

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



# Chicago Seniors Connected

Virtual and Telephonic Programming for Older Adults



City of Chicago  
Brandon Johnson, Mayor



Chicago Department of Family & Support Services  
Brandie Knazze, Commissioner

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# A Note from the Executive Director

Dear Friends,

As we head into the summer months, we encourage you to take advantage of the pleasant summer weather by going to parks, walking with friends, and gardening around your home and community. **Whether it is through the Chicago Park District, the Cook County Forest Preserves, or summer activities occurring at our Senior Centers**, we encourage you to step out of your house and step into summer sunshine and fun!

According to the National Institute on Aging, there are a number of steps you can take to actively support **aging well as you seek to live your best life!** Taking care of your physical, mental, and cognitive health is key. **Staying active, eating and sleeping well, meeting new people, and being socially engaged** are all factors associated with improved health and well-being.

**As you search for things to do this summer, please don't forget our *Passport to the World Congregate Dining Special Meals Program*** located at our 50 congregate sites across the city. We continue our delicious culinary journey throughout the summer months with diverse cultural meals and special events representative of the cultural tapestry of our great city. Please be on the lookout for our **Passport to the World Senior Summer Bash** events, set to happen at our six Regional Senior Centers! Please join us for fun activities happening inside and right outside our senior center doors as seniors seek safe and fun ways to enjoy summertime Chi!

**We also invite you to visit one or many of our 21 Senior Centers located throughout the city.** Our centers offer opportunities for fitness, chair yoga, billiards, line dancing, and games like **Bid Whist, BINGO, or Mahjong**. Get your blood pressure taken and meet with our onsite partners which include social workers, nurses, pharmacists, and dietitians **to discuss medication management as well as the connection between diet and chronic disease management and prevention.**

**For those of you unable to go to the Senior Centers or those who prefer to enjoy the Senior Center from the comfort of your home**, please take a look inside this latest edition of the **Chicago Seniors Connected Brochure**. You will find information on senior services resources as well as virtual opportunities for fitness, health and wellness sessions, computer literacy, and social engagement activities.

We know some of you may be retired and have considerable skills and experiences to share. **We are seeking volunteers for our Senior Centers, SHIP, Senior Companion, Foster Grandparent, and Ombudsman volunteer programs.** Studies show that people who volunteer feel a renewed sense of purpose and that participation in meaningful social activities has helped to improve longevity, mental health, and, in some instances, to reduce the risk of dementia. **Please call DFSS Senior Services at (312) 744-4016 or email**

[aging@cityofchicago.org](mailto:aging@cityofchicago.org) to learn more about volunteer opportunities.

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

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

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

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

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

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

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

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

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

**Please call 311 if you need assistance with heat related matters. Please call 911 for emergencies.**

We have also included flyers and informational materials in the Chicago Seniors Connected Brochure for additional tips on managing the heat.

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

Sincerely,

**Margaret LaRaviere**

Executive Director – Chicago Area Agency on Aging

Deputy Commissioner – DFSS Senior Services Division





# CHICAGO SENIORS CONNECTED

## Virtual Programming Registration

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

- 1. Scan the QR code on your smart phone** (open your camera, point it at the symbol below, and then tap the pop-up link) **or visit:** <https://bit.ly/3aty8T5>.
- 2. Answer the registration questions** (if you're a current participant of a senior center, have your senior center membership card handy)
- 3. New participants will receive an email with a participant number!** Current participants will keep their existing numbers. And, please note that at the beginning of each virtual class, you'll be asked to type your participant number in the chat box.





## Summer 2024 | June – August

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

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

## MONDAY

Time	Class	Location
8:30am	<p><b>Stretch &amp; Flex w/ Michele</b>                      Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b>                      Meeting ID:  <b>907 424 6822</b>                      Passcode:  <b>q5QBVj</b></p>
9:00am	<p><b>Dietitian Presentation (6/3)</b>  <i>Title: Osteoarthritis</i>                      Do you ever wake up with stiff joints? Learn how regular exercise may be your best defense against osteoarthritis and how a healthy diet and weight play a major role in alleviating symptoms. We will also cover how doctors may prescribe opioids for hard to manage pain and discuss potential risks from such medications.  <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b>                      (312) 626-6799                      Meeting ID:  <b>476 608 7569</b></p>

# MONDAY

Time	Class	Location
9:00am	<p><b>Dietitian Presentation (7/1)</b>  <i>Title: SMART Goals</i></p> <p>Scoring goals is not just for sports! Personal goals are an extremely important part of reaching your full health potential. Learn strategic ways to make SMART goals that focus on your diet and lifestyle choices, helping you live the best life YOU are meant to LIVE!</p> <p><i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799            Meeting ID:  <b>476 608 7569</b></p>
9:00am	<p><b>Dietitian Presentation (8/5)</b>  <i>Title: Vaccines</i></p> <p>Keeping up with getting vaccines is an important part of taking care of your health. In addition to getting vaccinated, being mindful of what you eat can help you keep your natural immune system strong. Learn what foods can help you build and maintain your immune system to prevent or fight getting sick or contracting a disease.</p> <p><i>Presenter: Jim Coogan, RD/LDN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>(312) 626-6799            Meeting ID:  <b>476 608 7569</b></p>
9:00am	<p><b>Zumba Gold</b></p> <p>Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind!</p> <p><i>Instructor: Mari-Jane Dare</i></p>	<p><i>Please register            (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to            receive Zoom login            info for this class!</i></p>
9:00am	<p><b>Forever Fit w/ Ash</b></p> <p>Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.</p> <p><i>Instructor: Ash Duggal (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>712 1429 2628</b></p> <p>Passcode:  <b>bMa7C1</b></p>
9:15am	<p><b>Forever Fit w/ Michele</b></p> <p>Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).</p> <p><i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>907 424 6822</b></p> <p>Passcode:  <b>q5QBVj</b></p>



# MONDAY

Time	Class	Location
10:00am	<p><b>Virtual Support Group (6/10, 7/8, &amp; 8/12)</b>            Do you want to connect with others from the comfort of your own home? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants as you explore new ideas and way of looking at the world. You may participate in the group with video from your computer/tablet, or you can join by phone.  <i>Facilitator: Jane Pinsof, LCSW (White Crane)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>838 3139 9639</b></p>
11:00am	<p><b>Sit &amp; Be Strong w/ Joyce</b>            Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels.  <i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
1:00pm	<p><b>Balance Masters w/ Michele</b>            This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.  <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>

# TUESDAY

Time	Class	Location
11:00am	<p><b>Stretch &amp; Flex w/ Joyce</b>            Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels.  <i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
1:00pm	<p><b>Tai Chi for Wellness</b>            Tai Chi improves strength, flexibility, balance, and aerobic conditioning. It has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson's Disease.  <i>Instructor: Craig Harris</i></p>	<p><b>Please register</b>  <b>(<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to</b>  <b>receive Zoom login</b>  <b>info for this class!</b></p>

# TUESDAY

Time	Class	Location
2:00pm	<p><b>Nurse Presentation (6/18)</b>  <i>Title: Managing Your Osteoarthritis</i></p> <p>Osteoarthritis is the most common chronic condition affecting the joints. It can occur in people of all ages but is most common in people older than 65. Attend this session to learn about the many treatment options for managing the symptoms of osteoarthritis and how to work with your doctor to ensure the best treatment plan for you.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>
2:00pm	<p><b>Nurse Presentation (7/16)</b>  <i>Title: Can We Talk?</i></p> <p>Planning is part of our daily lives. But what about advanced care planning? Have you talked with your family and friends about your health care choices at the end of your life? Making health care choices and choosing a medical decision maker will be discussed. Documents, including power of attorney for health care, living will, Five Wishes, and POLST will be reviewed. And hospice and palliative care options will also be explained.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>
2:00pm	<p><b>Nurse Presentation (8/20)</b>  <i>Title: Are Your Vaccinations Up to Date?</i></p> <p>Immunizations prevent disease in ourselves and others. Learn which vaccines are recommended for older adults, how they work, and when and how to get them in your arm.</p> <p><i>Presenter: Virginia Schelbert, MSN/APN (White Crane)</i></p>	<p><b>PHONE/ZOOM</b></p> <p>312-626-6799</p> <p>Meeting ID:  <b>230 022 2803</b></p>
4:30pm	<p><b>Cooking w/ Gloria</b></p> <p>Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home!</p> <p><i>Instructor: Gloria Hafer</i></p>	<p><i>Please register (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>

# WEDNESDAY

Time	Class	Location
8:30am	<p><b>Stretch &amp; Flex w/ Michele</b></p> <p>Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.</p> <p><i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b></p> <p>Meeting ID:  <b>907 424 6822</b></p> <p>Passcode:  <b>q5QBVj</b></p>

# WEDNESDAY

Time	Class	Location
9:00am	<p><b>Tai Chi for Prevention &amp; Balance</b>            Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply.  <i>Instructor: Mari-Jane Dare</i></p>	<p><i>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>
9:00am	<p><b>Forever Fit w/ Ash</b>            Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.  <i>Instructor: Ash Duggal (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>712 1429 2628</b>            Passcode:  <b>bMa7C1</b></p>
9:15am	<p><b>Forever Fit w/ Michele</b>            Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).  <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
11:00am	<p><b>Sit &amp; Be Strong w/ Joyce</b>            Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels.  <i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
1:00pm	<p><b>Balance Masters w/ Michele</b>            This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.  <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
3:00pm	<p><b>Spanish II</b>            Join us and learn conversational Spanish at an advanced level.  <i>Instructor: Marvin Childress</i></p>	<p><i>Please register (<a href="https://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>

# WEDNESDAY

Time	Class	Location
3:00pm	<p><b>Social Worker Presentation (6/19)</b>  <i>Title: Non-Pharmacological Interventions to Manage Pain</i></p> <p>Join us for a presentation and discussion on pain management, utilizing non-pharmacological interventions to help alleviate discomfort. Obtain information about proven strategies to address pain management, including physical therapy, mindfulness, massage, meditation, visualization, exercise, health and ice therapies, and more. Please join us!  <i>Presenter: Jeaneane Quinn, LSW (Rush)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>849 9095 1462</b></p>

# THURSDAY

Time	Class	Location
10:30am	<p><b>Pharmacist Presentation/Consultations (6/6)</b>  <i>Title: Bone Health &amp; Osteoporosis</i></p> <p>When was your last bone scan? Did you understand the number and what it meant for your health? Are you taking medication for osteoporosis? How does it help to prevent fractures? What else can be done to strengthen the bones? The pharmacist will provide information about osteoporosis and the medications used in standard care. <b>Individual consultations will follow the presentation at 11:30am.</b>  <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b>            312-626-6799            Meeting ID:  <b>625 279 2910</b></p>
10:30am	<p><b>Pharmacist Presentation/Consultations (7/25)</b>  <i>Title: Palliative Care</i></p> <p>The right time for conversations about palliative care is now! Understanding palliative care helps you protect your quality of life. The pharmacist will discuss what palliative care means and how medication use may change for those under palliative care. <b>Individual consultations will follow the presentation at 11:30am.</b>  <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b>            312-626-6799            Meeting ID:  <b>625 279 2910</b></p>
10:30am	<p><b>Pharmacist Presentation/Consultations (8/22)</b>  <i>Title: Vaccines &amp; Immunizations</i></p> <p>Is it really necessary to get a flu shot, every year? Is the COVID-19 vaccination still important? How often should I get a pneumonia vaccine? What about waning immunity? In this session, the pharmacist will review the most up-to-date recommendations for immunizations (including the flu, shingles, pneumonia, RSV, and COVID-19 vaccines), what vaccines you should receive based on your age or health conditions, why these immunizations are important, and who can give them to you. This is your shot to learn a lot about vaccines! <b>Individual consultations will follow the presentation at 11:30am.</b>  <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	<p><b>PHONE/ZOOM</b>            312-626-6799            Meeting ID:  <b>625 279 2910</b></p>

# THURSDAY

Time	Class	Location
11:00am	<p><b>Stretch &amp; Flex w/ Joyce</b>            Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels.  <i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b>            (312) 626-6799            Meeting ID:  <b>781 8847 6951</b>            Passcode:  <b>452540</b></p>
2:30pm	<p><b>Spanish I</b>            Join us and learn basic Spanish. All are welcome.  <i>Instructor: Marvin Childress</i></p>	<p><i>Please register (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>

# FRIDAY

Time	Class	Location
8:30am	<p><b>Stretch &amp; Flex w/ Michele</b>            Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>907 424 6822</b>            Passcode:  <b>q5QBVj</b></p>
9:00am	<p><b>Forever Fit w/ Ash</b>            Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.  <i>Instructor: Ash Duggal (Symbria)</i></p>	<p><b>ZOOM</b>            Meeting ID:  <b>712 1429 2628</b>            Passcode:  <b>bMa7C1</b></p>
9:00am	<p><b>Computer &amp; Tech Webinar Series</b>            Each week's class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the topics, please see the attached flyer.  <i>Instructor: Joseph Fedorko</i></p>	<p><i>Please register (<a href="http://bit.ly/3aty8T5">bit.ly/3aty8T5</a>) to receive Zoom login info for this class!</i></p>

# FRIDAY

Time	Class	Location
9:15am	<p><b>Forever Fit w/ Michele</b> Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i></p>	<p><b>ZOOM</b> Meeting ID: <b>907 424 6822</b> Passcode: <b>q5QBVj</b></p>
10:00am	<p><b>Social Worker Presentation (7/26)</b> <i>Title: Advance Care Planning—Why the Convo Is Important</i> Join us for a presentation and discussion on advance care planning. An overview of advance care planning and the importance of having a conversation with your healthcare provider will be provided. In addition, medication-related issues pertaining to end-of-life care, and how an appropriate medication regimen can be used to ensure comfort near the end of life, will be discussed. <i>Presenter: Daniela Mitchem, LCSW (Rush)</i></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>842 9331 8490</b></p>
10:00am	<p><b>Social Worker Presentation (8/16)</b> <i>Title: Vaccines &amp; Immunizations</i> As we age, we often face new health challenges that can take time, money, and energy to manage. This includes accessing preventative care like new, seasonal, and booster vaccines. During this talk, we will make space to explore common questions about vaccines and share resources to help make decisions and get access to vaccines. <i>Presenter: Theo Lakshmanan, LSW (they/them) (Rush)</i></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>812 8719 3769</b></p>
11:00am	<p><b>Stretch &amp; Flex w/ Joyce</b> Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels. <i>Instructor: Joyce Bloom (Symbria)</i></p>	<p><b>PHONE/ZOOM</b> (312) 626-6799 Meeting ID: <b>781 8847 6951</b> Passcode: <b>452540</b></p>

# SATURDAY

Time	Class	Location
10:00am	<p><b>Book Club (6/15, 6/29, 7/27, &amp; 8/24)</b> Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed: 6/15 – <i>The Spectacular</i> by Fiona Davis 6/29 – <i>Brujas</i> by Brenda Lozano (Spanish) 7/27 – <i>Tom Lake</i> by Ann Patchett 8/24 – <i>Pineapple Street</i> by Jenny Jackson Copies of the books can be requested at your neighborhood branch. To register, please call walker@chipublib.org or call 312-747-1920.</p>	<p><b>PHONE/ZOOM</b> 312-626-6799 Meeting ID: <b>833 0209 7630</b> Passcode: <b>125911</b></p>

# INDIVIDUAL WELLNESS PHONE CONSULTATIONS

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

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

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

# VIRTUAL COMPUTER & TECH CLASSES

**Fridays @ 9:00 a.m.**  
Instructor: Joseph Fedorko

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



## FRIDAYS—Webinar Series

**June 7:** For Your Wheels—Using Your Phone in Your Car

**June 14:** Keep It Safe—Cases & Covers for Portable Devices

**June 21:** A New Device Roundup for Summer 2024

**June 28:** The Newest Apple Roundup for Summer/Fall 2024

**July 5:** Chat GPT & Artificial Intelligence—The Latest This Quarter

**July 12:** Know Your Settings—Smart Phone Edition

**July 19:** Know Your Settings—Tablet Edition

**July 26:** Know Your Settings—Computer Edition

**August 2:** Computer or Tablet? Why Computers Win

**August 9:** Computer or Tablet? Why Tablets Win

**August 16:** Desktop or Laptop? Why Desktops Aren't Done Yet

**August 23:** Desktop or Laptop? Why Laptops Are the New Desktops

**August 30:** ASK JOE ANYTHING—Open Forum w/ Q&A?





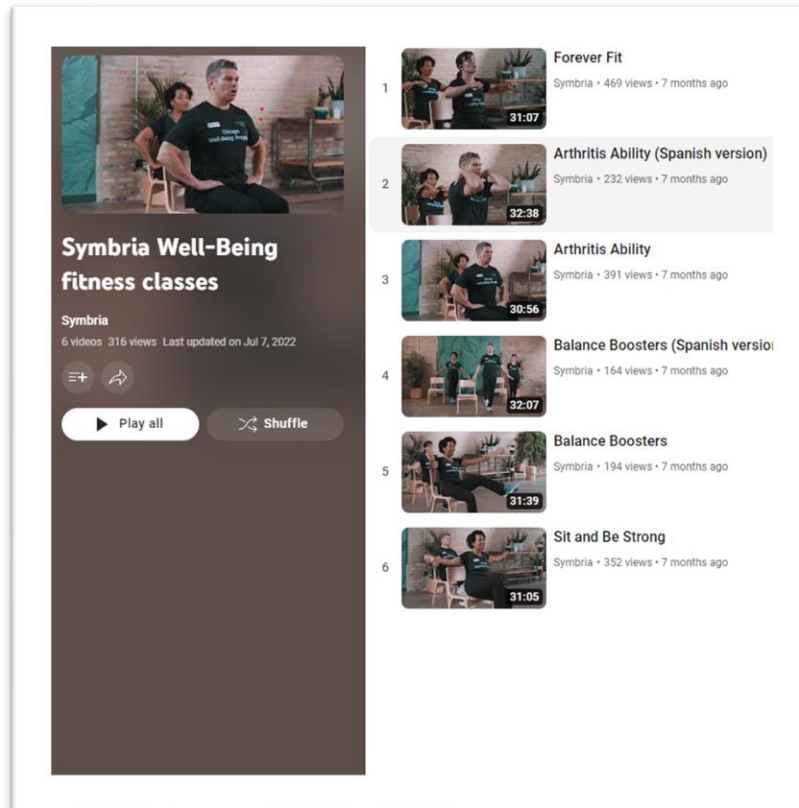
Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:

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

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

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

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





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

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

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

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

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

**Online Summer/Fall Schedule 2024**

<b>Series</b>	<b>Dates</b>	<b>Day</b>	<b>Time</b>
<b>7</b>	July 3, 10, 17, 24, 31, August 7	Wednesdays	9:30 AM - 11:30 AM
<b>8</b>	August 8, 15, 22, 29, September 5, 12	Thursdays	2:00 PM - 4:00 PM
<b>Evening</b>	September 3, 10, 17, 24, 31, Oct. 1, 8	Tuesdays	6:00 PM - 8:00 PM
<b>9</b>	October 2, 9, 16, 23, 30, November 6	Wednesdays	9:30 AM - 11:30 AM
<b>10</b>	November 7, 14, 21, Dec. 5, 12, 19	Thursdays	2:00 PM - 4:00 PM

**Register Today!**

To register, please go to the link: <http://bit.ly/SavvyCG> Spaces are limited!

For more information, contact Danielle Riley at 312-743-1475 email:

[Danielle.Riley@cityofchicago.org](mailto:Danielle.Riley@cityofchicago.org) or Victoria Russo at 312-743-3528 email:

[Victoria.Russo@cityofchicago.org](mailto:Victoria.Russo@cityofchicago.org)

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

## You Are Not Alone

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

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

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

To Register: [bit.ly/SBPCaregivers](http://bit.ly/SBPCaregivers)

Contact: [victoria.russo@cityofchicago.org](mailto:victoria.russo@cityofchicago.org)

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

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

**WHAT:** Multi-component program meets for 9 weeks for 90 minutes/week

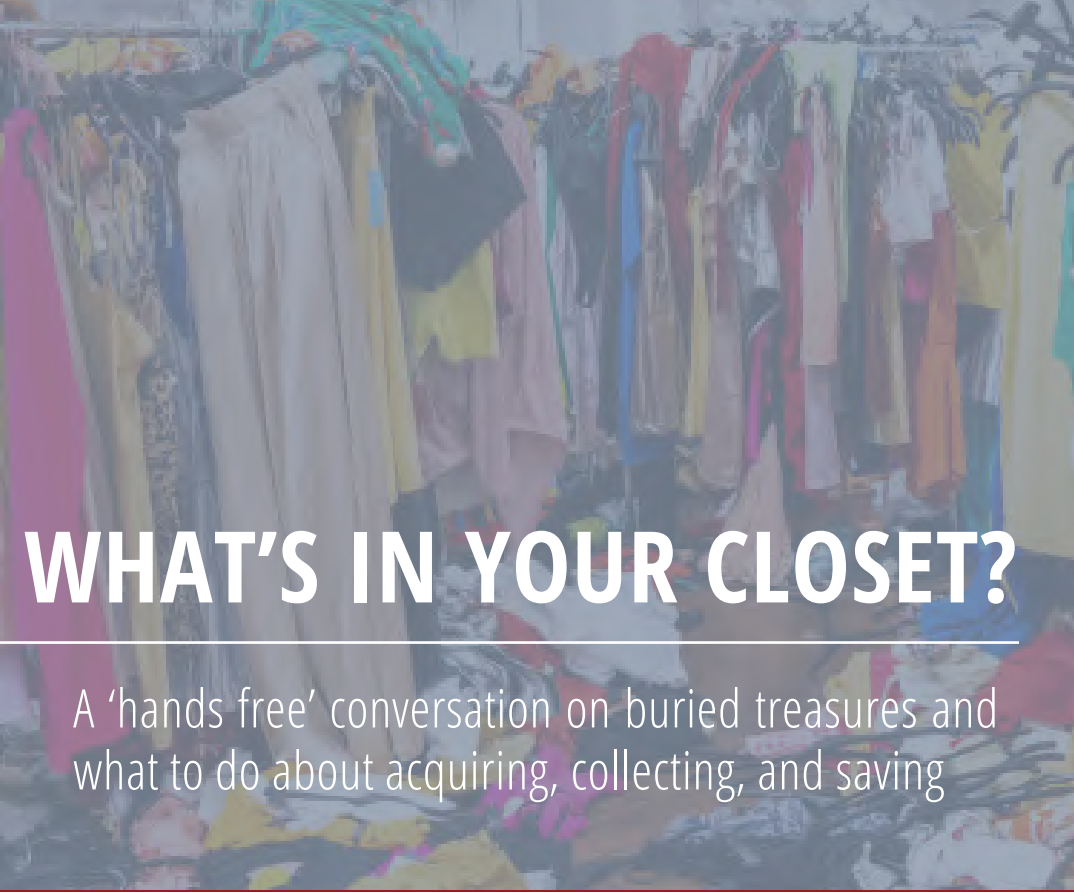
**WHEN:** July 2, 9, 16, 23, 30, August 6, 13, 20, 27 from 2:30 - 4:00 PM

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



Call 312-744-4016 or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org)

[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)



# WHAT'S IN YOUR CLOSET?

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



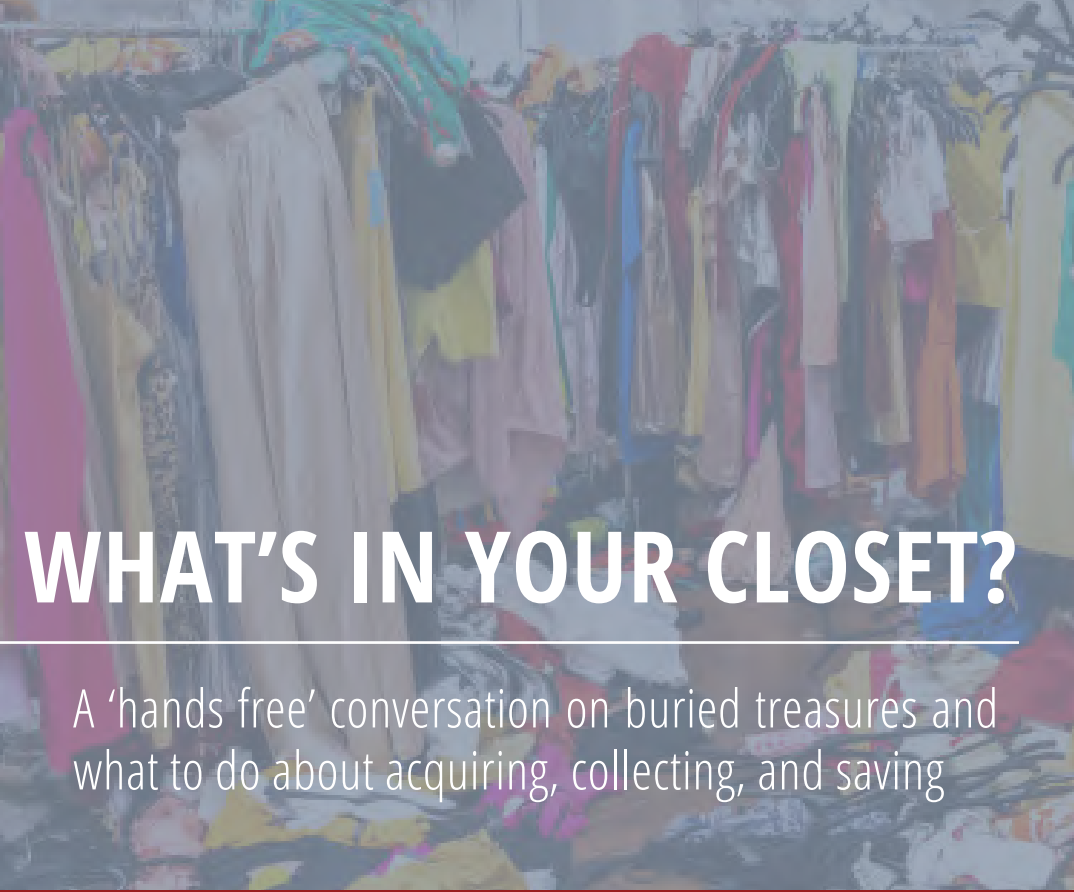
Tired of your family or friends trying to get rid of your things? Feeling like you don't know what to do? Join us on Wednesday, June 26, for a conversation on how you can take charge of your stuff and learn ways to sort and organize. For ages 60 and older.

## IN-PERSON SESSION DETAILS

Location: Austin Satellite Senior Center  
5071 W Congress Parkway  
Register: At <http://bit.ly/InYourCloset>  
Date: Wednesday, June 26, 2024  
Time: 1:00 pm - 2:30 pm

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





# WHAT'S IN YOUR CLOSET?

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



Tired of your family or friends trying to get rid of your things? Feeling like you don't know what to do? Join us on Thursday, August 22, for a conversation on how you can take charge of your stuff and learn ways to sort and organize. For ages 60 and older.

## IN-PERSON SESSION DETAILS

Location: Paul G Stewart  
400 E. 41st St. Chicago, IL  
Register: At <http://bit.ly/InYourCloset>  
Date: Thursday, August 22, 2024  
Time: 10:00 am - 11:30 am

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



# Buried in Treasures Program

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- 8-week support program designed to assist people 60 and older who may have difficulty with decision-making around organizing and discarding items.
- Held once per week

## In-Person

Austin Satellite Senior Center  
Wednesdays, July 10 -August 28 1:00pm –2:30pm

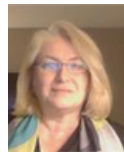
Paul G Stewart Center (400 E 41stSt)  
Thursdays, September 5 –Oct. 24 10:00am –11:30am

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To register, visit this case sensitive site:

<https://bit.ly/BuriedNTreasures>

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



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

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

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

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

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

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

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

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

*This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*



# The Health Legacy Program for Women VIRTUAL WORKSHOP

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

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

Health Legacy Program participants will:

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

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

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

#### **Requirements**

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

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

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





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

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

Workshop topics include:

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

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

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

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

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

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

# Schaalman Senior Voices at RUSH

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



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

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

Questions to consider answering:

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

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



<https://gather.video/ih1E>

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

CITY OF CHICAGO

# SENIOR FEST 2024

★★ at Millennium Park ★★



**Chicago residents  
age 60 and better—  
Come and enjoy the fun!**

- Picnic Lunch
- Flu Shots/ Health Screenings
- Senior Resource Fair
- Live Band Performance
- Dancing
- Raffle Prizes
- And More

**Thursday, Sept. 12, 2024 • 9:00 a.m. - 2:00 p.m.**

**Millennium Park • Michigan Ave. at Washington St.**

(Drop off location : the park's north entrance on Randolph Drive  
between Michigan Avenue and Columbus Drive.)

Tickets are free and available by visiting any one of the City's 21 Senior  
Centers. For more information, call 312.744.4016.



**Brandon Johnson**  
Mayor of Chicago



**DFSS**  
Department of Family  
and Support Services

CITY OF CHICAGO

# SENIOR FEST 2024

★★ En el Millennium Park ★★



**Residentes de la Ciudad de Chicago de 60 años de edad y mayores venga y disfrute de la diversion!**

- Almuerzo de Merienda
- Exámenes de Salud
- Vacunas contra la gripe
- Feria de Recursos
- Actuación de una banda en vivo
- Baile
- Premios de Rifa y más

**Jueves, 12 de Septiembre del 2024 9:00am - 2:00pm**

**Millennium Park • Michigan Ave. y Washington St.**

(La entrada principal para el festival esta ubicada hacia el noreste en la Calle Randolph entra la Avenida Michigan y Columbus Drive.)

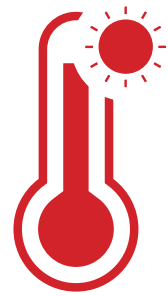
Los boletos son gratis y obtenible visitando uno de los 21 Centros de Personas de las Tercera Edad. Para más información, llame (312)744-4016.



**Brandon Johnson**  
Mayor of Chicago



# BEAT THE HEAT!



## KEEP YOUR COOL DURING EXTREME HOT WEATHER.

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

### CALL 3-1-1 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone.

### HOT WEATHER TIPS:

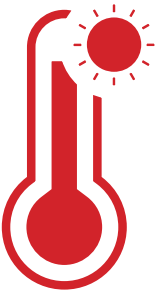
- Drink lots of water, avoid alcoholic beverages, coffee, and sodas.
- Avoid going outside in extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed, with windows slightly open.
- If you must be outside, seek shade.
- Keep electric lights off or turned off.
- Minimize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

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## REMEMBER

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

# COOLING CENTERS



## COMMUNITY SERVICE CENTERS

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

Englewood Center  
1140 W. 79th St.

North Area Center  
845 W. Wilson Ave.

\*Garfield Center  
10 S. Kedzie Ave.

South Chicago Center  
8650 S. Commercial Ave.

King Center  
4314 S. Cottage Grove

Trina Davila Center  
4312 W. North Ave.

## SENIOR CENTERS

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

Central West Center  
2102 W. Ogden Ave.

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

Northeast Senior Center  
2019 W. Lawrence Ave.

Southeast Senior Center  
1767 E. 79th St.

Northwest Senior Center  
3160 N. Milwaukee Ave.

Southwest Center  
6117 S. Kedzie Ave.

## ALTERNATE LOCATIONS

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

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



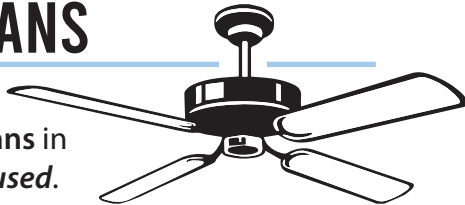
\*The Garfield Center is available 24/7 to connect residents to shelter!



# BEAT THE HEAT KEEP IT COOL

## Summer Cooling Tips to Lower Utility Costs

### CEILING FANS



Turn off ceiling fans in rooms *not being used*.

Run ceiling fans in common or occupied rooms *when the air conditioner is running*.

In summer, ceiling fans should be set **counterclockwise** and at the **lowest setting** to conserve energy.

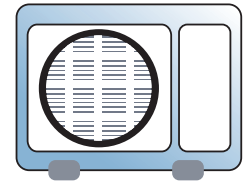
*Ceiling fans cost roughly an average of a penny per hour of operation versus \$0.36 per hour for an AC unit to run. If using a ceiling fan and AC unit simultaneously, you can raise your thermostat setting 4 degrees F without a change in comfort.*



### AIR CONDITIONING UNIT

Set thermostat at the **highest temperature** you are comfortable with when home and awake. When away from home and at night (if possible), **increase the temperature by 3-5 degrees** from your normal temperature setting.

Clean or replace HVAC filter once a month.



Set the fan switch on your thermostat to "Auto" unless an indoor air quality professional has set up your system to operate continuously for health reasons.

*You can save as much as 10% yearly on utility bills by adjusting the thermostat 10 degrees from its normal setting for 8 hours a day.*



### WINDOWS

During summer, **keep window coverings closed during the day** to block the sun's heat.

- **South-facing** windows receive the most light and are the **hottest**.
- **West-facing** windows receive light in the afternoon and are hot.
- **North-facing** windows receive the least light and are the coolest.
- **East-facing** windows receive light in the morning and are cool.



**IF YOU ARE EXPERIENCING SYMPTOMS OF SEVERE HEAT EXHAUSTION, CALL 911.**

# BOX & OSCILLATING FANS

Before purchasing fans, consider the size you will need by determining if you are going to use the fan in a small room only or larger rooms as well, or on your own desk or beside your bed.

For larger spaces or distances, look for bigger box fans (20") with higher air flow (1,400-3,000 Cubic Feet per Minute), while for rooms up to 150 sq.ft., or on desks or beside beds, a small 10" box fan with less than 1,000 Cubic Feet per Minute (CFM) might be sufficient.

Compare fans with one another and see which one gives higher CFM at a lower wattage.

Pick a box fan with multi-speed settings.

If you intend to run the box fan while you are asleep, or if you forget to turn things off, then choose a box fan with a shut-off timer.

During milder temperatures, position the box fan in front of an open window. The fan can also be placed to push hot air out of a room.

A box fan should face in if the temp outdoors is cooler than indoors. Another fan can be placed in an opposite room to draw hot air out of the house.

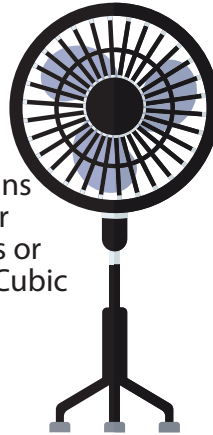
If you own a two-story home, position several fans both downstairs and upstairs. The fans on the second floor should face out and the fans on the first floor should draw fresh air into the house.

During hotter months, don't keep the fan on without the AC running and turn fans off in rooms not being used or when away from home.

Create a wind tunnel by placing fans on opposite sides of a common area or bedroom.

You can place a pan or tray of ice in front of a fan to circulate melting ice to cool the air.

Do not overload electrical plug-ins or use extension cords with fans.



## PRACTICAL TIPS

Wear lightweight clothing and breathable fabrics.

Take cool showers during the day or at night before bed.

Place cool wet towels on your neck or head to help reduce body temperature.

Keep fan cords out of doorways and walking paths.

Close off unused rooms & shut vents if possible.

Avoid using the oven - especially during the day; try the microwave, toaster oven or grill outside, if possible.

Use cold water for laundry and line dry clothes when possible.

Switch to LED light bulbs.

Schedule HVAC tune-ups annually to keep system running properly.

Clean window AC unit filters frequently per safety instructions.

## FINANCIAL ASSISTANCE

You may be eligible to receive financial assistance for the following:

- **Energy Utility Bill Assistance** • **Rental Assistance** • **Food**
- **Employment Training/Placement** • **Temporary Shelter**
- **Water/Sewer Payment** • **Financial Management**

For more info go to <https://dceo.illinois.gov/communityservices/homeweatherization/communityactionagencies.html> or to apply for the Low-Income Home Energy Assistance Program (LIHEAP), contact IDoA's Senior HelpLine at 1-800-252-8966; 711 TRS.

## REFERENCES:

Ogletree, A. (2021, November 10). [Does Using a Ceiling Fan Actually Help Save on Energy Costs](#). Angi.

Walker, C. (2023, April 15). [How to Position Fans to Cool a Room](#). Cooling Fan Review.

Heath, E. (2023, March 17). [What's the Best Thermostat Setting for the Summer?](#)

Amjad (2022, April 24), [Do Box Fans Use a Lot of Electricity?](#) Bills Wiz.





# What's your move?

## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

### And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

## What types of activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



### And mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

## Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

## And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)



# SCAM ALERT

Watch out! Scammers target everyone.



## Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

## How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [ssa.gov/scam](https://ssa.gov/scam) for more information. Please also share with your friends and family.

# ALERTA DE ESTAFA

La Administración del Seguro Social nunca lo amenazará, asustará, o presionará para que tome una acción inmediata.



Los estafadores continúan haciéndose pasar por empleados del gobierno en un intento de obtener su información personal o dinero. Ellos pueden:

- **PRETENDER** ser de una agencia u organización que conoce.
- Decirle que hay un **PROBLEMA** o prometerle un premio.
- **PRESIONARLO** para que actúe de inmediato.
- Decirle que **PAGUE** de una manera específica.



No le dé dinero o información personal a los estafadores — ¡Ignórelos!

## Cómo evitar una estafa:

- **Mantenga la calma.** Hable con alguien en quien confíe.
- **Cuelgue el teléfono o ignore** el mensaje. **NO** haga clic en los enlaces o archivos adjuntos.
- **Proteja su dinero.** Los criminales insistirán en que pague de una manera difícil de rastrear, tal como con una tarjeta de regalo, tarjeta de débito prepaga, criptomoneda, transferencia bancaria, transferencia de dinero o enviando efectivo por correo.
- **Proteja su información personal.** Sea escéptico de un contacto que no inició.
- **Corra la voz.** Comparta su conocimiento de las estafas relacionadas con el Seguro Social. Publique en las redes sociales usando el hashtag #OjoConLasEstafas, para compartir su experiencia y advertir a otros. Visite [segurosocial.gov/estafas](https://segurosocial.gov/estafas) para informarse mejor. Por favor, también comparta con sus amigos y familiares.



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

### Heating



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

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

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

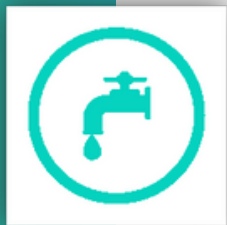
### Electric



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

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

### Water



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

Apply during your  
designated priority  
period!



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



1 (800) 571-2332

# Partner Intake Sites

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

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



## EQUITY LSLR PROGRAM

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

You may qualify if you:

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

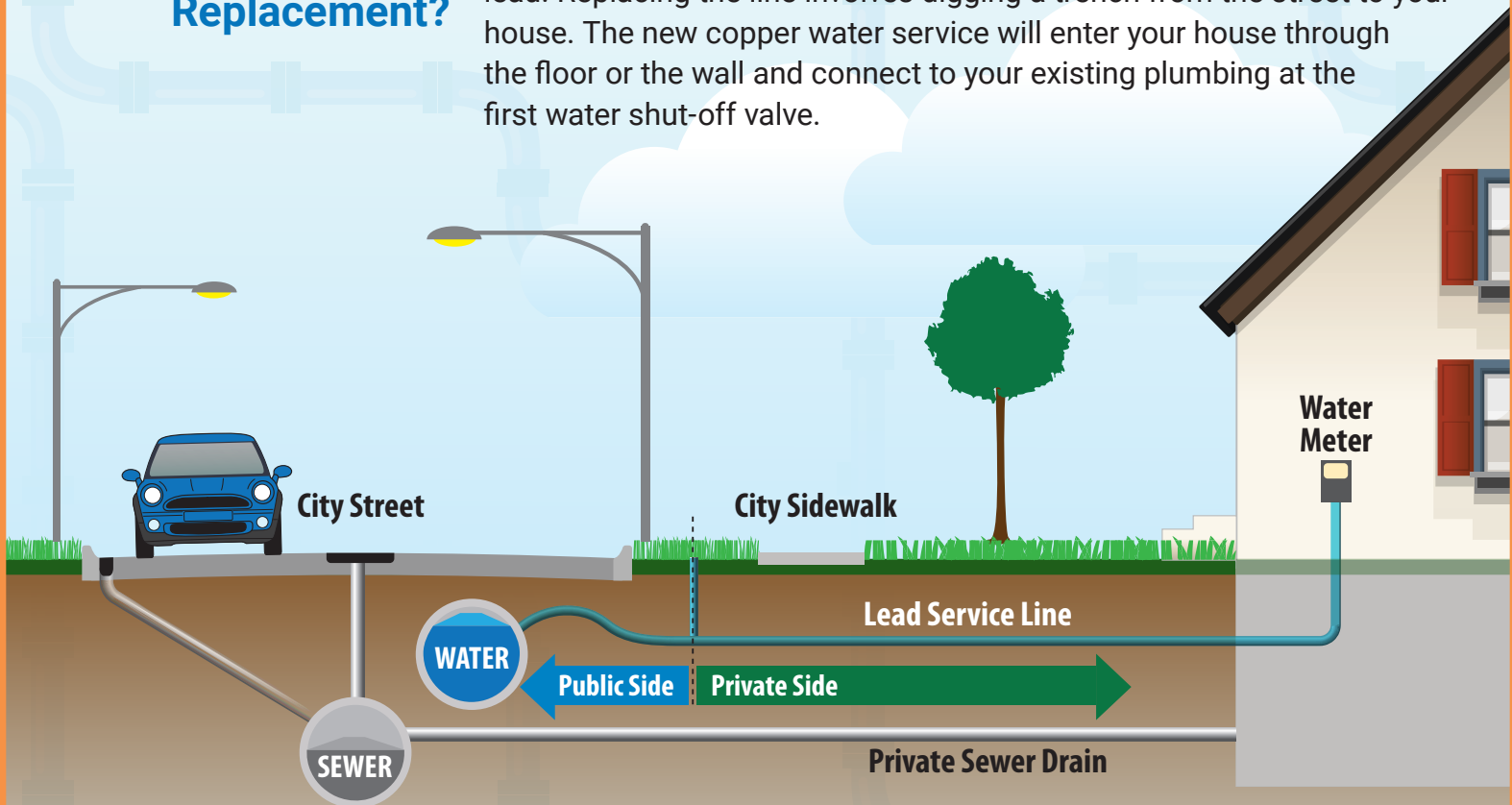
*The number of homes receiving free service line replacements will be capped annually by available funding.*

### GET STARTED NOW

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

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

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



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

## What Residents Can Do Now

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



### 1 Check for lead paint:

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



### Check what your service line material is:



#### Copper:

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



#### Lead:

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



#### Galvanized Steel:

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



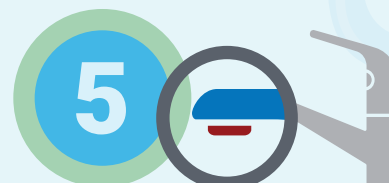
### 3 Replace old faucets:

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



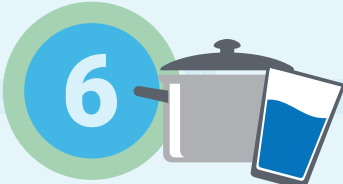
### 4 Flush water for 5 minutes if it hasn't been used for 6 hours:

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



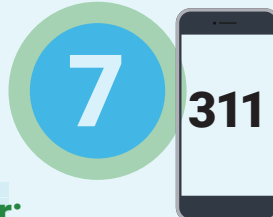
### 5 Clean faucet aerators every six months:

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



### 6 Cook and drink cold water:

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



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

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



### 8 Use a water filter:

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





## PROGRAMA DE EQUIDAD (E-LSLR)

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

Usted podría calificarse si:

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

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

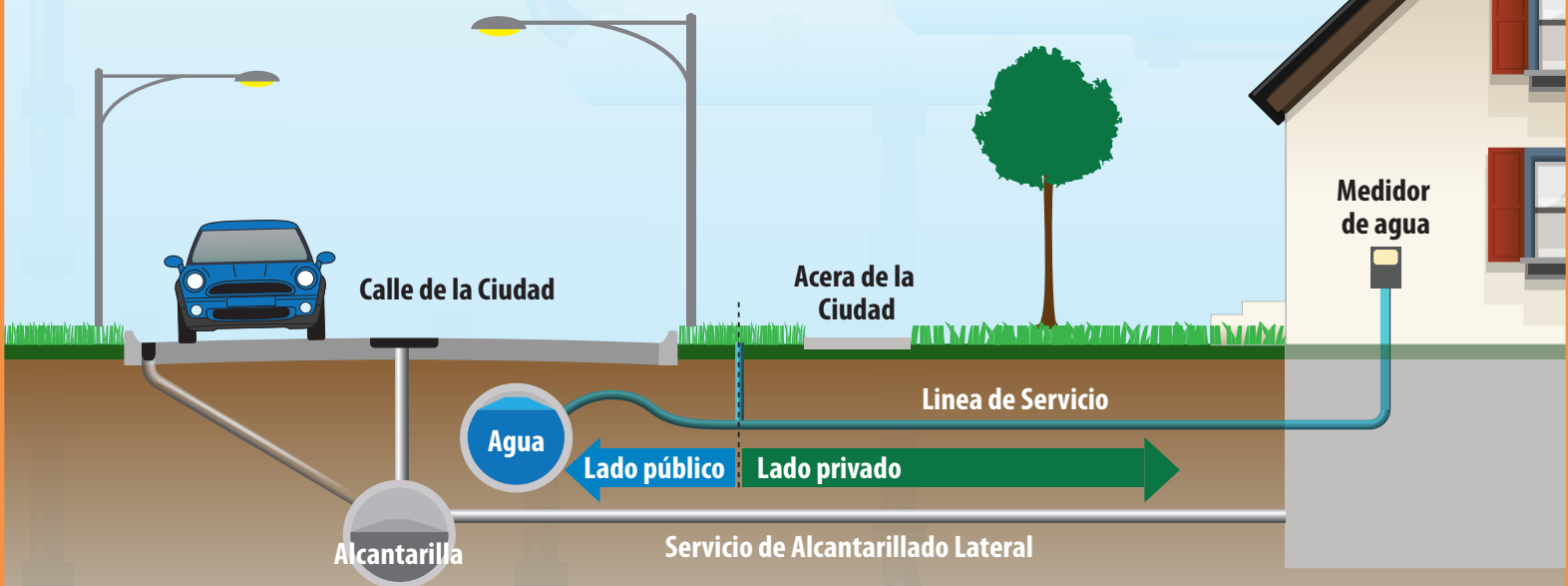
### EMPIECE AHORA MISMO

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

[www.lead safechicago.org/es/hogar](http://www.lead safechicago.org/es/hogar)

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

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



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

## Que pueden hacer los residentes ahora:

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

**1**



### Compruebe si hay pintura con plomo:

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

**2**

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



#### Cobre:

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



#### Plomo:

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



#### Acero galvanizado:

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

**3**



### Reemplace grifos antiguos:

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

**4**



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

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

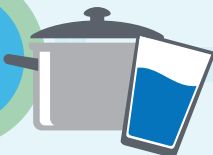
**5**



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

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

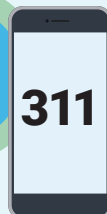
**6**



### Cocine y beba agua fría:

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

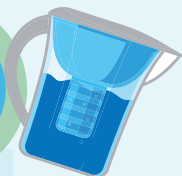
**7**



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

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

**8**



### Utilice un filtro de agua:

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



# SENIOR FARMERS' MARKET COUPONS 2024 PANTRY DISTRIBUTION SITES

## Program Regulations:

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

## Where Can I Pick Up Coupons on the Southside?

Site Name	Address	Distribution Schedule
Casa Catalina	4537 S. Ashland Ave	Beginning 7/22: Mondays & Fridays 9:30 – 11:30 a.m.
New Eclipse Community Alliance	715 W. 51st St	Beginning 7/25; Thursdays: 11 a.m. - 1 p.m.
Midwest Asian Health Association	218 W. 26th St	8/14 Wednesday: 2:30 p.m. – 4:30 p.m. 8/15 Thursday: 10 a.m. – 12 p.m.
Southwest Regional Senior Center	6117 S. Kedzie Ave	7/31 ONLY; Wednesday: 9 a.m. - 1 p.m.
Our Lady of Fatima	2751 W. 38 <sup>th</sup> Pl	8/3 & 8/17; Saturday: 10 a.m. – 12 p.m.
St. Francis de Sales High School	10155 S. Ewing Ave	Beginning 7/22; Mondays: 9 a.m. - 1 p.m.
Roseland Christian Ministries	10858 S. Michigan Ave	Beginning 7/17; 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday: 11 a.m. – 1 p.m.
Southeast Atlas Senior Center	1767 E. 79th St	8/13 ONLY; Tuesday: 9 a.m. – 1 p.m.

## COUPONS ONLY AVAILABLE AT THESE SITES WHILE SUPPLIES LAST

*This institution is an equal opportunity provider.*

7/1/2024



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- Additional pickup locations at farmers' markets and senior centers will be added in August.

## Where Can I Pick Up Coupons on the Northside?

Site Name	Address	Distribution Schedule
Grace and Peace	1856 N. LeClaire Ave	Beginning 7/17; 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays 10 a.m.-2 p.m.
Renaissance Court	78 E. Washington St	8/5 ONLY; Monday: 10 a.m. – 1 p.m.
Central West Senior Center	2102 W Ogden Ave	8/12 ONLY; Monday: 9 a.m. – 1 p.m.
Copernicus Senior Center	5216 W. Lawrence Ave	7/30 ONLY; Tuesday: 9 a.m. – 1 p.m.
Levy Senior Center	2019 W. Lawrence Ave	7/19 ONLY; Friday: 9 a.m. – 1 p.m.
United for Better Living	4540 W. Washington Blvd	Beginning 7/18; Monday-Friday: 9 a.m. - 5 p.m.
Heritage International Church	5320 W. North Ave	Beginning 7/27; 2nd & 4th Saturdays: 9 a.m. - 12 p.m.
Chicago Hope	2505 N. Kedzie Blvd	Beginning 7/26; Fridays: 10 a.m. - 12 p.m.
Korean Self-Help Center	4934 N. Pulaski Rd	Beginning 7/22; Monday – Friday 9 a.m. – 5 p.m.

## COUPONS ONLY AVAILABLE AT THESE SITES WHILE SUPPLIES LAST

*This institution is an equal opportunity provider.*

7/1/2024



## Senior Services Congregate Dining Program



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

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

### Northeast Region Address

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

### Central West Region Address

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

### Northwest Region Address

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

### Southeast Region Address

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

### Southwest Region Address

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



# PASSPORT to the WORLD



## Senior Services Congregate Dining Program



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

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

### Special Meal on July 11, 2024

Our Golden Diners caterer, Open Kitchens will be preparing a French inspired meal to honor Bastille Day. Bastille Day or le 14 juillet (the 14<sup>th</sup> of July) is a national holiday in France. For ages France existed as a nation of feudalism where high ranking clergy and noblemen controlled the country under a monarch. In 1789 an economic crisis created extreme famine and discontentment amongst citizens. This unrest motivated urban wage workers along with rural farmers to start their own political party, demanding tax reform and rights comparable to their higher-ranking counterparts. Some members of both the clergy and nobility joined the new party, sympathizing with the citizens' frustration. The July 14<sup>th</sup> storming of the Bastille, a political prison during the French revolution, was a pivotal moment of the war. Ultimately the lower class gained control and a new constitution was written shortly after the event.



Coq Au Vin (Chicken Quarter In Red Wine And Mushroom Sauce), Au Gratin Potatoes, Ratatouille Salad, Madeleine for Dessert, Sparkling Grape Juice

### Special Meal on July 18, 2024

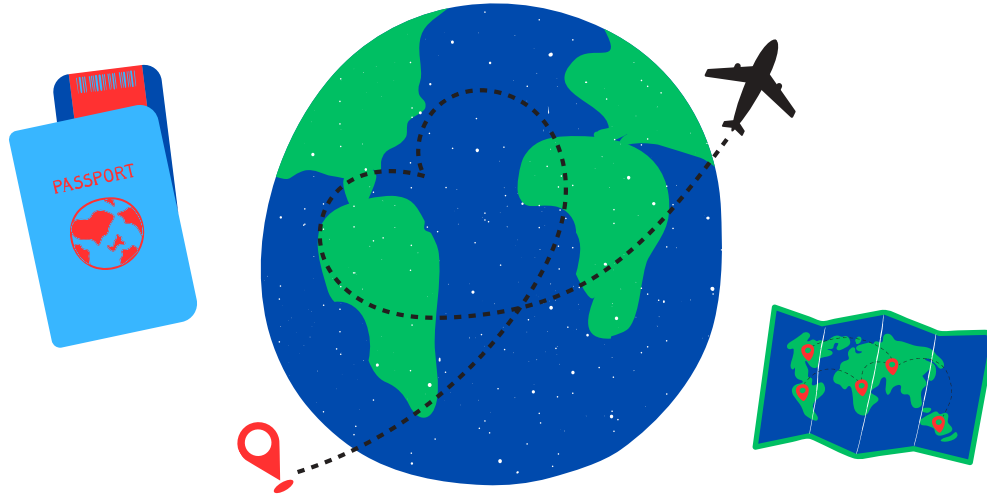
Golden Diners caterer, Open Kitchens will be joined by returning restaurant partner, May St. Café to prepare a Mexican inspired meal. May St. Café is a Pilsen based restaurant specializing in Latin cuisine under the leadership of Chef Mario Santiago. This month's meal is recognizing history being made in Mexico. Claudia Sheinbaum, the former mayor of Mexico, has been elected as Mexico's first female president. This is a very historical moment in the country's 200-year-old history. Claudia Sheinbaum is the granddaughter of Jewish immigrants from Bulgaria and Lithuania. She followed in the footsteps of her scientist parents and studied physics, ultimately earning a doctorate of energy engineering. She plans to apply this past knowledge to develop new programs that will advance the country in a positive direction.



Chicken Verde (Chicken With Peppers, Onions and Potatoes), Coconut Rice, Mixed Summer Greens Salad With Jicama And Mango Dressing, Churro, Lemonade

You are invited to join us at your  
local Regional Senior Center

# PASSPORT TO THE WORLD

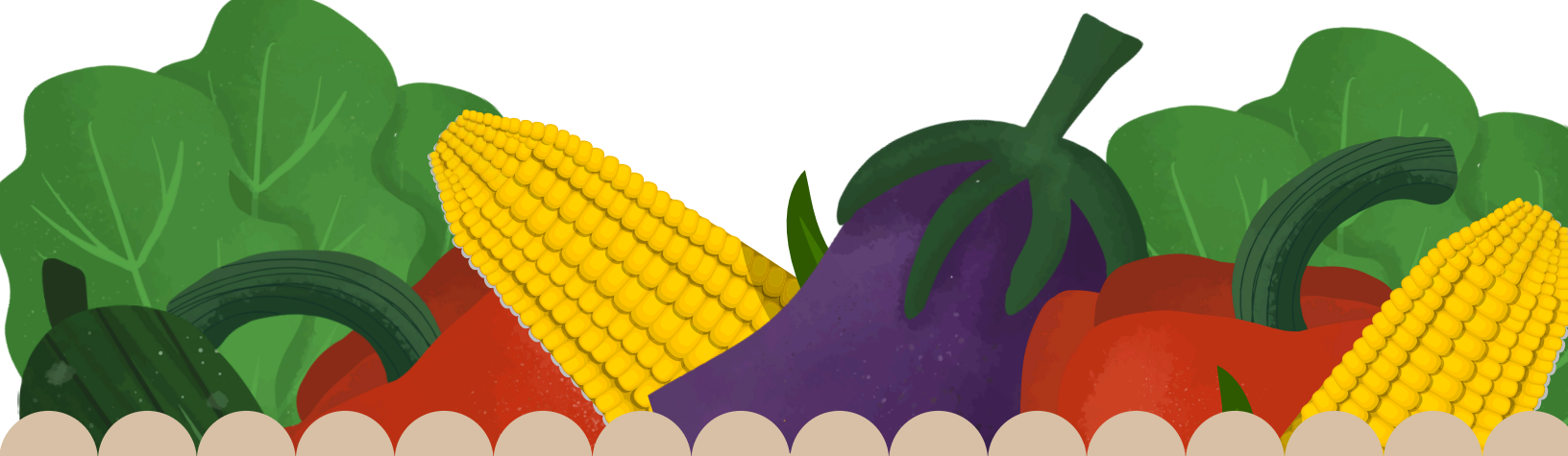


# SENIOR SUMMER BASH

Date	Regional Center	Time
July 25th	Northeast Regional	10:00a-2:00p
August 2nd	Renaissance Court	10:30a- 2:00p
August 9th	Northwest Regional	10:00a-2:00p
August 16th	Central West Regional	10:00a-2:00p
August 29th	Southwest Regional	11:30a-2:00p
August 30th	Southeast Regional	10:00a-3:00p

Contact your local Regional Senior Center for more information.





GOOD FOOD GOOD LIFE  
 DFSS SENIOR SERVICES FOOD BOX PROGRAM

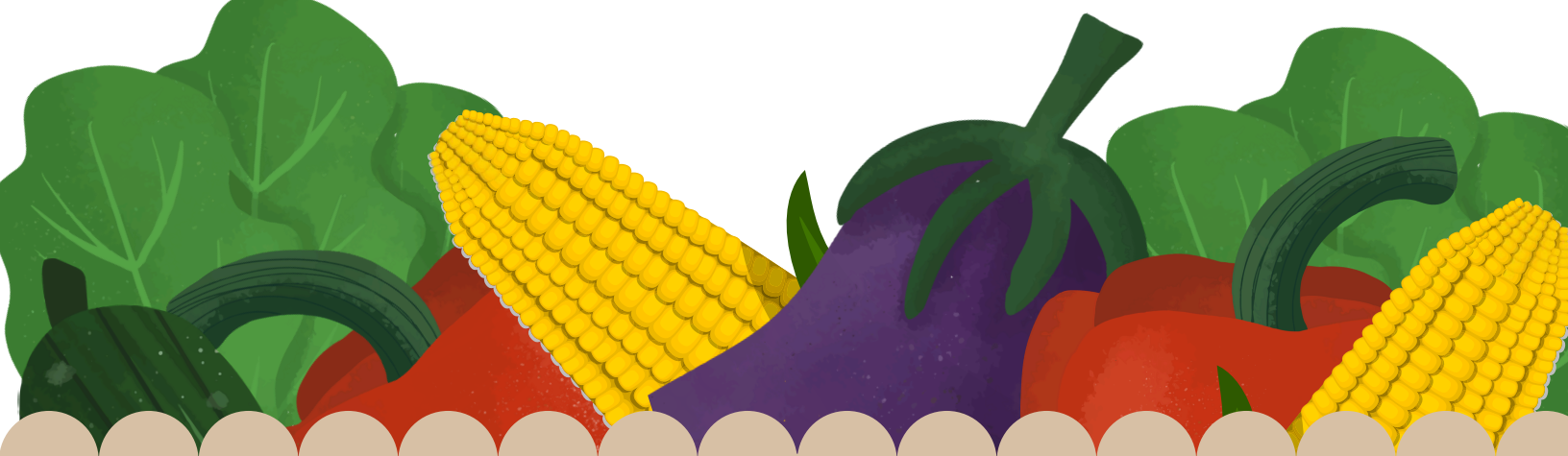
# FOOD *Box Program*

THE PROGRAM PROVIDES A FOOD BOX TO OLDER ADULTS 60+ THROUGH A PARTNER SHIP BETWEEN THE CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES -SENIOR SERVICES AND TOP BOX FOODS.

Central West Regional Center	2102 West Odgen, 60612	July 12, 2024	11:00 AM
Southwest Regional Center	6117 South Kedzie, 60629	July 15, 2024	2:00 PM
Renaissance Court @ Chicago Cultural Center	78 East Washington, 60602	July 19, 2024	2:00 PM
Northwest Regional Center	3160 North Milwaukee, 60618	July 23, 2024	1:30 PM
Southeast Regional Center	1767 East 79th, 60649	July 26, 2024	2:00 PM
Northeast Regional Center	2019 West Lawrence, 60625	July 30, 2024	12:30 PM







GOOD FOOD GOOD LIFE  
DFSS SENIOR SERVICES FOOD BOX PROGRAM

# FOOD *Box Program*

THE PROGRAM PROVIDES A FOOD BOX TO OLDER ADULTS 60+ THROUGH A PARTNER SHIP BETWEEN THE CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES AND TOP BOX FOODS.



SAMPLE OF GROCERIES INCLUDE:  
(MEAT OR VEGETARIAN OPTIONS.)  
FRESH PRODUCE IS BASED ON SEASONALITY AND MAY INCLUDE ITEMS LIKE SWEET POTATOES, BERRIES, TOFU, AND TOMATOES.  
FROZEN MEATS INCLUDE GROUND TURKEY OR TILAPIA.  
EXAMPLES OF SHELF-STABLE ITEMS INCLUDE OATMEAL, RICE, GRANOLA BARS.



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

Agency Name	Address	City	Zip Code	Ward
AMOR DE DIOS UMC	2356 S SAWYER AVE	Chicago	60623	12
APOSTOLIC PENTECOSTAL CHURCH OF MORGAN PARK	11401-13 S Vincennes Ave	Chicago	60643	34
BACK TO GOD CHURCH	7326 S RACINE AVE	Chicago	60636	17
BENTON HOUSE	3052 S GRATTEN AVE	Chicago	60608	11
CARE FOR REAL	5339-41 N SHERIDAN RD	Chicago	60640	48
CAREY TEMPLE AME FOOD PANTRY	7157 S GREENWOOD AVE	Chicago	60619	5
Carey Tercentenary AME Church	1448 S HOMAN AVE	Chicago	60623	24
CATHOLIC CHARITIES EMERGENCY ASSISTANCE PROGRAM	721 N LA SALLE DR	Chicago	60654	2
CATHOLIC CHARITIES: ST. SABINA PARISH	1120 W 79TH ST	Chicago	60620	17
CELESTIAL VISION FOOD PANTRY	3023 W FULLERTON AVE	Chicago	60647	32
CHATHAM-AVALON MINISTRIES	8601 S STATE ST	Chicago	60619	6
CHICAGO HOPE INC.	2505 N KEDZIE BLVD	Chicago	60647	32
CHICAGO LIGHTS ELAM DAVIES SOCIAL SERVICE CENTER	126 E CHESTNUT ST	Chicago	60611	42
CHOSEN TABERNACLE FULL GOSPEL	PO BOX 497967	Chicago	60649	4
CHRIST EVANGELICAL LUTHERAN CH	1511 N LONG AVE	Chicago	60651	37
CHRIST TEMPLE COC FOOD PANTRY	5252 S ASHLAND AVE	Chicago	60609	16
COMMON PANTRY	3744 N DAMEN AVE	Chicago	60618	47
CORNERSTONE COMMUNITY OUTREACH	4626 N CLIFTON AVE	Chicago	60640	46
EBENEZER MBC FOOD PANTRY	4501 S VINCENNES AVE	Chicago	60653	3
EUROPEAN AMERICAN ASSOCIATION	2827 W DIVISION ST	Chicago	60622	26
EVANGELISM OUTREACH MINISTRIES	214 E 115TH ST	Chicago	60628	9
FELLOWSHIP MBC FOOD PANTRY	4543 S PRINCETON AVE	Chicago	60609	3
FIRST BAPTIST CONGREGATIONAL	1613 W WASHINGTON BLVD	Chicago	60612	27
FIRST PRESBYTERIAN KIMBARK	6400 S KIMBARK AVE	Chicago	60637	20
FRATERNITE NOTRE DAME	502 N CENTRAL AVE	Chicago	60644	29
GOSPEL WAY COVENANT CHURCH	8723 S CREGIER AVE	Chicago	60617	7
GRACE EVANGELIC COVENANT CHURCH	4159 N MONTICELLO AVE	Chicago	60618	35
GRANT A WISH INC.	PO BOX 17698	Chicago	60617	8
GREATER HOLY TEMPLE C.O.G.I.C.	246 N CALIFORNIA AVE	Chicago	60612	27
HARMONY COMMUNITY CARES, NFP	1908 S MILLARD AVE	Chicago	60623	24
HEALING TEMPLE COGIC #1	4941 W CHICAGO AVE	Chicago	60651	37
Heritage International Christian Church	5320 W NORTH AVE	Chicago	60639	37
HOPE FOOD PANTRY	5900 W IOWA ST	Chicago	60651	29
HOWARD AREA COMMUNITY CENTER	7648 N PAULINA ST	Chicago	60626	49
IGLESIA EVANGELICA EMANUEL	5016 W ARMITAGE AVE	Chicago	60639	36
IMMACULATE CONCEPTION	2745 W 44TH ST	Chicago	60632	15
INNER-CITY MISSIONS NETWORK	17100 LONGFELLOW AVE	Chicago	60429	5
IRVING PARK COMMUNITY FOOD PANTRY	4256 N. Ridgeway	Chicago	60618	45
JESUS CHRIST FOOD PANTRY	3500 W 63RD PL	Chicago	60629	23
KENWOOD OAKLAND COMMUNITY ORG	4242 S COTTAGE GROVE AVE	Chicago	60653	4
Kingdom Baptist Church	301 N CENTRAL AVE	Chicago	60644	37
LAKEVIEW PANTRY - SHERIDAN	3945 N SHERIDAN RD	Chicago	60613	46
MAPLE MORGAN PARK FOOD PANTRY	11030 S LONGWOOD DR	Chicago	60643	19
MARILLAC HOUSE	2859 W JACKSON	Chicago	60612	27
MISSION OF OUR LADY OF THE ANGELS	3808 W IOWA ST	Chicago	60651	27
Mount Olive Baptist Church	6353-57 S MARSHFIELD AVE	Chicago	60636	16
NEW BETHLEHEM #4 MBC	8850 S COTTAGE GROVE AVE	Chicago	60619	8
NEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH	11594 S STATE ST	Chicago	60628	34
New Covenant MB Church	740 E 77TH ST	Chicago	60619	6
NEW GRESHAM UMC	8700 S EMERALD AVE	Chicago	60620	21
NEW HOPE COMMUNITY FOOD PANTRY	7115 W HOOD AVE	Chicago	60631	41
NEW MORNING STAR MBC PANTRY	206-208 S HAMLIN BLVD	Chicago	60624	28
NEW MT. CALVARY BAPTIST CHURCH	1850 W MARQUETTE RD	Chicago	60636	15
NEW PROGRESSIVE MISSIONARY BAPTIST CHURCH	9406 S PERRY AVE	Chicago	60620	21
ONWARD HOUSE	5413 W DIVERSEY AVE	Chicago	60639	30
OPEN ARMS MINISTRY	2649 N FRANCISCO AVE	Chicago	60647	32
PILGRIM REST M.B.C.	2951 W WABANSIA AVE	Chicago	60647	27
PINE AVENUE UNITED CHURCH	1015 N PINE AVE	Chicago	60651	37
RAVENSWOOD COMMUNITY SERVICES	4550 N HERMITAGE AVE	Chicago	60640	47
REDEEMING GRACE FOOD	11801 S SANGAMON ST	Chicago	60643	34
ROSELAND CHRISTIAN MINISTRIES	10858 S MICHIGAN AVE	Chicago	60628	9
SHELDON HEIGHTS COC PANTRY	11301 S. Halsted St	Chicago	60628	34
SHILOAH BAPTIST CHURCH	9201 S JUSTINE ST	Chicago	60620	21
Southeast Side of Chicago Food Pantry	9831 S AVENUE M	Chicago	60617	10
ST. AGATHA'S FOOD PANTRY	3147 W DOUGLAS BLVD	Chicago	60623	24
ST. ALOYSIUS	1510 N. CLAREMONT	Chicago	60622	1

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

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

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

**Call Information and Assistance at 312-744-4016 or call 311  
Monday – Friday, 8:30 am to 4:30 pm or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

## In-Home Support Services

### Caregiver Respite

**Caregiver Respite provides a break from caring for loved ones.** A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

### Caregiver Support

**People who care for their aging family or loved ones (caregivers) can receive supportive services** such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

### Caregiver Training & Education

**The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers** taking care of those with Alzheimer’s Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

### Chore Services

**Short-Term Chore service provides assistance** with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. **Heavy-Duty Chore is an intensive cleaning** for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

### Grandparents & Older Relatives Raising Children

**Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services** including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

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

### Adult Protective Services (APS)

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

### Case Advocacy & Support (CAS)

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

### Intensive Case Advocacy Services (ICAS)

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

## Legal Services

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

## Ombudsman Program

**Ombudsmen protect, defend and advocate for residents in long-term care facilities** such as nursing homes, assisted living, and more.

Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

## Senior Health Insurance Program (SHIP)

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

## Senior Medicare Patrol

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

## Congregate Dining

### Meals

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

## Home Delivered Meals

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

## Brain Health Initiative

### Community Programs

**This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings.**

The programs focuses on behaviors to maintain healthy brains throughout life.

## Foster Grandparents

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

## Senior Companion Program

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

## Chicago Fitness Plus

### Senior Centers

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

## Health & Wellness Program

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

## Life Enrichment Programs

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



# Free Legal Services for Seniors

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

## Advance Planning

- Power of Attorney for Healthcare and Property
- Wills

## Domestic Relations

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

## Grandparents/Other Relatives Raising Children

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

## Housing

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

## Money and Debt

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

**For assistance, call DFSS Senior Services at 312-744-4016  
or email: [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**



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

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

## **Chicagoans 60 and Over: Need Help at Home?**

### **FREE Chore Services include:**

#### ELIBILITY

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

Must be assessed for eligibility.

- ★ **Short-Term:** Temporary home care assistance with cleaning, laundry, and / or self-care tasks like bathing, dressing, or grooming after an illness or hospital stay
- ★ **Heavy-Duty:** A one-time deep cleaning, removing trash or clutter or packing items for a move
- ★ **Additional services may include:** Lawn care, snow removal, and professional extermination services (for homeowners only)

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

## Para residentes de Chicago mayores de 60 años:

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

#### ELEGIBILIDAD

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

Se debe evaluar para determinar la elegibilidad.

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

Comuníquese con la División de Servicios para  
Adultos Mayores del DFSS  
Información y Asistencia (I&A)  
[aging@cityofchicago.org](mailto:aging@cityofchicago.org) • 312-744-4016



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

**Caregiver Services Programs include  
FREE services such as:**

- ★ **Education & Training:** Learn new skills to care for you and loved ones
- ★ **Gap-Filling Funds:** Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids
- ★ **One-on-One Counseling:** Help with decisions, self-care, and support
- ★ **Support Groups:** Share your stories, successes, and challenges caring for your loved ones with fellow caregivers
- ★ **Respite:** Take a short-term break with help at home from a professional caregiver or caregiver of your choice or a nursing home stay for the person receiving your care

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

**A Chicago resident age 60+ OR under age 60 with**

**Alzheimer's Disease or Related Dementias**

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

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

## Los programas de servicios para cuidadores incluyen servicios GRATIS como:

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

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

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

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

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

- ★ **Education & Training:** Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.
- ★ **Gap-Filling Funds:** Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ **One-on-One Counseling:** Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.
- ★ **Support Groups:** Share your stories, challenges, & successes caring for your loved ones.

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

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

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

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

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



## Volunteer Opportunities for Seniors 55+

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



## Volunteer Senior Companion

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

# Free Assistance for People Turning 65!

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

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

## Information about Medicare

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

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

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

***Free language interpretation services available.***

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

## Help with paying for prescription drug costs

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

## Help with paying Medicare premiums and other costs

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**Medicare Savings Program (MSP)** helps pay Medicare premiums, deductibles and coinsurance for qualifying Medicare beneficiaries.

**Did you know that Medicare recipients** are entitled to many **FREE** or low cost Prevention and Wellness Benefits such as:

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

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

***Free language interpretation services available.***



# SENIOR CENTERS: Locations

## REGIONAL SENIOR CENTERS

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

\*Ren Court hours are Mon-Fri 10am-5pm

### CENTRAL WEST

#### Regional Senior Center

2102 W Ogden Ave  
312-746-5300

### NORTHEAST

#### Levy Senior Center

2019 W Lawrence Ave  
312-744-0784

### NORTHWEST

#### Copernicus Senior Center

3160 N Milwaukee Ave  
312-744-6681

### DOWNTOWN

#### Renaissance Court

78 E Washington St  
312-744-4550

### SOUTHEAST

#### Atlas Senior Center

1767 E 79th St  
312-747-0189

### SOUTHWEST

#### Regional Senior Center

6117 S Kedzie Ave  
312-747-0440

## SATELLITE SENIOR CENTERS

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

### Abbott Park

49 E 95th St  
312-745-3493

### Auburn Gresham

1040 W 79th St  
312-745-4797

### Austin

5071 W Congress Parkway  
312-743-1538

### Chatham

8300 S Cottage Grove Ave  
312-745-0401

### Edgewater

5917 N Broadway St  
312-742-5323

### Englewood

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

### Garfield Ridge

5674-B S Archer Ave  
312-745-4255

### Kelvyn Park

2715 N Cicero Ave  
312-744-3350

### North Center

4040 N Oakley Ave  
312-744-4015

### Norwood Park

5801 N Natoma Ave  
773-775-6071

### Pilsen Center

2021 S Morgan St  
312-743-0493

### Portage Park

4100 N Long Ave  
312-744-9022

### Roseland

10426 S Michigan Ave  
312-745-1500

### South Chicago

9233 S Burley Ave  
312-745-1282

### West Town

1613 W Chicago Ave  
312-743-1016