develop communities by building houses with people in need.
Habitat for Humanity of Lake County.

Heart to Heart Faith in Action

6214 N. Glenwood Ave.
Chicago, IL 60660-1808
773-973-5464

Provides friendly visits, telephone reassurance, assistance with chores, transportation, shopping and bill paying to the elderly within the area of West Devon to West Foster and North Ridge to the lake.

Help A Pet

P.O. Box 244
Hinsdale, IL 60522
630-986-9504

www.help-a-pet.org

A non-profit organization that provides assistance nationwide for the medical care of pets whose owners are unable to afford the expense.

Helping Our Heroes

847-302-1395
847-506-5050

www.helpingourheroes.org

Program sponsored by the Realtor® Association Northwest Chicagoland dedicated to raising money to help Illinois military personnel, fire fighters, and police officers with residential-related expenses due to their financial distress.

Heroes at Home

333 Beverly Road
Hoffman Estates, IL 60179
847-286-2500

www.searsholdings.com/military
Sears Holdings, through Rebuilding Together, provides necessary home repairs free of charge to active Military and Veterans in need.

Hinsdale Humane Society

630-323-5630

Dedicated to the care and adoption of unwanted and abandoned animals.. Their "Friends for Life" program places animals six years of age or older with seniors 65 years of age or older at no charge.

H.O.M.E. (Housing Opportunities & Maintenance for the Elderly)

5414 B. West Roosevelt Road
Chicago, IL 60644
773-921-3200

www.homeseniors.org
Offers intergenerational living and provides a variety of support services; moving seniors and making home repairs to providing transportation, furniture, and friendly visiting.

Home of the Sparrow

6213 A. Factory Road
Crystal Lake, IL 60014
815-444-1660
Ext. 50 for shelter assistance

www.h-o-s.org
Serves the community as a transitional shelter program providing housing and supportive services for homeless women and their children in McHenry County.

In Home Respite Program

222 E. Willow Avenue
Wheaton, IL 60187-5426
630-784-4840

Provides respite care to the elderly and physically disabled in DuPage County.

Interfaith Community Partners

1515 W. Ogden Ave. Suite 536
LaGrange Park, IL 60526-1721
708-579-8929

Provides friendly visits, telephone reassurance, transportation, respite care, shopping and assist with chores to the elderly and physically disabled.

Jewish United Fund/Jewish Federation

Ben Gurion Way
30 S. Wells
Chicago, IL 60606-5056
312-346-6700

www.juf.org
Provides critical resources that bring food, refuge, health care, education and emergency assistance to Chicagoans of all faiths and two million Jews around the world.

Kenneth Young Center Resale Shop

1150 S. Roselle Rd.
Schaumburg, IL 60193
847-891-0978

Proceeds are used to help people with mental and health problems. Also, to assist the elderly by bringing them Meals on Wheels, friendly visits, shopping, cleaning, counseling and other services.

Lamb's Farm Thrift Shop

14245 West Rockland Road
Libertyville, IL 60048
847-327-9053
877-711-5262

www.lambsfarm.org
A premier non-profit organization serving adults with developmental disabilities.

16 CHARITABLE ORGANIZATIONS



Little Brothers—Friends of the Elderly

355 N. Ashland Avenue

Chicago, IL 60607

312-455-1000

www.littlebrotherschicago.org

LBFE extends a hand in friendship to Chicago elders 70 and older who have few or no meaningful social connections. It is privately funded, volunteer-based and non-profit. Free social programs for LBFE elders include: holiday parties, homebound visits, Wednesday and Saturday luncheons, outings, week long summer vacations in Rochelle, IL and the celebration of every elder's birthday.

Little Christopher Resale Shop

469 Lake Street

Crystal Lake, IL 60014

815-459-9442

A not-for-profit resale shop run by volunteers from St. Thomas Church.

Lutheran Social Services

1247 N. Galena Ave.

Dixon, IL 61021

815-288-6655

www.lssi.org

Brings healing, justice and wholeness to people and communities.

Lutheran Social Services

1901 1st Avenue

Sterling, IL 61081

815-626-7333

www.lssi.org

Brings healing, justice and wholeness to people and communities.

Lutheran Social Services of Illinois

1001 East Touhy Avenue, Suite 50

Des Plaines, IL 60018

847-635-4600

847-390-1409 (TTY)

www.lssi.org

Brings healing, justice and wholeness to people and communities.

Maristella

1010 North Milwaukee Avenue

Libertyville, IL 60048

847-367-5360

www.maristella.org

Promotes self-sufficiency of homeless women and mothers with children in Lake County, IL by providing assistance with finding safe, clean, affordable housing, and providing rent subsidies and other support services.

McHenry County Defenders

124 Cass Street, Suite 3

Woodstock, IL 60098

815-338-0393

www.mcdef.org

Mission: Committed to building sound ecological relationships between people and the natural world that supports all life.

National Children's Cancer Society

1 S. Memorial Drive, Suite 800

St. Louis, MO 63102

314-241-1600

800-532-6459

www.nationalchildrenscancersociety.com

Improve the quality of life for children with cancer and their families by providing financial and in-kind assistance, advocacy, support services and education.

Neighbor to Neighbor/Faith in Action

101 S. Grove

Elgin, IL 60120

847-741-0404

Provides the frail and elderly in Kane County a variety of services that include bill paying, chores, friendly visits, shopping, telephone reassurance and transportation.

On Angels' Wings, Inc.

5186 Northwest Highway, Unit 133
Crystal Lake, IL 60014
815-356-8170

www.OnAngelsWingsInc.org

Mission: To rescue abandoned domesticated animals and provide safe haven while they are rehabilitated and retrained to live full and productive lives. Donations and sales at the thrift store help sustain these efforts.

PeopleCare, Inc.

60 Akenside Road
Riverside, IL 60546
708-442-1223

Provides friendly visits, telephone reassurance, and transportation to the elderly in Cook County.

Pet Support for Seniors

P.O. Box 300114
Chicago, IL 60630-0114
773-370-9114

www.petsupportforseniors.org

A non-profit organization dedicated to helping low-income seniors keep and care for their pets.

Pets for Seniors

Peoria
309-446-9721

Volunteers specialize in matching senior humans with senior pets.

Red Tape Cutters

Donations Only
708-383-0258

www.ageoptions.org

Helps seniors apply for food stamps, Medicaid, energy assistance, prescription drug programs and many other public and private benefits.

Saint Francis Medical Center Parish Nurse Program

530 Northeast Glen Oak Ave.
Peoria, IL 61637
309-655-6416

Provides friendly visits, telephone reassurance, bill paying, transportation, and assist in chores to the elderly, mentally ill, and developmentally and physically disabled in Peoria and Tazewell.

Salvation Army Thrift Store

3521 West Grand Avenue
Gurnee, IL 60031
847-336-8857

Accepts gently used merchandise to be refurbished and resold at their thrift stores.

Salvation Army

www.salvationarmy.org

The Salvation Army's mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Salvation Army McHenry

4400 West Elm Street
McHenry, IL 60050
815-759-9101
800-728-7825

Salvation Army Mundelein

357 Townline Road
Mundelein, IL 60060
847-837-4008
800-728-7825

Salvation Army Waukegan

431 South Genesee Street
Waukegan, IL 60085
847-662-7730
800-728-7825

Save-A-Vet.Org

www.Save-A-Vet.Org

An organization, run by an Iraq Veteran, that is dedicated to the caring and well-being of all military and law enforcement working animals.

18 CHARITABLE ORGANIZATIONS



“The Other Forgotten Soldier”Savin’ Haven

(Affiliated with Tri-City Thrift Shop
In Grayslake)

100 South Atkinson, #110

Grayslake, IL 60030

847-231-5564

Proceeds go to the Tri-County Pregnancy
and Parenting Counseling Center.

SeniorLink Alliance

P.O. Box 30264

Chicago, IL 60630-0264

312-744-9057

Provides telephone reassurance,
transportation and shopping to the elderly
within the Chicagoland area.

Southeast Lake County Faith in Action Volunteers

2789 Oak Street

Highland Park, IL 60035-1491

847-433-9411

Provides friendly visits, telephone
reassurance, transportation, housekeeping,
shopping and assist with chores to the
elderly, and developmentally and physically
disabled.

Senior Companion Program

510 North Peshtigo Court

Chicago, IL 60611

312-744-3221

800-424-8867

312-744-6777 (TTY)

Help chronically impaired older adults and
frail elderly who are in need companionship,
personalized care, and or respite care from
caregivers.

Shelter, Inc. Thrift Shop

622 Roselle Road

Schaumburg, IL 60193

847-327-9053

www.Shelter-Inc.org

All proceeds from Thrift Shop sales
benefit the children and adolescents served
by Shelter. **847-255-3980 (shelter
number)**

Thrift Shop Memorial Hospital

527 West South Street

Woodstock, IL 60098

815-334-5022

Proceeds benefit the auxiliary of Memorial
Hospital.

Tri-Cities Area Faith in Action

2100 Madison Ave. Room 517

Granite City, IL 62040

618-877-9020

Provides friendly visits, telephone
reassurance, shopping, transportation and
respite to the elderly and physically disabled
in Granite City, Madison, and Venice School
districts.

Tri-County Thrift Shop

457 West Liberty Street

Wauconda, IL 60084

847-526-0383

www.tricountypps.org

Proceeds go to the Tri-County Pregnancy
and Parenting Counseling Center.

Twice Blest

27 East Northwest Highway

Palatine, IL 60067

847-934-1140

www.misericordia.com

Proceeds from the sale of donations go to
Misericordia, which supports individuals with
developmental disabilities.

United Way Chicago

560 West Lake Street

Chicago, IL 60661

312-906-2350

www.uw-mc.org

Funds are used to address critical community
needs and to delivering measurable, lasting
results.

USO

333 S. Wabash Avenue
Chicago, IL 60604
888-484-3876
800-876-7469 donations
www.uso.org

A civilian non-profit organization that provides programs and services to military personnel and their families through donations.

Vehicle Donation Processing Center

800-269-6814
www.donatecarusa.com

Accepts the donation of any kind of vehicle. Choose a charity from more than 300 non-profit organizations.

Volunteer Interfaith Caregivers

115 W. Randle Street
Lebanon, IL 62254-1434
618-537-9590

Provides transportation to the elderly in St. Claire and Clinton.

Young at Heart Pet Rescue

P.O. Box 1293
Palatine, IL 60078
847-529-2025
www.yahpetrescue.com

Aids in the rescue of older dogs and cats from municipal pounds with high euthanasia rates. Their goals are to find a new home for every adoptable older animal rescued, educate the public on the benefits of adopting older pets, and to decrease the euthanasia rates. Has an all-volunteer staff, so all donations go directly to the care of the animals.

Walking Together Resale Shop

St. Margaret Mary Catholic Church
117 South Hubbard Street
Algonquin, IL 60102
847-458-8958
www.saintmargaretmary.org

To benefit St. Margaret Mary Catholic Church.

WINGS Resale Store

8349 West Golf Road
Niles, IL 60714
847-965-1454

and

855 West Higgins
Schaumburg, IL 60195
847-884-7411

www.wingsprogram.com

Proceeds from the sale of donations go to Wings, which provides social services to women and children affected by domestic violence.

FREE REFERRAL SERVICES

Silver Connections

We help seniors plan their long-term goals. Our “Senior Care Consultant” will discuss all aspects of moving with you and help you achieve your long term lifestyle goals. We work closely with you and your family to find the exact:

- Independent Living / Retirement Living
- Assisted living / Supportive Living
- Memory Care
- Nursing Home
- Home Health or Home Services

- ☐ Are you thinking about moving from your residence?
- ☐ Does your current home no longer meet your needs?
- ☐ Would you like more help with daily life?
- ☐ Are family and friends not always available?
- ☐ Do you find it difficult to keep up with daily chores or maintaining your environment alone?
- ☐ Do you want to know about what communities and services are available for seniors?
- ☐ Do you wonder “what do I do with all of the things I no longer need or want”?

If you have thought of any of the questions above, Silver Connections is here to help. We can find the perfect new residence that fits your needs, budget, and lifestyle so you don't have to give up anything you don't want to.

To obtain more information call us today. 1-866-421-8266
www.ASilverConnection.com



Office of the Illinois Long-Term Care Ombudsmen

Illinois Department on Aging
421 East Capitol Ave. #100
Springfield, IL 62701-1789
Senior Helpline: 800-252-8966 or
888-206-1327 (TTY)

Illinois Department of Public Health
Hotline: 1-800-252-4343

Mandated by the Federal Older Americans Act and the Illinois Act on Aging, the Long-Term Ombudsman Program protects and promotes the rights and quality of life for people who reside in long-term facilities (nursing homes.)

Catholic Charities Long-Term Care Ombudsman Program

Catholic Charities, Diocese of Rockford
102 S. Madison St.
Rockford, IL 61104
800-369-0895 (National)
815-966-5300

DuPage County Department of Community Services

421 North County Farm Road
Wheaton, IL 60187
800-942-9412 (Local)
630-407-6500

Senior Services Associates, Inc.

900 North Lake
Aurora, IL 60506
847-741-0404 (Elgin)
630-897-4035 (Aurora)

Legal Assistance Foundation of Metropolitan Chicago

828 Davis Street, Suite 201
Evanston, IL 60204
888-401-8200 (Statewide)
847-425-5100

Senior Services Center of Will County

251 North Center
Joliet, IL 60435-7144
800-892-1412 (Statewide)
815-740-8492

Alternatives for the Older Adult, Inc.

1803 Seventh Street
Moline, IL 61265
800-798-0988 (Statewide)
309-277-0167, ext. 262

Senior Services of the Center for Prevention of Abuse

720 Joan Court
Peoria, IL 61614
309-637-3905

ECIAAA Long-Term Care Ombudsman Program

East Central Illinois Area Agency on Aging, Inc.
1003 Maple Hill Road
Bloomington, IL 61704-9327
800-888-4456 (Regional)
309-829-2065

West Central Illinois Case Coordination Unit

639 York Street
Quincy, IL 62301
800-252-9027 (Statewide)
217-222-1189

ICARE – Project Advocate

Illinois Retired Teachers Association Foundation, Inc.
620 North Walnut Street
Springfield, IL 62702
800-842-8538 (Statewide)
217-523-8419

Land of Lincoln Ombudsman Program

Land of Lincoln Legal Assistance
Foundation, Inc.
8787 State Street, Suite 101
East St. Louis, IL 62203
800-644-1221 (Statewide)
618-398-0958

Senior Protective Services

Effingham City/County Committee on
Aging
209 South Merchant Street
Effingham, IL 62401
800-283-4070 (Statewide)
217-347-5217

SWAN

P.O. Box 176
Olney, IL 62450
Karen Stevens, Regional Ombudsman
LTCOP10@yahoo.com
1-888-715-6260 (Statewide)
618-392-3556

Shawnee Alliance for Seniors

Shawnee Health Services
6355 Brandhorst Drive
Carterville, IL 62918-9802
1-800-642-7773 (National)
618-985-8322

Chicago Department of Family and Social Services, Senior Services Division

1615 West Chicago Avenue, Floor 3
Chicago, IL 60622
312-744-4016

Evanston Commission on Aging

2100 Ridge Avenue
Evanston, IL 60202
Sandra Varpness, Community
Ombudsman svarpness@
cityofevanston.org
847-448-8055

Legal Assistance Foundation of Metropolitan Chicago

828 Davis Street, Suite 201
Evanston, Illinois 60204
Robyn O'Neill, Regional Ombudsman
roneill@lafchicago.org
888-401-8200 (National)
847-425-5100

ELDER ABUSE HOTLINES

**After Hours Elder Abuse Hotline
IL Department on Aging**

421 E. Capital Avenue #100
Springfield, IL 62701
800-279-0400
www.state.il.us/aging

Age Options

1048 Lake Street
Suite 300
Oak Park, IL 60301-1102
800-699-9043
708-383-0258
708-524-1653 (TTY)
www.ageoptions.org

**Attorney General Lisa Madigan
Senior Citizen Hotline**

100 West Randolph, Chicago
800-243-5377
www.illinoisattorneygeneral.gov

**Chicago Department of Senior
Services**

312-744-4016
312-744-6777 (TTY)

Consumer Fraud Hotline

100 West Randolph St, Chicago
800-386-5438
800-964-3013 (TTY)

Crisis Line (24 Hour)

Domestic Violence
800-799-7233 (Nationwide)

Elder Abuse Report Line

866-800-1409
888-206-1327 (TTY)
www.state.il.us/aging

**Illinois Department of Health
Nursing Home Hotline**

800-252-4343
800-547-0466 (TTY)
www.idph.state.il.us

**Senior Help Line (Daytime)
IL Department on Aging**

421 E. Capital Avenue #100
Springfield, IL 62701
800-252-8966
312-744-4016
312-744-6777 (TTY)
www.state.il.us/aging

**Turning Point
Domestic Violence Agency**

P.O. Box 723
Woodstock, IL 60098
815-338-8081
800-892-8900
800-892-8900 (TTY)
www.mchenrycountyturningpoint.org

ELDER ABUSE PROVIDER AGENCIES

AREA 1: Boone, Carroll, DeKalb, JoDaviess, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties

Boone and Winnebago Counties

Visiting Nurses Association of Rockford

Hours: 7:30 am - 5:00 pm
4223 East State Street, Suite 100
Rockford, Illinois 61108-2047
815-971-4285
Fax: 815-971-4339
www.vnaa.org

Carroll, Lee, Ogle and Whiteside Counties

Lutheran Social Services of Illinois In Touch

Hours: 8:30 am - 5:00 pm
1901 First Avenue
Sterling, Illinois 61081
815-626-7333
Weekends and holidays:
888-448-0505 (pager)
Fax: 815-626-8752
www.lssi.org

DeKalb County

Elder Care Services of DeKalb County, Inc.

Hours: 8:30 am - 4:00 pm
330 Grove Street
DeKalb, Illinois 60115-3704
815-901-4309
815-758-6550
Fax: 815-758-4239

JoDaviess and Stephenson Counties

Stephenson County Senior Center

Hours: 8:30 am - 4:30 pm
121 North Harlem Ave., Suite 100
Freeport, Illinois 61032
815-235-9777
800-424-6696 (within area only)
Fax: 815-235-9571
www.stephensonseniorcenter.org

AREA 2: DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will Counties

DuPage County

DuPage County Department of Community Services

Hours: 8:00 am - 4:30 pm
421 North County Farm Road
Wheaton, Illinois 60187-3989
630-407-6500
630-407-6502 (TTY)
800-942-9412 (regional access only)
Fax: 630-407-6501
www.dupageco.org/humanservices
Email: seniorsvcs@dupageco.org

Grundy County

Grundy County Health Department

Hours: 8:00 am - 4:30 pm
1320 Union Street
Morris, Illinois 60450
815-941-3404
815-941-3113 (after hours)
815-941-1428 (TTY)
Fax: 815-941-2389
www.grundyhealth.org

Northern Kane County (Main Office)**Senior Services Associates, Inc.**

Hours: 8:00 am - 4:00 pm

101 South Grove Avenue

Elgin, Illinois 60120

847-741-0404

After Hours: answering service will
contact E.A. worker

Fax: 847-741-2163

www.seniorservicesassoc.orgEmail: admin@seniorservicesassoc.org**Southern Kane County****Senior Services Associates, Inc.**

Hours: 8:00 am - 4:00 pm

900 North Lake Street, Suite 205

Aurora, Illinois 60506-5017

630-897- 4035

After Hours: answering service will
contact E.A. worker

Fax: 630-897-6901 or 630-741-2163

www.seniorservicesassoc.orgEmail: admin@seniorservicesassoc.org**Kankakee County****Catholic Charities, Diocese of Joliet**

Hours: 8:30 am - 4:30 pm

270 North Schuyler

Kankakee, Illinois 60901-4010

Senior Program: 815-932-1921, or
866-800-1409 (after hours)

Fax: 815-932-3030

www.cc-doj.org**Kendall County****Senior Services Associates, Inc.**

Hours: 8:00 am - 4:00 pm

208 Beaver Street

Yorkville, Illinois 60560-1705

630-897-4035

After Hours: answering service will
contact E.A. worker

Fax: 630-553-6979

www.yorkville.il.usEmail: admin@seniorservicesassoc.org**Lake County****The Catholic Charities of the Archdiocese of Chicago**

Hours: 8:30 am - 4:30 pm

116 North Lincoln Avenue

Round Lake, Illinois 60073-2309

847-546-5733

800-942-3930 (after hours)

Fax: 847-546-7114

www.catholiccharities.net**McHenry County****Senior Services Associates, Inc.**

Hours: 8:00 am - 4:00 pm

McHenry Township Recreation Center

3519 North Richmond Road

McHenry, Illinois 60050-1447

815-344-3555

After Hours: answering service will
Contact E.A. worker

Fax: 815-344-3593

www.seniorservicesassoc.org

Will County

Senior Services Center of Will County, Inc.

Hours: 8:30 am - 4:30 pm
251 North Center Street
Joliet, Illinois 60435-7144
815-723-9713
800-892-1412
815-723-1718 (TTY)
After Hours: call received via pager
to on-call staff
Fax: 815-740-4218
www.willcountyseniors.org
Email: seniorservices@agingspecialists.org

AREA 3: Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island and Warren Counties

All AREA 3 Counties

Alternatives for the Older Adult

Hours: 8:30 am - 5:00 pm
Hours: 8:30 am - 5:00 pm
1518 Fifth Avenue, Suite 100
Moline, Illinois 61265
309-277-0167
800-798-0988
Fax: 309-277-0163
www.4olderadults.org
Email: afoa@4olderadults.org

AREA 4: Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties

All AREA 4 Counties

The Center for Prevention of Abuse

Hours: 8:00 am – 4:00 pm
P.O. Box 3855
Peoria, Illinois 61612
309-637-3905
866-800-1409 (after hours)
Fax: 309-637-3907
www.centerforpreventionofabuse.org

AREA 5: Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, Macon, McLean, Moultrie, Piatt, Shelby and Vermilion Counties

Champaign and Piatt Counties

Family Services Senior Resource Center

Hours: 8:30 am - 5:00 pm
405 South State Street
Champaign, Illinois 61820
217-352-5100
866-800-1409 (after hours)
Fax: 217-352-1910
www.famservcc.org/senior.php
Email: info@familyservicecc.org

**Clark, Coles, Cumberland,
Douglas, Edgar, Moultrie and
Shelby Counties**

Cumberland Associates, Inc.

Hours: 8:30 am - 4:30 pm
120 Courthouse Square, Box 385
Toledo, Illinois 62468
217-849-3803
800-626-7911
Fax: 217-849-3804
Email: cumberlandassociates@yahoo.com

DeWitt and Macon Counties

**Community Home Environmental
Learning Project, Inc. (CHELP)**

Hours: 7:30 am - 4:30 pm
1429 North Jasper Street
Decatur, Illinois 62526
217-422-9888
Fax: 217-422-9650
After Hours: 24-hr answering service
will page a caseworker
Email: chelp9888@sbcglobal.net

Ford and Iroquois Counties

**Elderly Care Services of
Ford-Iroquois Counties**

Hours: 8:00 am - 4:30 pm
114 North Third Street
Watseka, Illinois 60970
815-432-2483
800-282-3339
Fax: 815-432-2198
www.fiphd.org
Email: info@fiphd.org

Livingston and McLean Counties

PATH

Hours: 8:30 am - 5:00 pm
201 East Grove
Bloomington, Illinois 61701
309-828-1022
Fax: 309-827-7485
www.pathcrisis.org

Vermilion County

CRIS Senior Services

Hours: 8:00 am - 4:00 pm
309 North Franklin Street
Danville, Illinois 61832
217-443-2999
Fax: 217-443-4288
Email: cris@vermilionseniors.com

AREA 6: Adams, Brown, Calhoun,
Hancock, Pike and Schuyler Counties

All AREA 6 Counties

**West Central Illinois Case
Coordination Unit**

Hours: 8:00 am - 5:00 pm
1125 Hampshire
Quincy, Illinois 62301
217-222-1189
800-252-9027
Fax: 217-222-1220
Email: bfleming@wciagingnetwork.org

AREA 7: Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon and Scott Counties

Cass, Greene, Jersey, Morgan and Scott Counties

Prairie Council on Aging

Hours: 8:30 am - 5:00 pm
Municipal Building
200 West Douglas
Jacksonville, Illinois 62650-2094
217-479-4619
800-862-4464
Fax: 217-245-6909
www.pcaging.com
Email: pcaging@pcaging.com

Christian and Macoupin Counties

Locust Street Resource Center

Hours: 8:00 am - 5:00 pm
826 North Broad Street
Carlinville, Illinois 62626-1076
217-854-3166 ext. 2
800-277-7078
217-854-3166 (after hours)
(Macoupin County Mental Health Assoc.)
Fax: 217-854-3778
www.state.il.us/aging

Logan, Mason, Menard and Sangamon Counties

Senior Services of Central Illinois

Hours: 8:00 am - 5:00 pm
701 West Mason
Springfield, Illinois 62702
217-528-4035
Fax: 217-528-4537
www.ssoci.org

Montgomery County

Montgomery County Health Department

Hours: 8:00 am - 5:00 pm
11191 Illinois Route 185
Hillsboro, Illinois 62049-2664
217-532-2001 ext. 1
800-721-7734
800-412-7865 (after hours beeper)
Fax: 217-532-2089
www.montgomeryco.com/health

AREA 8: Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington Counties

All AREA 8 Counties

Southwestern Illinois Visiting Nurse Association

Hours: 7:00 am - 4:00 pm
#7 Executive Woods
Swansea, Illinois 62226-2016
618-236-5863
800-642-5429
Fax: 618-236-5859
www.sivna.com
Email: eabuse@compu-type.net

AREA 9: Clay, Effingham, Fayette, Jefferson and Marion Counties

All AREA 9 Counties

Effingham City-County Committee on Aging

Hours: 8:00 am - 4:00 pm
209 South Merchant
Effingham, Illinois 62401-0631
217-347-5569
800-283-4070
Fax: 217-347-5590
www.eccoa.info

AREA 10: Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne and White Counties

All AREA 10 Counties

SWAN (Stopping Woman Abuse Now)

Hours: Open 24-hours a day
1114 South West Street
P.O. Box 176
Olney, Illinois 62450
618-392-3556
888-715-6260
Fax: 618-392-5514
Email: swanexecdir@wabash.net

AREA 11: Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union and Williamson Counties

All AREA 11 Counties

Shawnee Alliance for Seniors (Shawnee Health Service and Development Corp.)

Hours: 8:00 am - 5:00 pm
6355 Brandhorst Drive
Carterville, Illinois 62918-9802
618-985-8322
800-642-7773
Fax: 618-985-9096
www.shsdc.org

AREA 12: City of Chicago
Sub-Areas: 1(60645, 60626, 60659, 60660, 60640); 2 (60625, 60631, 60630, 60646, 60656); 3 (60666, 60634, 60641, 60707, 60639, 0635); 4 (60613, 60614, 60618, 60647, 60657)

Catholic Charities Elder Protective Services

Hours: 8:30 am - 5:00 pm
3125 North Knox
Chicago, Illinois 60641-5200
773-286-6041
773-560-7050 (after hours)
(pager, 8:30 am -5:00 pm weekends/holidays only)
Fax: 773-286-6140
www.catholiccharitiesusa.org

Sub-Area: 5 (60601, 60602, 60603, 60604, 60605, 60606, 60607, 60610, 60611, 60622)

Healthcare Consortium of Illinois

Hours: 8:00 am - 5:00 pm
200 East 75th Street
Chicago, Illinois 60619
708-841-9515
Fax: 708-841-8036
www.hcionline.org

Sub-Area: 6 (60637, 60616, 60615, 60649, 60653)

Centers for New Horizons

Hours: 9:00 am - 5:00 pm
4309A South King Drive
Chicago, Illinois 60653
773-451-1377
773-896-7031 (after hours pager)
Fax: 773-536-0460
www.cnh.org

Sub-Areas: 7 (60629, 60632, 60623, 60609, 60638); 8 (60628, 60617, 60619, 60633, 60627, 60827) 9 (60620, 60652, 60636, 60643, 60621, 60655)

Metropolitan Family Services and Elder Abuse Services

Hours: 8:30 am - 5:00 pm
3843 West 63rd Street
Chicago, Illinois 60629
312-986-4332
Fax: 773-884-0003
www.metrofamily.org

Sub-Area: 10 (60608, 60612, 60624, 60644, 60651)

Sinai Community Institute

Hours: 8:30 am - 5:00 pm
2653 W. Ogden Avenue
Chicago, Illinois 60623
773-257-6508
Fax: 773-257-2089
www.sinai.org

AREA 13: Suburban Cook County
Barrington, Hanover, Palatine, Wheeling
Townships

**Catholic Charities
(Northwest Senior Services)**

Hours: Mon-Thurs 8:30 am-4:30 pm.
Friday 8:00 am-4:00 pm
1801 West Central Road
Arlington Heights, Illinois 60005
847-253-5500
Fax: 847-253-9597
www.catholiccharitiesusa.org

**Berwyn-Cicero, Proviso
Townships (except the villages of
Brookfield and LaGrange Park)**

Berwyn-Cicero Council on Aging

Hours: 8:30 am - 4:30 pm
7222 West Cermak Avenue
North Riverside, Illinois 60546
708-447-2448
Fax: 708-447-2445
www.bccoa.org

**Bloom, Bremen, Calumet, Rich,
Thornton Townships**

**Catholic Charities
(South Suburban Senior Services)**

Hours: 8:30 am - 4:30 pm
15300 South Lexington Avenue
Harvey, Illinois 60426
708-596-2222
Fax: 708-596-9567
www.catholiccharities.net

Elk Grove, Schaumburg Townships

Kenneth Young Center

Hours: 9:00 am - 5:00 pm
1001 Rohlwing Road
Elk Grove Village, Illinois 60007
847-524-8800
Fax: 847-524-3823 or 847-524-8824
www.kennethyoung.org
Email: kycseniors@hotmail.com

Evanston, Niles Townships

Metropolitan Family Services
Elder Abuse Services
Hours: 8:30 am - 5:00 pm
820 Davis Street, Suite 450
Evanston, Illinois 60201
847-425-7400
Fax: 847-328-1295
www.metropolitanfamily.org

Lemont, Orland, Palos and Worth Townships

PLOWS Council on Aging

Hours: 9:00 am - 5:00 pm
7808 West College Drive, Suite 5 East
Palos Heights, Illinois 60453
708-361-0219
Fax: 708-361-9853
www.plows.org

Leyden, Lyons, Norwood Park and Riverside Townships (plus Brookfield and LaGrange Park Villages)

SW Suburban Center on Aging

Hours: 8:30 am - 4:30 pm
111 West Harris Avenue
LaGrange, Illinois 60525-2386
708-354-1323
Fax: 708-354-0282
www.swscoa.org

Maine, New Trier and Northfield Townships

North Shore Senior Center

Hours: 9:00 am - 5:00 pm
161 Northfield Road
Northfield, Illinois 60093-3411
847-784-6000
Fax: 847-784-6088
www.nssc.org
Email: info@nssc.org

Oak Park and River Forest Townships

Oak Park Township

Hours: 8:30 am - 5:00 pm
418 South Oak Park Avenue
Oak Park, Illinois 60302-3803
708-383-8060
Fax: 708-383-5168
www.oakparktownship.org

Stickney Township

Stickney Township Office on Aging

Hours: 8:30 am - 4:00 pm
7745 Leamington
Burbank, Illinois 60569
708-636-8850
Fax: 708-636-9473
www.townshipofstickney.org
Email: stickneyseniorcenter@ameritech.net

EMERGENCY RESPONSE SYSTEMS

AARP

Consumer Affairs, Legal
888-687-2277

Advocate Lutheran General Hospital – Philips Lifeline Emergency Response System

9375 Church Street
Des Plaines, IL 60016
847-296-0737

AP Lifeline

847-561-9279
APLifeLine@aol.com

EMERGENCY RESPONSE AND RECOVERY – DISASTER PLANNING

Collaborative Healthcare Urgency Group (CHUG)

310 Busse Highway #259
Park Ridge, IL 60068
847-812-1629
Fax: 630-845-9245

CHUG is a group of organizations who have developed a community wide urgent action plan that is a coordinated effort within the healthcare continuum of care and is integrated with community, state and federal plans. The plan was developed to provide access to disaster planning, response and recovery and enable our communities to move efficiently through various levels of healthcare should there be an emergency, disaster, or other urgent event.

FACT: Most falls occur at home and most fractures result from a fall at home.

Falls can lead to a tragic loss of older peoples' independence and mobility. Simple modifications to the interior of your house can cut by one-half your risk of falling. Where necessary, install safety devices.

Each year, more than 734,000 people over 65 are treated in hospital emergency rooms for injuries associated with stairs, bathtubs, furniture, carpeting and other products seniors live with and use every day.

Thousands of these injuries are related to falls: 3,000 seniors each year fall while standing on chairs; 6,800 seniors trip on rugs or carpet runners. Many of these accidents could be prevented. Changes in furniture arrangement, housekeeping and lighting will help reduce your risk of falling at home. Use this checklist as a guide.

Stairs and Steps

- Make sure light switches are at both the top and bottom of the stairs.
- Provide enough light to see each step and the top and bottom landings.
- Keep flashlights nearby in case of a power outage.
- Install handrails on both sides of the stairway and be sure to use them.
- Do not leave objects on the stairs.
- Consider installing motion detector lights which turn on automatically and light your stairway.
- Put non-slip treads on each bare-wood step.
- Do not use patterned, dark or deep-pile carpeting. Solid colors show the edges of steps more clearly.
- Do not place loose area rugs at the bottom or top of stairs.
- Repair loose stairway carpeting or boards immediately.

Bathroom

- Install grab bars on the bathroom walls near the toilet and along the bathtub or shower.
- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Mount a liquid soap dispenser on the bathtub/shower wall.
- Consider bathtub modifications.
- Place slip-resistant adhesive textured strips on the bathtub/shower floor.
- Use a sturdy, plastic seat in the bathtub if you are unsteady or if you cannot lower yourself to the floor of the tub.
- Replace glass shower enclosures with non-shattering material
- Stabilize yourself on the toilet by using either a raised seat or a special toilet seat with armrests.

Bedroom

- Clear clutter from the floor.
- Place a lamp and flashlight near your bed.
- Install night-lights along the route between the bedroom and the bathroom.
- Sleep on a bed that is easy to get into and out of.
- Keep a telephone near your bed.

Living Areas

- Arrange furniture to create clear pathways between rooms.
- Remove low coffee tables, magazine racks, footrests and plants from pathways in rooms.
- Install easy-access light switches at entrances to rooms so you won't have to walk into a darkened room in order to turn on the light. Glow-in-the-dark switches may be helpful.
- Secure loose area rugs with double-faced tape or slip-resistant backing. Recheck these rugs periodically.
- Keep electric, appliance and telephone cords out of your pathways, but don't put cords under a rug.
- Eliminate wobbly chairs, ladders and tables.
- Do not sit in a chair or on a sofa that is so low it is difficult to stand up.
- Place carpeting over concrete, ceramic, and marble floors to lessen the severity of injury if you fall.
- Repair loose wooden floorboards immediately.

Kitchen

- Remove throw rugs.
- Immediately clean up any liquid, grease or food spilled on the floor.
- Store food, dishes and cooking equipment at easy-to-reach level.
- Don't stand on chairs or boxes to reach upper cabinets. Use only a step stool with an attached handrail so you are supported.
- Repair loose flooring.
- Use non-skid floor wax.

For a free "Don't Let a Fall Be Your Last Trip" brochure, call the Academy of Orthopedic Surgeons public service telephone number 800-824-2663 or send a self addressed business size envelope to:

Don't Let a Fall Be Your Last Trip
American Academy of Orthopedic Surgeons
PO Box 1998
Des Plaines, IL 60017

Adaptive Design: Tips to live safely in you home in comfort and style

The following are a few tips to assist older adults with maintaining their independence and remaining safe at home while the aesthetics and personality of one's home remain the same.

- Install roll-out shelves in your cabinets to avoid back strain.
- Change faucet and door knobs with levers for better gripping surfaces.
- Install color contrast graduated thresholds for any flooring level changes to avoid falls.
- Install grab bars for safe egress into showers, tubs and adjacent to toilet areas.
- Install anti-scald valves for any plumbing faucetry to avoid burns.

Employing an interior designer professional that specializes in "Aging in Place" can assist in analyzing and specifying the correct solutions for challenging spaces that is functional, accessible and aesthetically pleasing. Furthermore, developing a harmonious design that is safe will add value to future resale of one's property as well as extend the life of the environment to the existing homeowner.

Leslie Markman-Stern, ASID
 Leslie M. Stern Design, LTD
www.LeslieMSternDesign.com
 773-248-2049 phone
 773-248-2077 fax

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Leslie Markman-Stern, ASID
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www.LeslieMSternDesign.com

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A

Addison Medical Center

501 South Grace Street

Addison, IL 60101

630-543-4040

www.concentra.org

Alton Memorial Hospital

1 Memorial Drive

Alton, IL 62002

618-463-7311

www.altonmemorialhospital.org

Union County Hospital

517 North Main Street

Anna, IL 62906

618-833-4511

www.unioncountyhospital.com

Northwest Community Hospital

800 West Central

Arlington Heights, IL 60005

847-618-1000

www.nch.org

Provena Mercy Medical Center

1325 N. Highland Ave.

Aurora, IL 60506

630-859-2222

www.provena.org

B

**Advocate Good Shepherd
Hospital**

450 West Hwy 22

Barrington, IL 60010

847-381-0123

www.advocatehealth.com

Saint Elizabeth's Hospital

211 South Third Street

Belleville, IL 62220

618-234-2120

www.steliz.org

Franklin Hospital

201 Bailey Lane

Benton, IL 62812

618-439-3161

www.franklinhospital.net

MacNeal Hospital

3249 South Park Avenue

Berwyn, IL 60402

708-783-9100

www.macneal.com

Adventist Bolingbrook Hospital

500 Remington Boulevard

Bolingbrook, IL 60440

630-312-5000

www.keepingyouwell.com

Saint Joseph's Hospital

9515 Holy Cross Lane

Breese, IL 62230

618-526-4511

www.stjoebreese.com

C

Ingalls Family Care Center

1600 Torrence Ave.

Calumet City, IL 60409

708-730-1300

www.ingalls.org

Graham Hospital

210 West Walnut Street

Canton, IL 61520

309-647-5240

www.grahamhospital.org

Memorial Hospital of Carbondale

405 W. Jackson St.
Carbondale, IL 62902
618-549-0721
www.herringhospital.org

Carlinville Area Hospital

1001 E. Morgan Street
Carlinville, IL 62626
217-854-3141
www.cahcare.com

White County Medical Center

400 Plum Street
Carmi, IL 62821
618-382-4171
www.wcmchealth.com

Touchette Regional Hospital

5900 Bond Avenue
Centreville, IL 62207
618-332-3060
www.touchette.org

Advocate Bethany Hospital

3435 West Van Buren Street
Chicago, IL 60624
773-265-7700
www.advocatehealth.com

Advocate Illinois Masonic Medical Center

836 West Wellington Ave.
Chicago, IL 60657
773-975-1600
www.advocatehealth.com

Advocate Trinity Hospital

2320 East 93rd Street
Chicago, IL 60617
773-967-2000
www.advocatehealth.com

Advocate Bethany Hospital

3435 West Van Buren St.
Chicago, IL 60624
773-265-7700
www.advocatehealth.com

Hartgrove Hospital

5730 West Roosevelt Road
Chicago, IL 60644
773-413-1700
Psychiatric care.
www.hartgrovehospital.com

Holy Cross Hospital

2701 West 68th Street
Chicago, IL 60629
773-884-9000
www.holycrosshospital.org

Advocate Illinois Masonic Medical Center

836 West Wellington Avenue
Chicago, IL 60657
773-975-1600
www.advocatehealth.com

Jackson Park Hospital & Medical Center

7531 South Stony Island Avenue
Chicago, IL 60649
773-947-7500
www.jacksonparkhospital.org

Jesse Brown VA Medical Center

820 South Damen Avenue
Chicago, IL 60612 - 3728
312-569-8387
www.chicago.va.gov

John H. Stroger Jr. Hospital

1901 West Harrison St.
Chicago, IL 60612
312-864-6000
www.cookcountyhealth.net

Kindred Chicago - Lakeshore

6130 North Sheridan Road
Chicago, IL 60660
773-381-1222
www.kindredlakeshore.com

Kindred Hospital Chicago Central

4058 West Melrose Street
Chicago, IL 60641
773-736-7000
www.khchicagocentral.com

Kindred Hospital Chicago - North

2544 West Montrose Avenue
Chicago, IL 60618
773-267-2622
www.khchicagonorth.com

Loretto Hospital

645 South Central Avenue
Chicago, IL 60644
773-626-4300
www.lorettohospital.org

Louis A. Weiss Memorial Hospital

4646 North Marine Drive
Chicago, IL 60640
773-878-8700
www.weisshospital.com

Mercy Hospital & Medical Center

2525 South Michigan Avenue
Chicago, IL 60616
312-567-2000
www.mercy-chicago.org

Methodist Hospital of Chicago

5025 North Paulina Street
Chicago, IL 60640
773-271-9040
www.methodistchicago.org

Mount Sinai Hospital

1500 South California Avenue
Chicago, IL 60608
773-542-2000
772-257-6289 (TTY)
www.sinai.org

**Our Lady of the Resurrection
Medical Center**

5645 West Addison Street
Chicago, IL 60634
773-282-7000
www.reshealth.org

Provident Hospital

500 East 51st Street
Chicago, IL 60615
312-572-2000
www.providenthospitalofchicago.com

Resurrection Medical Center

7435 West Talcott
Chicago, IL 60631
773-774-8000
www.reshealth.com

Rush University Medical Center

1650 West Harrison
Chicago, IL 60612
312-942-5000
www.rush.edu

**Rush-Presbyterian St. Luke's
Medical Center**

1653 Congress Parkway
Chicago, IL 60612
312-942-6169
www.rush.edu

Saint Anthony Hospital

2875 West 19th Street
Chicago, IL 60623
773-484-1000
www.cath-health.org

Saint Joseph Hospital

2900 N. Lake Shore Drive
Chicago, IL 60657
773-665-3000
www.reshealth.org

Saint Mary Medical Center

2233 W. Division Street
Chicago, IL 60622
312-770-2005
www.reshealth.org

Swedish Covenant Hospital

5145 North California Avenue
Chicago, IL 60625
773-878-8200
www.swedishcovenant.org

Thorek Hospital and Medical Center

850 West Irving Park Road
Chicago, IL 60613
773-525-6780
www.thorek.org

Advocate Trinity Hospital

2320 East 93rd Street
Chicago, IL 60617
773-967-2000
www.advocatehealth.com

University of Chicago Hospitals and Health System

5841 South A Maryland Avenue
Chicago, IL 60637
773-702-1000
www.uchospitals.edu

University of Illinois Medical Center

1740 West Taylor Street
Chicago, IL 60612
800-842-1002
www.uillinoismedcenter.org

Dr. John Warner Hospital

422 West White Street
Clinton, IL 61721
217-935-9570
www.djwhospital.org

D**Provena United Samaritan Medical Center**

812 N. Logan Ave.
Danville, IL 61832
217-443-5000
www.provena.org

VA Illiana Health Care System

1900 East Main Street
Danville, IL 61832
888-838-6446
www.danville.va.gov

Decatur Memorial Hospital

2300 North Edward Street
Decatur, IL 62526
217-876-8121
www.dmhcares.org

Saint Mary's Hospital

1800 East Lake Shore Drive
Decatur, IL 6252
217-464-2966
www.stmarys-hospital.com

Kishwakee Community Hospital

1 Kish Hospital Drive
DeKalb, IL 60115
815-756-1521
www.kishhospital.org

Holy Family Medical Center

100 North River Road
Des Plaines, IL 60016
847-297-1800
www.reshealth.org

**Katherine Shaw Bethea Hospital
(KSB)**

403 East First Street
Dixon, IL 61021
815-288-5531
www.ksbhospital.com

**Advocate Good Samaritan
Hospital**

3815 Highland Avenue
Downers Grove, IL 60515
630-275-5900
www.advocatehealth.com

E

Touchette Regional Hospital

129 N. Eighth Street
East St. Louis, IL 62201
618-274-1900
www.touchette.org

**Saint Anthony's Memorial
Hospital**

503 North Maple
Effingham, IL 62401
217-342-2121
www.stanthonyhospital.org

Provena Saint Joseph

77 N. Airlite Street
Elgin, IL 60123
847-695-3200
www.provena.org

Sherman Health

1425 N. Randall Road
Elgin, IL 60123
847-742-9800
www.shermanhealth.com

Alexian Brothers Medical Center

800 Biesterfield
Elk Grove Village, IL 60007
847-437-5500
www.alexianbrothershealth.org

Elmhurst Memorial Healthcare

200 Bertreau Avenue
Elmhurst, IL 60126
630-833-1400
www.emhc.org

**Advocate Eureka Community
Hospital**

101 South Major Street
Eureka, IL 61530
309-467-2371
www.advocatehealth.com

**NorthShore University Health
System'**

2650 Ridge Avenue
Evanston, IL 60201
847-570-2000
www.northshore.org

Saint Francis Hospital

355 Ridge Avenue
Evanston, IL 60202
847-316-4000
www.saintfrancishospital.reshealth.org

V.A. Clinic

107 Clyde Avenue
Evanston, IL 60202
847-869-6315

Little Company of Mary Hospital

2800 West 95th Street
Evergreen Park, IL 60805
708-422-6200
www.lcmh.org

F
Fairfield Memorial Hospital

303 NW 11th Street

Fairfield, IL 62837

618-842-2611

www.fairfieldmemorial.org
Clay County Hospital

911 Stacy Burk Drive

Flora, IL 62839

618-662-2131

www.claycountyhospital.org
Ingalls Family Care Center

19550 Governors Highway

Flossmoor, IL 60422

708-799-8400

www.ingalls.org
G
Midwest Medical Center

1 Medical Center Drive

Galena, IL 61036

815-777-1340

www.galenahealth.org
Galesburg Cottage Hospital

695 North Kellogg Street

Galesburg, IL 61401

309-343-8131

www.cottagehospital.com
Hammond Henry Hospital

600 North College Avenue

Geneseo, IL 61254

309-944-6431

www.hammondhenry.com
Delnor Hospital

300 Randall Road

Geneva, IL 60134

630-208-3000

www.delnor.com
Gibson Area Hospital

1120 North Melvin Street

Gibson City, IL 60936

217-784-4251

www.gibsonhospital.org
Adventist Glen Oaks Hospital

701 Winthrop Avenue

Glendale Heights, IL 60139

630-545-8000

www.keepingyouwell.com
Glenbrook Hospital

2100 Pfingsten Road

Glenview, IL 60026

847-657-5800

www.northshore.org
Gateway Regional Medical Center

2100 Madison Avenue

Granite City, IL 62040

618-798-3000

www.gatewayregional.net
Greenville Regional Hospital

200 Healthcare Drive

Greenville, IL 62246

618-664-1230

www.greenvilleregionalhospital.com
H
Harrisburg Medical Center

100 Dr. Warren Tuttle Drive

Harrisburg, IL 62946

618-253-7671

www.harrisburgmedicalcenter.com
Harvard Memorial Hospital

901 S. Grant Street

Harvard, IL 60033

815-943-2961

Ingalls Memorial Hospital

1 Ingalls Drive
Harvey, IL 60426
708-333-2300
www.ingalls.org

Advocate South Suburban Hospital

17800 S. Kedzie Avenue
Hazel Crest, IL 60429
708-799-8000
www.advocatehealth.com

Herrin Hospital

201 South 14th Street
Herrin, IL 62948
618-351-4929
www.herrinhospital.org

Saint Joseph's Hospital

1515 Main Street
Highland, IL 62249
618-651-2600
www.stjosephshighland.org

Highland Park Hospital

777 Park Avenue West
Highland Park, IL 60035
847-432-8000
www.northshore.org

Edward Hines Jr. VA Hospital

5000 S. 5th Avenue
Hines, IL 60141
708-202-8387
www.hines.va.gov

Adventist Hinsdale Hospital

120 North Oak Street
Hinsdale, IL 60521
630-856-9000
www.keepingyouwell.com

RML Specialty Hospital

5601 S. County Line Road
Hinsdale, IL 60521
630-286-4000
www.rmlspecialtyhospital.org

Saint Alexius Medical Center

1555 Barrington Road
Hoffman Estates, IL 60169
847-843-2000
www.alexianbrothershealth.org

Hoopeston Community Memorial Hospital

701 East Orange Street
Hoopeston, IL 60942
217-283-5531
www.hoopestonhospital.org

Centegra Health Center

10350 Haligus Road
Huntley, IL 60142
847-802-7100
www.centegra.org

J

Jersey Community Hospital

400 Maple Summit Road
Jerseyville, IL 62052
618-498-6402
www.jch.org

Provena St. Joseph's Medical Center

333 N. Madison Street
Joliet, IL 60435
815-725-7133
www.provena.org

K**Provena St. Mary's Hospital**

500 W. Court Street
 Kankakee, IL 60901
 815-937-2400
www.provena.org

Kewanee Hospital

1051 West South Street
 Kewanee, IL 61443
 309-852-7500
www.kewaneehospital.com

L**Adventist La Grange Memorial Hospital**

5101 S. Willow Springs Road
 LaGrange, IL 60525
 708-245-9000
www.keepingyouwell.com

Northwestern Lake Forest Hospital

660 North Westmoreland Road
 Lake Forest, IL 60045
 847-234-5600
www.lfh.org

Lawrence County Memorial Hospital

2200 West State Street
 Lawrenceville, IL 62439
 618-943-1000
www.lcmhosp.org

Advocate Condell Medical Center

801 South Milwaukee Avenue
 Libertyville, IL 60048
 847-362-2900
www.advocatehealth.com

Abraham Lincoln Memorial Hospital

315 8th Street
 Lincoln, IL 62656
 217-732-2161
www.almh.org

Saint Francis Hospital

1215 Franciscan Drive
 Litchfield, IL 62056
 217-324-2191
www.stfrancis-litchfield.org

M**Heartland Regional Medical Center**

3333 West DeYoung
 Marion, IL 62959
 618-998-7000
www.heartlandregional.com

Anderson Hospital

6800 State Rte. 162
 Maryville, IL 62062
 618-288-5711
www.andersonhospital.org

Loyola University Health System

2160 South 1st Avenue
 Maywood, IL 60153
 888-584-7888
www.loyolamedicine.org

Centegra Northern Illinois Medical Center

4201 W. Medical Center Drive
 McHenry, IL 60050
 815-344-5000
www.centegra.org

Hamilton Memorial Hospital

611 South Marshall Avenue
McLeansboro, IL 62859
618-643-2361
www.hmhospital.org

**Loyola University Health System
at Gottlieb**

701 W. North Avenue
Melrose Park, IL 60160
708-681-3200
www.gottliebhospital.org

Westlake Hospital

1225 West Lake Street
Melrose Park, IL 60160
708-681-3000
www.reshealth.org

Trinity - 7th Street Campus

500 John Deere Road
Moline, IL 61265
309-779-5000
www.trinityqc.com

John and Mary E. Kirby Hospital

1111 North State Street
Monticello, IL 61856
217-762-2115
www.kirbyhospital.org

Wabash General Hospital

1418 College Drive
Mt. Carmel, IL 62863
618-262-8621
www.wabashgeneral.com

Crossroads Community Hospital

8 Doctors Park Road
Mt. Vernon, IL 62864
618-244-5500
www.crossroadscommunityhospital.com

Joseph Memorial Hospital

2 S. Hospital Drive
Murphysboro, IL 62966
618-684-3156
www.herrinhospital.org

N

Edward Hospital

801 South Washington St.
Naperville, IL 60540
630-527-3000
www.edward.org

**Washington County Hospital and
Rural Health Clinic**

705 South Grand Avenue
Nashville, IL 62263
618-327-8236
www.washingtoncountyhospital.org

**Advocate BroMenn Medical
Center**

1304 Franklin Avenue
Normal, IL 61761
393-454-1400
www.advocatehealth.com

**North Chicago V.A. Medical
Center**

3001 Green Bay Road
North Chicago, IL 60064
847-688-1900
800-393-0865
www.northchicago.va.gov

Kindred Hospital Chicago

North Lake Campus
365 E. North Avenue
Northlake, IL 60164
708-345-8100
800-526-0857 (TTY)
www.kindrednorthlake.com

O

Oak Forest Hospital of Cook County

15900 Cicero Avenue
Oak Forest, IL 60452
708-687-7200
www.cchil.org/dom/oak.html

Advocate Christ Medical Center

4440 West 95th Street
Oak Lawn, IL 60453
708-684-8000
www.advocatehealth.com

Rush Oak Park Hospital

520 South Maple Avenue
Oak Park, IL 60304
708-383-9300
www.roph.org

West Suburban Medical Center

3 Erie Court
Oak Park, IL 60302
708-383-6200
www.reshealth.org

Ottawa Regional Hospital & Healthcare Center

1100 East Norris Drive
Ottawa, IL 61350
815-433-3100
www.ottawaregional.org

P

Advocate Lutheran General Hospital

1775 West Dempster Street
Park Ridge, IL 60068
847-723-2210
www.advocatehealth.com

Illinois Valley Community Hospital

925 West Street
Peru, IL 61354
815-223-3300
www.ivch.org

Illini Community Hospital

640 West Washington Street
Pittsfield, IL 62363
217-285-2113
www.illinihospital.org

Edward Healthcare Center

15905 S. Frederick Street
Plainfield, IL 60544
630-527-2800
www.edward.org

Q

Blessing Hospital

11th and Broadway
Quincy, IL 62305
217-223-1200
www.blessinghospital.org

R

Red Bud Regional Hospital

325 Spring Street
Red Bud, IL 62278
618-282-3831
www.redbudregional.com

Crawford Memorial Hospital

1000 N. Allen Street
Robinson, IL 62454
618-544-3131
www.crawfordmh.com

Rockford Memorial Hospital

2400 N. Rockton Ave.
Rockford, IL 61103
815-971-5000
www.rhsnet.org

**Van Matre Healthsouth
Rehabilitation Hospital**

950 South Mulford Road
Rockford, IL 61108
815-381-8500
www.rhsnet.org

Blessing Hospital

11th and Broadway
Quincy, IL 62305
217-223-1200
www.blessinghospital.org

Trinity - West Campus

2701 17th Street
Rock Island, IL 61201
309-779-5000
www.trinityqc.com

Hardin County General Hospital

6 Ferrell Road
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618-285-2800

Culbertson Memorial Hospital

238 South Congress Street
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217-322-4321
www.cmhospital.com

S

Valley West Community Hospital

11 East Pleasant Avenue
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815-786-8484
www.vwch.com

Genesis Medical Center - Silvis

801 Illini Drive
Silvis, IL 61282
309-792-9363
www.genesishealth.com

Skokie Hospital

9600 Gross Point
Skokie, IL 60076
847-677-9600
www.northshore.org

Saint John's Hospital

800 East Carpenter Street
Springfield, IL 62769
217-544-6464
www.st-johns.org

CGH Medical Center

100 E. LeFevre Road
Sterling, IL 61081
815-625-0400
www.cghmc.com

Saint Mary's Hospital

111 Spring Street
Streator, IL 61364
815-673-2311
www.stmaryshospital.org

Kindred Hospital - Sycamore

225 Edward Street
Sycamore, IL 60178
815-895-2144
www.kindredhospitalsyc.com

T

Ingalls Family Care Center

6701 W. 159th Street
Tinley Park, IL 60477
708-429-3300
www.ingalls.org

U

Carle Foundation Hospital

611 West Park Street
Urbana, IL 61801
217-383-3311
www.carle.org

Provena Covenant Medical Center

1400 W. Park
Urbana, IL 61801
217-337-2000
www.provena.org

V

Fayette County Hospital

650 West Taylor Street
Vandalia, IL 62471
618-283-1231
www.fayettecountyhospital.org

W

Iroquois Memorial Hospital

200 Fairman Avenue
Watseka, IL 60970
815-432-5841
www.iroquoismemorial.com

Vista Medical Center East

1324 North Sheridan Road
Waukegan, IL 60085
847-360-3000
www.vistahealth.com

Vista Medical Center West

2615 Washington Street
Waukegan, IL 60085
847-249-3900
www.vistahealth.com

Central DuPage Hospital

25 N. Winfield Road
Winfield, IL 60190
630-933-1600
www.cdh.org

Centegra Hospital

3701 Doty Road
Woodstock, IL 60098
815-338-250
www.centegra.org

Centegra Specialty Hospital

527 W. South Street
Woodstock, IL 60098
815-338-2500
www.centegra.org

Z

Midwestern Regional Medical Center

2520 Elisha Avenue
Zion, IL 60099
847-872-4561
www.cancercenter.com

Senior Home Sharing

www.seniorhomesharing.org

847-462-8266

This small not-for-profit provides a shared senior life-style through the creation of group homes where seniors live together as a family. Some of the benefits include: an opportunity for seniors age 62 and older to live independently; community interaction and socialization and case management and social services.

Homes are located in Downers Grove, Lombard, Elmhurst and Naperville.

Interfaith Housing Center of the Northern Suburbs

614 Lincoln Avenue

Winnetka, Illinois 60093-2308

847-501-5760

www.interfaithhousingcenter.org

The Interfaith Housing Center of the Northern Suburbs serves as a comprehensive resource for issues related to housing justice in Chicago's northern suburbs. Some services include: fair housing enforcement, homesharing, landlord/tenant complaint investigation and foreclosure and predatory lending prevention.

The Single Room Housing Assistance Corp.

312-566-0090

Provides supportive, permanent, safe housing and other services to disabled and low income individuals.

Center of Concern

1580 N. Northwest Hwy.

Suite 310

Park Ridge, IL 60068-1462

847-823-0453

An independent not-for-profit social service agency that provides assistance primarily to seniors. Services include shared housing, food distribution, employment assistance and much more.

Illinois Housing Authority

800-942-8439

US Department of Housing and Urban Development (HUD)

800-765-9372

Section 8 Housing - Cook County

312-663-5447

800-942-8439

312-341-1450 (TTY)

Illinois Housing Development Authority Public Housing Authorities Alphabetized by County

Boone County

Boone County Housing Authority

505 South State Street

Belvidere, IL 61008

815-544-0084; Fax: 815-544-4107

Housing Choice Voucher Units

Cook County

Center of Concern

1580 N. Northwest Highway

Suite 310

Park Ridge, IL 60068

847-823-0453 Fax: 847-824-8437

Shared and affordable housing information.

Cicero Housing Authority

3508 South 59th Avenue

Cicero, IL 60804

708-652-0386; Fax: 708-652-0388

PHA Units, Housing Choice Voucher Units

Cook County Housing Authority

175 West Jackson, Suite 350

Chicago, IL 60604

312-542-4651; Fax: 312-939-4727

PHA Units, Housing Choice Voucher Units

Maywood Housing Authority

1701 South First Street

Maywood, IL 60153

708-345-7315; Fax: 608-345-7350

Housing Choice Voucher Units

Oak Park Housing Authority

21 South Boulevard

Oak Park, IL 60302

708-386-9322; Fax: 708-386-9362

PHA Units, Housing Choice Voucher Units

Chicago Housing Authority

60 East Van Buren

Chicago, IL 60605

312-742-8500; Fax: 312-791-4601

PHA Units, Housing Choice Voucher Units

DuPage County

DuPage County Housing Authority

711 East Roosevelt Road

DuPage, IL 60187

630-690-3555; Fax: 630-690-0702

Housing Choice Voucher Units

Edwards County

Edwards County Housing Authority

125 W. Cherry Street

Albion, IL 62806

618-445-2715; Fax: 618-445-3603

PHA Units

Housing Authority of the City of Marion

501 N. Market Street

Marion, IL 62959

618-997-1258

Grundy County

Grundy County Housing Authority

1700 Newton Place
Morris, IL 60450
815-942-6198; Fax: 815-942-6289
PHA Units

Kane County

Aurora Housing Authority

1630 Plum Street
Aurora, IL 60506
630-859-7210; Fax: 630-859-7219
PHA Units

Elgin Housing Authority

120 South State Street
Elgin, IL 60123
847-742-3853; Fax: 847-742-1496
PHA Units, Housing Choice Voucher Units

Kankakee County

Kankakee County Housing Authority

PO Box 965
Kankakee, IL 60901
815-939-7125; Fax: 815-939-7335
PHA Units, Housing Choice Voucher Units

Kendall County

Kendall County Housing Authority

811 West John Street
Yorkville, IL 60560
630-553-8036; Fax: 630-553-1331
Housing Choice Vouchers

Knox County

Knox County Housing Authority

216 W. Simmons
Galesburg, IL 61401
309-342-8129; Fax: 309-342-7206

Peoria Housing Authority

100 S. Richard Pryor Place
Peoria, IL 61605-3905
309-676-8736

Lake County

Lake County Housing Authority

33928 North Route 45
Grayslake, IL 60030
847-223-1170; Fax: 947-223-1174
PHA Units, Housing Choice Voucher Units

North Chicago Housing Authority

1440 Jackson Street
North Chicago, IL 60064
847-785-4300; Fax: 847-785-4308
PHA Units, Housing Choice Voucher Units

Waukegan Housing Authority

215 South Utica Street
Waukegan, IL 60085
847-244-8500; Fax: 847-244-8591
PHA Units, Housing Choice Voucher Units

McHenry County

McHenry County Housing Authority

1108 North Seminary Avenue
Woodstock, IL 60098
815-338-7752; Fax: 815-338-1217
PHA Units, Housing Choice Voucher Units

Will County

Joliet Housing Authority

6 South Broadway
Joliet, IL 60436
815-727-0611; Fax: 815-727-2073
PHA Units, Housing Choice Voucher Units

Park Forest Housing Authority

350 Victory Drive
Park Forest, IL 60466
708-748-1112; Fax: 708-748-4355
Housing Choice Voucher Units

Common Ways Identity Theft Occurs

Skilled identity thieves use a variety of methods to steal your personal information, including:

1. Dumpster Diving. They rummage through trash looking for bills or other paper with your personal information on it.
2. Skimming. They steal credit/debit card numbers.
3. Phishing. They pretend to be financial institutions.
4. Changing Your Address. They divert your billing statements to another location.
5. "Old Fashioned" Stealing. They steal wallets and purses; mail, including bank and credit card statements; pre-approved credit offers; and new checks or tax information. They steal personal records from their employers.

Deterring Identity Theft

Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and money.

Safeguard your personal information by:

1. Shred financial documents and paperwork with personal information before you discard them.
2. Protect your Social Security number. Don't carry your Social Security card in your wallet.
3. Don't give out personal information on the phone, through the mail, or over the Internet.
4. Never click on links sent in unsolicited emails; instead, type in a web address you don't know.
5. Don't use an obvious password like your birth date or the last four digits of your Social Security number.
6. Keep your personal information in a secure place at home.
7. Call the security or fraud departments of each company where an account was opened or changed without your okay.
8. File a police report. File a report with law enforcement officials to help you with creditors who may want proof of the crime.
9. Report the theft to the Federal Trade Commission.

Detecting Identity Theft

Detect suspicious activity by routinely monitoring your financial accounts and billing statements.

1. Bills that do not arrive as expected.
2. Denials of credit for no apparent reason.
3. Unexpected credit cards or account statements.
4. Calls or letters about purchases you did not make.

Defend Yourself

Defend against identity theft as soon as you suspect it.

1. Place a "Fraud Alert" on your credit reports and review the reports carefully.
2. Close accounts. Close any accounts that have been tampered with or established fraudulently.

To learn more about Identity Theft and how to deter, detect and defend against it call **877-438-4338 or TTY 866-653-4261** or visit us online at **www.ftc.gov/idtheft**

To receive more information by mail write to us at:

**Federal Trade Commission Consumer Response Center
600 Pennsylvania Avenue, NW
Washington, DC 20580**

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A competent attorney is the only one qualified to give legal advice in estate planning, elder issues and real estate contracts. Melissa Wick helps clients navigate the complex world of contracts and estate issues while protecting their interests. Experienced and skilled in all aspects of these legal situations, she helps clients fully understand the process, and focuses her practice on:

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- Powers of Attorney
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Elder law and our aging population

Seniors in our country are living longer than ever due to advancements in medicine. A greater number of seniors are living well into their eighties and nineties. By living longer the possibility for developing Alzheimer's, dementia and other chronic diseases goes up. As an elder law attorney I take a holistic approach when helping my clients by assisting them with legal and financial issues, as well as, safety, physical and emotional issues. My goal is to maximize the elder's independence and quality of life. An understanding of Medicare, Medicaid, Veteran's benefits, advance directives, estate planning and guardianship is important. I can provide a roadmap on how to access payor sources such as Veteran's benefits and Medicaid while working to enhance the quality of life for seniors.

One of the Veteran Administration's best kept secrets, Aid and Attendance, is an excellent potential source of funds for long-term care (either at home or in an assisted living facility) and is a veteran's benefit for non service connected disability. The pension program is available for individuals who are disabled due to the issues of old age, such as Alzheimer's, Parkinson's, multiple sclerosis, and other physical disabilities. The applicant must be determined to be "permanently and totally disabled." For those veterans and widows (ers) who are eligible, these benefits can be a blessing for the disabled individual who is not yet ready for a nursing home.

This program is available to a veteran who is not only disabled, but has the additional requirement of needing the aid another person in order to avoid the hazards of his or her daily environment (in other words, someone needs to help you to prepare meals, to bathe, to dress and otherwise take care of yourself). There are also income and assets requirements that need to be met.

Under this program, a veteran can receive a maximum of \$1,644.00 per month in benefits and a widow or widower can receive up to \$1,056.00 as a maximum benefit and a married couple can receive up to \$1,949.00 as a maximum benefit for the year 2010. An attorney skilled in elder law can provide a veteran and the veteran's family with appropriate pre filing consultations to determine the appropriate steps that must be taken to be able to determine if it would be right to apply for this VA benefit.

For many families understanding how the Medicaid process works can be difficult without guidance. Each family has their own unique set of fact and circumstances that get applied to the rules. As an elder law attorney I help educate families to understand the choices involved, so that they can make informed decisions on how to obtain the highest quality of care.

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PARK RIDGE, IL 60068
847-430-3652



Helping families respond to chronic illness and disability while preserving assets to ensure quality care

For over a decade John Belconis has been helping families obtain quality long term care while preserving assets. Determining whether your loved one has the resources to pay for quality care (in home care, assisted living or the nursing home care) can be a daunting task. There is a great deal of confusion and so much misinformation about the benefits available to pay for the cost of care. Our goal is to help families make the best use of their resources while assisting them in identifying and accessing benefits so that they can maximize their quality of life.

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to discuss your questions and concerns.

What is “elder law”?

When trying to find an “elder law”-focused attorney, it's important to understand how elder law differs from traditional estate planning. Estate planning, at its simplest, is death planning. A traditional estate plan is typically designed to do three things:

1. Minimize estate taxes; and
2. Avoid probate court; and
3. Distribute assets from the deceased to the deceased's heirs.

Elder law, on the other hand, is death planning plus long-term disability and care planning. The elder law attorney is not only dealing with your estate plan, but must also deal with life care issues in the event that you or your spouse has long term health care needs during the course of your lifetime. When there is no long term care asset preservation planning, it is quite common to see families spend a \$2,000,000 net worth estate when both a husband and wife have long term care needs. This is a key focus of an elder law attorney.



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-

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COUNTY HEALTH DEPARTMENTS

Cook County Department of Public Health

1010 Lake Street #300
Oak Park, IL 60301
708-492-2000

District Offices:

North - Rolling Meadows

847-818-2860
847-818-2023 (TTY)

West - Maywood

708-450-5300
708-450-5302 (TTY)

Southwest - Bridgeview

708-974-6160
708-974-6043 (TTY)

South - Markham

708-210-4500
708-210-4010 (TTY)

DuPage County Health Department

111 North County Farm Road
Wheaton, IL 60187
630-682-7400

Kane County Health Department

1330 North Highland Avenue
Aurora, IL 60506
630-208-3801

Kendall County Health Department

811 West John Street
Yorkville, IL 60560
630-553-9100

Lake County Health Department

2400 Belvedere Street
Waukegan, IL 60085
847-377-8000

McHenry County Health Department

2200 North Seminary Avenue
Woodstock, IL 60098
815-344-4510

Will County Health Department Main Branch

501 Ella Avenue
Joliet, IL 60433
815-727-8480
815-727-8690 (TTY)

DENTAL RESOURCES

American Dental Association

312-440-2500

Chicago Dental Society

Provides the public with referrals to dentists who are members of a Professional society of dentists.
401 N. Michigan Ave., Suite 200
Chicago, IL 60611
312-836-7300

College of DuPage Dental Hygiene Program

Students provide preventative oral health services. Seniors receive 15% discount.
425 Fawell Boulevard
Glen Ellyn, IL 60137
630-942-3250

The Denture Referral Program

Refers qualified seniors to dentists who voluntarily provide quality denture service at reduced rates. Program administered through the Illinois Retired Teachers Association.
217-523-8488
www.irtaonline.org

Dentures at Home

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Palatine, IL 60067

847-991-5856

www.denturesathome.com

Doral Dental Services of Illinois

Provides name of a dentist who will provide dental care to Public Aid recipients.

888-286-2447

DuPage Community Clinic/Dental

Provides primary dental care to impoverished elderly individuals. Proof of income required.

1506 East Roosevelt Rd.

Wheaton, IL 60187

630-690-7450

DuPage County Health Department Dental Health Services Unit

Serves income eligible clients with urgent oral problems.

111 North County Farm Road

Wheaton, IL 60187

630-682-7979, ext. 7776

Harper College William Rainey Dental Hygiene Clinic

Dental hygiene services at reduced rates for seniors.

1200 West Algonquin Road

Palatine, IL 60067

847-925-6534

Homebound IL Foundation for Dentistry for the Handicapped

312-440-8976

Illinois Foundation of Dentistry for The Handicapped-Donated Dental Services

Provides a full range of dental services for the homebound and handicapped. These include fillings, cleanings, bridges, crowns and dentures. Fees are determined using a sliding scale.

PO Box 211

Northbrook, IL 60065

800-893-1685

847-498-0385

Joyful Dental Care

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Chicago, IL 60646

773-736-7767

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Niles, IL
847-823-4747

MedServe Equipment Corp.

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800-563-0161
www.northshorecare.com

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Schaumburg, IL
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847-279-8506

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Illinois Department of Insurance

To protect consumers by providing
information and assistance.
866-445-5364
www.idfpr.com

**Office of Consumer Health
Insurance**

Springfield, IL
877-527-9431
Senior Health Insurance Program (SHIP)
For help with questions about Medicare,
the Medicare prescription drug coverage
or Illinois Cares Rx.
800-548-9034

HEARING RESOURCES

Audiology and Health Services
312-635-4327

Center on Deafness
3444 Dundee Road
Northbrook, IL
847-559-0110

Chicago Hearing Society
2001 N. Clybourn Ave.
Chicago, IL
773-248-9121

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Independent Living**

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Glen Ellyn, IL
630-469-2300

HITEC Special Needs Center

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888-758-6056 (Spanish)
800-536-8890 (TTY)
www.hitec.com

Illinois Relay Service

800-526-0857
800-526-0844 (TTY) or dial 711

**Illinois Telecommunications
Access Corporation**

A not-for-profit organization that
distributes amplified telephones.
800-841-6167
www.itactty.org

International Hearing Society

800-521-5247

ITAC - Schaumburg Disability Services

1 Illinois Blvd.
Hoffman Estates, IL
847-884-0030 ext. 2025
847-884-1560 (TTY)
www.schaumburgtownship.org

Lions Club

State Office
217-632-7775

**Lions of Illinois Foundation
Hearing Aid Help Line**

800-955-5466

National Hearing Bank

800-648-4327

North Shore Senior Center

847-784-6000

PHARMACEUTICAL RESOURCES

AARP Pharmacy Service

Mail order pharmacy service.
800-456-2277

Barrington Area Council on Aging 847-381-5030

Caremark

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Catholic Charities Lake County 847-546-5733

Catholic Charities Northwest 847-253-5500

Chicago Dept. of Senior Services 312-744-4016

Circuit Breaker/Pharmaceutical Assistance Program

Helps pay for approved prescription medicines.
800-624-2459

Evanston Skokie Valley and Illinois Cares 847-864-3721

Illinois Cares Rx Program

Helps pay costs Medicare does not.
800-252-8966
800-548-9034
888-206-1327 (TTY)
www.illinoisbenefits.org or
www.illinoiscaresrx.com

Illinois Dept. of Human Services

Assists people with disabilities
401 Clinton Street
Chicago, IL 60607
312-793-2354 (TTY)
800-843-6154
www.dhs.state.il.us/page.aspx

Illinois Rx Buying Club

Discount drug buying program for seniors 65 and older.
866-215-3462
www.IllinoisRxBuyingClub.com

Kenneth W. Young Center 847-524-8800

Main Township 847-297-2510

Medicare Part D Prescription Drug Program 800-633-4227 www.medicare.gov

National Healthcare Discount Offers discounts on prescription, vision & dental services. Offers membership plans. 800-720-5055

Needy Meds

Website lists special programs to assist people who are unable to afford the prescriptions they need.
www.needymeds.com
215-625-9609

North Shore Senior Center 847-784-6000

Palatine Township Senior Citizens 847-991-1112

Partnership for Prescription Assistance
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888-477-2669
www.pparx.org

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908-850-8004

www.rxhope.com

Seniors Assistance Center

708-456-7979

Senior Help Line

800-252-8966

Suburban Area Agency on Aging/ Age Options

800-699-9043

708-524-1653 (TTY)

VISION RESOURCES

American Foundation for the Blind

National non-profit organization that helps expand the possibilities for people with vision loss. Provides information on all types of resources available to those that are vision impaired.

800-232-5463

www.afb.org

Guild for the Blind

Serves individuals who are blind or visually impaired, including those with new vision loss. Strives to promote positive attitudes about visual impairment and to assist its members in achieving dignity and independence at home, in the workplace and in the community.

180 North Michigan Avenue, #1700

Chicago, IL 60601

312-236-8569

www.guildfortheblind.org

Illinois Society for the Prevention of Blindness

211 W. Wacker Drive, Suite 1700

Chicago, IL 60606

312-922-8710

800-433-4772

To reduce preventable causes of blindness by educating the public on the necessity for and the methods of preventing blindness.

Illinois State Library Talking Book and Braille Service

401 E. Washington Street

Springfield, IL 62701

800-665-5576 option 5

888-261-7863

National Healthcare Discount

Offers discounts on prescription, vision & dental services. Offers membership plans.

800-720-5055

North American Resource Line for Braille

800-272-4553

The National Eyecare Project

Provides free medical assistance to the needy age 65+. Refers eligible seniors to an ophthalmologist in their area who will provide patients with medical and surgical assistance only, does not include free eyeglasses.

800-222-3937

www.allaboutvision.com

WOMEN'S HEALTH

Well Woman Program

Stephenson County Health Department

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866-590-8499

MEDICAID/MEDICARE

**Illinois Department of Human
Services**

800-252-8635

800-447-6404 (TTY)

Medicaid Hotline

800-221-3943

Medicare Choices Helpline

800-633-4227

Medicare Part B

(EDI Helpline) 877-273-4334

Medicare/Medicaid Fraud Hotline

800-447-8477

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What Is Medicaid?

Medicaid is a Federal/State program that provides medical assistance to needy persons. It is not a program directed primarily to the elderly, but rather to the poor. It depends on financial need, low income and low assets.

If someone over 65 lives with an adult child, only the one needing assistance's income assets are used to determine eligibility. This being because they are not "legally responsible" for one another, as are husband and wife.

Remember, Medicaid helps needy people pay for medical care. In determining your eligibility for Medicaid they do not look at how much your rent, car payments or food costs. They only look at medical expenses. Medical expenses include:

- Care from hospitals, doctors, clinics, nurses, dentists, podiatrists and chiropractors.
- Drugs, medical supplies and equipment.
- Health insurance premiums.
- Transportation to get medical care.

At the present time, there are two ways to receive Medicaid:

- Supplemental Security income eligibility may provide Medicaid.
- Medicaid Spend-down. (Spend-down is similar to a deductible or co-pay amount you must pay before you can receive Medicaid. You must meet the spend-down every month. Once you meet your spend-down you are eligible for Medicaid for the remainder of the month.)

To qualify for Medicaid a person must pass four eligibility tests:

Non-Financial Eligibility

- Aged 65, blind or disabled
- State Resident
- Citizen/Alien Status
- Social Security Number

Financial Eligibility Requirements

- Income
- Assets

Procedural Requirements

- Complete and sign an application form
- Provide proof of eligibility
- Report changes in circumstances

What Is Medicare?

Medicare is Federal health insurance program for people 65 or older; under 65 with certain disabilities, and any age with End-Stage Renal disease (permanent kidney failure requiring dialysis or a kidney transplant). Medicare does not generally pay for long term help with daily activities.

Most people get their Medicare health coverage in one of two ways. Your costs vary depending on your plan, coverage, and the services you use.

Medicare Has Four Parts:

- Part A (Hospital Insurance)
- Part B (Medical Insurance)
- Part C (Medicare Advantage Plans) This combines Part A & Part B and sometimes Part D (managed by private insurance companies)
- Part D (Prescription Drug Coverage)

You May Have Choices in How You Get Your Health Care:

The Original Medicare Plan — This plan is available everywhere in the U.S. It is the way most people get their Medicare Part A and Part B benefits. You may go to any doctor, specialist, or hospital that accepts Medicare. Medicare pays its share and you pay your share. Some things are not covered, like prescription drugs.

Medicare Managed Care Plans — These are health care choices (like HMOs) in some areas of the U.S. In most plans, you can only go to doctors, specialists, or hospitals that are part of the plan. Plans must cover all Medicare Part A and B benefits. Some plans cover extras, like prescription drugs.

Private Fee-for-Service Plans — This is a new Medicare health care choice in some areas of the U.S. You may go to any doctor, specialist, or hospital. Plans must cover all Medicare Part A and B benefits. Some plans cover extras, like extra days in the hospital. The plan decides how much you pay.

Supplemental Security Income

Supplemental Security Income Disability Assistance (SSI) provides a minimum income for aged, blind and disabled people who are not eligible for regular Social Security benefits. No Social Security work credits are needed to be eligible. For more information, call 1-800-772-1213 or www.ssa.gov

2010 MEDICARE PREMIUM AND CO-PAYS

| | | |
|--|-------------|------------------------------------|
| Skilled Nursing Facility Co-pay | Days 1-20 | Medicare pays 100% |
| Skilled Nursing Facility Co-pay | Days 21-100 | \$137.50 per day |
| Part A Deductible | Days 1-60 | \$1068.00 per hospitalization/year |
| Part A Deductible | Days 61-90* | \$267.00 per day |
| *(Continuous hospital care) | | |
| Part B Deductible* | | \$135.00 per year |
| *(After you meet the deductible you pay 20% of the Medicare approved amount for services.) | | |
| Hospital Co-pay | Day 61-90 | \$278.00 per day |
| Hospital Co-pay | Day 91-150 | \$556.00 per day |

Over 150 days all costs are patient responsibility.

What will Medicare Part A pay for in a skilled nursing facility?

Under certain conditions, Medicare Part A will pay for a portion of inpatient skilled nursing or rehabilitation services provided in a participating nursing facility.

The maximum Medicare Part A benefit is up to 100 days – as long as patients continue to meet; all criteria for skilled coverage.

There must be at least a three-day qualifying hospital stay - which includes three consecutive midnights. Unless the patient has a Medicare replacement policy.

FINANCIAL RESOURCES

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Moving your parent or other loved one to a senior community can be a lengthy and emotionally charged process. From discussing the topic with them and identifying the perfect location, to developing a moving plan and helping them settle in, the transition is one that requires patience, understanding, and a time commitment from family members and others in the senior's support network.

Note: Individuals naturally want to maintain their independence, but at some point, almost everyone needs help. In fact, more than 60% of persons age 80 and older need some level of assistance. While it may not be easy at first, many older adults welcome a move to a senior community, as it can help them stay healthier longer and improve their quality of life.

Is It Time To Move?

When you see your parents or other older adult loved ones on a regular basis, the signs of a decline may not be so obvious. Below are some factors to consider when evaluating if it might be time for them to move to a senior community:

Financial responsibility:

Are their credit cards being misused? Are they paying their bills on time? Is unopened mail piling up?

Safety issues:

Has their driving ability deteriorated? Are they making unnecessary or increased calls to 911? Do they express concern about being home alone?

Lifestyle changes:

Have you noticed a decline in their appearance or personal hygiene? Has their home started to look cluttered or dirty? Is it difficult for them to prepare their own meals or go grocery shopping?

Medical concerns:

Do they have a health condition that requires frequent monitoring? Are they showing signs of short-term memory loss or confusion?

The Talk

Plan ahead and start early with discussions about various senior housing options, keeping in mind their health status, lifestyle preferences, even geography.

Don't be surprised if during the first discussion they resist the subject. Ask them to think about it. Then try to bring it up on a regular basis until you have identified and addressed their major objections to making the move.

Remain positive and be persistent, as you would in any other negotiation. Keep in mind their need to maintain their dignity while accepting their newly acquired limitations. Most importantly: Don't wait for a fall, stroke or other medical crisis to occur to start searching for housing alternatives. Many facilities have waiting lists. If you already have a few available options in mind, not only will you be more prepared, but the senior will be more accepting of the change and the transition can be easier.

Preparing For The Move

Moving can be stressful -- less so if you plan for it correctly. The following suggestions can help you stay on task and streamline your move:

Ask for help:

Don't be afraid to ask other family members or friends for help if you and the senior are having difficulty deciding what to keep, give away, or donate to charity. This may also be a good time for everyone to go through old photos and label them with dates and the people in the pictures.

Inventory belongings:

Help the senior divide his or her possessions into two groups - what they think they

“must” take with them and what they “want” to take with them. Then review both lists to make sure everything will fit in the new home. If not, pare down the “want” list until you’ve jointly identified what they need to live happily and comfortably in their new home.

Take baby steps:

Set small goals. Working room to room is less stressful than trying to tackle the whole house in one day. Stay on task - start in one corner and work your way around the room. Do not go back and forth between rooms. Keep working in a room until you’re finished.

Label, label, label:

Colored sticky notes are great for labeling boxes and belongings, thus keeping everything organized. Assign a different color to each group, for example, items going to the new home, items going into storage, items going to family members, and so on.

Settling In

After the move, don’t be surprised if the older adult seems initially overwhelmed in the new environment. Transitioning to a new home is a major life change for anyone, especially for someone who has spent many years somewhere else.

Here are a few suggestions to help them adapt:

Get to know the staff.

Consider the staff part of your extended family. Share family stories with them, fill them in on the senior’s likes and dislikes, and let them know what is important to your loved one. The information will help the staff to better understand the senior’s personal needs, and will make the experience more enjoyable.

Encourage them to meet new people.

Remind them that they are not alone, and they should resist staying in their room all day. There undoubtedly are other residents in the same boat looking for new friends.

Ask questions.

This is a lifestyle adjustment, so neither you nor your loved one should hesitate to ask the staff about anything you’re unsure about.

Maintain their connections with friends

You can help by attending activities and special events with them, or even dinner. Consider bringing your children along; the sights and sounds of children in a can be a welcome change, even for those residents who don’t have their own.

Get them involved.

Most senior communities offer a full slate of activities to keep residents busy. Whether it’s a bridge game, an educational seminar, or a field trip to the local shopping mall, suggest that they participate in a few events each week. Who knows – they may even learn something new!

Give them time to adjust.

As they meet new people and become more involved in the community, even the most reluctant individuals may discover that they’re excited about this new chapter in their life.

Final Thoughts

Throughout the transition to a senior community, try to maintain a positive attitude when dealing with siblings and other family members. Accept the fact that not everyone is willing or able to be involved at the same level all of the time. You may need to ask for help at certain times, or hire an outside service if family members or friends are not available.



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Real Estate Consultant
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CIRCUIT BREAKER BENEFITS

Circuit Breaker benefits are available to qualified senior and disabled citizens. The first grant is a rebate for property taxes. The state rebates a cash grant to the eligible taxpayer whenever the property taxes reach a certain proportion of the taxpayer's income. The property tax relief grant is calculated using a formula based on property tax and the total household income. The property tax grant equals the lesser of:

- A.** the person's property tax bill minus 3.5% of the person's household income;
- B.** a maximum grant of \$700 minus 4.5% of household income; or
- C.** \$70 if household income is more than \$14,000.

To apply for the Circuit Breaker, a person must reside in Illinois, be at least 65 or disabled, and have annual household income of \$29,480.00 for a couple or \$22,218.00 for a single person.

Applications for grants can be filed anytime during the calendar year.

Applicants must file Form IL-1363. For more information, call **1-800-252-8966** or visit **www.state.il.us/aging**

For forms, call **1-800-356-6302** or **www.cbrx.il.gov**

THE SENIOR CITIZEN PROPERTY TAX ASSESSMENT FREEZE

The Senior Citizen Property Tax Assessment Freeze allows seniors age 65 and above with household incomes of less than \$45,000 per year to register for a property tax assessment freeze. In order to be eligible for the assessment freeze, you will need to complete an application at your local assessor's office. Legislation (HB 4789) has been sent to the governor to create a partial freeze for senior households with incomes of \$45,000 to \$50,000. For more information call your local assessor.

Tax Payer Assistance IRS
800-829-1040

Tax Payer Assistance State
800-723-8866

Congregate meals are served weekdays in sites such as senior centers, churches and community buildings.

While enjoying a nutritious meal, participants also have a chance to visit with friends and neighbors in the community. Participants may voluntarily contribute toward the cost of their meal.

When a person age 60 or older is home-bound and cannot prepare nutritious meals for themselves, he or she may be eligible for home-delivered meals.

Area I: Boone, Carroll DeKalb, JoDaviess, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties

NICAA Senior Citizens Services

P.O. Box 506

115 East Spring Street

Freeport, IL 61032

815-232-8896

Fax: 815-232-5605

Email: golden@aeroinc.net

Sites Served: Albany, Chadwick, Erie, Freeport (2), Galena, Hanover, Lanark, Milledgeville, Morrison, Prophetstown, Rock City, Rock Falls, Savanna and Stockton

Eastern Will County Senior Services

25864 S. Chestnut Rd.

P.O. Box 579

Monee, IL 60449-579

708-534-3905

800-892-1412

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705 Kilburn

Rockford, IL 61101

815-963-1609

800-799-1189

Fax: 815-963-1627

Email: carolgreen@lifescapeservices.com

www.lifescapeservices.org

Sites Served: Amboy, Belvidere, Dixon, Loves Park, Mt. Morris, Oregon, Paw Paw, Pecatonica, Polo, Rochelle, Rockford (6), and South Beloit

Voluntary Action Center

1606 Bethany Road

Sycamore, IL 60178

815-758-3932

Fax: 815-758-0202

Email: [vacdk@aol.com](mailto:vacdck@aol.com)

Sites Served: DeKalb (2), Genoa, Somonauk, and Sycamore

Area 2: DuPage, Grundy, Kane,
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Will Counties

**DuPage County Senior
Citizens Council**

1919 South Highland, Building A
Lombard, IL 60148-5366
630-620-0804

Fax: 630-620-1158

Email: info@dupageseniorcouncil.org

www.dupageseniorcouncil.org

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Geneva, IL 60134

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www.salarmychicago.org

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671 South Lewis Avenue

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847-782-4000 or 4268

Fax: 847-782-1030

Email: fphillip@catholiccharities.net

www.catholiccharities.net

Sites Served: Barrington (2), Fox Lake,
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Villa (2), Lake Zurich, Round Lake,
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**Senior Services Center of
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251 North Joliet Street

Joliet, IL 60432

815-740-4225

815-723-9713

800-892-1412

Fax: 815-740-4218

www.willcountysenior.org

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Chicago, IL 60604-1001

312-207-5290

Fax: 312-441-0641

Email: info@cnnmow.org

Web: www.cnnssacookcounty.org

Sites Served: Coal City, Mazon,
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657 East Court Street

P.O. Box 2216

Kankakee, IL 60901

815-933-7883, ext. 222

Fax: 815-933-0635

Email: dsample@kccsi-cap.org

www.kccsi-cap.org

Sites Served: Hopkins Park, Kankakee,
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Area 3: Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island and Warren Counties

Rock Island County Senior Center

2221 Eleventh Street
Rock Island, IL 61201
309-788-6335
Fax: 309-793-6359

www.projectnow.org

Sites Served: Aledo, East Moline (2), Edgington, Keithsburg, Milan, New Boston, Port Byron, Reynolds, and Rock Island (5)

Jamieson Community Center

325 East Ninth Avenue
Monmouth, IL 61462
309-734-4251
Fax: 309-734-2911

Sites Served: Aledo, Keithsburg, Kirkwood, Monmouth, and Roseville

Henry County Senior Citizens, Inc.

219 West Second Street
Kewanee, IL 61443
309-853-8831
800-659-9952
Fax: 309-852-5250

Email: hcscc@bwsys.net

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www.macombymca.org

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Henderson County Health Department

Courthouse
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Gladstone, IL 61437
309-627-2812
Fax: 309-627-2793

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Voluntary Action Center

1606 Bethany Road
Sycamore, IL 60178
815-758-3932
Fax: 815-758-0202

Sites Served: LaSalle, Ladd, Mendota, Ottawa (2), Princeton, and Streator

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128 First Street
P.O. Box 208
Standard, IL 61363
815-339-2711
800-757-4579
Fax: 815-339-6071

Email: info@pcaservices.org

Sites Served: Standard

Area 4: Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties

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Canton, IL 61520
309-647-9006

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Peoria, IL 61605
309-671-3900
Fax: 309-671-3913
Sites Served: Peoria (8)

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Fax: 217-581-7075

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Fax: 217-443-4288

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Fax: 217-422-0633

www.mealcall.org

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Fax: 618-465-3302

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FAX: 618-234-8634

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Centreville, IL 62207

618-332-3060

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Steeleville, IL 62288

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Fax: 618-965-9421

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Collinsville Township Senior Center

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Collinsville, IL 62234

618-344-7787

Sites Served: Collinsville Township

**Bond County Senior Citizens
Center, Inc.**

305 South Third Street

Greenville, IL 62246

618-664-1465

Fax: 618-664-1478

www.bondseniors.org

Sites Served: Greenville

Faith Countryside Homes

1331 26th Street

Highland, IL 62249

618-654-4600

Fax: 618-654-4604

Sites Served: Highland

Jarvis Township Senior Center

410 Wickliffe

Troy, IL 62294

618-667-2022

Sites Served: Madison

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500 West Second

Sparta, IL 62286

618-443-4020

Fax: 618-443-6050

Sites Served: Marris and Sparta

Mascoutah Senior Services Program

227 North Market Street

Mascoutah, IL 62258

618-566-8758

Sites Served: Mascoutah

Millstadt Township

102 S. Jefferson Street

Millstadt, IL 62260

618-476-3731

Fax: 618-476-3921

Sites Served: Millstadt

New Athens Nutrition Center

100 South Benton Street

New Athens, IL 62264

618-475-3683

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618-243-6605

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Village of Cahokia

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618-293-6700

Sites Served: St. Clair

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618-224-9913

Fax: 618-224-9136

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Townships

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and Marion Counties

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618-242-7010

Email: sunshine1@mvn.net

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and Salem

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Counties

Edwards County Council on Aging

323 North Fifth Street
Albion, IL 62806
618-445-2017

Fax: 618-445-2637

Sites Served: Albion, Browns, Grayville, and
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Wabash Area Development, Inc.

100 North Latham Street
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Enfield, IL 62835
618-963-2387

Fax: 618-963-2525

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1433 Judy Avenue
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618-945-7412

Fax: 618-945-7667

Sites Served: Bridgeport, Lawrenceville,
St. Francisville, and Sumner

**White County Senior Citizens
Center**

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Carmi, IL 62821
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618-382-8794

Fax: 618-382-8061

Sites Served: Carmi, Enfield, and
Norris City

Embarras River Basin Agency for Economic Opportunity, Inc.

115 S. Kentucky St.
P.O. Box 307
Greenup, IL 62428-0307
217-923-3113
Fax: 217- 923-5155
Sites Served: Newton, Oblong, Olney, and Willow Hill

Area II: Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union and Williamson Counties

Senior Adult Services

409 North Springer
Carbondale, IL 62901
618-457-4151
Sites Served: Anna, Carbondale, Grand Tower, and Murphysboro

Franklin County Senior Services

225 East Poplar Street
West Frankfort, IL 62896
618-937-3511
Fax: 618-932-2618
Sites Served: Benton, Christopher, and West Frankfort

Southern Pride Senior Program

60 State Route 37
P.O. Box 1372
Vienna, IL 62995
618-658-9669
Fax: 618-658-9151
Sites Served: Cairo, Goreville, Metropolis, Mounds, Olive Branch, Tamms, and Vienna

Williamson County Programs on Aging, Inc.

212 East Walnut Street
Herrin, IL 62948
618-988-1585
Sites Served: Carterville, Creal Springs, Herrin, Hurst, Johnston City, Marion, and Pittsburg

Gold Plate Program Perry County

721 N. Hickory
P.O. Box 345
DuQuoin, IL 62832
618-542-3511
Fax: 618-542-5755
Sites Served: Cutler, DuQuoin, Pinckneyville, and Willisville

cje SeniorLife 

**KOSHER
TO GO**

773.508.1000 www.cje.net

CJE SeniorLife is a partner in serving our community,
supported by the Jewish United Fund/Jewish Federation.



Golden Circle Nutrition and Social Service Program

Route 146 East, RR #1
P.O. Box 191A
Elizabethtown, IL 62931
618-287-5590

Sites Served: Eddyville, Eldorado,
Elizabethtown, Golconda, Harrisburg,
Ridgway, and Shawneetown

Area 12: City of Chicago

**Nutrition Program Chicago
Department on Aging City of
Chicago-Golden Diners**

30 North LaSalle, Suite 2320
Chicago, IL 60602-2586
312-744-4016
312-744-6777 (TTY)

Sites Served: 74 sites in the City of
Chicago

Catholic Charities

721 N. LaSalle
Chicago, IL 60654
312-655-7700

Sites Served: City of Chicago

Catholic Charities

1940 W. Flournoy
Chicago, IL 60644
773-378-3127
773-378-3777

Sites Served: City of Chicago

Area 13: Suburban Cook County

**Advocate Lutheran General
Hospital Home Delivered Meals**

9375 Church Street
Des Plaines, IL 60016
847-296-0737

PLOWS Council on Aging

7808 College Drive, 5 East
Palos Heights, Illinois 60463
708-361-0219
Fax: 708-361-9853
www.plows.org

Sites Served: Alsip, Bridgeview, Chicago
Ridge, Evergreen Park, Hickory Hills,
Merrionette, Palos Hills, and Worth

**Community Nutrition Network
Nutrition Program**

208 South LaSalle, Suite 1900
Chicago, IL 60604
312-207-5290
Fax: 312-441-0641
www.cnnssa.org

Sites Served: Arlington Heights, Bartlett,
Calumet Park, Cicero, Chicago Heights,
Des Plaines, Evanston, Franklin Park,
LaGrange, Lemont, Markham, Maywood,
Morton Grove, Oak Lawn, Palatine, Park
Forest, Phoenix, Robbins, Schaumburg,
Summit, and Tinley Park

**South Suburban Services of
Catholic Charities**

15300 South Lexington Avenue
Harvey, IL 60426
708-596-2222
Fax: 708-596-9567

Sites Served: Bloom, Bremen,
Calumet, Glenwood, Lansing,
Rich, and Thornton
Townships

Calumet Township

12633 South Ashland
Calumet Park, IL 60827
708-388-6606
Fax: 708-388-6630

Sites Served: Calumet Township

Frisbie Senior Center

52 East Northwest Highway

Des Plaines, IL 60016

847-768-5944

Fax: 847-768-9398

Sites Served: Des Plaines Township

Kenneth Young Center

1001 Rohlwing Road

Elk Grove Village, IL 60007

847-524-8800

Fax: 847-524-8824

Sites Served: Elk Grove and Schaumburg Townships

CJE SeniorLife

3003 West Touhy Avenue

Chicago, IL 60645

773-508-1000

Sites Served: Evanston and Niles Township

Schaumburg Community Cafe

The Barn

231 Civic Drive

Schaumburg, IL 60193

847-524-7496

Sites Served: Village of Hoffman Estates and Village of Schaumburg

Catholic Charities North

671 South Lewis Avenue

Waukegan, IL 60085

847-782-4267

847-782-4000

Fax: 847-782-4296

Sites Served: Glencoe, Glenview, Golf, Kenilworth, Northbrook, Northfield, Wilmette, and Winnetka

West Suburban Senior Services

439 Bohland Avenue

Bellwood, IL 60104

708-547-5600

Fax: 708-547-8044

Sites Served: Leyden, Proviso, and Riverside Townships

Metropolitan Asian Family Services

7541 North Western Avenue

Chicago, IL 60645

773-465-3105

Fax: 773-465-0158

Sites Served: Niles Township

Seniors Assistance Center

7774 Irving Park Road

Norridge, IL 60634

708-456-7979

Fax: 708-456-8647

Sites Served: Norwood Park Township

Oak Park Township Senior Services Community City

418 South Oak Park Avenue

Oak Park, IL 60302

708-383-8060

Fax: 708-383-5168

Sites Served: Oak Park and River Forest Townships

Xilin Association

1163 East Ogden Avenue, Suite 301

Naperville, IL 60563-1687

630-355-4322

Fax: 630-355-4326

Sites Served: Palatine and Schaumburg Townships

Grand Prairie Services

Chicago Heights Lincoln Center

450 West 14th Street

Chicago Heights, IL 60411

708-503-9670

Fax: 708-503-1218

Sites Served: Rich Township

Stickney Township Office on Aging

7745 South Leamington

Burbank, IL 60459

708-636-8850

Fax: 708-636-9473

Sites Served: Stickney Township

Moving Made Simple

When it's time to change your living arrangements we help make the whole process easier. As Senior Relocation Experts, we offer a wide range of services—we can:



- Find you a Realtor
- Prepare your home for sale
- Arrange the sale or donation of unneeded items
- Schedule a mover
- Pack your belongings
- Set up your new home

We can pack, move and set up in a senior community all in one day. When we take the headaches out of a move, what could be easier?

Call 847-829-4437

or visit our website

www.paxem.com



Paxem, Inc.

Healthy Body, Healthy Mind

Physical activity is good for your health at every age. If you have never been active, starting regular physical activity now can improve your strength, staying power, and flexibility. Being active can help you live on your own for a longer time and lower your chance of getting type 2 diabetes, heart disease, and colon cancer.

Whatever activity you choose, follow these safety tips.

- Ask your health care provider about ways you can safely increase the amount of physical activity you do now.
- When you are active outdoors, wear lightweight clothes in the summer and layers of clothing in the winter.
- Wear sunscreen, sunglasses, and a hat for sun protection.
- Take time to warm up, cool down and stretch.
- Start slowly and build up to more intense activity.
- Wear shoes that fit well and are right for your activity.
- Drink plenty of water.
- Stop the activity if you feel pain.

Brain Health

Stay mentally active – Stimulating activities, try new things, challenging yourself daily makes new nerve cells.

Remain socially active – Enjoyable and forces you to talk to others using your brain cells more.

Stay physically active – Maintains good blood flow to the brain which also encourages new brain cells. It also reduces stress which makes matters worse.

Adopt a brain-healthy diet – Research shows high cholesterol contributes to strokes and brain cell damage. Growing evidence suggests that a diet rich in dark vegetables and fruits containing antioxidants protects brain cells.

Keep your lungs healthy – Good oxygen flow to the brain makes the cells healthier.

Hypertension and diabetes – Are contributing factors to loss of brain cells.

Get enough sleep – Since the invention of the light bulb we've become sleep deprived which is harmful to the brain. 7-9 hours of sleep daily is recommended.

Reduce stress – Stress hormones kill brain cells in the memory center and cause serious trouble for the entire body.

Avoid substances that stress the brain – The chief offenders in this category are caffeine (however there are varying reports on this), nicotine, drugs and alcohol. These substances decrease blood flow to the brain damaging brain cells.

Have a positive attitude – Depression causes cognitive problems and should be treated by an MD and get a daily dose of sunshine too!

Senior Centers are a great source for the following services:

Health and wellness programs; arts and humanities activities; inter-generational programs; employment assistance; social networking opportunities; transportation services; volunteer opportunities; educational opportunities, financial assistance; senior rights counseling and legal services; meal and nutrition programs; leisure and travel programs.

AREA I: Boone, Carroll, DeKalb, JoDavies, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties

Boone County

Boone County Council on Aging—Keen Age Center

2141 Henry Luckow Lane
Belvidere, IL 61008-1700
814-544-9893

Carroll County

Carroll County Senior Services, Inc.

306 North Main Street, Box 45
Mt. Carroll, IL 61053
815-244-1800

DeKalb County

DeKalb Senior Citizens Center

330 Grove Street
DeKalb, IL 60115
815-758-4718

Fox Valley Older Adult Services

1406 Suydam Road
Sandwich, IL 60548-2008
815-786-9404

Lee County

Lee County Council on Aging

100 West Second Street
Dixon, IL 61021
815-288-6563

Ogle County

Hub City Senior Center

401 Cherry Avenue
Rochelle, IL 61068
815-562-5050

Mt. Morris Senior Citizens Center

9 East Front Street
Mt. Morris, IL 61054
815-734-6335

Polo Senior Center

101 East Mason
Polo, IL 61064
815-946-3818

Rock River Center, Inc.

215 Washington Street
Oregon, IL 61061
815-732-3252

Stephenson County

Stephenson County Senior Center

1237 W. Galena Ave.
Freeport, IL 61032
815-235-9777
800-424-6696

Whiteside County

Whiteside County Senior Center

1207 West Ninth Street
Sterling, IL 61081-0155
815-622-9230

Winnebago County

Booker Washington Center

524 Kent Street
Rockford, IL 61102
815-968-8861

Golden Agers Center

1115 Sixth Avenue
Rockford, IL 61104
815-962-0407

Greater Park Action Committee

(G Pac) Senior Center
400 Heart Boulevard
Loves Park, IL 61111
815-633-7111

Harvard Senior Center

12 South Ay
Harvard, IL 60033
815-943-6844

AREA 2: DuPage, Grundy, Kane, Kankakee,
Kendall, Lake, McHenry, and Will Counties
DuPage County

The Abbey Senior Center

407 West St. Charles Road
Elmhurst, IL 60126
630-993-8961

Bloomington Township Senior Center

6 N 050 Rosedale Road
Bloomington, IL 60108
630-529-7794

Glen Ellyn Senior Service Center

493 Forest Avenue
Glen Ellyn, IL 60137
630-858-6325

Hinsdale Community House

415 West Eighth Street
Hinsdale, IL 60521
630-323-7500

Leisure Center

Wheaton Park District
208 West Union Street
Wheaton, IL 60187
630-665-1415

Lombard Community Senior Center

205 West Maple Street
Lombard, IL 60145
630-629-9707

New Horizons Senior Center

305 West Jackson Avenue
Naperville, IL 60540
630-848-3613

Oswego Senior Center

156 E. Washington
Oswego, IL 60543
630-554-5602

Village of Villa Park/Community Recreation Center

320 East Wildwood Avenue
Villa Park, IL 60181
630-279-5180

Wayne Township

27W031 North Avenue
West Chicago, IL 60185
630-231-7140

Westmont Park District

55 Richmond Street
Westmont, IL 60559
630-963-5150

York Township Senior Center

1502 Meyers Road
Lombard, IL 60148
630-620-2400, ext. 110

Kane County**Aurora Township Senior Center**

460 Garfield
Aurora, IL 60506
630-897-4035

Dundee Township Senior Center

865 Barrington Avenue
Carpentersville, IL 60110
847-551-4207

Senior Services Associates

101 South Grove Avenue
Elgin, IL 60120
847-741-0404

Kankakee County

Kankakee Senior Center

657 East Court Street
Kankakee, IL 60901
815-933-7883

Pembroke Senior Center

PO Box 488
Hopkins Park, IL 60944
815-944-5283

Salvation Army Senior Center

148 North Harrison
Kankakee, IL 60901
815-933-1603

Kendall County

Kendall Senior Center

908 Game Farm Road
Yorkville, IL 60560
630-553-5777

Newark Senior Center

11 West Front Street
Newark, IL 60541
815-695-5395

Lake County

Antioch Senior Center

817 Holbeck
Antioch, IL 60002
847-395-0139

Ela Township Senior Center

1025 Old McHenry Road
Lake Zurich, IL 60047
847-438-9160

Grayslake Senior Center

50 Library Lane
Grayslake, IL 60030
847-543-1041

Highland Park Senior Center

54 Laurel Avenue
Highland Park, IL 60035
847-432-4110
www.cityhpil.com

Lake Forest Senior Center

100 East Old Mill Road
Lake Forest, IL 60045
847-234-2209

Libertyville Senior Center

135 West Church Street
Libertyville, IL 60048
847-247-7659

Park Place

414 South Lewis Avenue
Waukegan, IL 60085
847-224-9242

Patty Turner Senior Center

375 Elm
Deerfield, IL 60015
847-940-4010
www.deerfieldseniors.org

Regent Center

1200 Regent Drive
Mundelein, IL 60060
847-566-4790

Round Lake Senior Center

814 Hart Road
Round Lake, IL 60073
847-546-8558

Warren Township Senior Center

17801 W. Washington St.
Gurnee, IL 60031
847-244-1101

McHenry County

Gus Kraus Senior Center

441 West main Street
Cary, IL 60013
847-639-8118

McHenry Senior Center

3519 Route 31
McHenry, IL 60050
815-334-3555

Senior Service Associates

110 West Woodstock Street
Crystal Lake, IL 60014
815-356-7457

Will County**Eastern Will Senior Citizen Center**

25864 South Chestnut
Monee, IL 60449-0579
708-534-2323

Levy Senior Center

251 Canterbury
Bolingbrook, IL 60440
630-759-3411

Senior Services Center

2200 Oneida Street
Joliet, IL 60435
815-729-9273

Senior Services Center

102 Stryker Avenue
Joliet, IL 60435
815-744-6819

Senior Service Center of Will County

251 North Center
Joliet, IL 60435
815-723-9713

Troy Township Senior Center

25448 Seil Rd.
Shorewood, IL 60404
815-744-1968

Victory Senior Center

31 North Broadway Street
Joliet, IL 60435
815-727-2380

Will County Senior Services

700 East 9th Street
Lockport, IL 60441
815-838-5885

Area 3: Bureau, Henderson, Henry, Knox,
LaSalle, McDonough, Mercer, Putnam, Rock
Island, and Warren Counties

Bureau County**Bureau County Senior Citizens**

16 West Marion Street
Princeton, IL 61356
815-879-3981

Walnut Senior Center

130 South Main Street
Walnut, IL 61376
815-379-9240

Henderson County**Henderson County Health**

Department
PO Box 220
Gladstone, IL 61437
309-627-2812

Lomax-Carmen Senior Citizens

PO Box 45
Main Street
Lomax, IL 61454
217-449-3495

Oquawka Senior Center

PO Box 394
Schuyler and Fourth Street
Oquawka, IL 61469-0394
309-867-4231

Henry County**Green Rock Senior Center**

703 Sixth Street
Colona, IL 61241
309-792-5093

Henry County Senior Citizens Center

219 West Second Street
Kewanee, IL 61443
309-853-8831

Henry County Senior Citizens, Inc.

Geneseo Community Center
541 East North Street
Geneseo, IL 61254
309-944-3793

Knox County**Gordon Behrents Senior Center**

2015 Windish Drive
Galesburg, IL 61401
309-344-2520

**Visiting Nurses Association
(VNA) Community Services**

150 East Simmons Street
Galesburg, IL 61401
309-342-1152

LaSalle County**Bridges Community Center**

221 West Etna Road
Ottawa, IL 61350
815-431-8034

Mendota Area Senior Services

1901 Tom Merwin Drive
Mendota, IL 61342
815-539-7700

McDonough County**Blandinsville Senior Citizens, Inc.**

230 South Main Street
Blandinsville, IL 61420
309-652-3833

McDonough YMCA Senior Program

400 East Calhoun Street
Macomb, IL 61455
309-837-5733

Senior Citizens, Inc.

114 West Depot
Colchester, IL 62326
309-776-4366

Mercer County**Mercer County Senior Citizens**

137 West Main Street
Aledo, IL 61231
309-582-7221
309-582-5492

Putnam County**Putnam County Achievement Services**

PO Box 208
First Street
Standard, IL 61363
815-339-2711

Rock Island County**South Moline Township Senior Center**

637 17th Ave.
East Moline, IL 61244
309-752-2643

Warren County**Strom Center**

211 South A Street
Monmouth, IL 61462
309-734-4560

Area 4: Fulton, Marshall Peoria, Stark,
Tazewell, and Woodford Counties

Fulton County**Cuba Senior Center**

117 South Third Street
Cuba, IL 61427
309-785-5544

South Fulton County Senior Citizens Center

105 East Broadway Street, Box 380
Astoria, IL 61501
309-329-2941

Peoria County**Glasford Senior Center**

105 East Main
Glasford, IL 61533
309-389-5005

Pearce Community Center

610 West Cedar Street
Chillicothe, IL 61523
309-274-4209

Rural Peoria County Senior Center

414 North Main Street
Bellevue, IL 61604
309-697-3305

Tri-County Senior Center

88 East Fort Street
Farmington, IL 61531
309-245-4813

Stark County**Bradford Multipurpose Senior Citizens Center**

160 West Main Street
Bradford, IL 61421
309-897-8300

Tazewell County**Eugene Miller Tazewell County Senior Center**

551 South 14th Street
Pekin, IL 61554
309-353-5812

Freedom Hall Senior Center

349 West Birchwood
Morton, IL 61550
309-263-9923

Hopedale Senior Center

101 South Main
Hopedale, IL 61747
309-499-3353

Lake Manor Senior Day Center

2400 North Eighth Street
Pekin, IL 61554
309-231-1404

UAW Senior Center

444 South Park Drive
Pekin, IL 61554
309-347-7791

Washington Senior Center

101 Burton
Washington, IL 61571
309-444-8777

Area 5: Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, McLean, Macon, Moultrie, Piatt, Shelby, and Vermilion Counties

Champaign County**Champaign Park District**

Douglas Annex
804 North Fifth
Champaign, IL 61820
217-398-2572

Champaign Park District Nell Hays Center

1311 West Church
Champaign, IL 61820
217-398-2580

Helen M. Stevick Senior Center

48 Main Street
Champaign, IL 61820
217-359-6500

Peace Meal Rantoul Senior Center/ Civic Center

520 East Wabash
Rantoul, IL 61866
217-892-5506

Clark County

Casey Senior Center

14 South Central
Casey, IL 62420
217-932-5100

Coles County

Life Span Center

11021 E. Co. Rd 800N
Charleston, IL 61920
217-639-5150

Oakland Senior Center

106 West Main
Oakland, IL 61943
217-346-3511

Cumberland County

Life Center of Cumberland County

507 East Main
Toledo, IL 62468
217-849-3965

DeWitt County

DeWitt County Friendship Center

410 East Main
Clinton, IL 61727
217-935-9411

Douglas County

Arcola Senior Center

107 W. Main St.
Arcola, IL 61910
217-268-4940

Tuscola Senior Center

133 West Sale
Tuscola, IL 61953
217-253-2278

Villa Grove Senior Center

612 East Front
Villa Grove, IL 61956
217-832-9445
Edgar County

Chester P. Sutton Community Center/Edgar County

256 West Court
Paris, IL 61944
217-465-8143

Otho Henn Community Center

PO Box 207
Brocton, IL 61917
217-385-2359

Ford County

Senior Citizens Service Center

215 East Third
Gibson City, IL 60936
217-784-4891

Iroquois County

Northern Iroquois Multipurpose Senior Center

343 South State Line Road
Beaverville, IL 60912
815-435-2333

Wateska Senior Center

213 East Cherry
Wateska, IL 60970
815-432-4522

Livingston County

Dwight Senior Citizens

106 South Franklin
Dwight, IL 60420
815-584-2007

Macon County

Decatur-Macon County Senior Center

1430 North 22nd Street
Decatur, IL 62526
217-429-1239

John S. Hills Park Building

610 East Riverside
Decatur, IL 62526
217-429-7750

Martin Luther King Center

1122 East Marietta
Decatur, IL 62523
217-428-4148

McLean County**Miller Park Pavilion**

1020 South Morris Avenue
Bloomington, IL 61701
309-434-2255

Normal Township Senior Program Activity Center

1 Normal Plaza Douglas-1110 Street
Normal, IL 61761
309-888-9099

Western Avenue Community Center

600 North Western Avenue
Bloomington, IL 61701
309-829-4807

Moultrie County**Moultrie County Senior Center**

114 East Jefferson
Sullivan, IL 61951
217-728-8521

Piatt County**Monticello Senior Center-Stepp Inn**

109 East Main
Monticello, IL 61856
217-762-7733

Shelby County**Shelby County Senior Center**

325 East North Ninth Street
Shelbyville, IL 62565
217-774-2251

Vermillion County**Community Resources and Information For Seniors Services (CRIS)**

309 North Franklin
Danville, IL 61832
217-443-2999

Georgetown Senior Center

102 South Walnut
Georgetown, IL 61846
217-662-6556

Hoopeston Community Center

206 South First Avenue
Hoopeston, IL 60942
217-283-9576

Westville Senior Center

122 North State Street
Westville, IL 61883
217-267-3602

Area 6: Adams, Brown, Calhoun,
Hancock, Pike, and Schuyler Counties

Adams County**Quincy Senior and Family Resource Center**

639 York St.
Quincy, IL 62306
217-223-7904

Brown County**Brown County/Mt Sterling Senior Center**

115 North Capitol
Mt. Sterling, IL 62353
217-773-3241

Versailles Senior Citizens Center

PO Box 141
Main Street
Versailles, IL 62378
217-225-3256

Calhoun County

Hardin/County Senior Citizens Center

PO Box 64
Main Street
Hardin, IL 62047
618-576-9331

Hancock County

Augusta Senior Citizens Center

804 Main Street
Augusta, IL 62311
217-392-2395

Carthage Senior Citizens Center

301 Main Street
Carthage, IL 62321
217-357-3716

Dallas City Senior Center

Oak Street
Dallas City, IL 62330
217-852-3125

Hamilton Senior Citizens Center

972 Broadway
Hamilton, IL 62341
217-847-3219

LaHarpe Senior Center

112 Lillian Street
LeHarpe, IL 61450
217-659-7764

Spunky Point Senior Center

404 Main Street
Warsaw, IL 62379
217-256-3542

Pike County

Barry Senior Center

801 Frike Street
Barry, IL 62312
217-335-2659

Pike County Senior Citizens Center

220 West Adams
Pittsfield, IL 62363
217-285-4969

Pleasant Hill Senior Citizens Center

112 South Main
Pleasant Hill, IL 62366
217-734-2912

Schuyler County

Browning Senior Center

500 North Main
Browning, IL 62624
217-323-9389

**Schuyler County Senior
Citizens Center**

250 North Monroe Street
Rushville, IL 62681
217-323-9389

Area 7: Cass, Christian, Greene, Jersey,
Logan, Macoupin, Mason, Menard,
Montgomery, Morgan, Sangamon, and
Scott Counties

Cass County

Golden Age Center

111 West Third Street
Beardstown, IL 62618
217-323-1755

Christian County

Christian County Senior Center

701 West Adams Street
Taylorville, IL 62568
217-824-4263

Morrisonville Senior Center

Civic Janes Building
512 Carlin Street
Morrisonville, IL 62545
217-526-3621

Pana Area Senior Citizens, Inc.

188 US Highway 51 South
 Pana, IL 62557
 217-562-5611

South Forks Senior Center

122 Central Avenue
 Kincaid, IL 62540
 217-237-4328

Greene County**Green County Senior Citizens Center**

320 North Fifth Street
 Carrollton, IL 62016
 217-942-6414

Jersey County**Jerseyville Senior Citizens**

806 East Franklin Street
 Jerseyville, IL 62052
 618-498-3483

Logan County**The Oasis-Logan County Senior Center**

501 Pulaski Street
 Lincoln, IL 62656
 217-732-6132

Macoupin County**Benld Senior Citizens Center**

205 East Central Avenue
 Benld, IL 62009
 217-835-2374

Brighton Community Center City Hall

206 South Main Street
 Brighton, IL 62016
 618-372-8860

Carlinville Senior Center

213 North East Street
 Carlinville, IL 62626
 217-854-3622

Silver Stands Senior Center

133 West State Street
 Palmyra, IL 62674-0264
 217-436-2497

Menard County**Petersburg Senior Center**

105 South Seventh Street
 Petersburg, IL 62675
 217-632-2854

Tallula Senior Center

103 West Main Street
 Tallula, IL 62688
 217-634-4524

Montgomery County**Litchfield Community and Senior Center**

1100 South State Street
 Litchfield, IL 62056
 217-324-4921

Senior Citizens of Montgomery County

8353 Illinois Route 127
 Taylor Springs, IL 62089
 217-532-3662

Morgan County**Jacksonville Area Senior Center**

1309 South Main Street
 Jacksonville, IL 62650
 217-883-1090

Senior Citizens Center

161 North Pearl Street
 Waverly, IL 62692
 217-435-3611

Sangamon County**Auburn Community Center**

116 North Fifth Street
 Auburn, IL 62615
 217-483-3621

110 SENIOR CENTERS



Ball Chatham Senior Citizens Center

111 West Mulberry
Chatham, IL 62629
217-483-3792

Divernon Senior Citizens Club

44 West Dodds Street
Divernon, IL 62530
217-628-3412

Senior Services of Central Illinois

701 West Mason Street
Springfield, IL 62702
217-528-4035

Area 8: Bond, Clinton, Madison, Monroe,
Randolph, St. Clair, and Washington Counties

Bond County

Bond County Senior Citizens Center

305 South Third
Greenville, IL 62246
618-664-1465

Clinton County

Clinton County Senior Services, Inc.

630 Eighth Street
Carlyle, IL 62231
618-594-2321

Madison County

Glen Carbon Senior Citizens Center

151 North Main Street
Glen Carbon, IL 62034
618-288-2664

Senior Citizens Services, Inc.

1003 North Main Street
Edwardsville, IL 62025
618-656-0300

Senior Services Plus, Inc.

2603 North Rogers Avenue
Alton, IL 62002
618-465-3298

Jarvis Township Senior Center

410 Wickliffe
Troy, IL 62294
618-667-2022

Monroe County

Waterloo Multipurpose Senior Center

207 West Fourth Street
Waterloo, IL 62298
618-939-8880

Randolph County

Chester Multipurpose Senior Center

805 State Street
Chester, IL 62233
618-826-5108

Red Bud Senior Center

4111 State Route 159
Red Bud, IL 62278
618-282-6333

Sparta Senior Multipurpose Center

500 West Second Street
Sparta, IL 62286
618-443-4020

St. Clair County

Collinsville Senior Center

420 East Main, Room #3
Collinsville, IL 62234
618-896-1215

East St. Louis Clyde Jordan Senior Center

6755 State Street
East St. Louis, IL 62203
618-293-6700

Mascoutah Senior Center

227 North Market Street
Mascoutah, IL 62258
618-566-8758

Millstadt Township

102 South Jefferson
Millstadt, IL 62260
618-476-3731

Senior Services of Southern St. Clair County

815 North Borders
Marissa, IL 62257
618-295-3474

Southwestern Illinois College Programs and Services for Older Adults

201 North Church Street
Belleville, IL 62220
618-234-4410

Area 9: Clay, Effingham, Fayette,
Jefferson, and Marion Counties

Clay County**Clay County Senior Center**

218 South Main Street
Flora, IL 62939
618-662-8844

Effingham County**Effingham County Commission On Aging**

209 South Merchant Street
Effingham, IL 62401
217-347-5569

Fayette County**Fayette County Senior Center**

616 West Jackson Street
Vandalia, IL 62471
618-283-1040

Jefferson County**Jefferson County Sunshine Center**

521 Perkins Avenue
Mt. Vernon, IL 62864
618-242-7010

Marion County**Marion County Senior Center**

122-124 East Broadway
Centralia, IL 62801
618-533-1073

Patoka Service Center

210 West Bond Street
Patoka, IL 62875
618-432-5855

Area 10: Crawford, Edwards, Hamilton,
Jasper, Lawrence, Richland, Wabash, Wayne,
& White Counties

Crawford County**Crawford County Senior Citizens**

300 South Lincoln
Robinson, IL 62454
618-544-8811

Edwards County**Edwards County Council on Aging**

323 North Fifth Street
Albion, IL 62806
618-455-2017

Grayville Senior Citizens, Inc.

212 East North Street
Grayville, IL 62844
618-445-2017 or 618-375-7777

Hamilton County**Hamilton County Senior Citizens**

108 East Jefferson
McLeansboro, IL 62859
618-643-2676

Jasper County**Jasper County Senior Citizens**

904 West Jourdan
Newton, IL 62448
618-783-3660

Lawrence County

Lawrence Senior Citizens
1705 12th Street
Lawrenceville, IL 62439
618-943-2177 or 618-946-7412

Richland County

Richland County Senior Citizens
308 East Main Street
Olney, IL 62450
618-395-3223

Wabash County

City of Mt. Carmel Wabash County Senior
115 East Third Street
Mt. Carmel, IL 62863
618-262-7403

Wayne County

Wayne County Senior Citizens
211 Southeast Second Street
Fairfield, IL 62837
618-842-2261

White County

White County Senior Citizens
113 South Walnut
Carmi, IL 62821
618-382-3111

Area II: Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union, and Williamson Counties

Alexander County

Happy Days Senior Center
305 23rd Street
Cairo, IL 62914
618-734-1050

Franklin County

Franklin County Senior Citizens Wit and Wisdom Center
225 East Popular Street
West Frankfort, IL 62896
618-934-3511

Franklin County Senior Citizens Benton Program for the Elderly
104 North Tenth Street
Benton, IL 62812
618-438-6348

Gallatin County

Golden Circle-Shawneetown
P.O. Box 935
590 North Lincoln
Shawneetown, IL 62984
618-269-3243

Hardin County

Golden Circle-Elizabethtown
Route 146 East, R.R. 1, Box 191-A
Elizabethtown, IL 62931
618-287-2501

Murphysboro Senior Center
17 North 14th Street
Murphysboro, IL 62966
618-687-1641

Jackson County

Senior Adult Services
409 North Springer Street
Carbondale, IL 62901
618-457-4151

Johnson County

Whistlers and Whittlers
P.O. Box 1372
Rt. 37 at Rt. 146
Vienna, IL 62995
618-658-8140

Massac County**Happy Hearts Senior Center**

701 Market Street
Metropolis, IL 62960
618-524-9755

Perry County**Gold Plate Program of Perry County**

P.O. Box 345
721 North Hickory
DuQuoin, IL 62832
618-542-3511

Pope County**Golden Circle-Golconda**

P.O. Box 246
Adams Street
Golconda, IL 62938
618-683-7741

Pulaski County**Golden Circle-Eldorado**

P.O. Box 128
921 Veterans Drive
Eldorado, IL 62930
618-273-5394

Smiles Senior Center

412 Blanche Street
Mounds, IL 62964
618-745-6149

Saline County**Golden Circle-Harrisburg**

P.O. Box 262
901 South Commercial
Harrisburg, IL 62946
618-252-7940

Union County**Senior Adult Service Sunshine Inn**

400 South Main
Anna, IL 62906
618-833-4197

Marion Senior Citizens Center

507 West Main Street
Marion, IL 62959
618-997-9019

Williamson County**Herrin Senior Center**

212 East Walnut Street
Herrin, IL 62948
618-988-1585

Area 12: City of Chicago**Abbott Park Senior
Satellite Center**

49 East 95th Street
Chicago, IL 60619
773-745-3493

Austin Satellite Senior Center

5071 West Congress Parkway
Chicago, IL 60644
773-743-1538

Brainerd Senior Center

8915 South Loomis Street
Chicago, IL 60620
773-429-1501

Burnham Senior Center

13925 South Entre Avenue
Chicago, IL 60633
708-832-0755

Central West Senior Center

2102 West Ogden Avenue
Chicago, IL 60612
312-746-5300
312-746-0319 (TTY)

114 SENIOR CENTERS



Chatham Satellite Senior Center

8300 South Cottage Grove
Chicago, IL 60619
312-745-0401

CJE SeniorLife

3003 West Touhy
Chicago, IL 60645
773-508-1000

DeSales Senior Center

10160 South Avenue J
Chicago, IL 60617
773-768-2850

Eglewood Satellite Senior Center

653-657 West 63rd Street
Chicago, IL 60621
312-745-3328

Homeland Center

4858 North Kenmore Avenue
Chicago, IL 60640
773-506-9570

Horwich Center

3003 West Touhy Avenue
Chicago, IL 60645
773-761-9100

Howard Area Community Center

7848 North Paulina Street
Chicago, IL 60626
773-262-6622

Hyde Park JCC Community Center

5200 South Hyde Park Boulevard
Chicago, IL 60615
773-753-3080

Korean-American Senior Center

5008 North Kedzie Avenue
Chicago, IL 60625
773-478-8851

LaSalle Senior Center

1111 North Wells Street, #500
Chicago, IL 60610
312-573-8840

Mather Café Plus - Chatham

33 East 83rd Street
Chicago, IL 60619
773-488-2801

Mather Café Plus-Norwood Park

7134 West Higgins Avenue
Chicago, IL 60656
773-774-4804

Mather Café Plus-Portage Park

3235 North Central Avenue
Chicago, IL 60634
773-205-3300

Metropolitan Asian Family Services

7541 North Western Avenue
Chicago, IL 60645
773-465-3105

National Asian Pacific Center on Aging

122 South Michigan Avenue
Chicago, IL 60603
312-913-0979

Northeast (Levy) Center

2019 West Lawrence Avenue
Chicago, IL 60625
312-744-0784
312-774-0321 (TTY)

Northwest (Copernicus) Center

3160 North Milwaukee
Chicago, IL 60618
312-744-6681
312-744-0321 (TTY)

Phoebe's Place

1225 West 117th Street
Chicago, IL 60643
773-928-3440

Portage Park Satellite Senior Center

4100 North Long Avenue
Chicago, IL 60641
312-744-9022

**Renaissance Court (Cultural Center)
Chicago Department on Aging**

78 East Washington Street
Chicago, IL 60602
312-744-4551
312-744-6777 (TTY)

Russian Senior Center

909 W. Wilson Ave.
Chicago, IL 60640
773-528-4127

Southeast (Atlas) Senior Center

1767 East 79th Street
Chicago, IL 60649
312-747-0189
312-744-0322 (TTY)

Southeast Asia Center

5120 North Broadway
Chicago, IL 60640
773-989-6927

Southwest Senior Center

6117 South Kedzie Avenue
Chicago, IL 60629
312-747-0440
312-744-0323 (TTY)

**Southwest Senior Services
Organization Center**

6012 South Archer Avenue
Chicago, IL 60638
773-284-0428

Vincennes Senior Center

7326 South Yale Avenue
Chicago, IL 60621
773-483-6650

**West Town / Logan Square Senior
Satellite**

1615 West Chicago Avenue
Chicago, IL 60622
312-743-1016

White Crane Senior Center

1355 West Foster Avenue
Chicago, IL 60640
773-769-5500

Area 13: Suburban Cook County

Arlington Heights

Arlington Heights Senior Center

1801 West Central Road
Arlington Heights, IL 60005
847-577-3677

Glenkirk Masters Senior Center

2501 West Chestnut
Arlington Heights, IL 60004
847-394-2171

Barrington

Barrington Area Council on Aging

6000 Garlands Lane, Suite 100
Barrington, IL 60010
847-381-5030

Barrington Senior Citizens

235 Lions Drive
Barrington, IL 60010
847-381-0687

Bartlett

Mahavir Senior Center

JAIN Society
435 North Route 59
Bartlett, IL 60103
630-837-1077

Bellwood

**Western Suburban Senior Services,
Proviso Council on Aging**

439 Bohland Avenue
Bellwood, IL 60104
708-547-5600

Berkeley

Village of Berkeley

5819 Electric Avenue
Berkeley, IL 60163
708-449-8840

Berwyn

City of Berwyn

6501 West 31st Street
Berwyn, IL 60402
708-788-2010

Berwyn, Cicero

Berwyn Cicero Council on Aging

7222 West Cermak Road
North Riverside, IL 60546
708-447-2448

Bloom Township

Bloom Township Senior Services

425 South Halsted
Chicago Heights, IL 60411
708-754-9400

Blue Island

Blue Island Recreation Center

2805 West 141st Street
Blue Island, IL 60406
708-597-8607

Bremen Township

Bremen Township Senior Citizens

16361 South Kedzie Parkway
Markham, IL 60426
708-596-6880

Bridgeview

Bridgeview Senior Citizens Community Center

7900 South Oketo
Bridgeview, IL 60455
708-458-4675

Brookfield

Village of Brookfield

8820 Brookfield Avenue
Brookfield, IL 60513
708-485-7344

Buffalo Grove

Alcott Center

530 Bernard Drive
Buffalo Grove, IL 60089
847-850-2100

Jewish Family and Community Service

1156 West Shure Drive, Suite 100
Arlington Heights, IL 60004
847-392-7411

Calumet City

Calumet Memorial Park District

521 Garfield
Calumet City, IL 60409
708-868-7153

Josephine P. Argento Center

1700 Memorial Drive
Calumet City, IL 60409
708-832-1208

Thornton Township Senior Center

1420 Huntington Dr.
Calumet City, IL 60409
708-862-4192

Calumet Park

Calumet Township Senior Service Center

12633 South Ashland
Calumet Park, IL 60643
708-388-6606

Chicago Heights

Chicago Heights Senior Sunshine Club

667 West Eighth Street
Chicago Heights, IL 60411
708-756-5350

Jones Community Center

220 East 15th Street
Chicago Heights, IL 60411
708-757-5395

Chicago Ridge**Chicago Ridge Senior Center
Siegal Municipal Center**

10455 South Ridgeland
Chicago Ridge, IL 60415
708-424-8528

Cicero**Cicero Township Senior Services**

5410 West 34th Street
Cicero, IL 60804
708-222-3879

Country Club Hills**The Oaks of Country Club Hills**

4200 West 183rd Street
Country Club Hills, IL 60478
708-798-2616

Crestwood**Biela Center**

4545 Midlothian Turnpike
Crestwood, IL 60445
708-371-4860

Des Plaines**Des Plaines Community and Frisbie
Senior Center**

52 East Northwest Highway
Des Plaines, IL 60016
847-768-5944

**Des Plaines Community Senior
Center**

515 East Thacker Street
Des Plaines, IL 60016
847-391-5717
www.dpcsc.org

Lattof International YMCA

300 East Northwest Highway
Des Plaines, IL 60016
708-296-3376

Elk Grove Village**Elk Grove Senior Center
Sheila Ray Adult Center**

225 East Elk Grove Boulevard
Elk Grove Village, IL 60007
847-364-7224

Evanston**Fleetwood Jourdain Center**

1655 Foster Street
Evanston, IL 60201
847-864-2850

The Levy Center

300 Dodge
Evanston, IL 60202
847-448-8250

Evergreen Park**Village of Evergreen Park Senior
Center**

3450 West 97th Street
Evergreen Park, IL 60805
708-422-8776

Ford Heights**Ford Heights Community Service
Center**

943 E. 14th St.
Ford Heights, IL 60411
708-758-2565

Forest Park**Howard Mohr Community Center**

7640 Jackson Boulevard
Forest Park, IL 60130
708-771-7737

118 SENIOR CENTERS



Franklin Park

Franklin Park Senior Dining Program

10040 Addison Street
Franklin Park, IL 60131
847-678-8777

Glencoe

North Shore Congregation Israel

1185 Sheridan Road
Glencoe, IL 60022
847-835-0724

Glenview

Glenview Senior Citizens Center

2400 Chestnut Avenue
Glenview, IL 60025
847-724-4793
www.glenview.il.us

Hanover Township

Hanover Township Senior Services

240 South Illinois Route 59
Bartlett, IL 60103
630-483-5600

Harvey

South Suburban Senior Services Catholic Charities

15300 South Lexington Avenue
Harvey, IL 60426
708-596-2222

Hazel Crest

Hazel Crest Park

2600 West 171st Street
Hazel Crest, IL 60429
708-335-1500

Hickory Hills

Hickory Hills Community Center

7800 West 89th Street
Hickory Hills, IL 60457
708-237-4150

Hines

Hines Veterans Administration Medical Center

Fifth Avenue and Roosevelt Road
Bldg. 100 D433
Hines, IL 60141
708-344-8764

Hoffman Estates and Schaumburg

Blackhawk Community Center

1685 West Higgins Road
Hoffman Estates, IL 60195
847-885-7500

Homewood

Marie Irwin Community Center

18120 Highland Avenue
Homewood, IL 60430
708-957-7275

LaGrange

Southwest Suburban Center on Aging

111 West Harris Avenue
LaGrange, IL 60525
708-354-1323

Lansing

Eisenhower Center

2550 178th Street
Lansing, IL 60438
708-474-8552

Lemont

Lemont Township Senior Center

1115 Warner Ave.
Lemont, IL 60439
630-257-2522

Lithuanian World Center

149 - 127th Street
Lemont, IL 60439
630-257-8787

Leyden Township (Franklin Park)**Leyden Township Senior Center**

2501 North Mannheim Road
Franklin Park, IL 60131
847-455-8616

Lincolnwood**Omega Community Senior Center**

7177 N Lincoln Ave.
Lincolnwood, IL 60712
847-873-6177

Maine Township (Park Ridge)**Maine Township**

1700 Ballard Road
Park Ridge, IL 60068
847-297-2510

Markham**Markham Golden Age Chateau Center**

15652 South Homan Avenue
Markham, IL 60426
708-596-6680

Maywood**Maywood Senior Nutrition Center**

121 South Fifth Street
Maywood, IL 60153
708-338-2381

Melrose Park**Apostles Adult Drop In Center**

10430 West Medill Avenue
Melrose Park, IL 60160
847-455-8233

Morton Grove**Morton Grove Senior Center**

6140 Dempster
Morton Grove, IL 60053
847-470-5223

Village of Morton Grove

6101 Capulina Avenue
Morton Grove, IL 60053
847-965-4100

Mount Prospect**Hanul Family Alliance**

1166 South Elmhurst Road
Mount Prospect, IL 60056
847-439-5195

Mount Prospect Human Services

Village of Mount Prospect
50 South Emerson Street
Mount Prospect, IL 60056
847-870-5680

Niles**Leaning Tower YMCA Senior Adult Center**

6300 West Touhy Avenue
Niles, IL 60174
847-647-8222

Niles Senior Center

999 Civic Center Drive
Niles, IL 60714
847-588-8420
www.vniles.com

Norridge**Adult Recreation Center**

7500 West Montrose
Norridge, IL 60706
708-456-7955

Northbrook**Northbrook Senior Center**

3323 Walters
Northbrook, IL 60062
847-291-2988
www.nbparks.org

Village Church Senior Club

1220 Thornapple Lane
Northbrook, IL 60062
847-564-2391

Northfield

North Shore Senior Center

161 Northfield Road
Northfield, IL 60093
847-784-6000
www.nssc.org

Northfield Community Church

400 Wagner Road
Northfield, IL 60093
847-446-3070

Oak Lawn

Advocate Christ Hospital and Medical Center

4440 West 95th Street
Oak Lawn, IL 60453
708-425-8000

Oak Lawn Senior Center

5330 West 95th Street
Oak Lawn, IL 60453
708-499-0240

Seniors Club

9648 South Pulaski Road
Oak Lawn, IL 60453
708-636-5600

Oak Park

Oak Park Township Senior Services

418 South Oak Park Avenue
Oak Park, IL 60302
708-386-8060

Senior Citizens of Oak Park

414 South Oak Park Avenue
Oak Park, IL 60302
708-848-5251

Orland Township (Orland Park)

Orland Township Senior Services

15100 South 94th Street
Orland Park, IL 60462
708-403-4222

Palatine Township

Palatine Township Senior Citizens Council

505 South Quentin Road
Palatine, IL 60067
847-991-1112

Palos Township (Palos Heights)

Palos Township Senior Center

10802 South Roberts Road
Palos Heights, IL 60463
708-598-4449

Park Forest

Rich Township Senior Center

297 Liberty Drive
Park Forest, IL 60466
708-748-5454

Village of Park Forest

350 Victory Drive
Park Forest, IL 60466
708-748-1112

Park Ridge

Park Ridge Senior Citizens Center

100 South Western Avenue
Park Ridge, IL 60068
847-692-3597
www.prparks.org

The Center of Concern

1580 North Northwest Highway
Suite 310
Park Ridge, IL 60068
847-823-0475

Posen**Village of Posen**

14401 Campbell
Posen, IL 60469
708-388-8797

Prospect Heights**Prospect Heights Park District Senior Center**

110 West Camp McDonald Road
Prospect Heights, IL 60070
847-394-2848

Riverside**Riverside Golden Agers**

27 Riverside Road
Riverside, IL 60546
708-447-0724

Robbins**Robbins Recreational and Training Center**

3518 West 139th Street
Robbins, IL 60472
708-371-7095

Robbins Senior Center

13650 Claire Boulevard
Robbins, IL 60472
708-371-0890

Rolling Meadows**Golden Years Council Senior Center**

3705 Pheasant Drive
Rolling Meadows, IL 60008
847-818-3205

Northwest Special Recreation Association

3000 West Central Road, #205
Rolling Meadows, IL 60008
847-392-2848

Rosemont**Rosemont Park District**

6140 North Scott Street
Rosemont, IL 60018
847-823-6685

Rosemont Senior Citizens Center

6336 Kirchoff Street
Rosemont, IL 60018
847-823-7349

Schaumburg**Schaumburg Park District Senior Center**

505 North Springinsguth Road
Schaumburg, IL 60194
847-490-7026

Schaumburg Township (Hoffman Estates)**Senior Citizens of Schaumburg Township**

1 Illinois Boulevard
Hoffman Estates, IL 60194
847-884-0030

Skokie**Mayer Kaplan Jewish Community Center**

5050 Church Street
Skokie, IL 60077
847-675-2200

Oakton Community Center

4701 Oakton
Skokie, IL 60076
847-933-4960

Village of Skokie Human Services

5120 Galitz
Skokie, IL 60077
847-933-8208

South Chicago Heights

South Chicago Heights Senior Center

3140 Enterprise Park Avenue
South Chicago Heights, IL 60411
708-755-7903

Stickney Township

North Stickney Senior Lunch Center

6721 West 40th Street
Stickney, IL 60402
708-788-9100

Stickney Township (Burbank)

Stickney Township Office on Aging

7745 South Leamington
Burbank, IL 60459
708-636-8850

Summit

Argo Summit Senior Dining Program

7438 West 62nd Place
Summit, IL 60501
708-458-9380

Thornton Township (Calumet City)

Thornton Township Senior Center

1420 Huntington Drive
Calumet City, IL 60409
708-862-4378

Wheeling

Pavilion Wheeling Senior Center

199 North First Street
Wheeling, IL 60090
847-459-2670

Wheeling Township (Arlington Heights)

Wheeling Township

1616 North Arlington Heights Road
Arlington Heights, IL 60004
847-259-7730

Wilmette

Meskill Senior Center of Wilmette

3000 Glenview Road
Wilmette, IL 60091
847-256-9111

Worth Township (Alsip)

Worth Township Senior Center

11601 South Pulaski Road
Alsip, IL 60803
708-371-2900

Support, counseling, and education on aging.

ADVOCACY GROUPS

CEDA

CEDA Mission Statement:

To work in partnership with communities to empower families and individuals to achieve self-sufficiency and improve their quality of life.

Chicago Heights Office

Chicago Heights Office

1203 West End Avenue
Chicago Heights, IL 60411
708-754-4575

Near West

Near West

6141 West Roosevelt Road
Cicero, IL 60804
708-222-3824

Evanston

Neighbors at Work

1229 Emerson Street
Evanston, IL 60201-3524
847-328-5166

Ford Heights Office

1647 Cottage Grove Avenue
Ford Heights, IL 60411
708-758-2510

Harvey

Center for Community Action

53 East 154th Street
Harvey, IL 60426-3645
708-339-3610

Northwest

Northwest Self-Help Center, Inc.

1300 West Northwest Highway
Mount Prospect, IL 60056
847-392-2332

Robbins

Southeast

3518 West 139th Street
Robbins, IL 60472-2002
708-371-1220

Southwest

Southwest Development Association

7666 West 63rd Street
Summit, IL 60501
708-458-2736

Family Alliance, Inc.

2028 Seminary Ave.

Woodstock, IL

815-338-3590

McHenry, IL 60051

www.familyallianceinc.org

email: info@familyallianceinc.org

A non-profit comprehensive health facility whose main objective is to assist mature adults to remain in their homes and achieve resiliency in their communities by promoting independence through best-of-practice day programming, mental health and psychiatric services and caregiver support. Medicaid Accepted.

Jewish Child & Family Services Holocaust Community Services

847-568-5225

847-568-5240 (TTY)

Older Woman's League

312-957-0011

An advocacy organization for older women that seeks social change for the better.

Red Tape Cutters

1048 Lake Street

#300

Oak Park, IL 60301

800-699-9043

708-524-1653 (TTY)

www.ageoptions.org

Helps seniors apply for food stamps, Medicaid, energy assistance, prescription drug programs and many other public and private benefits.

Senior Services Associates, Inc.

www.seniorservicesassoc.org

A non-profit agency dedicated to sustaining and improving the quality of life for mature adults by providing access to the social services they need.

Aurora Office

Kane County

900 N. Lake St.

Suite 205

Aurora, IL 60506

630-897-4035

800-942-1724 (24 hr. emergency)

Crystal Lake Office

McHenry County

110 W. Woodstock St.

Crystal Lake, IL 60014

815-356-7457

800-339-3200 (24 hr. emergency)

Elgin Main Office

Kane County

Greater Elgin Senior Center

101 S. Grove Ave.

Elgin, IL 60120

847-741-0404

800-942-1724 (24 hr. emergency)

McHenry Office

McHenry County

McHenry Township Rec. Center

3519 N. Richmond Rd.

McHenry, IL 60051

815-344-3555

800-339-3200 (24 hr. emergency)

Yorkville Office

Kendall County

Bucher Center

908 Game Farm Rd.

Yorkville, IL 60506

630-553-5777

800-942-1724 (24 hr. emergency)

Triad

Chicago: 312-745-6224

Cook County: 773-869-7725

Skokie: 847-982-5922

www.ageoptions.org

AREA AGENCIES ON AGING

Age Options

Connecting older adults with community-based resources and options in Suburban Cook County.

800-699-9043

708-524-0870 (TTY)

Suburban Cook County:

708-383-0258

708-524-1653 (TTY)

www.ageoptions.org

Elder Locator

800-677-1116

Locate area agencies on aging nationwide

Metropolitan Family Services

630-784-4800

Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon and Scott Counties

**Area Agency on Aging for
Linconland**

3100 Montvale Drive
Springfield, IL 62704
217-787-9234
800-252-2918
www.aginglinc.org

**Bond, Clinton, Madison, Monroe,
Randolph, St. Clair and Washington
Counties**

**Area Agency on Aging of
Southwestern Illinois**

2365 Country Road
Belleville, IL 62221-2571
800-326-3221
618-222-2567
www.answersonaging.com

Barrington Area

**Barrington Area Council On Aging
(BACOA)**

200 South Hough Street, Ste. 001
Barrington, IL 60010
847-381-5030
www.bacoa.org

Berwyn/Cicero

Berwyn Cicero Council On Aging

7222 West Cermak Road, Ste. 200
North Riverside, IL 60546
708-447-2448

Boone County

Boone County Counsel on Aging

2141 Henry Luckow Lane
Belvidere, IL 61008
815-544-9893
www.keenage.org

Cook County

Center of Concern

1580 N. Northwest Hwy
Suite 310
Park Ridge, IL 60068
847-823-0453
www.centerofconcern.org

**Fulton, Marshall, Peoria, Stark,
Tazewell and Woodford Counties**

Central Illinois Agency on Aging

700 Hamilton Boulevard
Peoria, IL 61603-3617
877-777-2422
309-674-2071
309-674-1831 (TTY)
www.ciaoa.com

Chicago

**Chicago Department of Senior
Services**

Serving the City of Chicago
1615 W. Chicago Ave. 3rd Floor
Chicago, IL 60622
312-744-4016
312-744-6777 (TTY)
www.cityofchicago.org/aging

DuPage County

Catholic Charities Diocese of Joliet

815-774-4663

DuPage County Agency on Aging

630-682-7000
800-942-9412

**DuPage County Community
Services**

421 N. County Farm Road
Wheaton, IL 60187
630-407-6500
800-942-9412

**Champaign, Clark, Coles,
Cumberland, DeWitt, Douglas,
Edgar, Ford, Iroquois, Livingston,
McLean, Macon, Moultrie, Piatt,
Shelby and Vermilion Counties**

East Central Illinois Area on Aging
1003 Maple Hill Road
Bloomington, IL 61704-9327
800-888-4456
309-829-2065
www.eciaaa.org

**Eastern Will County Senior
Services**
25864 S. Chestnut Rd.
Monee, IL 60449
708-534-2323

**Alexander, Franklin, Gallatin,
Hardin, Jackson, Johnson, Massac,
Perry, Pope, Pulaski, Saline, Union
and Williamson Counties**

Egyptian Area Agency on Aging
200 E. Plaza Drive
Carterville, IL 62918-1982
888-895-3306
618-985-8315
www.egyptianaaa.org

Evanston

Evanston Commission on Aging
2100 Ridge Ave.
Evanston
847-866-2919
www.cityofevanston.org

McHenry

Faith in Action
7105 Virginia Road, Suite 21
Crystal Lake, IL 60014
815-455-3120

Grundy County

Grundy County Agency on Aging
Health Department
1320 Union Street
Morris, IL 60450
815-941-3400

Illinois

Illinois Department on Aging
800-252-8966
www.state.il.us/aging/

Kane County

**Kane County Agency on Aging
Senior Services**
101 S. Grove Avenue
Elgin, IL 60120
847-741-0404
800-942-1724

Kankakee County

**Kankakee County Agency on Aging
Catholic Charities Diocese of Joliet**
270 N. Schuyler Ave.
Kankakee, IL 60901
815-932-1921

Kendall County

**Kendall County Agency on Aging
Senior Services**
908 Game Farm Road
Yorkville, IL 60560
630-553-5777
800-942-1724

Lake County

Lake County Agency on Aging Catholic Charities of Lake County

116 N. Lincoln Ave.
Round Lake, IL 60073
847-456-5733
800-942-3930

McHenry County

McHenry County Agency on Aging Senior Services Associates

3519 N. Richmond Rd
McHenry, IL 60050-1447
815-344-3555
800-339-3200

Clay, Effingham, Fayette, Jefferson and Marion Counties

Midland Area Agency on Aging

P.O. Box 1420
Centralia, IL 62801-1420
877-532-1853
618-532-1853
www.midlandaaa.org

DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will Counties

Northeastern Illinois Area on Aging

P.O. Box 809
Kankakee, IL 60901
800-528-2000
815-939-0727
Field Office:
245 W. Roosevelt Rd
Bldg 18, Suite 159
West Chicago, IL 60185
630-293-5990
www.ageguide.org
www.neilaaa@ageguide.org

Boon, Carroll, DeKalb, JoDavies, Lee, Ogle, Stephenson, Whiteside & Winnebago

Northwestern Illinois Area Agency on Aging

2576 Charles Street
Rockford, IL 61108-1652
800-542-8402
815-226-4901
www.nwilaaa.org

DuPage County

Office of Senior Services

Elmhurst, IL
630-833-1353

Senior Services of Central Illinois

701 W. Mason
Springfield, IL
217-528-4035

Cook County

Senior Services of Elgin

101 S. Grove Ave.
Elgin, IL 60120
800-942-1724

Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne and White Counties

Southeastern Illinois Area Agency on Aging, Inc.

516 Market Stret
Mt. Carmel, IL 62863-1558
800-635-8544 (618 area code only)
618-262-2306
www.seiaoa.com

Suburban Area Agency on Aging

1048 West Lake Street, #300

Oak Park, IL 60301

800-528-2000

708-383-0258

708-524-1653 (TTY)

Adams, Brown, Calhoun, Hancock, Pike and Schuyler Counties

West Central Illinois Area on Aging

P.O. Box 428

Quincy, IL 62306-0428

800-252-9027

217-223-7904

www.wciagingnetwork.org

Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island and Warren Counties

Western Illinois Area Agency on Aging

729 34th Ave

Rock Island, IL 61201-5950

800-322-1051

309-793-6800

www.wiaaa.org

Will County Agency on Aging Senior Services of Will County

251 N. Center St.

Joliet, IL 60453

815-723-9713

800-892-1412

National Council National Council on Aging

800-424-9046

www.ncoa.org

EDUCATION RESOURCES

AARP

8750 West Bryn Mawr, Suite 600

Chicago, IL 60631

866-295-7276

Illinois State Office

222 North LaSalle

Chicago, IL 60601

866-448-3613

www.aarp.org

Alexian Brothers Older Adult Institute

847-956-5465

Offers a variety of programs, presentations, and workshops for older adults and their families.

Buehler Center on Aging Northwestern University

750 Lake Shore Dr., Ste. 601

Chicago, IL 60611

312-503-3087

www.northwestern.edu/aging

Providing educational resources for seniors.

City of Chicago Information and Assistance

312-744-4016

McHenry County Brain Injury Task Force

815-455-2828

OASIS

2040 Northbrook Ct.

Northbrook, IL 60062

847-509-9340, ext. 560

www.oasisnet.org

National nonprofit educational organization designed to enhance the quality of life for mature adults.

ALS SUPPORT GROUPS

ALS Support Group

Marytown Retreat & Conference Center
1600 West Park Avenue
Libertyville, IL 60048
847-679-3311

ALS Support Group

Temple Beth Israel
3601 Dempster Street
Skokie, IL 60076
847-679-3311

ALS Support Group

Little Company of Mary Hospital
2800 West 95th Street
Evergreen Park, IL 60805
847-679-3311

ALS Support Group

St. Alexius Medical Center
1555 Barrington Road
Conference Room A, 4 West
Hoffman Estates, IL 60169
847-679-3311

ALZHEIMER'S DISEASE SUPPORT GROUPS

Families & Friends of Persons With Memory Loss

Anne Byron Waud Resource Center
Johnston R. Bowman Health Center
710 South Paulina Street, #438
Chicago, IL 60612
312-563-2700
800-757-0202

Alzheimer's Caregiver Support

Senior Services Senior Center
110 W. Woodstock Street
Crystal Lake, IL 60014
815-484-1300

Alzheimer's Support Group

Advocate Lutheran General Hospital
9375 Church Street
Des Plaines, IL 60016
847-296-0737

CJE SeniorLife ADS/Support Groups

1015 West Howard Street
Evanston, IL 60201
847-492-1400

Alzheimer's Caregiver Support

Schaumburg Township Hall
1 Illinois Boulevard
Hoffman Estates, IL 60014
847-933-1000

Alzheimer's Caregivers Support Group

111 West Harris Avenue
LaGrange, IL 60525
708-354-1323 ext. 23

Alzheimer's Support Group

Covenant Village of Northbrook
Brandel Care Center
2155 Pfingsten Road
Northbrook, IL 60062
847-412-7303

ARTHRITIS SUPPORT GROUPS

Arthritis Coping & Education

Our Lady of Resurrection Medical Center
5645 West Addison, 7th Floor
Centennial Conference Center B
Chicago, IL 60634
773-794-8486

Coping with Arthritis

Orland Township Activity Center
15100 South 94th Avenue
Orland Park, IL 60462
608-403-4222

Arthritis Support Group

Schaumburg Township Building
Corner of Schaumburg Road & Illinois
Boulevard
Schaumburg, IL 60169
847-895-2272

**BEREAVEMENT SUPPORT
GROUPS**

Bereavement/Grief Support Group

Bowman Center
710 S. Paulina St.
Room 438
Chicago, IL 60612
800-757-0202

Mourning to Meaning Support

Hospice of Northeastern Illinois
390 East Congress Parkway, #E
Crystal Lake, IL 60014
847-381-5599

Drop In! Bereavement Support

Midwest Palliative & Hospice Care
Center
2050 Clair Court
Glenview, IL 60025
800-331-5484

Bereavement/Grief Support

Centegra Northern Illinois Medical
Center
McHenry, IL 60050
815-759-4848

Widowed Support Group

Rainbow Hospice
444 North Northwest Highway
Park Ridge, IL 60068
847-685-9900

**BRAIN INJURY SUPPORT
GROUPS**

Brain Injury Support Group

Kellogg - 8th Floor
1653 W. Congress Parkway
Chicago, IL 60208
312-563-2700

Clubhouse

Midwest Brain Injury
300 N. Elizabeth St.
Suite 310C
Chicago, IL 60607
312-226-8720

www.braininjuryclubhouse.org

Supports, engages and empowers
individuals with acquired brain injuries
to fully utilize their abilities to lead more
active, productive and fulfilled lives with
maximum independence and dignity. Also
assists families and caregivers to learn
more about resources available to them.

**BRAIN TUMOR SUPPORT
GROUPS**

Brain Tumor Support Group

Northwestern Memorial Hospital
Galter Pavilion
675 North St. Clair
Chicago, IL 60611
312-695-8143

Brain Tumor Support Group

Evanston Hospital
2650 Ridge Avenue
Evanston, IL 60201
847-570-2043

Brain Tumor Support Group

Living Well Cancer Resource Center
1803 West State Street
Geneva, IL 60134
630-262-1111

Brain Tumor Support Group

Lutheran General Hospital
1775 Dempster St.
Park Ridge, IL 60302
847-696-5475

CANCER SUPPORT GROUPS

Living With Cancer

Northwest Community Hospital
At Northwest Wellness Center
800 W. Central Road
Arlington Heights, IL 60005
847-618-6660

Cancer Support Group

Resurrection Medical Center
7435 W. Talcott Ave.
Chicago, IL 60631
773-792-5116

Lung Cancer Networking Group for Patients

Alexian Brothers Life Enrichment
Center - ABMC
820 Biesterfeld Road, #120
Elk Grove Village, IL 60007
888-466-6011

Prostate Cancer Support for Patients and Families

Northwestern Memorial Hospital
Galter Pavilion
21st Floor, Suite 150
Chicago, IL 60611
877-926-4664

We're Moving On: Patient Support

West Suburban Medical Center's
Center for Breast Care
3 Erie Court
Oak Park, IL 60302
708-763-4709

CARDIAC SUPPORT GROUPS

Mended Hearts

Northwest Community Healthcare
800 West Central
Arlington Heights, IL 60005
847-358-3852

NAMI Support Meetings For Depression

McHenry, IL 60050
815-334-5058

DBSA - Fox Valley

Behavioral Health Services Bldg. Central
DuPage Hospital campus
25 N. Winfield
Winfield, IL 60190
630-859-8035

DIABETES SUPPORT GROUPS

Support for Middle-Aged & Seniors with Type 2 Diabetes

Our Lady of the Resurrection
Medical Center
5645 West Addison, 2nd Floor
Chicago, IL 60634
773-794-8329

Diabetes Support Group

Lake Barrington Woods
22320 Classic Court
Lake Barrington, IL 60010
847-842-8900

PARKINSON'S DISEASE SUPPORT GROUPS

Parkinson's Support Group

Arlington Heights Senior Center
1801 Central Road
Arlington Heights, IL 60005
847-618-3110

132 SENIOR ORGANIZATIONS AND OUTREACH



Parkinson's Support Group

Northwestern Memorial Hospital
Feinberg Pavilion
251 E. Huron, 3rd Floor, Room A
Chicago, IL 60611
312-503-4397

Parkinson's Support Group

Resurrection Medical Center
7435 West Talcott Avenue
Chicago, IL 60631
773-594-7866

Parkinson's Support Group

Alexian Brothers
Neurosciences Institute
800 Biesterfield Road, #610
Elk Grove Village, IL 60007
312-733-1893

Parkinson's Support Group

Glenbrook Hospital
Conference Room A, 1st Floor
2100 Pfingsten Road
Glenview, IL 60025
847-657-5875

Parkinson's Support Group

South Suburban Hospital
17800 Kedzie Avenue
Hazel Crest, IL 60429
708-957-9263

Parkinson's Support Group

Condell Medical Center
Intergenerational Center
801 South Milwaukee Avenue
Libertyville, IL 60048
847-336-9503

For Caregivers and Patients

Bernard Weinger JCC
300 Revere Drive
Northbrook, IL 60062
847-432-4160

Parkinson's Support Group

Oak Park Hospital
610 South Maple Avenue
Oak Park, IL 60458
312-563-2900

Parkinson's Support Group

Village Hall, 2nd Floor
10 North Water Street
South Elgin, IL 60123
847-755-8311

CAREGIVER SUPPORT GROUPS

**Chicago Department of Family
and Supportive Services /Senior
Services-Area Agency on Aging/
Caregivers Support Program**
312-744-4016 or 311

Caregiver Support Group

Advocate Lutheran General Hospital
9375 Church Street
Des Plaines, IL 60016
847-296-0737

Caregiver Support Group

Chicago Dept. on Aging
Multiple Chicago locations
312-744-4016

Caregiver Support Group

Wellness Place
1619 West Colonial Parkway
Palatine, IL 60074
847-221-2400

Caregiver Support Group

Hosanna Lutheran Church
36W925 Red Gate Road
St. Charles, IL 60175
630-584-6434

Caregiver Support Group

Kendall County Health Department
811 W. John Street
Yorkville, IL 60560
630-553-9100

Family Caregiver Support

421 N. County Farm Rd.
Wheaton, IL 60187
630-407-6500

General Support Group

Anne Byron Waud Resource Center
Rush University Medical Center
710 South Paulina, #438
Chicago, IL 60612
800-757-0202 to register

Powerful Tools for Caregiving

888-600-2560
An educational program to help
caregivers focus on self-care.

Senior Help Line

800-252-8966
888-206-1327 (TTY)
Assists in locating the Caregiver Resource
Center closest to you and other services.
630-653-4000

DEPRESSION SUPPORT GROUPS

**Depression and Bipolar Support
Alliances DBSA**

Elmhurst Memorial Guidance Services
183 N. York Rd.
Elmhurst, IL 60126
630-415-3266

STROKE SUPPORT GROUPS

**Neurological Family Information
Group**

Rush University Medical Center
ICU Family Waiting Lounge
8th Floor, Kellogg
1653 West Congress Parkway
Chicago, IL 60612
800-757-0202

Stroke Support & Education

(English/Spanish)
Anne Byron Waud Resource Center
Rush University Medical Center
710 South Paulina, #438
Chicago, IL 60612
800-757-0202

Stroke Support Group

Elmhurst Memorial Center for Health
1200 York Road
Elmhurst, IL 60126
630-941-4504

Stroke Support Group-CVA

Northwest Community
Hospital Campus
901 W Kirchoff, Building 7
Arlington Heights, IL 60005
847-618-4968

Wingspan Stroke Club

Woodstock, IL 60098
815-334-5035

For stroke survivors (65+) and their family
and friends.

VISION SUPPORT GROUPS

Low Vision Support

Central DuPage Hospital
25 North Winfield Road
Winfield, IL 60190
630-690-7115

Townships are a great resource for information and other local senior services.

COOK COUNTY TOWNSHIP OFFICES

Barrington Township

Barrington
847-381-5632

Berwyn Township

Berwyn
708-788-6600

Bloom Township

Chicago Heights
708-754-9400

Bremen Township

Markham
708-596-6880

Calumet Township

Calumet Park
708-388-6606

Cicero Township

Cicero
708-863-4236

Elk Grove Township

Elk Grove Village
847-437-0300

Evanston Township

Evanston
847-328-2162

Hanover Township

Bartlett
630-837-0301

Lemont Township

Lemont
630-257-2522

Leyden Township

Franklin Park
847-455-8616

Lyons Township

Countryside
708-354-0292

Maine Township

Park Ridge
847-297-2510

New Trier Township

Winnetka
847-446-8202

Niles Township

Skokie
847-673-9300

Northfield Township

Glenview
847-724-8300

Norwood Park Township

Harwood Heights
708-867-3198

Oak Park Township

Oak Park
708-383-8060

Orland Township

Orland Park
708-403-4222

Palatine Township

Palatine
847-358-6700

Palos Township

Palos Hills
708-598-4418

Proviso Township

Forest Park
708-344-7430

Rich Township

Park Forest
708-748-6722

River Forest Township

River Forest
708-366-2029

Riverside Township

Riverside
708-447-9645

Schaumburg Township

Hoffman Estates
847-884-0030

Stickney Township

Burbank
708-636-8850

Thornton Township

Calumet City
708-596-6040, ext. 3190
Riverdale
708-596-6040, ext. 2000

Wheeling Township

Arlington Heights
847-259-7730

Worth Township

Alsip
708-371-2900

**DUPAGE COUNTY TOWNSHIP
OFFICES**

Addison Township

Wood Dale
630-530-8161

Bloomington Township

Bloomington
630-529-7794

Bolingbrook Township

630-759-3411

Downers Grove Township

Downers Grove
630-968-5029

Lisle Township

Lisle
630-968-2087

Milton Township

Wheaton
630-653-5220

Naperville Township

Naperville
630-357-8058

Wayne Township

West Chicago
630-231-7140

Winfield Township

West Chicago
630-231-3591

York Township

Lombard
630-620-2400

**KANE COUNTY TOWNSHIP
OFFICES**

Aurora Township

Aurora
630-859-7501

Batavia Township

Batavia
630-879-7392

Big Rock Township

Big Rock
630-556-4340

Blackberry Township

Elburn
630-365-6580

Burlington Township

Burlington
847-683-2555

Campton Township

St. Charles
630-377-5705

Dundee Township

East Dundee
847-428-2634

Elgin Township

Elgin
847-741-2045

Geneva Township

Geneva
630-232-3602

Hampshire Township

Hampshire
847-683-4480

Kaneville Township

Kaneville
630-557-2858

Plato Township

Elgin
847-464-4228

Rutland Township

Gilberts
847-428-6560

St. Charles Township

St. Charles
630-584-9342

Sugar Grove Township

Sugar Grove
630-466-5255

Virgil Township

Maple Park
815-827-3383

**KENDALL COUNTY TOWNSHIP
OFFICES**

Big Grove Township

Newark
815-695-5866

Bristol Township

Bristol
630-553-3940

Fox Township

Yorkville
630-553-9084

Kendall Township

Yorkville
630-553-9084

Lisbon Township

Newark
815-736-6291

Little Rock Township

Plano
630-552-3315

Na-au-say Township

Lisbon, Seward
815-953-9771

Oswego Township

Oswego
630-554-3211

Seward Township

Seward
815-247-8830

**LAKE COUNTY TOWNSHIP
OFFICES**

Antioch Township

Lake Villa
847-395-3378

Avon Township

Round Lake Park
847-546-1446

Benton Township

Beach Park
847-746-2100

Cuba Township

Barrington
847-381-1924

Fremont Township

Mundelein
847-223-2847

Grant Township

Ingleside
847-740-2233

Lake Villa Township

Lake Villa
847-356-2116

Libertyville Township

Libertyville
847-816-6800

Moraine Township

Highland Park
847-432-3240

Newport Township

Old Mill Creek
847-838-6869

Shields Township

Lake Bluff
847-234-0802

Vernon Township

Buffalo Grove
847-634-4600

Warren Township

Gurnee
847-244-1101

Wauconda Township

Wauconda
847-526-2631

Waukegan Township

Waukegan
847-244-4900

West Deerfield Township

Deerfield
847-945-3020

Zion Township

Zion
847-872-2811

**MCHENRY COUNTY TOWNSHIP
OFFICES**

Alden Township

Harvard
815-648-2720

Algonquin Township

Crystal Lake
847-639-2700, ext. 6

Burton Township

Spring Grove
815-675-9139

Chemung Township

Harvard
815-943-8456

Coral Township

Union
815-923-2430

Dorr Township

Woodstock
815-338-0125

Dunham Township

Harvard
815-943-5751

Frankfort Township

Frankfort
815-469-1499

Grafton Township

Huntley
847-669-3383

Greenwood Township

Wonder Lake
815-338-5526

Hartland Township

Woodstock
815-338-5526

Hebron Township

Hebron
815-648-2994

Marengo Township

Marengo
815-568-1355

McHenry Township

McHenry
815-385-5605

Nunda Township

Crystal Lake
815-459-4011

Richmond Township

Richmond
815-678-0077

Riley Township

Marengo
815-568-7335

Seneca Township

Woodstock
815-923-2288

**WILL COUNTY TOWNSHIP
OFFICES**

Channahon Township

Channahon
815-467-2831

Crete Township

Crete
708-672-8279

Custer Township

Joliet
815-740-4613

DuPage Township

Bolingbrook
630-759-3411, ext. 232

Florence Township

Freeport
815-235-4716

Green Garden Township

Monee
800-252-8966
866-215-3479 (TTY)

Homer Township

Homer Glen
708-301-0522

Jackson Township

Elwood
815-423-5780

Joliet Township

Joliet
815-726-4781

Lockport Township

Lockport
815-838-0380

Manhattan Township

Manhattan
815-478-5154

Monee Township

University Park
708-534-6020

New Lenox Township

New Lenox
815-463-8557

Peotone Township

Peotone
708-258-9248

Plainfield Township

Plainfield
815-436-8308

Reed Township

Wilmington
815-744-5807

Troy Township

Shorewood
815-744-1968

Washington Township

Beecher
708-946-2026

Wesley Township

Wilmington
815-476-7869

Wheatland Township

Naperville
630-851-8330

Will Township

Beecher
708-258-9598

Wilmington Township

Wilmington
815-476-7255

Wilton Township

Manhattan
815-478-4488

TRANSPORTATION RESOURCES

AAA Foundation for Traffic Safety

202-638-5944

www.aaafoundation.org**AARP**

888-227-7669

www.aarp.org**National Highway Traffic Safety Administration**

888-327-4236

www.nhtsa.dot.gov

TOWNSHIPS ARE A GREAT RESOURCE FOR TRANSPORTATION.

ADA Para-Transit Citywide

312-663-4357

Chicago Department on Aging

312-744-4016

317-744-6777 (TTY)

Seniors are screened for initial eligibility by the Chicago Department on Aging

City of Chicago Mobility Direct

(Chicago Taxicabs)

800-606-1282

Door-to-Door Service

The Chicago Department on Aging's Transportation program, through a cooperative effort with the Chicago Transit Authority's (CTA) Taxi Access Program (TAP) offers specialized transportation services for eligible seniors. The TAP program will be available to seniors that meet specific requirements under the Regional Transit Authority's (RTA) Americans with Disabilities Act (ADA) program. The service provides specialized door-to-door transportation to seniors at reduced rates.

The TAP service allows A.D.A. Paratransit certified seniors an opportunity to travel in taxis at reduced rates. Currently seniors are able to purchase TAP certificates at any one of five Chicago Department on Aging's Regional Senior Centers. For questions or comments, please contact the **Chicago Department on Aging at 312-744-4016 or 312-744-6777 (TTY)** for the hearing impaired.

Emergency Medical Transportation Service

The Chicago Department on Aging's Transportation Program also assists Chicago's seniors who are in need of emergency medical transportation to receive life-sustaining treatments. This program is intended for seniors who have no other means of transportation to medical facilities. In cooperation with the Chicago Transit Authority (CTA), interim transportation assistance is provided to medical facilities for Chicago seniors that are mobility-limited with life threatening conditions.

This service allows riders to use CTA's Special Services' para-transit carriers for a maximum of 30 days while applying for certification for the Regional Transit Authority's (RTA) Americans with Disabilities Act (ADA) program. Seniors are screened for initial eligibility by the Chicago Department on Aging. For questions or comments please contact the **Chicago Department on Aging at 312-744-4016 or 312-744-6777 (TTY)** for the hearing impaired.

Provides escorted transportation by volunteers for senior to medical appointments. Suggested donation is \$10.00.

Chicago Disability Transit

Service area: Within Chicago metro - 1 leg of trip must be within Chicago limits

630-653-9815

www.chicagodisabilitytransit.com

142 TRANSPORTATION SERVICES



Metro Yellow Taxi

Chicago and Suburbs
888-277-1969

Taxi Access Program

(Chicago Taxicabs)
800-606-1282

RTA

Reduced Fair Permit
312-836-7000

Regional Transportation Authority

Reduce rates for trains and fixed route buses.

312-913-3110

800-531-2828

SUBURBAN BOONE COUNTY

Boone County Council on Aging

815-544-9893

217-342-2193

CENTRAL ILLINOIS

CEFS Economic Opportunity Corporation

Serves the following Counties:

Christian, Clay, Effingham, Fayette,
Montgomery, Moultrie and Shelby

217-342-2193

CHAMPAIGN COUNTY

Family Service of Champaign County

217-352-0099

CLAY COUNTY

Clay County

800-284-0111

SUBURBAN COLE COUNTY

Coles County Council on Aging

Mattoon

217-23-3311

SUBURBAN COOK COUNTY TRANSPORTATION

Pace Dial-A-Ride

800-273-5939

888-454-4724 (TTY)

Village of Barrington, Barrington
Township, Cuba Township

Arlington Heights Senior Center

Arlington Heights

847-253-5532

Barrington Township

Subsidized pre-registered taxi service

847-381-5632

Barrington (FISH)

847-381-7474

Berwyn & Cicero Council on Aging

708-447-2448

Bloom Township Senior City Services

Chicago Heights, *Flossmoor, Ford
Heights, Glenwood, *Homewood, *Lansing,
Lynwood, *Olympia Fields, *Park Forest,
Sauk Village, South Chicago Heights,

*Steager (Cook County)

Call 1 day before

708-754-8200

Buffalo Grove

Subsidized Taxi Service

847-459-2500

Crestwood

Village of Crestwood

708-371-4800

Elk Grove Township

Dial-A-Ride

847-437-0300

Des Plaines

Subsidized Taxi Service

847-391-5300

Elk Grove Village

Village of Elk Grove
(excludes Industrial Park)
847-299-6212
800-504-7689 (TTY)

Forest Park

Village of Forest Park
708-771-7737

Hoffman Estates

Dial-A-Ride
847-352-8097

Hometown

City of Hometown
866-248-6868

Lemont Township

630-257-6787
Leyden Township

Leydon Township

888-699-6999
800-504-7689 (TTY)

Lyons Township

708-354-0292

Maine Township

Subsidized pre-registered taxi service
Des Plaines, *Glenview, *Niles Maine
Township, *Glenview, *Niles, Park Ridge,
*Rosemont
847-297-2510

Mount Prospect

Subsidized Taxi Service
847-392-6000

Niles Senior Center

Subsidized Taxi Service
847-588-8420

Norridge

Village of Norridge
708-453-0800

Seniors Assistance Center

Harwood Heights, Norridge,
unincorporated Norwood
708-456-7979

Oak Park - Suburban West Cook

Age Options
708-383-0258

Oak Park Township Senior Services at Oak Park Arms

Oak Park, River Forest
708-383-8060

Oak Park Township

River Forest Township
708-383-4806

Orland Park

Village of Orland Hills
708-403-6355

Palatine Township

*Arlington Heights, *Barrington,
*Hoffman Estates, *Schaumburg,
*Rolling Meadows
847-358-6907

Palos Hills

Palos Township
708-430-3822

Park Forest

Village of Park Forest
708-748-4433

Proviso Township

Bellwood, Broadview, Forest Park,
Hillside, Maywood, Melrose Park,
West Chester
708-344-7430

Proviso Township

Southwest Suburban Center on Aging
Limited bus service
*Brookfield, LaGrange, *Lyons,
McCook, North Riverside, Riverside, West
Chester
708-354-1323

Rich Township

*Country Club Hills, Flossmore, *Hazel Crest, *Homewood, Mattison, Park Forest, *Olympia Fields, Richton Park
708-748-6722 or 708-748-6727

Schaumburg

Village of Schaumburg
847-352-8097

Schaumburg Township

847-882-1929

Skokie

Village of Skokie
888-213-7827

Stickney Township

Burbank, Central Stickney, Forest View, Stickney
708-424-9221
708-636-8850

Thorton Township

*Blue Island, Burnham, Calumet City, Dalton, Dicksmore, East Hazel Crest, Harvey, *Hazel Crest, *Homewood, Lansing, Markum, *Posen, River Dale, Thorton
708-339-9980

Tinley Park

Village of Tinley Park
708-532-7433

West Suburban Senior Services

Adult day care service

Proviso Township Communities of Bellwood, Berkley, Broadview, *Elmwood Park, Forest Park, Hillside, Maywood, Melrose Park, Stone Park, West Chester
708-547-5600

Wheeling Township

Arlington Heights, *Buffalo Grove, *Mt. Prospect, *Prospect Heights, *Wheeling
847-259-7743

Worth Township

708-371-2900

CUMBERLAND COUNTY

Cumberland Associates

Toledo
217-849-3803

Embarras River Basin Agency

Serves: Cumberland, Crawford, Jasper and Richland counties.
217-253-4434

SUBURBAN DEKALB COUNTY TRANSPORTATION

Fox Valley Older Adult Services

Sandwich only
815-786-9404

Voluntary Action Center of DeKalb County

Sycamore
815-758-3932

SUBURBAN DUPAGE COUNTY TRANSPORTATION

DuPage County Health & Human Services Dept.

DuPage County & Hines Hospital Medical facilities as authorized by DuPage County Human Services ONLY
800-713-7445
800-713-7415 (TTY)

DuPage Dial-a-Ride

Addison, *Aurora, *Bartlett, Bensenville, Bloomingdale, Bolingbrook, Burr Ridge, Carol Stream, Clarendon Hills, Darien, Downer's Grove, Elmhurst, Glen Ellyn, Glendale Heights, Hanover Park, Hinsdale, Itasca, *Lemont, Lisle, Lombard, Medinah, *Naperville, Oak Brook, Oak Brook Terrace, Roselle, *St. Charles, Villa Park, Warrenville, Wayne, West Chicago, Westmont, Wheaton, Willowbrook, Winfield, Wood Dale, & Woodridge
630-407-6500

DuPage (FISH)

Darien, Downers Grove, Lisle,
Westmont, Woodridge
630-964-7776

Pace Dial-A-Ride Services

800-713-7445
800-713-7415 (TTY)

Addison Township

Addison pre-arranged taxi service
630-530-8161 x140

Bensenville Dial-A-Bus

630-350-3425
Bloomingdale Township *Addison,
Bloomingdale, *Carol Stream, Glendale
Heights, *Hanover Park, *Roselle
800-713-7445
630-529-7715
800-713-7415 (TTY)

Carol Stream Taxi Service

Subsidized pre-registered taxi service
630-665-7050

Downers Grove Senior Services

Coordinator

Dial-A-Ride
630-968-5029

Downers Grove Township

800-713-7445
800-713-7415 (TTY)

Village of Glen Ellyn

800-713-7445
800-713-7415 (TTY)

Glen Ellyn Senior Service Center

DuPage
630-858-6343

Glendale Heights

630-260-6060

Hinsdale

630-789-7000

Lisle Township

*Downer's Grove, Lisle, *Naperville,
*Woodridge
630-968-2087, ext.11

Milton Township Dial-A-Ride

*Carol Stream, *Glen Dale Heights, Glen
Ellyn, *Lombard, *Winfield
800-713-7445
800-713-7415 (TTY)

Naperville

Lisle Townships, City of Naperville &

Naperville Park District

800-713-7445
800-713-7415 (TTY)
Naperville/Lisle Ride
*Aurora (East side), *Downer's Grove,
*Lisle, *Naperville, Woodridge
630-357-8058

Wayne Township

*Bartlett, *Carol Stream, *Hanover Park,
Wayne, *West Chicago
630-231-7140

West Chicago Park District

Winfield Township
*Warrenville, West Chicago, Winfield
630-231-9474

Wheaton (City of) Taxi Service

Subsidized pre-registered taxi service
630-260-2000

Wheaton DuPage and Surrounding Communities

630-534-6900

Winfield Township Senior Bus

*Aurora, Warrenville, West Chicago,
Winfield
630-231-9474

Villa Park Taxi Service

Subsidized pre-registered taxi service
630-834-8500

York Township

630-620-2413

EFFINGHAM COUNTY

Effingham City/County Committee on Aging

217-347-5569

**SUBURBAN FULTON COUNTY
TRANSPORTATION**

Canton - American Red Cross

309-647-2040

JACKSON COUNTY

Senior Adult Services

Carbondale

618-457-4151

JEFFERSON COUNTY

Sunshine Senior Services

521 Perkins

Mt. Vernon

618-242-7010

**SUBURBAN KANE COUNTY
TRANSPORTATION**

PACE Dial-A-Ride

847-836-7000

Aurora Senior Service Office

*Aurora, *Big Rock, Montgomery, North

Aurora, *Oswego, Sugar Grove

630-897-4035

Aurora Township

Dial-A-Ride Services

630-892-1999

Batavia

City of Batavia, Batavia Township

630-892-1999

Batavia

RSVP

630-406-9993

City of Elgin

Elgin Township

847-931-6755

Dundee Township Park**Senior Center**

Carpentersville, East Dundee, West

Dundee, Sleepy Hollow

847-551-4307

866-727-6842

Dundee Township

Algonquin, Batavia, Geneva, Hampshire,

Huntley, Lake in the Hills, McHenry

800-339-3200

Hampshire Township

847-683-4480

**Kane County ADA (Americans with
Disabilities Act) Services**

An origin-to-destination and shared ride
program.

312-663-4357 – Registration

866-727-6842 – Reservations

**Kane, Northwest Burlington,
Hampshire, Plato Townships**

847-931-6755

Neighbor to Neighbor/Faith in Action

Kane County

847-741-0404

Senior Ride Free Program

Kane County

847-695-5818

St. Charles

City of St. Charles, City of Geneva,

Geneva Township

630-584-5353

Senior Services Associates of Kane County

Elgin, South Elgin
847-741-0404

SUBURBAN KENDALL COUNTY TRANSPORTATION**Kendall County Senior Service Office**

*Aurora, Bristol, Millington,
*Montgomery, Newark, *Oswego,
*Plainfield, Plano, Yorkville
630-553-5777

SUBURBAN LAKE COUNTY TRANSPORTATION**PACE Dial-A Ride Services**

Village of Barrington, Barrington
Township, Cuba Township
800-273-5939
888-454-4724 (TTY)

Catholic Charities Division of Lake County

847-546-5733

Cuba Township Half-fare Taxi Program

Barrington (Lake County), *Barrington
Hills, Lake Barrington, *North
Barrington, Tower Lakes
847-381-1924

Avon Township

847-546-1446

Ela Township

*Barrington, *Deer Park, *Hawthorn
Woods, *Kildeer, *Long Grove, *North
Barrington
847-438-6677

Fox Lake/Grant Township

847-587-2525

Fox Lake, Village of

847-366-6282

Fremont Township

Grayslake, Hawthorne Woods, Round Lake,
Round Lake Park, Wauconda
800-201-6446
847-223-2847

Grant

Lake Villa Township
800-244-7223
800-244-4620 (TTY)

Lake County, Northeast

Warren Township
847-223-2245

Lake, Northwest

Antioch Township, Avon Township
800-201-6446

Lake, Southwest

Cuba & Wauconda Townships
847-438-6677

Libertyville

Libertyville Township, Mundelein, Village of
Libertyville
800-201-6446

Mundelein, Village of

Portions of Libertyville Township
800-244-4620 (TTY)

Vernon Township

*Buffalo Grove (Lake County), *Indian
Creek, Lincolnshire, *Mundelein,
Riverwoods, Vernon Hills
847-634-4600

Warren Township

847-244-1101

Wauconda Township**Senior Service**

Island Lake, Wauconda, Wauconda
Township
847-526-8689

148 TRANSPORTATION SERVICES



Waukegan

Northern Shields Township
800-244-4620 (TTY)

Zion and Benton Township

800-201-6446
800-244-4620 (TTY)

LEE COUNTY

Lee County Council on Aging

100 W. Second Street
Dixon
815-288-2117

SUBURBAN MADISON COUNTY TRANSPORATION

City of Collinsville

Madison & St. Clair Counties
618-346-5200

Senior Citizens Services

Edwardsville
618-656-0300

SUBURBAN MCHENRY COUNTY TRANSPORTATION

PACE Dial-A-Ride

Crystal Lake: 800-671-6717
Harvard: 815-943-7700
Lake in the Hills: 800-671-6717
Marengo: 800-273-5939
McHenry: 800-451-4599
Woodstock: 815-338-5240

Algonquin Township

847-639-2700, ext. 6

Faith in Action of McHenry County

McHenry County
815-455-3120

Family Alliance

Woodstock adult day care
815-338-3590

Grafton Township

847-669-8500

Harvard

City of Harvard
815-943-7700

Lake in the Hills

Village of Lake in the Hills
800-671-6717
888-454-4724 (TTY)

Marengo

City of Marengo, Marengo Township, Riley
Township, Village of Union
800-273-5939
888-454-4724 (TTY)

McHenry County, Associates of Senior Services

Algonquin, *Barrington Hills, Bull Valley,
Cary, Crystal Lake, Fox River Grove,
Harvard, Hebron, Holiday Hills,
*Huntley, *Island Lake, Richmond,
Spring Grove, Wonder Lake, Woodstock
815-344-3555

McHenry County, East

Crystal Lake, Spring Hill Mall,
Woodstock, McHenry
800-451-4599
888-454-4724 (TTY)

McHenry County, South East

Cary, Fox River Grove, Burtons Bridge,
Lake in the Hills, Algonquin, Crystal Lake
800-671-6717
800-451-4599
888-454-4724 (TTY)

McHenry Township

815-385-5605

Nunda Township

815-459-4410

Richmond Township

815-678-0077

Senior Services, Inc. Transportation Program

Coordinates volunteer transportation
815-344-3555

Woodstock, City of
815-338-5240

OGLE COUNTY

Rock River Center
Oregon
Ogle and Lee Counties
888-239-9228

PERRY COUNTY

Gold Plate Program
DuQuoin
618-542-3511

ST. CLAIR COUNTY

Clyde C. Jordan Food Bank
Western St. Clair County
618-293-6700

SANGAMON COUNTY

Joyful Transportation
Springfield, IL
217-381-9422

Senior Services of Central Illinois
Springfield
217-528-4035

STEPHENSON COUNTY

Stephenson County Senior Center
Freeport
815-235-9777

VERMILION COUNTY

CRIS
Danville
217-443-2999

**WILL COUNTY
TRANSPORTATION**

Central Will

City of Joliet, Homer Township, Jackson Township, Lockport Township, Plainfield Township, Troy Township
800-244-4410
800-393-4232 (TTY)

Joliet

City of Joliet
815-724-3730

Peotone

Green Garden, Crete, Monee, Will, Peotone, Washington Township
708-534-2323

Southwest Will

Channahon, Manhattan & Wilmington Township
800-244-4410
800-393-4232 (TTY)

Will County: DuPage Township

PACE Dial-A Ride Services
Frankfort Township
800-952-7511
800-393-4232 (TTY)
815-469-4907

WABASH COUNTY

Wabash County Senior Citizens

Mt. Carmel
618-262-7403

WHITE COUNTY

White County Senior Center

Carmi
618-382-3111

WILLIAMSON COUNTY

Williamson County Programs on Aging

Herrin

618-988-1585

WINNEBAGO COUNTY

Lifescape Community Services

705 Kilburn Ave.

Rockford

815-963-1609

HOSPITAL AND MEDICAL TRANSPORTATION

A-Tec

Provides Medi-van for doctor and rehab appointments in DeKalb, Kane, DuPage, McHenry, and Lake Counties.

847-697-7643 - Elgin

815-479-1615 - Crystal Lake

815-758-2780 - DeKalb

847-680-5399 - Libertyville

630-443-4468 - Naperville

Alexian Spirit Van

Provides hospital courtesy van to those that live in the Northwest suburbs.

847-228-6394

American Cancer Society

Provides volunteer drivers for ambulatory patients to and from cancer treatment.

Northwest suburbs only

847-368-1166

Angel Wheels Transportation

Non-emergency medical transportation in DuPage County and surrounding communities.

630-534-6900

Centegra Health Systems

Patient Express

Transportation to and from Centegra Health Systems facilities (Based on availability) for any out-patient lab, testing and therapies. Excludes doctor's appointments. There is no cost, but donations are appreciated.

815-759-3456

www.centegra.com

Elgin Medi Transportation

Wheel chair accessible transportation to doctor's appointments or rehab.

847-697-0202

800-339-6334

815-344-0004 - McHenry

Escorted Transportation N/W Service

Volunteer driving service that assists seniors to medical appointments in the Arlington Heights area.

847-222-9227

First Transit

A non-emergency, prior approval, transportation program for individuals who have Medicaid.

877-725-0569

Good Samaritan Hospital

For hospital services

630-530-4440

Good Shepherd Hospital

Reside within hospital area for hospital campus/services

888-574-5700

Leyden Family Senior Citizens Service

For hospital services/doctors appointments

Elmwood Park, Franklin Park, Schiller Park, River Grove, Rosemont

847-455-3929

McHenry County Veterans Assistance

Transports Veterans to the VAMC North Chicago Hospital.

815-344-4229

www.co.mchenry.il.us

**North Shore Senior Center
Escort Service**

For medical purpose only

Evanston, Glenview, Northfield,
Wilmette, Winnetka
847-784-6053

No cost, donations are appreciated.

**Palatine Township Senior Citizens
Council**

For medical purposes

847-991-1112

PRC Paratransit

Arlington Heights
847-437-6233

AIR TRANSPORTATION

Air Ambulance Network

Flies anywhere in the United States, Canada
and other countries.

800-327-1966

Flying Nurses International, LLC

Medical travel service.

877-421-1333

www.flyingnurse.com

National Patient Travel Center

Assists financially needy patients access to
distant specialized medical evaluations,
diagnosis or treatment.

800-296-1217

www.patienttravel.org

Travel Care & Logistics, Inc.

Assists transporting elderly parents in their
travels.

Cindy L. Schaefer, M.S., R.N., A.P.N.

847-681-1400

CABLE

AT&T Cable Broadband
630-288-1560

Comcast
Hearing/Speech Impaired
866-594-1234
Customer Service 711

ELECTRIC

Commonwealth Edison
800-334-7661
TTY Hearing/Speech Impaired
800-572-5789

GAS COMPANY

Nicor Gas
800-642-6748

Nicor Gas Sharing Program
You need to apply at your local Salvation
Army office
630-629-4948
www.nicor.com

Peoples' Gas
Chicago City: 312-240-7000
Chicago Suburbs: 888-642-6748

ENERGY RESOURCES

Catholic Charities North/West
847-253-5500

Center for Community Concerns
Will County
815-722-0722

Chicago Department on Aging
312-744-4016

**Community and Economic
Development Association – Cook
County (CEDA)**
847-328-5166
Cedaorg.net

Energy Assistance
312-795-8800

Gatekeeper Program

As a coordinator partnership of the City of Chicago, Commonwealth Edison, and People's Gas, this program is designed to provide assistance to vulnerable elderly persons.
312-744-4016

**Illinois Home Energy Assistance
Program**
800-528-2000

**The Illinois Home Weatherization
Assistance Program**

The Illinois Home Weatherization Assistance Program provides free weatherization services to income eligible households. They include basic weatherization, caulking, weather-stripping, insulation, and installing storm doors and windows, as well as furnace repair and replacement if necessary.
For more information call 1-800-252-8643
or visit www.weatherizationillinois.com

**Low Income Home Energy
Assistance Program (LIHEAP)**
800-571-2332
800-252-8643

**McHenry County Energy
Assistance**
815-338-7752

Red Tape Cutters

Will mail you a printout with a list of entitlement programs for which you may be eligible. To receive an application or have questions, call 773-736-5594

CITY COOLING CENTERS

A cooling center is an air-conditioned facility where Chicago residents can go to find relief from the heat. Call 311 to locate a Cooling Center in your area.

24 hours, 7 days a week

Garfield Human Services Center

10 S. Kedzie

312-746-5400

9:00am-5:00pm, Monday-Friday

North Area Human Services Center

4740 N. Sheridan Rd.

312-744-2580

King Human Services Center

4314 S. Cottage Grove

312-747-2300

South Chicago Human Services Center

8759 S. Commercial Ave.

312-747-0331

Trina Davila Human Services Center

4345 W. Armitage Ave.

312-744-2014

Englewood Human Services Center

845 W. 69th St.

312-747-0200

TELEPHONE

AT&T Plans & Service

800-288-2020

800-288-2020 (Sales)

Repair service: 888-611-4466

Billing/Payment

Arrangements: 800-288-2020

Customer Service: 800-288-2020

Long Distance: 800-288-2020

Internet Service: 877-722-3755

JUNK MAIL & UNWANTED PHONE CALLS

To remove your name from mailing lists, send your name and address to:

Mail Preference Service

Direct Marketing Association

P.O. Box 9008

Farmingdale, NY 11735-9008

or

To end most telemarketing phone calls within 3 months, you can add your number to the National Do Not Call Registry. Call **888-382-1222** from the phone you wish to register. You may also register up to 3 numbers online at www.donotcall.gov



MISCELLANEOUS GOVERNMENT PROGRAMS

Credit Card Applications “Opt Out” Program

To stop unsolicited pre-approved credit card offers, call the “Opt Out” line or go online. The call is free and there is no charge for this service. You will need to provide your social security number. You will also need to download or have sent to you a form to permanently Opt Out.

www.optoutprescreen.com
888-567-8688

Circuit Breaker

Tax grants, discount license plates. People with disabilities may be eligible for free transportation on all fixed route regularly scheduled buses, trains and public transit systems.

312-814-2630 - Chicago
217-785-3356 - Springfield
800-252-8966 - Senior Help Line (Voice & TTY)

SNAP

Assists with supplemental nutrition programs such as food stamps. Also may help with medical assistance, cash and energy bill assistance.

800-843-6154
800-447-6404 (TTY)
www.dhs.state.il.us

Illinois Dept. of Human Services

Public Aid Help
800-252-8635
217-782-1200 - Springfield
www.hfs.illinois.gov

Emergency Rental Assistance Program

A grant that provides financial support to an individual in jeopardy of losing their permanent housing. The maximum financial support is one months' rent (up to \$900.00 maximum). Rental assistance is issued on a one time only basis. For more information, application and to see if you qualify, contact your nearest Family and Support Services (FSS) Center.

Englewood Center

845 W. 69th Street
Chicago, IL 60621
312-745-8285

Garfield Center

10 S. Kedzie Ave.
Chicago, IL 60612
312-743-0213

King Center

4314 S. Cottage Grove
Chicago, IL 60653
312-747-2300

North Area

4740 N. Sheridan Road
Chicago, IL 60640
312-744-2580

South Chicago

8759 S. Commercial Ave.
Chicago, IL 60617
312-747-0331

Trina Davila

4357 W. Armitage Ave.
Chicago, IL 60639
312-744-2014

Easter Seals Senior Community Service Employment Program (SCSEP)

Easter Seals SCSEP is a program that offers paid individualized training and job placement services for a pool of talent that many employers overlook - those age 55 and older.

Participants gain the experience and skills they need to stay active, supplement their income and contribute their communities while the workforce gains a pool of highly motivated, reliable workers with useful skills and valuable life experience.

312-551-7152

800-221-6827

312-726-4258 (TTY)

www.easterseals.com/scsep

Chicago Workforce Centers

Offers high-quality services and assistance to Chicago job seekers and employers. Located throughout the city, these agencies provide Chicagoans with the resources needed to find and keep good-paying jobs. For the Chicago Workforce Center or affiliate nearest you, call **312-746-7769** or visit **www.cityofchicago.org/dcd**
Chicago Workforce Center Locations:

Southwest

7500 S. Pulaski
Building 100
773-884-7000

Garfield

10 S. Kedzie
Room 134
773-722-388

South

4314 S. Cottage Grove
773-538-5627

North

4740 N. Sheridan
773-334-4747

Pilsen

1700 W. 18th Street
312-994-8300

Fire Departments That Provide Free Fire Detectors To Seniors

| | |
|--------------------------------|---------------------------------|
| Anna: 618-833-2231 | Lincoln: 217-735-4020 |
| Belleville: 618-234-2236 | Lincoln: 217-737-6709 |
| Brookport: 618-564-2338 | Lisle: 630-353-3059 |
| Calumet Park: 708-385-0550 | Litchfield: 217-324-8170 |
| Cahokia: 618-975-1437 | Manhattan: 815-478-3197 |
| Carol Stream: 680-2602582 | Mattoon: 217-235-0924 |
| Carpentersville: 847-426-2914 | McCook: 708-447-7561 |
| Caseyville: 618-344-6703 | Mendota: 815-539-3434 |
| Channahon: 815-416-0339 | Minooka: 815-416-0339 |
| Chatham: 217-483-2121 | Mt. Vernon: 618-237-8708 |
| Clarendon Hills: 630-654-1414 | New Berlin: 217-488-6338 |
| Coal City: 815-634-4700 | Paris: 217-466-5670 |
| Countryside: 847-367-5511 | Peru: 815-224-2141 |
| Crestwood: 708-371-4805 | Plainfield: 815-439-4230 |
| Cuba: 309-338-6111 | Pleasantview: 708-352-9229 |
| Dawson: 217-364-5975 | Port Byron: 309-523-2511 |
| Decatur: 217-424-2811 | Prairie: 618-286-3400 |
| Deefield: 847-945-4066 | Riverton: 217-629-7450 |
| East Moline: 309-752-1505 | Rochester: 217-498-2069 |
| East St. Louis: 618-781-4258 | Rural Pope County: 618-683-9525 |
| East St. Louis: 618-781-6800 | Sheridan: 815-496-2296 |
| Elgin: 847-289-2626 | Sherman: 217-299-6267 |
| Elwood: 815-423-5224 | Sparta: 618-443-2917 |
| Fairmont: 618-875-1085 | Springfield: 217-789-2170 |
| Fairview Heights: 618-632-2121 | Staunton: 618-635-2139 |
| Forest View: 708-749-4054 | Taylorville: 217-824-2295 |
| Frankfort: 815-469-1700 | Thorton: 708-877-4459 |
| Galesburg: 309-345-3717 | Tinley Park: 708-444-5200 |
| Galesburg: 309-299-5410 | Troy: 618-531-3463 |
| Godfrey: 618-466-0131 | Vienna: 618-658-5161 |
| Homewood: 708-206-3400 | Wauconda: 847-526-2821 |
| Kewanee: 309-852-2115 | Western Springs: 708-246-1800 |
| Lake Forest: 847-615-2666 | Westmont: 630-829-4480 |
| Libertyville: 847-362-5664 | |

Veteran’s Aid and Attendance Benefits to Senior Veterans, Their Spouses, or Widows

Aid and Attendance is a benefit available to veterans, their spouses, or widows. This benefit is available to help offset some of the costs of nursing homes, assisted living communities, personal care homes, or homecare expenses.

General Qualifications for Non-Service Connected Aid and Attendance:

Veteran, spouse or widow/widower served during wartime, including those who served state side.

Served at least 90 days of active service with one of those days being during wartime. **Eligible dates are:**

- May 9, 1916 to November 11, 1918
- December 7, 1941 to December 31, 1946
- June 27, 1950 to January 31, 1955
- August 5, 1964 to May 7, 1975
- August 20 1990 to present

Must need some assistance with at least two activities of daily living (ADL's) such as bathing, meal preparation, etc. This assistance does not mean that they require complete physical assistance. Cuing with dressing, reminders to bathe, medication monitoring, needs supervision, etc. are all examples of ADL's.

| | |
|--------------------------|---|
| Married Veterans | Eligible for up to \$1949/month and \$23,388/year |
| Single Veterans | Eligible for up to \$1644/month and \$19,728/year |
| Widows of Veterans | Eligible for up to \$1056/month and \$12,672/year |

To obtain more info and forms contact A Silver Connection at 866-421-8266 or Info@ASilverConnection.com or visit www.SeniorVeteran.org



VETERANS INFORMATION

Department of Veteran's Affairs Chicago Regional Office

Contact for those that may be eligible for any VA benefits.

**536 S. Clark Street
Chicago, IL 60605-1523
800-827-1000**

Department of Veteran's Affairs Jesse Brown VA Medical Center Social Work Service

Social Workers use a variety of treatments to help Veterans and their families cope with the problems brought on by illness, psycho-social issues, disability and financial problems. Some services that they may be able to assist with are: VA benefits information and referrals; Social Security and Medicare; Public Aid; Support Groups; POW Support Services; Case Management, etc.

**820 S. Damen Ave.
Chicago, IL 60612
312-569-6509
312-569-8387**

Easter Seals Community OneSource Program (COS)

COS is a program that responds to Veterans and their families who request information and assistance with accessing resources. COS will perform the research and present the Veteran or family member with the public, private, and not-for-profit resources that best fit their needs, allowing them to focus their time on the most viable options. Though most inquiries are for Veteran benefit information, employment assistance, family services, financial assistance, housing needs, healthcare

resources, and disability services, COS will also research the unique, one-of-a-kind requests as well.

866-423-4981

Email: veterans@easterseals.com

Department of Veteran's Affairs Jesse Brown Medical Center Healthcare for Homeless Veteran Program

This program's mission is to provide outreach and case management to homeless Veterans in the community. The Goal is to decrease hospitalization or permanent homelessness and to assist Veterans in establishing and maintaining housing.

**820 S. Damen Ave.
Chicago, IL 60612
312-569-6222**

National Association of Systems Administration (NASA)

NASA Education's main program is Project Fresh Start, which provides training to U.S. Veterans who are displaced, disabled or otherwise in transition for competitive wage jobs.

866-338-4968

www.nasaeducation.org

VA Inspector General Hotline

Contact to report suspected fraud, waste or abuse in VA programs or operations.

P.O. Box 50410

Washington, DC 20091-0410

**800-488-8244 (8:30am-4:00pm Eastern
time Monday - Friday)**

Email: vaoighotline.va.gov

Fax: 202-565-7936

Veterans National Suicide Hotline
800-273-8255

Veterans' Rights Project

Provides advice, advocacy and legal representation at the Appellate levels of the VA Benefits process. Issues may include: Service-connected disability compensation claims; Establishing appropriate disability percentages; PTSD and TBI claims; Overpayments; Dependent claims; Survivor benefits; Non-service-connected needs-based pension benefits.
312-347-8340

**Legal Assistance Foundation of
 Metropolitan Chicago**
312-341-1070
800-824-4050
866-889-8647 (TTY)
www.lafchicago.org

Veterans & Spouses of Veterans:

You May Be Eligible For Monthly Tax Free Benefits

\$1,949 for Veteran & Spouse

\$1,644 for Single Veteran

\$1,056 for Spouse of Veteran

www.aid-attendance.com

Or Call our office for a **FREE NO OBLIGATION ELIGIBILITY CONSULTATION** with our experts with over 5 years of VA claims experience, literally hundreds of successful approvals, and **ZERO** –“ No” VA denials.

VA ACCREDITED CLAIMS AGENT – Jerry Schmitt

WealthCare Consultants, Inc.

210 W 22nd St Suite 137

Oak Brook IL

Call 630-368-1409 Jerry Schmitt ext.202 or Tim Frisby ext.201

Access America for Seniors

www.seniors.gov

Has information that will help seniors conduct business with federal agencies faster and easier.

Administration on Aging (AoA)

www.aoa.gov

AoA is the Federal advocate agency for older persons and their concerns. The AoA works to heighten awareness among other Federal agencies, organizations, groups, and the public about the valuable contributions that older Americans make to the Nation and alerts them to the needs of vulnerable older people. Through information and referrals and outreach efforts at the community level, AoA seeks to educate older people and their caregivers about the benefits and services available to help them. This site is available in eight different languages.

American Association of Retired Persons (AARP)

www.aarp.org

AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. AARP is dedicated to enhancing quality of life for all as we age. Lead positive social change and deliver value to members through information, advocacy and service. AARP also provides a wide range of unique benefits, special products, and services for our members.

The American Association of Homes and Services for the Aging

www.aasha.org

A trade group that represents many nonprofit facilities

The Assisted Living Federation of America (ALFA)

www.alfa.org

Represents both for-profit and nonprofit assisted living facilities. 703-691-8100

AID to the Aged, Blind and Disabled (AABD) Illinois Dept. of Human Services

www.dhs.state.il.us

AABD provides additional assistance to those in financial need who are 65 or older or for those who are blind or disabled. Its purpose is to supplement federal assistance programs. Eligibility based on applicant's income.

Benefits Checkup

www.benefitscheckup.org

Benefits Check Up exists to help the millions of older Americans who are eligible for public and private benefits, but not receiving them. Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans (especially those with limited incomes) are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription drug savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them. Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources. Benefits Check Up includes more than 1,350 public and private benefits programs from all 50 states and the District of Columbia.

Benefits Link

www.benefitslink.com

Resources on pension, health insurance and taxation of benefits.

Better Business Bureau (BBB)**www.bbb.org**

Nonprofit organization encourages honest advertising and selling practices and are supported primarily by local businesses. Offers a variety of consumer services including educational materials, business reports (particularly unanswered or unsettled complaints or other problems), and information on charities and organizations seeking public donations.

Care Giving Online**www.caregiving.com**

Insight, articles and information to assist caregivers .

847-823-0639**Centers for Medicare and Medicaid****www.cms.hhs.gov**

This site provides information about Medicare and Medicaid programs including SCHIP (state children's health insurance program), outreach and educational information. Each topic links you to specific information and downloads.

Toll free number **800-MEDICARE**.**Centegra Health System****www.centegra.org**

Information regarding educational offerings for seniors.

The Commission on Accreditation of Rehabilitation Facilities**www.carf.org**

Gives its seal of approval to qualifying facilities. Phone: **888-281-6531**

Consumer Federation of America**www.consumerfed.org**

Provides links to different areas of interest and resources to read about new policies, updates and news on particular programs such as: energy, finance, health and safety, etc.

202-737-0766**Cyber Drive Illinois****www.cyberdriveillinois.com**

Provides information for numerous areas regarding driving. Press “**Emergency Contact Database**” to enroll your information in case of emergency.

Do Not Call Registry**www.donotcall.gov**

Federal Government's National Do Not Call Registry is a free and easy way to reduce telemarketing calls to your home. Your number will stay in the registry for five years unless you take it off. After five years, you will be able to renew your registration. If you get restricted calls after your number has been in the national registry for 31 days, you can file a complaint. Phone: **888-382-1222**.

Eldercare Locator**www.eldercare.gov**

The Eldercare Locator is the first step to finding resources for older adults in the U.S. community. It is a free national service of the Administration on Aging that provides an instant connection to resources that enable older persons to live independently in their communities and offers support for caregivers. The National Association of Area Agencies on Aging administers the Eldercare Locator in partnership with the National Association of State Units on Aging (NASUA). Toll free number **800-677-1116**

Elder Law Answers**www.elderlawanswers.com**

Provides answers to legal questions related to aging, disability, estate planning, finding an attorney, nursing home care and advanced directives.

Grief Net

www.griefnet.org

Resources related to grief, death and major loss.

Government Benefits Website

www.govbenefits.gov

The official benefits website of the US Government making government more accessible to citizens. This site is managed by the US Department of Labor in partnership with 15 Federal agencies, including the US Departments of Agriculture, Commerce, Education, Energy, Health and Human Services, Homeland Security, Housing and Urban Development, Interior, Justice, State, Transportation, Treasury, Veterans Affairs, Small Business Administration, and Social Security Administration.

Healthfinder

www.healthfinder.gov

A Federal website for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Healthfinder has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. Healthfinder links to carefully selected information and websites from over 1,500 health-related organizations.

Healthy Aging for Older Adults

www.cdc.gov/aging/

This website is sponsored by the National Center for Chronic Disease Prevention and Health Promotion and provides information on a wide range of topics including: health-related behaviors chronic diseases, infectious diseases, immunizations for adults and injuries among older adults.

Hearing Loss Association of America

www.hearingloss.org

A nonprofit serving the interests of consumers with hearing loss through self help, advocacy and education. Offers publications on hearing aids, cochlear implants, assistive listening devices, ADA, employment, travel, lip-reading and more.

Home Improvement and Structural Alterations Program (HISA)

www.prosthetics.va.gov

Under the Home Improvements and Structural Alterations (HISA) program, Veterans with disabilities may be able to receive a grant for home improvements and structural alterations necessary or appropriate for the effective and economical treatment of his/her disability.

Illinois Department on Aging

www.state.il.us/aging

Provides a web-based service center providing resources for a variety of issues related to assistance for seniors within Illinois.

Illinois Healthcare Portal

www.health.illinois.gov/seniors.html

Provides information about state programs that can help senior citizens with healthcare services and programs.

Illinois Department of Financial And Professional Regulation

www.idfpr.com/doi/ship/seniorhealth.asp

Provides consumers with general information and guidance about insurance coverage and law. You can access information about the Senior Health Insurance Program, Prescription Drug Coverage and other resources within the Illinois Division of Insurance.

Illinois Department of Public Health
www.idph.state.il.us/healthca/nursinghometestjava.htm

A website of all nursing homes in Illinois that provides resources on regulations, listings of Illinois nursing homes and reports of nursing home violations.

Illinois Supportive Living Program
www.sfillinois.com

Illinois developed the Supportive Living Program as an alternative to nursing home care for low-income older persons and persons with disabilities under Medicaid. The Illinois Supportive Living website provides information about this program.

Medicare Information
www.medicare.gov

The US Department of Health and Human Services maintains the official US Government Site for People with Medicare. Here you can get information about Medicare coverage, prescription coverage plans, health plans, gap plans and other information.
800-633-4227

Medicare Interactive
www.medicareinteractive.org/aarp

Provides Medicare-related information on topics such as eligibility and enrollment, coverage, rights and protections, health plan options, prescription drugs, and programs for people with lower income.

Medicare Rights Center
www.medicarerights.com

Medicare Interactive (MI) is your one-stop source for information about health care rights, options and benefits. Brought to you by the Medicare Rights Center (MRC), a national not-for-profit, consumer service organization, dedicated to ensuring that older adults and people with disabilities get good affordable healthcare. MRC has been

helping people with Medicare understand their rights and benefits, navigate the system and get the health care to which they are entitled.

Mesothelioma Center
www.asbestos.com

A website that provides information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.

National Association of Senior Hot Lines
www.legalhotlines.org

A non-profit established to advance the legal rights of seniors by increasing the availability of efficient, low-cost mechanisms such as legal hot lines as part of overall aging and legal services delivery.
866-949-2372

The National Coalition for Homeless Veterans (NCHV)
www.nchv.org

Connects Veterans to a variety of resources that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support.

National Consumer Law Center (NCLC)

www.consumerlaw.org
 NCLC is an advocacy and research organization focusing on needs of low-income and elderly consumers.

National Council on Aging (NCOA)

www.ncoa.org
 NCOA is the nation's first association of organizations and professionals dedicated to promoting the dignity, self-determination, well being, and contributions of older persons.

National Family Caregivers Association

www.nfcares.org

Educates, supports, empowers and provides resources to caregivers throughout the United States.

NIH Senior Health

www.nihseniorhealth.gov

This website contains information for older adults was developed by the National Institute on Aging and the National Library of Medicine, both part of NIH. It contains a wide range of information on health topics including: Alzheimer's disease, arthritis, balance problems, breast cancer, colorectal cancer, diabetes, exercise for older adults, hearing loss, lung cancer, prostate cancer, taking medicines and many more.

Northeastern Illinois Area Agency on Aging

www.ageguide.org

Provides resources to senior citizens and elders about nursing homes, age discrimination, Medicare issues, disability and retirement.

Nursing Home Compare

www.medicare.gov/nursing/overview.asp

The Official U.S. Government Site for People with Medicare with many links and helpful information. You can compare hospitals, home health agencies and nursing homes and find doctors, medical suppliers and equipment. Necessary forms are also available at this site. This site is available in Spanish.

Patient Assistance.Com, Inc.

PatientAssistance.com is a free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs. We believe that medication should be affordable for all Americans, including low-income families and the uninsured, and our database features over 1000 programs that help make that possible.

www.patientassistance.com

Pet Finder

www.petfinder.com

Great source to find information on lost/found pets, pet care, pet health, training, news, etc.

Self-Help Group Source Book Online

www.mentalhelp.net

Resource directory for support groups.

Senior Discounts

www.seniordiscounts.com

Resource to find age-related discounts.
505-366-1663

Seniors Ride Free

www.illinois.gov/transit

1-800-624-2459

The historic mass transit funding plan passed by the General Assembly requires mass transit agencies statewide to allow senior citizens, aged 65 and older, to use main line and fixed route public transit service for free.

Social Security Administration

www.socialsecurity.gov

800-772-1213

Social Security Online is the official link to Social Security and Supplemental Security Income (SSI). Some of the online services include applying for benefits, replacing a card, and links to Medicare and Medicaid. This site is available in fifteen different languages.

Tails Inc.**www.tailsinc.com**

A wonderful website with tons of pet information, including: latest news, resources, blogs, adoption information, rescue, and articles etc.

US Department of Housing and Urban Development**www.hud.gov**

Provides a website which includes resources for senior homeowners and homebuyers in Illinois.

University of Illinois Extension Office**www.web.extension.uiuc.edu/cook/seniors.html**

Provides access to information about a variety of programs for seniors including health care, elder abuse, medical conditions and economics. It also provides links to a variety of other senior resources.

Veterans Administration**www.va.gov**

Information on services and programs offered through the Veteran's Administration including general benefit information, education and training for veterans with links to organizations, staff and offices. This site is available in Spanish.

Veterans Travel Benefits**www.va.gov/healtheligibility**

You may be eligible for mileage reimbursement or special mode transportation in association with obtaining VA health care services.

INTERESTING OR FUN WEBSITES FOR SENIORS**Best Friends Animal Society****www.bestfriends.org**

Dedicated to sheltering unwanted pets and reducing the amount of homeless animals.

Bingo Bugle**www.bingobugle.com**

Everything Bingo!

Blessed Bonds**www.blessedbonds.com**

A non-profit organization dedicated to keeping people and their pets together.

Free Cycle**www.freecycle.com**

Trade unwanted items in your neighborhood.

Games and Puzzles**games.aarp.org/**

Daily games, games online, entertainment and activities

Get Human**www.gethuman.com**

Phone numbers, customer service shortcuts, reviews and tips for companies worldwide.

Grandma Betty**www.grandmabetty.com**

Over 1000 information sources and products for Baby Boomers and Seniors.

Magazines**www.magatopia.com**

Free magazines online.

Suddenly Senior**www.suddenlysenior.com**

Links to many different sites of interest to seniors.

Hospice & Palliative Care

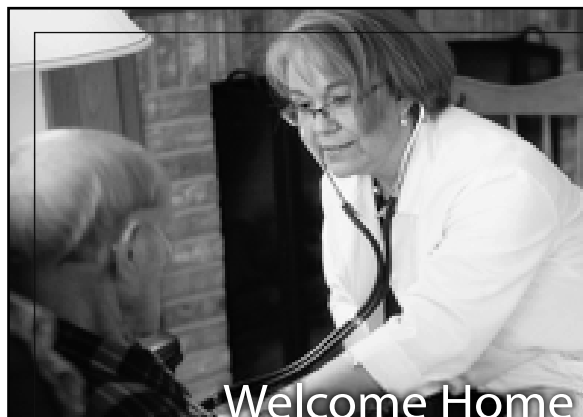
Hospice care is designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. Aggressive methods of pain control may be used.

Hospice programs generally are home-based, but they sometimes provide services away from home -- in freestanding facilities, in nursing homes, or within hospitals. The philosophy of hospice is to provide support for the patient's emotional, social, and spiritual needs as well as medical symptoms as part of treating the whole person.

Hospice programs generally use a multidisciplinary team approach, including

the services of a nurse, doctor, social worker and clergy in providing care. Additional services provided include drugs to control pain and manage other symptoms; physical, occupational, and speech therapy; medical supplies and equipment; medical social services; dietary and other counseling; continuous home care at times of crisis; and bereavement services.

Palliative care (pronounced pal-lee-uh-tiv) is the medical specialty focused on relief of the pain, stress and other debilitating symptoms of serious illness. Palliative care is not dependent on prognosis and can be delivered at the same time as treatment that is meant to cure you. The goal is to relieve suffering and provide the best possible quality of life for patients and their families.



Welcome Home

Just call. **800-425-4444**
www.HospiceAnswers.org

HOSPICE
 & Palliative Care
 of Northeastern Illinois

Welcome to the Pepper Family Hospice Home and Center for Care, a place for those seeking compassionate care and guidance when facing serious illness, end of life and loss. For patients and families--a freestanding hospice home with 16 private patient rooms offering quality adult and pediatric hospice care. For the community--it's a center for pain and symptom management, end-of-life education, complementary therapies and grief support. And it's the first green freestanding hospice home in the state.

Serving McHenry, Lake, Northwest Cook, Boone and DuPage since 1982.

Palliative Care Clinic now open at the Pepper Family Center for Care in Barrington

405 Lake Zurich Road • Barrington, IL 60010 • 800-425-4444 • www.HospiceAnswers.org

END OF LIFE

Hospice & Palliative Care of Northeastern Illinois

405 Lake Zurich Road
Barrington, IL 60010

847-381-5599

www.hospiceanswers.org

Loving Touches Memorial Services

Provides assistance to families in creating Celebration of Life Services for their loved ones. We specialize in personalized and meaningful services. DVDs, funeral celebrants, flowers, perfect venues, musicians, programs and mementos are just a few of our services.

Deborah Williams

847-991-0546

dwilliamslovingtouchesmemorialservices.com

Neptune Society

Pre-planned Cremation & Immediate Assistance

Orland Park 708-226-6928

Palatine 847-296-4842



**Let Us Help You With
Pre-Planning or Immediate Assistance**

**Local Plans & Travel / Relocation Plans
Includes URN**

Orland Park
15111 S. La Grange Road
Orland Park, IL 60462
708.226.6928

Palatine
818 W. Northwest Hwy.
Palatine, IL 60068
847.296.4842



www.NeptuneSociety.com

Steps for Choosing a Senior Community or Care Option

Step 1: Evaluate

Needs – Various levels of care as described on the following page. After deciding whether a move is needed, evaluate your needs against the full continuum of care.

Desires – Where do you want to live?

There are great home health options. Or you may choose to move to a community. Do you want to be near your current home, family or in a warm climate? Do you want a large campus-style community, or a residential care home? Do you prefer a facility operated by a particular religion? Choices abound!

Resources – Determine how much income and other resources can be devoted to home care or a senior residence.

Generally speaking, Medicare covers only a small percentage of those who require intense nursing or home health care services. In most cases, expenses will be covered by the individual or by Medicaid, if the person qualifies and is unable to pay the full cost. For more information, call 866-421-8266. Costs for independent and assisted living are usually the responsibility of the individual. An attorney or financial planner can help in this process.

Step 2: Match

At no cost to you, Silver Connections can assist you in finding a match for your needs, desires and resources. Simply call us toll free at 866-421-8266 and one of our Senior Care Consultants will be happy to assist you.

Step 3: Visit

Once you have determined the type of living arrangement you desire and what communities interest you, schedule a visit, then return later unannounced.

The logo for Silver Connections, featuring the word "Silver" in a script font above the word "Connections" in a serif font, with a small checkmark at the end of the word "Connections".

TYPES OF SENIOR HOUSING AND CARE

Adult Day Services

Adult Day centers provide a broad range of health, nutritional, recreational, social and rehabilitation services in settings outside the person's place of residence. Adult Day health services do not include residential overnight services.

Alzheimer's Care

These communities are built with safety in mind. Usually a secure property that helps the seniors with cues to complete daily routines sensitive toward their memory needs. Alzheimer's and dementia patients are treated here. All activities, meals, programs, and daily lives are structured to accommodate their conditions.

Assisted Living Communities

These communities offer apartment style living for seniors with some medical needs and some independency issues. Medication assistance is available as well as activities, programs, full or partial kitchens, laundry service, housekeeping, on-site nursing care 24 hours a day, scheduled transportation, and a central dining area for all meals.

Continuing Care Retirement Community (CCRC) or Life Care Community

CCRC's are most often in large campus like environments that encompass all levels of care. They often have entrance fee requirements that are similar to the purchase of a home or condominium. Some CCRC's only allow new members of the community to enter at the independent living level others are more flexible and a few do not require an entrance fee. In fact each CCRC has unique requirements. Please contact us if you want more information.

Group Home

These homes are usually private homes that have a small amount of residents living together and receive care from live-in caretakers. This type of community is built for those seniors who enjoy their privacy in a home-like setting. The amenities may include all meals, housekeeping, laundry, some personal care, and medication management. Every home is different so ask lots of questions.

Home Health Care Agency

Home Health Care is available to clients who are in need of professional skilled medical care in the home.

Services are provided by a Registered Nurse, Physical Therapist, Occupational Therapist or Speech Therapist. They can distribute medication; provide wound care, occupational therapy, physical therapy, speech therapy, home infusion therapy, medication set up, bath assists, nursing supervision, and other skilled services.

Patients with a variety of diagnosis' and needs may be appropriate for this level of care. Examples include a client who has been diagnosed with a new illness or is having trouble understanding and managing a current illness, a change in medications requiring further education, recent hospitalization or visit to the emergency room, a change in mobility or a fall; any condition that would benefit from further monitoring by a registered nurse. This level of care is ordered by the patient's physician and is usually covered by Medicare or Commercial Insurance. The home care agency will work together with the physician to establish a plan of care to help the client recover or attain optimal wellness.

Agencies must be licensed and will be Medicare Certified. Clients are seen in their home with a Registered Nurse or Therapist making visits up to several times a week

depending on the client's condition. They use their own staff and are insured with workman's comp and liability insurance.

Home Health Placement Agency

Licensed home health placement agencies must be licensed. They provide skilled workers to assist in the home. The person going into the home is not an employee of the company so the company has no liability should something happen in the home. The family hiring the skilled caregiver assumes all liability. Home Services Agency Licensed as non-medical home care providers.

Home Services Agency

Licensed as non-medical home care providers. They can provide a wide range of services. These services may include assistance with bathing, dressing, hair care, medication reminders, sitter services, meal preparation, companion assist to appointments, shopping and taking care of the home. Services can be arranged on an hourly basis up to a 24 hour live in program depending on the client's needs. Services are typically not covered by Medicare or Commercial Insurance but are paid for privately from the client's own funds. They use their own staff and are insured with workman's comp and liability insurance. Home Services Placement Agency Licensed to provide companions to assist in the home. The person going into the home is not an employee of the company so the company has no liability should something happen in the home. The family hiring the caregiver assumes all liability.

Hospice

Hospice is a focused, team approach to providing healthcare and other needed services to patients nearing the end of life. The hospice team is comprised of physicians, nurses, social workers, therapists, pastoral representatives, home health aides, volunteers, and family caregivers. Its mission is to provide comfort care to patients and their families

in less institutionalized settings and with less strict routines. The services are paid for entirely by Medicare for people who have been given a terminal diagnosis by their physicians and who have chosen to refuse curative measures.

Independent Living Communities

These communities are built to accommodate the seniors that are independent and have minimal medical problems. They are usually apartment complexes that are fully equipped and can vary in size. Meal packages are available once, twice, or three times per day depending on the seniors preference. Laundry is usually not included, however housekeeping is included.

Memory Care

These communities are built with safety in mind. Usually a secure property that helps the seniors with cues to complete daily routines sensitive toward their memory needs. Alzheimer's and dementia patients are treated here. All activities, meals, programs, and daily lives are structured to accommodate their conditions.

Respite Care

Temporary housing or care for seniors. This allows their caregivers some personal time while the seniors' needs are met. Assisted living and Alzheimer's communities are usually accommodating. The senior can stay for a short period to get acclimated to the community so a decision can be made as to whether or not to move there, or to give family caregivers a break.

Retirement Community (Active Life Style Community)

Homes or condominiums that are built with seniors in mind and allow anyone over the age of 55 to live there. These communities offer a variety of activities, programs, groups, wellness centers, maintenance-free living, and usually a community center to meet other seniors.

Senior Living Apartments

Senior living apartments are age-restricted multi-unit housing with self-contained living units for older adults who are able to care for themselves. Usually no additional services such as meals or transportation are provided.

Sheltered Care

Sheltered care offers private rooms and suites, with private baths. Individuals will receive assistance with personal care and medication administration. Meals and housekeeping are provided.

Skilled Nursing Facility (SNF) or Nursing Home

These communities are built for the elderly that require high-level medical care and are dependent on skills provided by the nursing home staff. These homes are built for the elderly with long term care needs including complex medical conditions and immobile seniors. Meals are served in a central dining room or at bedside; three times a day and activities are scheduled. Skilled services may be covered by Medicare for a short stay.

Subsidized Senior Apartments

Subsidized senior housing--sometimes called congregate housing, HUD housing or Section 8 Housing--where you pay part of the rent and government funding covers the rest. Your rent is based on the ability to pay—usually a percentage of your income. Unfortunately, many of these programs have long waiting lists and you must have limited income and assets to qualify.

Supportive Living Facility (SLF)

Illinois developed the Supportive Living Program as an alternative to nursing home care for low-income older persons and persons with disabilities under Medicaid. The Department of Healthcare and Family Services has obtained a “waiver” to allow payment for services that are not routinely covered by Medicaid. These include personal care, homemaking, laundry, medication supervision, social activities, recreation and 24-hour staff to meet residents’ scheduled and unscheduled needs. The resident is responsible for paying the cost of room and board at the facility.

During Vacation, Respite Care Gives Caregivers, Seniors A Break

Caregiving can be a very demanding and stressful job, and even the most dedicated, patient caregivers need time away to re-charge their batteries. Arrange a short-term respite stay at an assisted living center, retirement community or nursing home. These services are available on a temporary basis, sometimes for stays as short as a few days.

Respite care provides a much needed break, along with peace of mind that comes with knowing that your loved ones will receive the necessary attention, care and medical support in your absence.

Respite care can also provide a refreshing change of scenery for seniors, and a way to try out various housing options minus a full-time, longer-term commitment. For older adults who have been reluctant to make the move to senior housing, respite care is a great way to increase their comfort level, as they get a first-hand, trial experience.

While respite stays are not free, they are priceless in that they allow family members and other caregivers to take the time off that, sooner or later, everyone needs.

ILLINOIS

Addus Adult Day Care
866-421-8266

Advocate Lutheran General Hospital
Adult Day Center
Des Plaines, IL 60067
847-462-8266

**Alvernia Manor Retirement
Community**
Lemont, IL 60439
847-462-8266

The Atrium
Rockford, IL 61107
866-421-8266

Autumn Leaves of Crystal Lake
Crystal Lake, IL 60014
866-462-8266

Autumn Leaves of Vernon Hills
Vernon Hills, IL 60061
847-462-8266

CJE SeniorLife Adult Day Services
Evanston, IL 60602
847-462-8266

Clare Oaks
Bartlett, IL 60103
847-462-8266

Covenant Home of Chicago
Chicago, IL 60625
847-462-8266

Eberhardt Village
Arthur, IL 61911
866-421-8266

Friedman Place
Chicago, IL 60625
866-421-8266

Lexington Square - Elmhurst
Elmhurst, IL 60126
847-462-8266

Lutheran Home
Arlington Heights, IL 60004
847-462-8266

**Oak Crest Residence and Atrium
Apartments**
Elgin, IL 60123
847-462-8266

**Ponds and The Wealshire
Life Care Community**
Lincolnshire, IL 60069
847-462-8266

**Regency Healthcare & Rehabilitation
Center, Inc.**
Niles, IL 60714
847-462-8266

Roma Home Care, Inc.
Lemont, IL 60439
866-421-8266

WISCONSIN

Dolphin House
Waterford, WI 53185
866-421-8266

Dolphin Manor
Kansasville, WI 53139
866-421-8266

Meadowmere Assisted Living
West Allis, WI 53219
866-421-8266

Personally Yours Senior Living
Franksville, WI 53126
866-421-8266

ILLINOIS

AA Residential Care Home

Libertyville, IL 60048
866-421-8266

Addolorata Villa

Wheeling, IL 60090
847-462-8266

Alexian Village

Elk Grove Village, IL 60007
847-462-8266

Alvernia Manor Retirement Community

Lemont, IL 60439
866-421-8266

Asbury Court-Des Plaines

Des Plaines, IL 60018
847-462-8266

Asbury Gardens

North Aurora, IL 60542
847-462-8266

The Atrium

Rockford, IL 61107
866-421-8266

Autumn Green at Wright Campus

Chicago, IL 60634
847-462-8266

Autumn Leaves of Vernon Hills

Vernon Hills, IL 60061
866-421-8266

Barton Senior Residences of Chicago

Chicago, IL 60608
866-421-8266

Belmont Village of Buffalo Grove

Buffalo Grove, IL 60089
847-462-8266

Belmont Village at Geneva Road

Carol Stream, IL 60188
866-421-8266

Belmont Village of Glenview

Glenview, IL 60025
866-421-8266

Belmont Village of Oak Park

Oak Park, IL 60302
847-462-8266

The Bethany Retirement Community

Chicago, IL 60640
866-421-8266

Bethany Terrace

Morton Grove, IL 60053
847-462-8266

Bickford Cottage of Champaign

Champaign, IL 61822
866-421-8266

Bickford Cottage of Crystal Lake

Crystal Lake, IL 60014
866-421-8266

Bickford Cottage of Macomb

Macomb, IL 61455
866-421-8266

Bickford Cottage of Moline

Moline, IL 61265
866-421-8266

Bickford Cottage of Oswego

Oswego, IL 60543
866-421-8266

Bickford Cottage of Peoria

Peoria, IL 61614
866-421-8266

Bickford Cottage of Quincy

Quincy, IL 62305
866-421-8266

Bickford Cottage of St. Charles

St. Charles, IL 60175
866-421-8266

Bickford House of Bloomington

Bloomington, IL 61704
866-421-8266

Bickford House of Bourbonnais

Bourbonnais, IL 60914
866-421-8266

Bickford House of Peoria

Peoria, IL 61615
866-421-8266

Bickford House of Rockford

Rockford, IL 61108
866-421-8266

Bickford House of Springfield

Springfield, IL 62704
866-421-8266

The Birches

Clarendon Hills, IL 60514
847-462-8266

Bowman Estates of Danville

Danville, IL 61832
866-421-8266

Brighton Gardens of Hoffman Estates

Hoffman Estates, IL 60194
847-462-8266

Brighton Gardens of Orland Park

Orland Park, IL 60467
866-421-8266

Brighton Gardens of St. Charles

St. Charles, IL 60174
866-421-8266

Brighton Gardens of Wheaton

Wheaton, IL 60187
866-421-8266

Cambridge House of Maryville

Maryville, IL 62062
866-421-8266

Cambridge House of O'Fallon

O'Fallon, IL 62269
866-421-8266

Cambridge House of Swansea

Swansea, IL 62226
866-421-8266

Central Baptist Village

Norridge, IL 60706
847-462-8266

**Church Creek Healthcare &
Rehab Center**

Arlington Heights, IL 60005
847-462-8266

Churchview Supportive Living

Chicago, IL 60629
866-421-8266

**CJE SeniorLife,
Weinberg Community for Senior
Living**

Deerfield, IL 60015
847-462-8266

Clare Oaks

Bartlett, IL 60103
866-421-8266

**Concord Place Retirement &
Assisted Living**

Northlake, IL 60164
866-421-8266

Cordia Senior Residence

Westmont, IL 60559
866-421-8266

Courtyard of Loyaltan

Joliet 60431
866-421-8266

Covenant Home of Chicago

Chicago, IL 60625
866-421-8266

Covenant Village of Northbrook

Northbrook, IL 60062
847-462-8266

Crimson Pointe

Rockford, IL 61107
866-421-8266

The Devonshire of Hoffman Estates

Hoffman Estates, IL 60194
847-462-8266

The Devonshire of Lisle

Lisle, IL 60532
866-421-8266

Dorchester Supportive Living

Dolton, IL 60419
866-421-8266

Eagle Ridge of Decatur I

Decatur, IL 62523
866-421-8266

Eagle Ridge of Decatur II

Decatur, IL 62523
866-421-8266

Eastgate Manor

Algonquin, IL 60102
847-462-8266

Eberhardt Village

Arthur, IL 61911
866-421-8266

Eden Supportive Living

North Aurora, IL 60547
866-421-8266

Emeritus at Burr Ridge

Burr Ridge, IL 60527
847-462-8266

Emeritus at Prospect Heights

Prospect Heights, IL 60070
847-462-8266

Fairview Village Campus

Downers Grove, IL 60516
847-462-8266

The Fountains of Crystal Lake

Crystal Lake, IL 60012
866-421-8266

Fox Point

McHenry, IL 60050
866-421-8266

Franciscan Court Supported Living

West Chicago, IL 60185
866-421-8266

Franciscan Village

Lemont, IL 60439
866-421-8266

Friedman Place

Chicago, IL 60625
866-421-8266

Friendship Village

Schaumburg, IL 60194
847-462-8266

The Hallmark

Chicago, IL 60657
847-462-8266

Harbor House

Wheeling, IL 60090
847-462-8266

Hartwell House

Chicago, IL 60640
866-421-8266

Harvest View

Herscher, IL 60941
866-421-8266

Hawthorn Lakes

Vernon Hills, IL 60061
847-462-8266

**Hearthstone Village
Retirement Community**

Woodstock, IL 60098
866-421-8266

Heritage of Des Plaines

Des Plaines, IL 60016
847-462-8266

Heritage Woods of Aledo

Aledo, IL 61231
866-421-8266

Heritage Woods of Batavia

Batavia, IL 60510
866-421-8266

Heritage Woods of Benton

Benton, IL 62812
866-421-8266

Heritage Woods of Bolingbrook

Bolingbrook, IL 60440
866-421-8266

Heritage Woods of Centralia

Centralia, IL 62801
866-421-8266

Heritage Woods of Chicago

Chicago, IL 60612
866-421-8266

Heritage Woods of DeKalb

DeKalb, IL 60115
866-421-8266

Heritage Woods of Dwight

Dwight, IL 60420
866-421-8266

Heritage Woods of Flora

Flora, IL 62839
866-421-8266

Heritage Woods of Freeport

Freeport, IL 61032
866-421-8266

Heritage Woods of Huntley

Huntley, IL 60142
866-421-8266

Heritage Woods of Manteno

Manteno, IL 60950
866-421-8266

Heritage Woods of McHenry

McHenry, IL 60050
866-421-8266

Heritage Woods of McLeansboro

McLeansboro, IL 62859
866-421-8266

Heritage Woods of Moline

Moline, IL 61265
866-421-8266

Heritage Woods of Mount Vernon

Mount Vernon, IL 62864
866-421-8266

Heritage Woods of Ottawa

Ottawa, IL 61350
866-421-8266

Heritage Woods of Rockford

Rockford, IL 61107
866-421-8266

Heritage Woods of South Elgin

South Elgin, IL 60177
847-462-8266

Heritage Woods of Sterling

Sterling, IL 61081
866-421-8266

Heritage Woods of Watseka

Watsseka, IL 60970

866-421-8266

Heritage Woods of Yorkville

Yorkville, IL 60560

866-421-8266

The Highlands of Evanston

Evanston, IL 60201

847-462-8266

Holland Home Assisted Living

South Holland, IL 60473

866-421-8266

Holley Court Terrace

Oak Park, IL 60302

866-421-8266

Home Sweet Home

Arlington Heights, IL 60004

847-462-8266

Independence Village of Peoria

Peoria, IL 61614

866-421-8266

The Inn at Willow Falls

Crest Hill, IL 60403

866-421-8266

Ivy Apartments at the Imperial

Chicago, IL 60614

866-421-8266

John M. Evans Supportive Living

Pekin, IL 61554

866-421-8266

Kenwood of Lake View

Chicago, IL 60657

866-421-8266

Lake Barrington Woods

Lake Barrington, IL 60010

847-462-8266

Lake Forest Place

Lake Forest, IL 60045

847-462-8266

Lexington Square-Elmhurst

Elmhurst, IL 60126

866-421-8266

Lexington Square-Lombard

Lombard, IL 60148

866-421-8266

Liberty Court

Dixon, IL 61021

866-421-8266

Lieberman Center for Health and Rehabilitation

Skokie, IL 60076

847-462-8266

Lighthouse at Silvis

Silvis, IL 61282

866-421-8266

Lincolnwood Place

Lincolnwood, IL 60645

847-462-8266

Loyalton of Joliet

Joliet, IL 60431

866-421-8266

Loyalton of Rockford

Rockford, IL 61112

866-421-8266

Lutheran Home and Services

Arlington Heights, IL 60004

847-462-8266

Marian Village

Homer Glen, IL 60491

866-421-8266

Marley Oaks Assisted Living

Mokena, IL 60448

866-421-8266

Mather Pavilion

Evanston, IL 60201
847-462-8266

**Mendota (Stonecraft)
Retirement Community**

Mendota, IL 61342
847-462-8266

The Meadows of Glen Ellyn

Glen Ellyn, IL 60137
866-421-8266

The Methodist Home

Chicago, IL 60640
866-421-8266

Montgomery Place

Chicago, IL 60637
866-421-8266

The Moorings of Arlington Heights

Arlington Heights, IL 60005
847-462-8266

Moraine Court

Bridgeview, IL 60455
866-421-8266

Morning Star Village

Rockford, IL 61107
866-421-8266

The North Shore Retirement Hotel

Evanston, IL 60201
847-462-8266

**Oak Crest Residence & Atrium
Apartments**

Elgin, IL 60123
847-462-8266

**Oak Park Arms Retirement
Community**

Oak Park, IL 60302
847-462-8266

Paradise Park

Fox Lake, IL 60020
866-421-8266

Paradise Park

Lake Zurich, IL 60047
847-462-8266

Paradise Park

New Lenox, IL 60451
866-421-8266

The Park at Golf Mill

Niles, IL 60714
847-462-8266

The Park at Olympia Fields

Olympia Fields, IL 60461
866-421-8266

The Park at Plainfield

Plainfield, IL 60585
866-421-8266

The Park at Vernon Hills

Vernon Hills, IL 60061
847-462-8266

Park Place of Elmhurst

Elmhurst, IL 60126
847-462-8266

Park Plaza Retirement Center

Chicago, IL 60645
866-421-8266

Park Pointe Morris Senior Living

Morris, IL 60450
866-421-9266

Peace Village

Palos Park, IL 60464
847-462-8266

Pleasant View of Ottawa

Ottawa, IL 61350
866-421-8266

Plum Creek

Rolling Meadows, IL 60008
847-462-8266

Plymouth Place Senior Living

LaGrange Park, IL 60526
866-421-8266

**Ponds and The Wealshire
Life Care Community**

Lincolnshire, IL 60069
847-462-8266

Prairie Living at Chautauqua

Carbondale, IL 62901
866-421-8266

Prairie Winds of Urbana

Urbana, IL 61802
866-421-8266

**Prairieview at The Garlands
of Barrington**

Barrington, IL 60010
847-462-8266

Roma Home Care, Inc.

Lemont, IL 60439
847-462-8266

**Saint Luke Renaissance Greenview
Place**

Chicago, IL 60657
866-421-8266

**Saratoga Grove Retirement &
Assisted Living**

Downers Grove, IL 60515
847-462-8266

St. Andrew Life Center

Niles, IL 60714
847-462-8266

St. Joseph Village of Chicago

Chicago, IL 60641
866-421-8266

St. Paul's House

Chicago, IL 60618
847-462-8266

The Scottish Home

North Riverside, IL 60546
866-421-8266

Seasons at Glenview Place

Northbrook, IL 60062
847-462-8266

Senior Star at Weber Place

Romeoville, IL 60446
866-421-8266

Shabbona Supportive Living

Shabbona, IL 60550
866-421-8266

Spring Meadows

Libertyville, IL 60048
847-462-8266

Spring Meadows

Naperville, IL 60563
866-421-8266

The Summit of Uptown

Park Ridge, IL 60068
847-462-8266

Sunnymere

Aurora, IL 60505
847-462-8266

Sunrise of Barrington

Barrington, IL 60010
866-421-8266

Sunrise of Bloomingdale

Bloomingdale, IL 60108
866-421-8266

Sunrise of Buffalo Grove

Buffalo Grove, IL 60089
847-462-8266

Sunrise of Crystal Lake

Crystal Lake, IL 60014
866-421-8266

Sunrise of Flossmoor

Flossmoor, IL 60422
866-421-8266

Sunrise of Glen Ellyn

Glen Ellyn, IL 60137
866-421-8266

Sunrise of Gurnee

Gurnee, IL 60031
847-462-8266

Sunrise of Highland Park

Highland Park, IL 60035
847-462-8266

Sunrise of Lincoln Park

Chicago, IL 60614
866-421-8266

Sunrise of Naperville

Naperville, IL 60540
866-421-8266

Sunrise of Naperville North

Naperville, IL 60540
866-421-8266

Sunrise of Palos Park

Palos Park, IL 60464
866-421-8266

Sunrise of Park Ridge

Park Ridge, IL 60068
847-462-8266

Sunrise of Schaumburg

Schaumburg, IL 60173
847-462-8266

Sunrise of Willowbrook

Willowbrook, IL 60527
866-421-8266

**Sunrise Senior Living at Fountain
Square**

Lombard, IL 60148
866-421-8266

Sunset Haven

Elgin, IL 60123
847-462-8266

Suzana's Place

McHenry, IL 60050
866-421-8266

Suzana's Place

Palatine, IL 60067
847-462-8266

The Tamarack

Palatine, IL 60067
847-462-8266

Ten Twenty Grove

Evanston, IL 60201
847-462-8266

Terrace Gardens

Morton Grove, IL 60053
847-462-8266

Victory Centre of Bartlett

Bartlett, IL 60103
866-421-8266

Victory Centre of Galewood

Chicago, IL 60707
866-421-8266

Victory Centre of Joliet

Joliet, IL 60435
866-421-8266

Victory Centre of Park Forest

Park Forest, IL 60466
866-421-8266

Victory Centre of River Oaks

Calumet City, IL 60409
866-421-8266

Victory Centre of River Woods
Melrose Park, IL 60409
866-421-8266

Victory Centre of Roseland
Chicago, IL 60628
866-421-8266

Victory Centre of Sierra Ridge
Country Club Hills, IL 60478
866-421-8266

Victory Centre of South Chicago
Chicago, IL 60617
866-421-8266

The Village of Victory Lakes
Lindenhurst, IL 60046
866-421-8266

Walnut Grove Retirement
Morris, IL 60450
866-421-8266

Waterford Estates
Hazel Crest, IL 60429
866-421-8266

Westminster Place
Evanston, IL 60201
847-462-8266

WISCONSIN

Appleton Retirement Community
Appleton, WI 54911
866-421-8266

Arbor View Assisted Living
Burlington, WI 53105
866-421-8266

Arbor Village of Geneva Crossing
Lake Geneva, WI 53147
866-421-8266

Auberry House
Oak Creek, WI 53154
866-421-8266

Bella Vista Manor
Oshkosh, WI 54901
866-421-8266

Bellevue Retirement Community
Green Bay, WI 54311
866-421-8266

Brookfield Gardens Assisted Living
Brookfield, WI 53045
866-421-8266

Burr Oak Manor
Genoa City, WI 53128
866-421-8266

Cambridge Assisted Care
Cambridge, WI 53523
866-421-8266

Canterbury Home of Kenosha
Kenosha, WI 53142
866-421-8266

Centennial Inn
Oshkosh, WI 54901
866-421-8266

Clare Bridge of Kenosha
Kenosha, WI 531142
866-421-8266

Clare Bridge of La Crosse
La Crosse, WI 54601
866-421-8266

Clare Bridge of Middleton
Middleton, WI 53562
866-421-8266

Clarke Square Terrace
Milwaukee, WI 53204
866-421-8266

Colby Retirement Community
Colby, WI 54421
866-421-8266

The Cornerstone

Oak Creek, WI 53154
866-421-8266

Dilana House

Waukesha, WI 53189
866-421-8266

Dolphin House

Waterford, WI 53185
866-421-8266

Eberhardt Village

431 W. Palmer
Arthur, IL 61911

Eliana Homes

Oak Creek, WI 53154
866-421-8266

**The Gables of Germantown -
Engel Haus**

Germantown, WI 53022
866-421-8266

Garden Place

Milwaukee, WI 53224
866-421-8266

Garden Terrace

Milwaukee, WI 53224
866-421-8266

Golden Years of Walworth

Walworth, WI 53184
866-421-8266

Harbor House - Clinton

Clinton, WI 53525
866-421-8266

Harbor House - Eau Claire

Eau Claire, WI 54701
866-421-8266

Harbor House - Green Bay

Green Bay, WI 54311
866-421-8266

Harbor House - Kenosha North

Kenosha, WI 53144
866-421-8266

Harbor House - Kenosha South

Kenosha, WI 53142
866-421-8266

Harbor House - Monroe

Monroe, WI 53566
866-421-8266

Harbor House - Oshkosh

Oshkosh, WI 54901
866-421-8266

Harbor House - Sheboygan

Sheboygan, WI 53081
866-421-8266

Harbor House - Wausau

Rib Mountain, WI 54401
866-421-8266

Harbour Village

Greendale, WI 53129
866-421-8266

Harmony Commons

Stevens Point, WI 54481
866-421-8266

Harmony Court

Wausau, WI 54401
866-421-8266

Harmony of Denmark

Denmark, WI 54208
866-421-8266

Harmony of Franklin

Franklin, WI 53132
866-421-8266

Harmony of Green Bay

Green Bay, WI 54304
866-421-8266

Harmony of Kenosha

Kenosha, WI 53144
866-421-8266

Harmony of Madison

Madison, WI 53714
866-421-8266

Harmony of Manitowoc

Manitowoc, WI 54220
866-421-8266

Harmony of McFarland

McFarland, WI 53558
866-421-8266

Harmony of Racine

Racine, WI 53406
866-421-8266

Harmony of Racine II

Racine, WI 53406
866-421-8266

Harmony of Sheboygan

Sheboygan, WI 53081
866-421-8266

Harmony of Sheboygan East

Sheboygan, WI 53081
866-421-8266

Harmony of Stevens Point

Stevens Point, WI 54481
866-421-8266

Harmony of Stoughton

Stoughton, WI 53589
866-421-8266

Harmony of Sun Prairie

Sun Prairie, WI 53590
866-421-8266

Harmony of Two Rivers

Two Rivers, WI 54241
866-421-8266

Harmony of Wisconsin Rapids

Wisconsin Rapids, WI 54494
866-421-8266

Harmony Riverview Village

Menomonee Falls, WI 53051
866-421-8266

Harmony Terrace Commons

Wausau, WI 54401
866-421-8266

Heritage Assisted Living - Eau Claire

Eau Claire, WI 54701
866-421-8266

Heritage at Deer Creek

New Berlin, WI 53151
866-421-8266

Heritage at Monona

Monona, WI 53706
866-421-8266

Heritage Court - Menomonee Falls

Menomonee Falls, WI 53051
866-421-8266

Heritage West Allis

West Allis, WI 53214
866-421-8266

Hickory Park

Greenfield, WI 53228
866-421-8266

Hyland Park Community

Fitchburg, WI 53711
866-421-8266

Hyland Park East

Sun Prairie, WI 53590
866-421-8266

Island Shores

Neenah, WI 54856
866-421-8266

Ivy Terrace

Oak Creek, WI 53154
866-421-8266

Janesville Assisted Care

Janesville, WI 53546
866-421-8266

The Jefferson

Middleton, WI 53562
866-421-8266

Kindred Hearts of Brown Deer

Brown Deer, WI 53209
414-355-7272

Kindred Hearts of Clintonville

Clintonville, WI 54929
866-421-8266

Kindred Hearts of Cottage Grove

Cottage Grove, WI 53527
866-421-8266

Kindred Hearts of Elkhorn

Elkhorn, WI 53121
262-723-8400

Kindred Hearts of Green Bay

Green Bay, WI 54311
866-421-8266

Kindred Hearts of Green Lake

Green Lake, WI 54941
866-421-8266

Kindred Hearts of Hillsboro

Hillsboro, WI 54634
866-421-8266

Kindred Hearts of Kaukauna

Kaukauna, WI 54130
866-421-8266

Kindred Hearts of Manitowoc

Manitowoc, WI 54220
866-421-8266

Kindred Hearts of New London

New London, WI 54961
866-421-8266

Kindred Hearts of Plymouth

Plymouth, WI 53703
866-421-8266

Kindred Hearts of Shawano

Shawano, WI 54166
866-421-8266

Kindred Hearts of Sun Prairie

Sun Prairie, WI 53590
866-421-8266

Lake Terrace

Franklin, WI 53132
866-421-8266

Lexington Heritage

Greenfield, WI 53228
866-421-8266

Maxson Manor

Greenfield, WI 53228
866-421-8266

Meadowmere - Northshore

Mequon, WI 53092
866-421-8266

Meadowmere Assisted Living Community

West Allis, WI 53219
866-421-8266

Meadowmere Senior Living Community

Oak Creek, WI 53154
866-421-8266

Meadowmere Southport Assisted Living Community

Kenosha, WI 53143
866-421-8266

Merrill Hills Manor

Waukesha, WI 53188
866-421-8266

Milestone Assisted Living

Eau Claire, WI 54703
866-421-8266

Milestone Senior Living in Rhineland

Rhineland, WI 54501
866-421-8266

Neillsville Retirement Community

Neillsville, WI 54456
866-421-8266

Oak Park Place

Baraboo, WI 53913
866-421-8266

Oak Park Place

Madison, WI 53718
866-421-8266

Oakwood Terrace

Oak Creek, WI 53154
866-421-8266

Our House - Wausau Assisted & Memory Care

Wausau, WI 54401
866-421-8266

Our House Assisted Care - Medford

Medford, WI 54451
866-421-8266

Our House Assisted Care - Menomonie

Menomonie, WI 54751
866-421-8266

Our House Assisted Care - Lodi

Lodi, WI 53555
866-421-8266

Our House Assisted Care - Baraboo

Baraboo, WI 53913
866-421-8266

Our House Memory Care - Chippewa Falls

Chippewa Falls, WI 54729
866-421-8266

Our House Memory Care - Eau Claire

Eau Claire, WI 54701
866-421-8266

Our House New Richmond Assisted Care

New Richmond, WI 54017
866-421-8266

Our House Rice Lake Assisted Care

Rice Lake, WI 54868
866-421-8266

Our House Senior Living in River Falls

River Falls, WI 54022
866-421-8266

Parkside Manor

Kenosha, WI 53142
866-421-8266

Parkside Retirement Community

DeForest, WI 53532
866-421-8266

Personally Yours Elder Care

Waterford, WI 53185
866-421-8266

Personally Yours Senior Living

Franksville, WI 53126
866-421-8266

Pine View Living I

Milwaukee, WI 53218
866-421-8266

Pine View Living II

Milwaukee, WI 53218
866-421-8266

Pineview Living of Madison

Madison, WI 53717
866-421-8266

Pineview Living of Sun Prairie

Sun Prairie, WI 53590

866-421-8266

Pineview Living of Windsor

Windsor, WI 53598

866-421-8266

Platteville Assisted Living

Platteville, WI 53818

866-421-8266

**Prairie Ridge Assisted Living and
Memory Care**

Waupun, WI 53963

866-421-8266

Pyramid 4 Aegis

Milwaukee, WI 53206

866-421-8266

Reedsburg Assisted Care

Reedsburg, WI 53959

866-421-8266

Regent Manor

Kenosha, WI 53142

866-421-8266

**Richland Center Assisted Living &
Memory Care**

Richland Center, WI 53581

866-421-8266

RidgeStone Terrace

Elkhorn, WI 53121

866-421-8266

RidgeStone Village

Delavan, WI 53115

866-421-8266

Schmidt Home

Oak Creek, WI 53154

866-421-8266

South Shore House

Cudahy, WI 53110

866-421-8266

South Winds

Kenosha, WI 53142

866-421-8266

St. Clare Terrace

Milwaukee, WI 53221

866-421-8266

St. Monica's Senior Citizens Home

Racine, WI 53404

866-421-8266

Sterling House & Villas of La Crosse

La Crosse, WI 54601

866-421-8266

Sterling House of Fond Du Lac

Fond Du Lac, WI 54935

866-421-8266

Sterling House of Kenosha

Kenosha, WI 53144

866-421-8266

Sterling House of Middleton

Middleton, WI 53562

866-421-8266

Sterling House of Neenah

Neenah, WI 54956

866-421-8266

Sterling House of Onalaska

Onalaska, WI 54650

866-421-8266

Sterling House of Oshkosh

Oshkosh, WI 54904

866-421-8266

Sterling House of Sun Prairie

Sun Prairie, WI 53590

866-421-8266

Sterling House of Sussex

Sussex, WI 53089

866-421-8266

Swanton House

Madison, WI 53714
866-421-8266

Sylvan Crossings at Chapel Valley Road

Madison, WI 53711
866-421-8266

Sylvan Crossings at Creekside Estates

Cudahy, WI 53110

866-421-8266

Sylvan Crossings at Hunter Ridge

Beaver Dam, WI 53916
866-421-8266

Sylvan Crossings at Jefferson

Jefferson, WI 53549
866-421-8266

Sylvan Crossings in Westshire Village

Waukegan, WI 53597
866-421-8266

Sylvan Crossings of Appleton

Appleton, WI 54914
866-421-8266

Sylvan Crossings of Fitchburg

Madison, WI 53711
866-421-8266

Sylvan Crossings of Stevens Point

Stevens Point, WI 54481
866-421-8266

Sylvan Crossings on Evergreen

Wausau, WI 54403
866-421-8266

Village Glen of Geneva Crossing

Lake Geneva, WI 53147
866-421-8266

Vintage on the Ponds

Delavan, WI 53115
866-421-8266

Walnut Grove of Baraboo

Baraboo, WI 53193
866-421-8266

Walnut Grove of DeForest Suites

DeForest, WI 53532
866-421-8266

Walnut Grove of DePere-Suites

DePere, WI 54115
866-421-8266

Walnut Grove of Fond du Lac House I

Fond du Lac, WI 54935
866-421-8266

Walnut Grove of Fond du Lac Suites II

Fond du Lac, WI 54935
866-421-8266

Walnut Grove of Lake Geneva

Lake Geneva, WI 53147
866-421-8266

Walnut Grove of Manitowoc II

Manitowoc, WI 54220
866-421-8266

Walnut Grove of Merrill

Merrill, WI 54452
866-421-8266

Walnut Grove of Middleton-Bay View I

Middleton, WI 53562
866-421-8266

Walnut Grove of Middleton-Capital View II

Middleton, WI 53562
866-421-8266

Walnut Grove of Racine

Racine, WI 54303
866-421-8266

Walnut Grove of Wausau

Wausau, WI 54403
866-421-8266

Wellington Place at Fort Atkinson

Fort Atkinson, WI 53538
866-421-8266

Wellington Place at Rib Mountain

Wausau, WI 54401
866-421-8266

**Whitewater Assisted Care & Memory
Care**

Whitewater, WI 53190
866-421-8266

Wilson Commons – Polonaise

Milwaukee, WI 53221
866-421-8266

**Wisconsin Dells Assisted & Memory
Care**

Wisconsin Dells, WI 53965
866-421-8266

**Wisconsin Rapids 16th St. Assisted
Care**

Wisconsin Rapids, WI 54494
866-421-8266

Wisconsin Rapids Assisted Care

Wisconsin Rapids, WI 54495
866-421-8266

Woodland Manor

Sheboygan Falls, WI 53085
866-421-8266

Wynwood of Kenosha

Kenosha, WI 53142
866-421-8266

Wynwood of West Madison

Madison, WI 53719
866-421-8266

ILLINOIS

Alexian Village of Elk Grove

Elk Grove, IL 60007

847-462-8266

Asbury Court

Des Plaines, IL 60018

847-462-8266

Asbury Gardens

North Aurora, IL 60542

847-462-8266

Barton Senior Residences of Chicago

Chicago, IL 60608

866-421-8266

Bowman Estates of Danville

Danville, IL 61832

866-421-8266

Cambridge House of Maryville

Maryville, IL 62062

866-421-8266

Cambridge House of O'Fallon

O'Fallon, IL 62269

866-421-8266

Cambridge House of Swansea

Swansea, IL 62226

866-421-8266

Churchview Supportive Living

Chicago, IL 60629

866-421-8266

Concord Place Retirement & Assisted Living

Northlake, IL 60164

847-462-8266

Covenant Home of Chicago

Chicago, IL 60625

866-421-8266

Dorchester Supportive Living

Dolton, IL 60419

866-421-8266

Eagle Ridge of Decatur I

Decatur, IL 62523

866-421-8266

Eagle Ridge of Decatur II

Decatur, IL 62523

866-421-8266

Eastgate Manor

Algonquin, IL 60102

847-462-8266

Eden Supportive Living

North Aurora, IL 60542

847-462-8266

Franciscan Court Supportive Living

West Chicago, IL 60185

866-421-8266

Friedman Place

Chicago, IL 60625

866-421-8266

Heritage Woods of Aledo

Aledo, IL 61231

866-421-8266

Heritage Woods of Batavia

Batavia, IL 60510

866-421-8266

Heritage Woods of Benton

Benton, IL 62812

866-421-8266

Heritage Woods of Bolingbrook

Bolingbrook, IL 60440
847-462-8266

Heritage Woods of Centralia

Centralia, IL 62801
866-421-8266

Heritage Woods of Chicago

Chicago, IL 60612
866-421-8266

Heritage Woods of DeKalb

DeKalb, IL 60115
866-421-8266

Heritage Woods of Dwight

Dwight, IL 60420
866-421-8266

Heritage Woods of Flora

Flora, IL 62839
866-421-8266

Heritage Woods of Freeport

Freeport, IL 61032
866-421-8266

Heritage Woods of Manteno

Manteno, IL 60950
866-421-8266

Heritage Woods of McHenry

McHenry, IL 60050
847-462-8266

Heritage Woods of McLeansboro

McLeansboro, IL 62859
866-421-8266

Heritage Woods of Moline

Moline, IL 61265
866-421-8266

Heritage Woods of Mount Vernon

Mount Vernon, IL 62864
866-421-8266

Heritage Woods of Ottawa

Ottawa, IL 61350
866-421-8266

Heritage Woods of Rockford

Rockford, IL 61107
866-421-8266

Heritage Woods of South Elgin

South Elgin, IL 60177
847-462-8266

Heritage Woods of Sterling

Sterling, IL 61081
866-421-8266

Heritage Woods of Watseka

Watsseka, IL 60970
866-421-8266

Heritage Woods of Yorkville

Yorkville, IL 60560
866-421-8266

Ivy Apartments at Imperial

Chicago, IL 60614
866-421-8266

John M. Evans Supportive Living

Pekin, IL 61554
866-421-8266

Moraine Court

Bridgeview, IL 60455
866-421-8266

Park Pointe Morris Senior Living

Morris, IL 60450
866-421-8266

Plum Creek

Rolling Meadows, IL 60008
847-462-8266

Prairie Living at Chautauqua

Carbondale, IL 62901
866-421-8266

Prairie Winds of Urbana

Urbana, IL 61802
866-421-8266

Saint Luke Renaissance Greenview Place

Chicago, IL 60657
847-462-8266

Shabbona Supportive Living

Shabbona, IL 60550
866-421-8266

Victory Centre of Bartlett

Bartlett, IL 60103
847-462-8266

Victory Centre of Galewood

Chicago, IL 60707
847-462-8266

Victory Centre of Joliet

Joliet, IL 60435
866-421-8266

Victory Centre of Park Forest

Park Forest, IL 60466
866-421-8266

Victory Centre of River Oaks

Calumet City, IL 60409
866-421-8266

Victory Centre of River Woods

Melrose Park, IL 60160
866-421-8266

Victory Centre of Roseland

Chicago, IL 60628
866-421-8266

Victory Centre of Sierra Ridge

Country Club Hills, IL 60478
866-421-8266

Victory Centre of South Chicago

Chicago, IL 60617
866-421-8266

WISCONSIN

Schmidt Home

Oak Creek, WI 53154
866-421-8266

192 CONTINUUM OF CARE RETIREMENT COMMUNITIES (CCRC)



ILLINOIS

Addolorata Villa

Wheeling, IL 60090
847-462-8266

Beacon Hill

Lombard, IL 60148
866-421-8266

Central Baptist Village

Norridge, IL 60706
847-462-8266

Church Creek Healthcare & Rehab Center

Arlington Heights, IL 60005
847-462-8266

Clare Oaks

Bartlett, IL 60103
866-421-8266

Covenant Village of Northbrook

Northbrook, IL 60062
847-462-8266

The Devonshire of Lisle

Lisle, IL 60532
866-421-8266

Fairview Village Campus

Downers Grove, IL 60516
847-462-8266

The Fountains of Crystal Lake

Crystal Lake, IL 60012
866-421-8266

Franciscan Village

Lemont, IL 60439
866-421-8266

Friendship Village

Schaumburg, IL 60194
847-462-8266

The Garlands of Barrington

Barrington, IL 60010
847-462-8266

Hearthstone Village Retirement Community

Woodstock, IL 60098
866-421-8266

The Highlands of Evanston

Evanston, IL 60201
847-462-8266

Ivy Apartments at the Imperial

Chicago, IL 60614
866-421-8266

Lake Forest Place

Lake Forest, IL 60045
847-462-8266

Lincolnwood Place

Lincolnwood, IL 60645
847-462-8266

Luther Home

Arlington Heights, IL 60004
847-462-8266

Montgomery Place

Chicago, IL 60637
866-421-8266

Park Place of Elmhurst

Elmhurst, IL 60126
847-462-8266

Peterson Meadows Retirement Community

Rockford, IL 61108
866-421-8266

Pleasant View of Ottawa

Ottawa, IL 61350
866-421-8266

Plymouth Place

LaGrange Park, IL 60526
866-421-8266

CONTINUUM OF CARE RETIREMENT 193 COMMUNITIES (CCRC)

The Ponds and The Wealshire Life Care Community

Lincolnshire IL 60069
847-462-8266

Prairieview at The Garlands

Barrington, IL 60010
847-462-8266

St. Andrews Life Center

Niles, IL 60714
847-462-8266

St. Paul's House

Chicago, IL 60618
866-421-8266

Ten Twenty Grove

Evanston, IL 60201
847-462-8266

The Village at Victory Lakes

Lindenhurst, IL 60046
866-421-8266

Walnut Grove Retirement

Morris, IL 60450-3305
866-421-8266

Westminster Place

Evanston, IL 60201
847-462-8266

WISCONSIN

Arbor Village of Geneva Crossing

Lake Geneva, WI 53147
866-421-8266

Burr Oak

Genoa City, WI 53128
866-421-8266

Golden Years of Walworth

Walworth, WI 53184
866-421-8266

The Highlands of Geneva Crossing

Lake Geneva, WI 53147
866-421-8266

Meadowmere Assisted Living Community West Allis

West Allis, WI 53219
866-421-8266

Ridgestone Terrace

Elkhorn, WI 53121
866-421-8266

Ridgestone Village

Delavan, WI 53115
866-421-8266

The Terraces of Geneva Crossing

Lake Geneva, WI 53147
866-421-8266

Village Glen of Geneva Crossing

Lake Geneva, WI 53147
866-421-8266

ILLINOIS

A-Abiding CARE, Inc.

Park Ridge, IL 60068
847-462-8266

Addus Health Care

Palatine, IL 60067
847-462-8266

All Trust Home Care

Hinsdale, IL 60154
866-421-8266

BrightStar Healthcare

Chicago, IL 60601
866-421-8266

BrightStar Healthcare

Geneva, IL 60134
847-462-8266

BrightStar Healthcare

Gurnee, IL 60067
866-421-8266

BrightStar Healthcare

Naperville, IL 60540
866-421-8266

BrightStar Healthcare

Orland Park, IL 60462
866-421-8266

BrightStar Healthcare

Schaumburg, IL 60173
866-421-8266

BrightStar Healthcare

Tinley Park, IL 60477
847-462-8266

BrightStar Healthcare

Wheaton, IL 60187
866-421-8266

BrightStar North Suburban

Northfield, IL 60093
847-462-8266

CareLink Home Health, LLC

South Barrington, IL 60010
847-462-8266

In Home Services

West Dundee, IL 60118
847-462-8266

Interim HealthCare

Oak Park, IL 60301
866-421-8266

LifeCare Home Health Services

Northbrook, IL 60062
847-462-8266

Relief Medical Services, Inc.

Skokie, IL 60077
847-462-8266

WISCONSIN

BrightStar Healthcare Madison

Madison, WI 53705
866-421-8266

BrightStar Southeast Wisconsin

Racine, WI 53406
866-421-8266

ILLINOIS

A-Abiding CARE Inc.

Park Ridge, IL 60068
847-462-8266

Addus Health Care

Palatine, IL 60067
847-462-8266

All Trust Home Care

Hinsdale, IL 60521
847-462-8266

BrightStar Healthcare

Chicago, IL 60601
866-421-8266

BrightStar Healthcare

Geneva, IL 60134
847-462-8266

BrightStar Healthcare

Gurnee, IL 60067
866-421-8266

BrightStar Healthcare

Naperville, IL 60540
866-421-8266

BrightStar Healthcare

Oak Brook, IL 60523
847-462-8266

BrightStar Healthcare

Orland Park, IL 60462
866-421-8266

BrightStar Healthcare

Schaumburg, IL 60173
866-421-8266

BrightStar Healthcare

Tinley Park, IL 60477
847-462-8266

BrightStar Healthcare

Wheaton, IL 60187
866-421-8266

BrightStar North Suburban

Northfield, IL 60093
847-462-8266

CareFocus Companion Services

Chicago, IL 60603
866-421-8266

ComForcare

Lisle, IL 60532
847-462-8266

ComForcare

Northfield, IL 60093
847-462-8266

ComForcare Senior Services

Orland Park, IL 60462
847-462-8266

ComForcare Senior Services

Chicago, IL 60625
866-421-8266

Comfort Keepers

Addison, IL 60101
847-462-8266

Comfort Keepers

Grayslake, IL 60030
847-462-8266

Comfort Keepers

Palatine, IL 60067
847-462-8266

Comfort Keepers

Wheeling IL 60090
847-462-8266

Covenant Methodist Home Care

Chicago, IL 60640
866-421-8266

Elder Bridge

Hoffman Estates, IL 60169
847-462-8266

Freedom Home Care

Highland Park, IL 60035
847-462-8266

Harmony Home Care

Barrington, IL 60010
847-462-8266

Home & Hearth Caregivers

LaGrange, IL 60525
847-462-8266

Home Helpers

Arlington Heights, IL 60004
847-462-8266

Home Helpers

Elgin, IL 60123
847-462-8266

Home Helpers

Hinsdale, IL 60521
847-462-8266

Home Helpers

Lockport, IL 60441
866-421-8266

Home Helpers

Roselle, IL 60172
847-462-8266

Home Instead Senior Care

Cary, IL 60013
847-462-8266

Home Instead Senior Care

Chicago, IL 60640
866-421-8266

Home Instead Senior Care

Elk Grove Village, IL 60007
866-421-8266

Home Instead Senior Care

La Grange, IL 60525
847-462-8266

Home Instead Senior Care

Rockford, IL 61108
847-462-8266

Home Instead Senior Care

Skokie, IL 60077
847-462-8266

Homewatch CareGivers

Crystal Lake, IL 60039
866-421-8266

In Home Personal Services

West Dundee, IL 60118
847-462-8266

Interim Healthcare

Oak Park, IL 60301
847-462-8266

Joyful Hearts Homecare

Rolling Meadows, IL 60008
847-462-8266

LifeCare Home Health Services

Northbrook, IL 60062
847-462-8266

Optimum Senior Care Corp.
Arlington Heights, IL 60005
847-462-8266

Oscar Home Care Agency
Chicago, IL 60634
866-421-8266

Partners in Senior Care, Inc.
Grayslake, IL 60030
847-462-8266

Relief Medical Services, Inc.
Skokie, IL 60077
847-462-8266

**Right at Home In Home Care
and Assistance**
Algonquin, IL 60102
847-462-8266

**Right at Home in Home Care
and Assistance**
Barrington, IL 60010
847-462-8266

**Right at Home In Home Care
and Assistance**
Batavia, IL 60510
847-462-8266

**Right at Home In Home Care
and Assistance**
Chicago, IL 60646
847-462-8266

**Right at Home in Home Care
and Assistance**
Hinsdale, IL 60521
847-462-8266

**Right at Home In Home Care
and Assistance**
Naperville, IL 60565
847-462-8266

**Right at Home In Home Care
and Assistance**
Orland Park, IL 60462
847-462-8266

**Right at Home In Home Care
and Assistance**
Rockford, IL 61108
847-462-8266

**Right at Home In Home Care
and Assistance**
Roselle, IL 60172
847-462-8266

Senior Helpers
Crystal Lake, IL 60014
847-462-8266

Smile & Love Inc.
Arlington Heights, IL 60005
847-462-8266

Synergy Home Care of Barrington
Barrington, IL 60010
847-462-8266

Traycee Home Care Services, Inc.
Highwood, IL 60040
866-421-8266

WISCONSIN

BrightStar Healthcare Madison

Madison, WI 53705

866-421-8266

BrightStar Healthcare Wisconsin

Racine, WI 53406

866-421-8266

**Home Care Assistance of
Wisconsin**

Glendale, WI 53217

866-421-8266

Midwest Home Care

Monona, WI 53716

866-421-8266

**Right at Home in Home Care
and Assistance**

Delavan, WI 53115

866-421-8266

Senior Helpers

Madison, WI 53704

866-421-8266

ILLINOIS

1100 N. LaSalle Apartments

Chicago, IL 60610
866-421-8266

Addolorata Villa

Wheeling, IL 60090
847-462-8266

The Altenheim

Forest Park, IL 60130
866-421-8266

Alvernia Manor Retirement Community

Lemont, IL 60439
847-462-8266

Asbury Court

Des Plaines, IL 60018
847-462-8266

Asbury Gardens

North Aurora, IL 60542
847-462-8266

Autumn Green at Midway Village

Chicago, IL 60629
866-421-8266

Autumn Green at Wright Campus

Chicago, IL 60634
866-421-8266

Beacon Hill

Lombard, IL 60148
866-421-8266

Bethany Retirement Community

Chicago, IL 60640
866-421-8266

Bickford Cottage of Crystal Lake

Crystal Lake, IL 60014
866-421-8266

Bickford Cottage of St. Charles

St. Charles, IL 60175
866-421-8266

Bickford House of Bloomington

Bloomington, IL 61704
866-421-8266

Bickford House of Bourbonnais

Bourbonnais, IL 60914
866-421-8266

Bickford House of Peoria

Peoria, IL 61614
866-421-8266

Bickford House of Rockford

Rockford, IL 61108
866-421-8266

Bickford House of Springfield

Springfield, IL 62704
866-421-8266

The Birches

Clarendon Hills, IL 60514
847-462-8266

Blair House

Normal, IL 61761
866-421-8266

Breakers at Edgewater Beach

Chicago, IL 60640
866-421-8266

Bridgeway of Bensenville

Bensenville, IL 60106
866-421-8266

Central Baptist Village

Norridge, IL 60706
866-421-8266

Chase Place

Lombard, IL 60148
847-462-8266

Chestnut Square at the Glen

Glenview, IL 60026
847-462-8266

Church Creek Center

Arlington Heights, IL 60005
847-462-8266

CJE SeniorLife

Chicago, IL 60645
847-462-8266

Clare Oaks

Bartlett, IL 60103
866-421-8266

Concord Place

Northlake, IL 60164
847-462-8266

Cordia Senior Residence

Westmont, IL 60559
866-421-8266

Covenant Home of Chicago

Chicago, IL 60625
866-421-8266

Covenant Village of Northbrook

Northbrook, IL 60062
847-462-8266

Curtis Creek

Quincy, IL 62301
866-421-8266

Devonshire of Hoffman Estates

Hoffman Estates, IL 60194
847-462-8266

Devonshire of Lisle

Lisle, IL 60532
866-421-8266

Dorchester Supportive Living

Dolton, IL 60419
866-421-8266

Eagle Place

Naperville, IL 60540
866-421-8266

Eastgate Manor

Algonquin, IL 60102
847-462-8266

Edenbridge Apartments

Tinley Park, IL 60477
847-462-8266

Elmhurst Pointe

Elmhurst, IL 60126
866-421-8266

Emerald Village

Schaumburg, IL 60193
847-462-8266

Essington Place

Joliet, IL 60435
866-462-8266

Fairview Village

Downers Grove, IL 60516
630-769-6100

The Fountains of Crystal Lake

Crystal Lake, IL 60012
866-421-8266

Fox Point

McHenry, IL 60050
866-421-8266

Franciscan Court Supported Living

West Chicago, IL 60185
847-462-8266

Franciscan Village

West Chicago, IL 60185
866-421-8266

Freedom Village

Homewood, IL 60430
866-421-8266

Friedman Place

Chicago, IL 60625
866-421-8266

Friendship Village

Schaumburg, IL 60194
847-462-8266

The Garlands of Barrington

Barrington, IL 60010
847-462-8266

Geneva Place

Geneva, IL 60134
847-462-8266

Grace Street Towers

Chicago, IL 60613
866-421-8266

The Greens of Elgin

Elgin, IL 60123
847-462-8266

The Hallmark

Chicago, IL 60657
866-421-8266

Hanover Place of Tinley Park

Tinley Park, IL 60477
866-421-8266

Harvest View

Herscher, IL 60941
866-421-8266

Hawthorn Lakes

Vernon Hills, IL 60061
847-462-8266

Hearthstone Village Retirement Community

Woodstock, IL 60098
866-421-8266

Heritage Woods of Centralia

Centralia, IL 62801
866-421-8266

The Heritage of Des Plaines

Des Plaines, IL 60016
847-462-8266

Holland Home

South Holland, IL 60473
866-421-8266

Holley Court Terrace

Oak Park, IL 60302
847-462-8266

Hollywood House Apartments

Chicago, IL 60660
866-421-8266

Hunt Club Village

St. Charles, IL 60174
847-462-8266

Independence Village of Peoria

Peoria, IL 61614
866-421-8266

The Inn at Willow Falls

Crest Hill, IL 60403
866-421-8266

Ivy Apartments at the Imperial

Chicago, IL 60614
866-421-8266

The Kenwood of Lake View

Chicago, IL 60657
866-421-8266

King Home

Evanston, IL 60201
847-462-8266

LaGrange Pointe

LaGrange, IL 60525
847-462-8266

Lake Barrington Woods

Lake Barrington, IL 60010
847-462-8266

Lake Forest Place

Lake Forest, IL 60045
847-462-8266

Lakewood Towers

Lake Villa, IL 60046
866-421-8266

Landmeier Station Apartments

Elk Grove Village, IL 60007
847-462-8266

Lexington Square

Elmhurst, IL 60126
866-421-8266

Lexington Square

Lombard, IL 60148
847-462-8266

Liberty Court

Dixon, IL 61021
866-421-8266

Liberty Village

Elmhurst, IL 60126
847-462-8266

Lighthouse at Silvis

Silvis, IL 61282
866-421-8266

Lilac Senior Apartments

Fox Lake, IL 60020
866-421-8266

Lincolnwood Place

Lincolnwood, IL 60645
847-462-8266

Marian Village

Homer Glen, IL 60491
866-421-8266

Mather Place at Wilmette

Wilmette, IL 60091
847-462-8266

McHenry Villa

McHenry, IL 60050
866-421-8266

The Meadows of Glen Ellyn

Glen Ellyn, IL 60137
847-462-8266

**Mendota (Stonecraft)
Retirement Community**

Mendota, IL 61342
847-462-8266

Montgomery Place

Chicago, IL 60637
866-421-8266

Montvale Estates

Springfield, IL 62704
847-462-8266

The Moorings of Arlington Heights

Arlington Heights, IL 60005
847-462-8266

Moraine Court

Bridgeview, IL 60455
866-421-8266

**The North Shore Retirement
Hotel**

Evanston, IL 60201
847-462-8266

O'Fallon Apartments

O'Fallon, IL 62269
866-421-8266

**Oak Crest Residence & Atrium
Apartments**

Elgin, IL 60123
847-462-8266

**Oak Park Arms Retirement
Community**

Oak Park, IL 60302
847-462-8266

The Park at Golf Mill

Niles, IL 60714

847-462-8266

The Park at Olympia Fields

Olympia Fields, IL 60461

847-462-8266

The Park at Vernon Hills

Vernon Hills, IL 60061

847-462-8266

Park Place of Elmhurst

Elmhurst, IL 60126

847-462-8266

Park Place

Downers Grove, IL 60515

847-462-8266

Park Plaza Retirement Center

Chicago, IL 60645

866-421-8266

Park Pointe Morris Senior Living

Morris, IL 60450

866-421-8266

Peace Village

Palos Park, IL 60464

866-421-8266

Peterson Meadows Retirement Community

Rockford, IL 61108

866-421-8266

Pleasant View of Ottawa

Ottawa, IL 61350

866-421-8266

Plum Landing Retirement Community

Aurora, IL 60506

866-421-8266

Plymouth Place Senior Living

LaGrange Park, IL 60526

866-421-8266

Prairie Winds of Urbana

Urbana, IL 61802

866-421-8266

Renaissance Saint Luke

Chicago, IL 60657

866-421-8266

River Crossing Condominiums

South Elgin, IL

847-462-8266

Saratoga Grove Retirement & Assisted Living

Downers Grove, IL 60515

847-462-8266

St. Andrew Life Center

Niles, IL 60714

847-462-8266

The Seasons at Glenview Place

Northbrook, IL 60062

847-462-8266

Senior Star at Weber Place

Romeoville, IL 60446

847-462-8266

Senior Suites of Auburn Gresham

Chicago, IL 60620

866-421-8266

Senior Suites of Austin

Chicago, IL 60644

866-421-8266

Senior Suites of Belmont Cragin

Chicago, IL 60639

866-421-8266

Senior Suites of Bridgeport

Chicago, IL 60608

866-421-8266

Senior Suites of Central Station

Chicago, IL 60605

866-421-8266

Senior Suites of Chatham

Chicago, IL 60619
866-421-8266

Senior Suites of Fay's Point

Blue Island, IL 60406
866-421-8266

Senior Suites of Gage Park

Chicago, IL 60629
866-421-8266

Senior Suites of Garfield Ridge

Chicago, IL 60614
866-421-8266

Senior Suites of Hegewisch

Chicago, IL 60633
866-421-8266

Senior Suites of Jefferson Park

Chicago, IL 60630
866-421-8266

Senior Suites of Joliet

Joliet, IL 60432
866-421-8266

Senior Suites of Kelvyn Park

Chicago, IL 60639
866-421-8266

Senior Suites of Marquette Village

Chicago, IL 60629
866-421-8266

Senior Suites of New City

Chicago, IL 60609
866-421-8266

Senior Suites of Rainbow Beach

Chicago, IL 60649
866-421-8266

Senior Suites of Ravenswood Manor

Chicago, IL 60618
866-421-8266

Senior Suites of South Shore

Chicago, IL 60649
866-421-8266

Senior Suites of Washington Heights

Chicago, IL 60643
866-421-8266

Senior Suites of West

Humboldt Park
Chicago, IL 60624
866-421-8266

Serenity Creek

Woodstock, IL 60098
847-462-8266

Spring Meadows

Libertyville, IL 60048
847-462-8266

Spring Meadows

Naperville, IL 60563
866-421-8266

The Summit of Uptown

Park Ridge, IL 60068
847-462-8266

Sunnymere

Aurora, IL 60505
847-462-8266

Sunrise Senior Living at

Fountain Square
Lombard, IL 60148
866-421-8266

Sunset Senior Apartments

Harvard, IL 60033
866-421-8266

Tamarack

Palatine IL, 60067
847-462-8266

Ten Twenty Grove

Evanston, IL 60201
847-462-8266

Union School Apartments

West Dundee, IL 60118
847-462-8266

Van Buren Place

Elmhurst, IL 60126
847-462-8266

The Village at Victory Lakes

Lindenhurst, IL 60046
866-421-8266

The Villas at Heritage Woods

Centralia, IL 62801
866-421-8266

Walden Oaks Apartments

Woodstock, IL 60098
847-462-8266

Walnut Grove Retirement

Morris, IL 60450
866-421-8266

Waterford Estates

Hazel Crest, IL 60429
866-421-8266

Wood Glen Senior Residences

West Chicago, IL 60185
866-421-8266

Zion Senior Cottages

Zion, IL 60099
866-421-8266

WISCONSIN

Academy Apartments at Sinsinawa

Sinsinawa, WI 53824
866-421-8266

Alta Mira

Menomonee Falls, WI 53051
866-421-8266

Alta Mira II

Menomonee Falls, WI 53051
866-421-8266

Angell Park

Sun Prairie, WI 53590
866-421-8266

Appleton Retirement Community

Appleton, WI 54911
866-421-8266

Bella Vista Manor

Oshkosh, WI 54901
866-421-8266

Bellevue Retirement Community

Green Bay, WI 54311
866-421-8266

Burr Oak Manor

Genoa City, WI 53128
866-421-8266

Cambridge Assisted Care

Cambridge, WI 53523
866-421-8266

Canal Place Senior Apartments

Kaukauna, WI 54130
866-421-8266

Capitol Hill Senior Apartment Community

Brookfield, WI 53045
866-421-8266

Carnegie Place

West Allis, WI 53214
866-421-8266

Cedar Creek I & II

Rothschild, WI 54474
866-421-8266

Clare Heights

Milwaukee, WI 53215
866-421-8266

Clare Meadows Senior Apartments I & II

Franklin, WI 53132
866-421-8266

Clarke Square Terrace

Milwaukee, WI 53204
866-421-8266

Cotton Trails

Cudahy, WI 53110
866-421-8266

Crest View Senior Apartments

Greenfield, WI 53228
866-421-8266

Dempsey Manor Apartments

Madison, WI 53714
866-421-8266

First Senior I & II Senior Apartments

Janesville, WI 53545
866-421-8266

Fountain Hills

Racine, WI 53406
866-421-8266

Foxbrook Senior Apartment Homes

Brookfield, WI 54045
866-421-8266

Francis Meadows

Burlington, WI 53105
866-421-8266

Frost Woods I

Monona, WI 53716
866-421-8266

Frost Woods II

Monona, WI 53716
866-421-8266

**The Gables of Germantown -
Himmel Haus**

Germantown, WI 53022
866-421-8266

**The Gables of Germantown -
Engel Haus**

Germantown, WI 53022
866-421-8266

Garden Place

Milwaukee, WI 53224
866-421-8266

Garden Terrace

Milwaukee, WI 53224
866-421-8266

Gateway Senior Apartments

Waupun, WI 53963
866-421-8266

Golden Years of Walworth

Walworth, WI 53184
866-421-8266

Granville Heights Senior Apartments

Milwaukee, WI 53223
866-421-8266

Greentree Glen Senior Apartments

Madison, WI 53711
866-421-8266

Harbour Village

Greendale, WI 53129
866-421-8266

Hedwig House

Milwaukee, WI 53202
866-421-8266

The Heritage

East Troy, WI 53120
866-421-8266

Heritage Assisted Living

Eau Claire, WI 54701
866-421-8266

Heritage at Deer Creek

New Berlin, WI 53151
866-421-8266

Heritage at Monona

Monona, WI 53706
866-421-8266

Heritage at West Allis

West Allis, WI 53214

866-421-8266

High Grove Senior Apartments

Greenfield, WI 53228

866-421-8266

The Highlands of Geneva Crossing

Lake Geneva, WI 53147

866-421-8266

**Highland Village Senior Apartments
I & II**

Watertown, WI 53098

866-421-8266

**Hillside Woods Senior Apartments I
& II**

Delafield, WI 53018

866-421-8266

Hyland Park Community

Fitchburg, WI 53711

866-421-8266

Hyland Park East

Sun Prairie, WI 53590

866-421-8266

Island Shores

Neenah, WI 54856

866-421-8266

Janesville Assisted Care

Janesville, WI 53546

866-421-8266

The Jefferson

Middleton, WI 53562

866-421-8266

Killarney Kourt

Sturtevant, WI 53177

866-421-8266

Kindred Hearts of Brown Deer

Brown Deer, WI 53209

866-421-8266

Kindred Hearts of Clintonville

Clintonville, WI 54929

866-421-8266

Kindred Hearts of Green Lake

Green Lake, WI 54941

866-421-8266

Kindred Hearts of Sun Prairie

Sun Prairie, WI 53590

866-421-8266

The Landmark

West Allis, WI 53214

866-421-8266

Lexington Heritage

Greenfield, WI 53228

866-421-8266

Maple Ridge Senior Apartments

Reedsburg, WI 53959

866-421-8266

Meadow Grove Apartments

Madison, WI 53716

866-421-8266

Meadowmere Assisted Community

West Allis, WI 53219

866-421-8266

Meadowmere Senior Living

Oak Creek, WI 53154

866-421-8266

**Meadowmere Southport Assisted
Living Community**

Kenosha, WI 53143

866-421-8266

Mulberry Glen

Whitewater, WI 53190

866-421-8266

Oak Park Place

Baraboo, WI 53913

866-421-8266

Oak Park Place

Madison, WI 53718
866-421-8266

Oakwood Hills

Eau Claire, WI 54701
866-421-8266

Our House Assisted Care

Baraboo, WI 53913
866-421-8266

Our House Assisted Care

Lodi, WI 53555
866-421-8266

Our House Assisted Care

Medford, WI 54451
866-421-8266

Our House Assisted Care

Menomonie, WI 54751
866-421-8266

Pheasant Branch Senior Apartments

Middleton, WI 53562
866-421-8266

The Phoenix Senior Apartments

Portage, WI 53901
866-421-8266

Platteville Assisted Living

Platteville, WI 53818
866-421-8266

Prairie Hill Senior Apartments

Greenfield, WI 53228
866-421-8266

Prairie Oaks Apartments

Verona, WI 53593
866-421-8266

Prairie Oaks Senior Apartments I

Verona, WI 53593
866-421-8266

Prairie Oaks Senior Apartments

II Verona, WI 53593
866-421-8266

Richland Center Assisted Living & Memory Care

Richland Center, WI 53581
866-421-8266

Ridgestone Terrace

Elkhorn, WI 53121
866-421-8266

Ridgestone Village

Delavan, WI 53115
866-421-8266

Schmidt Home

Oak Creek, WI 53154
866-421-8266

Sedgemoor Senior Apartments

Elkhorn, WI 53121
866-421-8266

St. Catherine Commons

Kenosha, WI 53140
866-421-8266

St. Clare Terrace

Milwaukee, WI 53221
866-421-8266

St. Monica's Senior Citizens Home

Racine, WI 53404
866-421-8266

Sterling House Sun Prairie

Sun Prairie, WI 53590
866-421-8266

Summit Woods

Waukesha, WI 53188
866-421-8266

Taylor Ridge Apartments

Cottage Grove, WI 53527
866-421-8266

The Terraces of Geneva Crossing

Lake Geneva, WI 53147

866-421-8266

Three Oaks Circle

Milwaukee, WI 53220

866-421-8266

**Uptown Commons Senior
Apartments**

Chilton, WI 53014

866-421-8266

Villa Ciera Senior Apartments

Kenosha, WI 53140

866-421-8266

Walnut Grove of Merrill

Merrill, WI 54452

866-421-8266

Waterview Senior Apartments I & II

Sheboygan, WI 53081

866-421-8266

Wellington Place at Rib Mountain

Wausau, WI 54401

866-421-8266

Westminster Senior Apartments

Madison, WI 53718

866-421-8266

**Westridge - Eau Claire Active
Lifestyle Condos**

Eau Claire, WI 54701

866-421-8266

White Oaks Senior Apartments

Greenfield, WI 53221

866-421-8266

**Whitewater Assisted Care & Memory
Care**

Whitewater, WI 53190

866-421-8266

Wilson Commons - Chopin

Milwaukee, WI 53221

866-421-8266

Wilson Commons - Polonaise

Milwaukee, WI 53221

866-421-8266

Woodfield Village Senior Apartments

Green Bay, WI 54313

866-421-8266

ILLINOIS

AA Residential Care Home

Libertyville, IL 60048
847-462-8266

Addolorata Villa

Wheeling, IL 60090
847-462-8266

Autumn Leaves of Crystal Lake

Crystal Lake, IL 60014
866-421-8266

Autumn Leaves of Orland Park

Orland Park, IL 60174
866-421-8266

Autumn Leaves of Vernon Hills

Vernon Hills, IL 60061
866-421-8266

Belmont Village at Geneva Road

Carol Stream, IL 60188
866-421-8266

Belmont Village of Buffalo Grove

Buffalo Grove, IL 60089
847-462-8266

Belmont Village of Glenview

Glenview, IL 60025
847-462-8266

Belmont Village of Oak Park

Oak Park, IL 60302
847-462-8266

The Bethany Terrace

Morton Grove, IL 60053
847-462-8266

Bickford Cottage of Champaign

Champaign, IL 61822
866-421-8266

Bickford Cottage of Crystal Lake

Crystal Lake, IL 60014
847-462-8266

Bickford Cottage of Macomb

Macomb, IL 61455
866-421-8266

Bickford Cottage of Moline

Moline, IL 61265
866-421-8266

Bickford Cottage of Oswego

Oswego, IL 60543
866-421-8266

Bickford Cottage of Peoria II

Peoria, IL 61615
866-421-8266

Bickford of Quincy

Quincy, IL 62305
866-421-8266

Bickford Cottage of St. Charles

St. Charles, IL 60174
866-421-8266

Bickford House of Bloomington

Bloomington, IL 61704
866-421-8266

Bickford House of Bourbonnais

Bourbonnais, IL 60914
866-421-8266

Bickford House of Peoria

Peoria, IL 61614
866-421-8266

Bickford House of Springfield

Springfield, IL 62704
866-421-8266

The Birches

Clarendon Hills, IL 60514
847-462-8266

Bridgeway of Bensenville

Bensenville, IL 60106
866-421-8266

Brighton Gardens of Hoffman Estates

Hoffman Estates, IL 60169
847-462-8266

Brighton Gardens of Orland Park

Orland Park, IL 60467
847-462-8266

Brighton Gardens of St. Charles

St. Charles, IL 60174
847-462-8266

Brighton Gardens of Wheaton

Wheaton, IL 60187
847-462-8266

Buckingham Pavilion

Chicago, IL 60645
866-421-8266

Cambridge Nursing and Rehab Center

Skokie, IL 60076
847-462-8266

Central Baptist Village

Norridge, IL 60706
866-421-8266

Church Creek Center

Arlington Heights, IL 60005
847-462-8266

CJE SeniorLife/Weinberg Community for Senior Living/ Friend Center

Deerfield, IL 60015
847-462-8266

Claremont Rehab and Living Center

Buffalo Grove, IL 60089
866-462-8266

Clare Oaks

Bartlett, IL 60103
847-462-8266

Courtyard of Loyalton

Joliet, IL 60431
866-421-8266

Crestwood Care Center

Crestwood, IL 60445
847-462-8266

The Devonshire of Hoffman Estates

Hoffman Estates, IL 60194
847-462-8266

Devonshire of Lisle

Lisle, IL 60532
847-462-8266

Dobson Plaza Inc.

Evanston, IL 60202
847-462-8266

212 MEMORY & ALZHEIMER'S COMMUNITIES



Dolton Health Care & Rehab

Dolton, IL 60419

847-462-8266

Elm Brook Healthcare and Rehabilitation

Elmhurst, IL 60126

847-462-8266

Elmhurst Extended Care Center

Elmhurst, IL 60126

847-462-8266

Emeritus at Burr Ridge

Burr Ridge, IL 60527

847-462-8266

Emeritus at Prospect Heights

Prospect Heights, IL 60070

866-421-8266

Evanston Nursing & Rehabilitation

Evanston, IL 60201

866-421-8266

Exceptional Care Center

Burbank, IL 60459

866-421-8266

Fairmont Care Center

Chicago, IL 60630

847-462-8266

Fairview Village

Downers Grove, IL 60516

847-462-8266

The Fountains of Crystal Lake

Crystal Lake, IL 60012

866-421-8266

Fox Point Manor

McHenry, IL 60050

866-421-8266

Friendship Village

Schaumburg, IL 60194

847-462-8266

The Greek American Rehabilitation & Care Centre

Wheeling, IL 60090

847-462-8266

Harbor House

Wheeling, IL 60090

847-462-8266

Hartwell House

Chicago, IL 60640

866-421-8266

Hearthstone Manor Rehabilitation and Nursing Care

Woodstock, IL 60098

866-421-8266

Hearthstone Village Retirement Community

Woodstock, IL 60098

866-421-8266

The Heritage of Des Plaines

Des Plaines, IL 60016

847-462-8266

Highland Park Nursing & Rehab Center

Highwood, IL 60040

847-462-8266

Home Sweet Home

Arlington Heights, IL 60005

847-462-8266

The Inn at Willow Falls

Crest Hill, IL 60403

866-421-8266

Lexington Health Care & Rehab Center

Bloomington, IL 60108
847-462-8266

Lexington Health Care & Rehab Center

Chicago Ridge, IL 60415
847-462-8266

Lexington Health Care & Rehab Center

Elmhurst, IL 60126
847-462-8266

Lexington Health Care & Rehab Center

LaGrange, IL 60525
847-462-8266

Lexington Health Care & Rehab Center

Lake Zurich, IL 60047
847-462-8266

Lexington Health Care & Rehab Center

Lombard, IL 60148
847-462-8266

Lexington Health Care & Rehab Center

Orland Park, IL 60462
847-462-8266

Lexington Health Care & Rehab Center

Schaumburg, IL 60193
847-462-8266

Lexington Health Care & Rehab Center

Streamwood, IL 60107
847-462-8266

Lexington Health Care & Rehab Center

Wheeling, IL 60090
847-462-8266

Lieberman Center for Health and Rehabilitation

Skokie, IL 60076
847-462-8266

Lighthouse at Silvis

Silvis, IL 61282
866-421-8266

Loyalton of Joliet

Joliet, IL 60431
866-421-8266

Loyalton of Rockford

Rockford, IL 61112
866-421-8266

Lutheran Home

Arlington Heights, IL 60004
847-462-8266

ManorCare Health Services—Arlington Heights

Arlington Heights, IL 60005
866-421-8266

ManorCare Health Services—Elgin

Elgin, IL 60123
866-421-8266

ManorCare Health Services—Elk Grove Village

Elk Grove Village, IL 60007
866-421-8266

ManorCare Health Services—Highland Park

Highland Park, IL 60035
866-421-8266

**ManorCare Health Services–
Libertyville**

Libertyville, IL 60048
866-421-8266

**ManorCare Health Services–
Naperville**

Naperville, IL 60540
866-421-8266

**ManorCare Health Services–
Northbrook**

Northbrook, IL 60062
866-421-8266

**ManorCare Health Services–
Rolling Meadows**

Rolling Meadows, IL 60008
866-421-8266

**ManorCare Health Services–
Wilmette**

Wilmette, IL 60091
866-421-8266

Mather Pavilion

Evanston, IL 60201
847-462-8266

Meadowbrook Manor of LaGrange

La Grange, IL 60525
847-462-8266

**Meadowbrook Manor of
Naperville**

Naperville, IL 60563
847-462-8266

The Methodist Home

Chicago, IL 60640
866-421-8266

Montgomery Place

Chicago, IL 60637
866-421-8266

**Norridge Healthcare &
Rehab Center**

Norridge, IL 60706
866-421-8266

Oak Brook Healthcare Center

Oak Brook, IL 60522
866-421-8266

**Oak Crest Residence &
Atrium Apartments**

Elgin, IL 60123
847-462-8266

**Old Country Care-Board & Care
For the Elderly**

St. Charles, IL 60174
866-421-8266

Palos Hills Extended Care

Palos Hills, IL 60465
866-421-8266

**Paradise Park Assisted Living and
Memory Care**

Lake Zurich, IL 60047
847-462-8266

Paradise Park of Fox Lake

Fox Lake, IL 60020
847-462-8266

Paradise Park

New Lenox, IL 60451
866-421-8266

The Park at Plainfield

Plainfield, IL 60585
866-421-8266

Park Place of Elmhurst
Elmhurst, IL 60126
866-421-8266

Peace Village
Palos Park, IL 60464
866-421-8266

Pleasant View of Ottawa
Ottawa, IL 61350
866-421-8266

Plum Grove of Palatine
Palatine, IL 60067
847-462-8266

**The Ponds and The Wealshire Life
Care Community**
Lincolnshire, IL 60069
847-462-8266

**Prairiewood at The Garlands
of Barrington**
Barrington, IL 60010
847-462-8266

**Regency Healthcare &
Rehabilitation Center, Inc.**
Niles, IL 60714
847-462-8266

Renaissance at Hillside
Hillside, IL 60162
847-462-8266

St. Andrew Life Center
Niles, IL 60714
866-421-8266

St. Joseph Village of Chicago
Chicago, IL 60645
866-421-8266

St. Matthew Center for Health
Park Ridge, IL 60068
847-462-8266

**Saratoga Grove Retirement &
Assisted Living**
Downers Grove, IL 60515
847-462-8266

The Seasons at Glenview Place
Northbrook, IL 60062
847-462-8266

Senior Star at Weber Place
Romeoville, IL 60446
866-421-8266

Sunrise of Barrington
Barrington, IL 60010
847-462-8266

Sunrise of Bloomingdale
Bloomingdale, IL 60108
847-462-8266

Sunrise of Buffalo Grove
Buffalo Grove, IL 60089
847-462-8266

Sunrise of Crystal Lake
Crystal Lake, IL 60014
866-421-8266

Sunrise of Flossmoor
Flossmoor, IL 60422
847-462-8266

Sunrise of Glen Ellyn
Glen Ellyn, IL 60137
866-421-8266

Sunrise of Gurnee
Gurnee, IL 60031
847-462-8266

Sunrise of Highland Park
Highland Park, IL 60035
847-462-8266

Sunrise of Lincoln Park
Chicago, IL 60614
847-462-8266

Sunrise of Naperville
Naperville, IL 60540
847-462-8266

Sunrise of Naperville North
Naperville, IL 60540
847-462-8266

Sunrise of Palos Park
Palos Park, IL 60464
847-462-8266

Sunrise of Park Ridge
Park Ridge, IL 60068
847-462-8266

Sunrise of Schaumburg
Schaumburg, IL 60173
847-462-8266

Sunrise of Willowbrook
Willowbrook, IL 60527
866-421-8266

Sunrise of Wilmette
Wilmette, IL 60091
847-462-8266

Sunrise Senior Living at Fountain Square
Lombard, IL 60148
866-421-8266

Terrace Gardens
Morton Grove, IL 60053
866-421-8266

Tower Hill Healthcare Center
Elgin, IL 60177
847-462-8266

The Village at Victory Lakes
Lindenhurst, IL 60046
866-421-8266

Wauconda HealthCare & Rehabilitation Centre
Wauconda, IL 60084
847-462-8266

Westbury Care Center
Lisle, IL 60532
866-421-8266

Whitehall of Deerfield
Deerfield, IL 60015
847-462-8266

WISCONSIN

Arbor View Assisted Living
Burlington, WI 53105
866-421-8266

Auberry House
Oak Creek, WI 53154
866-421-8266

Bella Vista
Oshkosh, WI 54901
866-421-8266

Brookfield Gardens Assisted Living
Brookfield, WI 53045
866-421-8266

Burr Oak Manor
Genoa City, WI 53128
866-421-8266

Chippewa Falls Memory Care

Chippewa Falls, WI 54729
866-421-8266

Clare Bridge of Brookfield

Brookfield, WI 53005
866-421-8266

Clare Bridge of Kenosha

Kenosha, WI 53142
866-421-8266

Clare Bridge of La Crosse

La Crosse, WI 54601
866-421-8266

Clare Bridge of Middleton

Middleton, WI 53562
866-421-8266

The Cornerstone

Oak Creek, WI 53154
866-421-8266

Countryside Manor East

Sheboygan, WI 53083
866-421-8266

Countryside Manor West

Sheboygan, WI 53083
866-421-8266

Dolphin House

Waterford, WI 53185
866-421-8266

Dolphin Manor

Kansasville, WI 53139
866-421-8266

Eau Claire Memory Care

Eau Claire, WI 54701
866-421-8266

Eliana Homes

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What to Look for in a Care Facility

BE AWARE OF YOUR LOVED ONES' NEEDS:

It is important to determine the appropriate level of care. A good measure of what your loved one requires in a care facility usually is determined by a Geriatrician, Social Worker, Geriatric Care Manager, or a Geriatric Psychiatrist and anyone else who is involved in the direct care. Your goal is to find a community that focuses on a high level of care and dignity for your family member.

Does It Feel Like Home?

When you walk in the community does it feel inviting? Has the community personalized each resident's room? Are there a lot of family photos in each resident's room? When you enter, are you looking at a magazine spread of someone's living room; so it is too perfect for a resident to feel comfortable in it? Try to focus on the quality of care versus the decorations or age of the care center.



Programs that Encourage Socialization with Consideration of Individual Levels of Ability:

Structured activities should be planned and supervised by trained professionals. The programs are short and varied, fulfilling a variety of purposes. (Dance; for example, offers mild exercise; art, a relaxed and creative outlet. Therapeutic programs such as reminiscence therapy inspire mental stimulation.) Watch residents engaged in activity: Are they enjoying themselves? Are they socializing? Is there interaction between the activities director and the residents? You might also find the care facility has a relationship with a nearby school and they have intergenerational programs. Sometimes there is dog therapy and a group of dogs visit with the residents frequently. Perhaps there is a walking path (loop) for the residents. This an added value for the residents. So they can exercise at their leisure in a protected area.



Do they have a specialized approach to providing care for Alzheimer's residents at different levels of need?

Friendliness:

Does the property have planned activities that promote interaction between residents? Do they have "clubs" that promote special interests? Are any of the activities on the schedule activities your parent has an interest in? Do they have a

welcoming committee or process? Do they have a resident council? How active is the council and what type of things has the council accomplished in the past year? Are the staff and residents friendly toward one another? Do the residents have priority (residents come first) or do the staff?

Cleanliness:

When you drive up to the care facility or property, you really want to make sure its surroundings are well attended to. If it is winter, are the walks shoveled and salted? Are there window treatments on each window? In the interior is there a foyer with comfortable seating and free of debris? Are the hallways free of clutter (no unattended supply carts). Is there a community room where all the magazines are in neat fashion? Are each resident's bed made up daily by staff? Are the rooms free of food (accidentally brought in)?

Finances:

How much is the monthly rate, including all the fees? Are there additional costs for services provided, i.e. escort to meals, incontinence supplies, assistance for bathing, medication management/distribution? Does the care facility accept Medicaid? Do you need to pay out-of-pocket for a period of time before they accept Medicaid? How does billing work, whether residents pay themselves, with long-term care insurance, or by Medicaid? Can your parent afford this property and for how long? What will the transition plan be when they run out of assets?

Touring and Asking Questions:

It's also essential to visit three to four communities before you make your final decision. After you've toured several properties and narrowed your choices you will want to have an unannounced visit. It will be quite helpful in your final determination to show up unannounced at different times of the day, but please be respectful of the other people living in the community by not showing up early in the morning or very late at night.

Has the community invited you to lunch? Before choosing a care center, make sure all of your questions are answered. Don't be embarrassed to ask anything. It is very acceptable to ask any question that has an impact on the care level of your loved one. Remember, you are an advocate for your parent, and you are entitled to have a number of questions.

Staff:

Does the staff smile and greet you when they see you? How are they interacting with the residents? How do they address the residents; by name, or "honey" or "dear"? Have you been introduced to each department head? Does the staff acknowledge your loved one while touring? What conversation takes place with the staff while you are touring? Ease of communication: Will you be able to effectively communicate with the staff? What is the level of training the staff receives on dementia care?

Grooming:

Are residents up and dressed appropriately for the time of the day and the season? Is their hair combed? Are the men shaved? Are they wearing shoes and socks?

Meals:

Will the community provide different meal options that appeal to your loved ones tastes? Does your parent require the food to be cut up before it is served to them? What systems do they have in place to insure this is done? Who is there to assist your loved one if they need help with utensils at mealtime? What is the policy of the community? Do some residents have their meals in their room? Do you see residents eating in the hallway?

**Medications and Supervision:**

Perhaps you were used to coming over and arranging your parents daily medications, or another caregiver did this for them. You certainly may purchase your parents medications from wherever you want, but they do have to be stored in the medication cart in a locked room. By law, when a resident moves to a care facility, the medication has to be distributed by a Registered Nurse (RN).

Spiritual Needs:

If your parent has a desire to participate in a specific type of religious service is it offered?



Searching for eldercare has never been easier....

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Mini Quick Assessment For Families

Is your loved one able to:

- | | | |
|--|------------------------------|-----------------------------|
| 1. Dress and undress without help each day? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Ask for help when needed? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Maintain social contact with others? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. Be left alone for 24 hours? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. Shop for their own groceries and prepare their meals? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Manage their own bills? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Manage stairs, laundry and home upkeep? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. Remember to take medications? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. Eat regular nutritious meals? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. Bathe without assistance? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. Drive or take public transportation? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 12. Remembers to turn off/on stove, lights & TV, etc.? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

*If you answer "No" to even one of the questions above you may need to provide more assistance or look into more supportive living arrangements for your loved one.

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