

SENIOR GUIDE



Helpful tips and resources for Chicago's senior citizens.





2021



WELCOME FROM CITY CLERK ANNA M. VALENCIA

Dear Friend,

The Office of the City Clerk serves as the link between the community and municipal government. This guide book does just that: it brings together information on

services related to living, working and playing in the City of Chicago. In this guide book, you will find useful tips and helpful resources to access the many options and resources available to Chicago seniors from veterans care to legal services. I encourage you to explore the many options that are included in the pages that follow and contact the various agencies to find additional program offerings for which you might qualify.

*

As your City Clerk, it is my responsibility to ensure that government works for all Chicagoans. Please do not hesitate to contact my office if you have any questions at (312) 742-5375 or visit us online at www.ChiCityClerk.com.

Sincerely,

Anna M. Valencia
City Clerk of Chicago

anna M. Valencia



CITY HALL

121 N LA SALLE STREET | ROOM 107 CHICAGO, ILLINOIS 60602 312.742.5375

Monday-Friday 8:00AM-5:00PM

CITY CLERK

SATELLITE OFFICE SOUTH
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CHICAGO, ILLINOIS 60638

(, 312.745.1100
Monday-Friday 9:00AM-5:00PM

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WWW.CHICITYCLERK.COM

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| CITY CLERK'S OFFICE | |
|--|---------------------------|
| General Information | 312-742-5375 |
| Vehicle Stickers and Residential Parking Permits | |
| Online or Mail City Sticker Purchases | |
| Business Licenses | |
| Dog Registration | |
| Order Guide Books | |
| City Council Legislation and Meetings | |
| CityKey Program | 773-CIT-YKEY/248-9539) |
| , | .773 OH TRET(210 3333) |
| CITY OF CHICAGO PHONE NUMBERS | 244 |
| General Information | 342.744.3256 |
| Office of the City Treasurer | 312-744-3356 |
| Department of Revenue (Parking Tickets, Water Bills) | 312-744-72/5 |
| Department of Transportation | 312-744-3600 |
| Department of Business Affairs and Consumer Prote | |
| Department of Family and Support Services | 312-743-0300 |
| Mayor's Office for People with Disabilities | |
| Chicago Park District | |
| Chicago Public Library | |
| Department of Environment | |
| Department of Housing and Economic Development | |
| Chicago Public Schools | |
| Chicago Housing Authority | 312-742-8500 |
| Chicago City Colleges | 773-265-5343 |
| COOK COUNTY PHONE NUMBERS | |
| General Information | 312-603-5500 |
| Assessor's Office (Taxes) | |
| Treasurer's Office | |
| Clerk of the Circuit Court (Legal Proceedings) | |
| Clerk of the Circuit Court (Eegan Foceedings) | ertificates) 312-603-5656 |
| Recorder of Deeds Office | 312-603-5050 |
| Sheriff's Office | |
| Siletili s Office | 312-003-0444 |
| STATE OF ILLINOIS PHONE NUMBERS | |
| General Information | 312-793-3500 |
| Secretary of State | |
| Attorney General | |
| Treasurer's Office | |
| Better Business Bureau | |
| Commerce Commission | |
| Department of Insurance | |
| Department of Public Aid | |
| Adult Protective Services Hotline | |
| , tant i rotective ocivices i lottilie | |
| WEBSITES | |
| City of Chicago | www.cityofchicago.org |
| Cook County | www.cookcountyil.gov |
| Ctata of Illinois | NANAN Illinois gov |

State of Illinoiswww.illinois.gov
City Clerkwww.chicityclerk.com

SENIOR GUIDE TELEPHONE RESOURCES





YEAR-ROUND CHICAGO CITY VEHICLE STICKER SALES



In 2014, the Office of the City Clerk moved out of the horse and buggy era and into the 21st Century. The seasonal Chicago City Vehicle Sticker rush, which started in 1908, is now a thing of the past. Vehicle sticker sales now take place throughout the year rather than during a short, six-week period each summer. The shift to year-round sales is historic and resulted in a vastly better customer service experience, shorter wait times and reduced overtime spending. To learn more about purchasing your city sticker year-round, visit ChiCityClerk.com.

CITY VEHICLE STICKERS



Anyone who lives in Chicago and owns a vehicle must purchase and display a current Chicago City Vehicle Sticker. You have 30 days from the day you move to the City or buy a car to purchase the Chicago City Vehicle Sticker. More than \$130 million in revenue is raised each year from the sale of vehicle stickers with all funds dedicated to repairing City streets. A **\$60.00** late fee is applied to

the purchase of a vehicle sticker unless the motorist has documentation showing they moved to the City or purchased their car in the last 30 days. Only purchase your vehicle sticker from an authorized vendor. You can locate vendors on our website, ChiCityClerk.com.

If you suspect a vehicle sticker is counterfeit or if

Chicago City Vehicle Stickers Prices:



\$90.88-Passenger Vehicles \$144.33-Large Passenger Vehicles \$213.82-Small Truck

Seniors age 65 or older receive a discounted rate of \$32.08 for one passenger or one large passenger or motorbike vehicle and \$135.00 for one small truck.

you witness the sale of an unauthorized vehicle sticker, please call the **City Clerk's Investigation Division at 312-742-9217**.

To learn more about the requirements and restrictions on senior discounts please visit us at **www.chicityclerk.com**.



ANNUAL RESIDENTIAL PARKING PERMITS AND GUEST PASSES



Throughout the City there are more than two thousand residential parking zones designed to make parking easier for residents of each zone. Signs posted in the zones alert you to the zone number and parking restrictions. You can only park on these streets if you have a Chicago City Vehicle Sticker with that specific zone number listed on it or if you receive a Residential Parking Daily Permit from a resident of that parking zone.

Residential Parking Daily Permits are used in residential parking zones by guests of someone who lives in that zone. They are valid for **24 hours** and sold in **sets of 15** for **\$8.00** per set. Up to 45 passes may be purchased per household in a 30 day period. These permits are available for purchase at City Clerk Office locations and online at **ChiCityClerk.com.**





CITYKEY PROGRAM



The Chicago Municipal ID Program was established to bring Chicago together as one community. Now known as the Chicago CityKey, it will enable Chicagoans to obtain an optional, valid, government-issued ID that they can then use to access a range of services from both the private and public sectors. The CityKey will also serve as your Ventra, Chicago Public Library, and Pharmaceutical Benefit Card. The optional card will be available to all Chicagoans who display documents to establish proof of identity and residency in Chicago.

As part of the CityKey program, you can also take advantage of discounts on generic and name brand medications. When you get your CityKey, your free Chicago Rx Card number will be printed directly on to the back of your card. The Chicago Rx Card is a free and easy way to save up to 80% on prescription drugs and also provides discounts on dental, vision, veterinarian, and lab and diabetes supplies/equipment.

No registration or pre-qualification is needed and everyone is eligible, including families and individuals, regardless of age, income or health. There's no limits on usage or an expiration date. It's also great for those who are uninsured or under insured or if you're in the Medicare "donut hole" where you must pay all costs out-of-pocket for your prescriptions after reaching your yearly limit. No fees, exams or gimmicks. If you don't have a CityKey, you can cut out your free Chicago Rx Card on the back cover of this booklet.

To find out more information, including what types of benefits will be associated with the card, please visit us at http://chicityclerk.com/chicagocitykey.







VETERAN'S BENEFITS 🗳



Starting in 2019, our office launched a pilot program expanding free City Stickers for many of our City's Veterans. Residents who have a current unexpired Illinois Driver's License or State ID with a Veteran's designation will be eligible to receive one City Sticker for a passenger, large passenger or motorbike for free.

Ex-Prisoners of War, Purple-Heart Veterans or disabled veterans with Illinois DV, IS, PW or PR plates will remain eligible for Chicago City Vehicle Stickers for no fee.

Please note that residents can only take advantage of this offer at Office of the City Clerk locations. There will be no refunds for already issued stickers, people will qualify when their sticker is up for renewal.

Annual Residential Zone Parking may be added for \$25.00 if purchaser resides in a Residential Parking Zone. Disabled Veterans receive an Annual Residential Parking Pass at no charge.





DOG REGISTRATION



As a responsible and caring dog owner, it is important to register your dog with the City of Chicago. In the event your dog strays, the finder can call the Office of the City Clerk at **312-744-3647** with the dog registration number on the tag and we will help reunite you with your dog. A portion of your dog registration fee is allocated to Animal Care & Control and spay/neuter programs. The cost to register your dog is **\$5** for a sterilized dog (**\$2.50** for senior dog owners) or **\$50** for an unsterilized dog (**\$5** for senior dog owners).

You can register your dog at all City Clerk Office locations, online at www.ChiCityClerk.com, or call **312-744-3647** to have an application mailed to you.

Pricing

| Registration Type | Dog Type | Duration | Cost S |
|-------------------|----------|----------|----------|
| Regular Price | S/N | 1 Year | \$5.00 |
| Regular Price | S/N | 3 Years | \$15.00 |
| Regular Price | NS/NN | 1 Year | \$50.00 |
| Regular Price | NS/NN | 3 Years | \$150.00 |
| Senior Price | S/N | 1 Year | \$2.50 |
| Senior Price | S/N | 3 Years | \$7.50 |
| Senior Price | NS/NN | 1 Year | \$5.00 |
| Senior Price | NS/NN | 3 Years | \$15.00 |

^{*}S/N-Spayed/Neutered NS/NN-Non-Spayed/Non-Neutered





CITY COUNCIL INFORMATION



Below are just some of the features found on the Legislative Information Center; Legistrar https://chicago.legistrar.com/default.aspx

LEGISLATION: Search and find detailed information about City Council legislation. Use the Detailed Search feature to find legislation by Sponsor, Committee referral, general topic and legislative status, such as introduced, passed, or deferred and published. Each piece of legislation also has a legislative details page that includes each record's legislative history and the full text of each file.

MEETING CALENDAR: Find detailed agendas for City Council meetings, including links to each agenda item's legislative history, text and corresponding City Council videos. In addition, you can find all City Council committee notices, agendas and summary reports.

COMMITTEES: Locate detailed information on each City Council Committee, including committee membership, contact information and committee websites.

ALDERMEN: Find information about all 50 aldermen, including their contact information and a list of all legislation he or she has sponsored. Don't know your Alderman? Use our convenient Find Your Alderman lookup tool on this page.

ALERTS: For more information about the Legislative Information Center or for questions about legislation and using the site, contact the City Clerk's Council Division at **312-744-6870** or legistrar https://chicago.legistrar.com/default.aspx





INFORMATION AND ASSESMENT FOR SENIOR SERVICES



Information and Assessment is key to determining which city services and programs are available for senior citizens and for eldercare service providers. Central Information and Assessment is located in City Hall with five community locations in each regional senior center. This assessment will determine eligibility for many city services including, but not limited to, home delivered meals, medical transportation assistance, senior companion program, legal assistance, senior housing information, caregiving resources, employment services, and life enrichement programs. Call **312-744-4016** or visit **www.cityofchicago.org/fss** to get started on your assessment today.

SENIOR SAVE DISCOUNT



The free Senior Save program links seniors to valuable discounts offered by Chicago businesses. All Chicago residents age 60 and older are eligible to receive a Senior Save discount card which can be applied for at senior service centers, Golden Diner sites, fitness class locations and CHA senior buildings. A list of participating businesses is included in the discount directory.

The Senior Save card helps keep Chicago affordable for everyone including legal assistance, senior housing information, caregiving resources, employment services, and life enrichment programs. Call **312-744-4016** or visit www.cityofchicago.org/fss to get started on your assessment today.



GOLDEN DINER PROGRAM AND MEALS ON WHEELS



The Golden Diner Program provides Chicago's seniors (over 60 years of age) with hot, nutritious lunches at nearly 70 community sites throughout Chicago each weekday. In addition to the meals, seniors can participate in many of the activities such as health education, speakers and trips that are offered at the Golden Diner program sites.

The Meals on Wheels program provides nutritious meals delivered to homebound seniors who have no support systems in place to assist them in shopping or preparing meals.

GRANDPARENTS RAISING GRANDCHILDREN



Grandparents heading households face unique challenges that make it difficult to provide for their grandchildren beyond basic needs. The Department of Family and Support Services supports these families with counseling, emergency financial assistance, and legal assistance.

SENIOR SHUTTLE SERVICE AND OFFICE OF SERVICE OF SERVICE AND OFFICE OF SERVICE OF SERVICE

Seniors can participate in free weekly transportation to nearby grocery stores, including Aldi, or Jewel Food Stores. ADA accessible buses are available upon request. This is a great opportunity for seniors to meet neighbors and make new friends while shopping in the convenience and safety



of a large group. In addition, specialized transportation is available for eligible seniors.

The Taxi Access Program (TAP) is available to seniors that meet specific requirements under the Regional Transit Authority's American with Disabilities Act program. The service provides door-to-door transportation to seniors at reduced rates.

EDUCATIONAL PROGRAMS



The Lifelong Learners Program is a continuing education program that brings City Colleges of Chicago classes to the Regional Senior Centers. Classes are free and open to Chicagoans 60 years of age and older. Students register at the Senior Center where their preferred course is offered. Classes offered may include learning Spanish, digital photography, or various art programs. For more information on this program, please call 312-744-4016.

FITNESS AND HEALTH PROGRAMS



Senior Centers offer various wellness and health programs. The Chicago Fitness Plus program helps senior citizens achieve and maintain a high level of physical and mental wellness. The program features air-powered weight training equipment, exercise bikes, treadmills and free weights. Professional fitness instructors and trainers lead older adults in strength building, aerobic and flexibility exercises and can customize training programs for seniors based on their own individual goals. Wellness programs at senior centers provide the latest information on disease prevention and health promotion.



HOME REPAIR SERVICES AND HOUSING ASSISTANCE



Low income senior homeowners may qualify for free minor home and safety repairs, such as light plumbing, replacing faulty light fixtures, repairing weather stripping and caulking, installing access grab bars and similar repairs. The Housing Assistance program provides older adults with help in relocating to emergency shelters or finding affordable senior housing. One-on-one guidance is also available in identifying nursing homes, supportive living apartments and assisted living homes.

LIFE ENRICHMENT PROGRAMS



Each City senior center offers a wide variety of programs designed to help keep senior citizens active, introduce them to new activities and provide social opportunities. Activities include musical entertainment, trips and tours, dances and holiday parties. A complete schedule of upcoming life enrichment programs can be found at each senior center.

VOLUNTEER OPPORTUNITIES



Retired seniors can help the homebound elderly and have a rewarding experience in the Senior Companion Program. Another volunteer program popular with seniors is the Foster Grandparent Program. This program gives volunteers an opportunity to make a difference in a child's life. This program also gives the senior volunteer a presence in the community and an opportunity to be around other seniors. Volunteers provide a positive adult image for children by tutoring and mentoring children in Chicago Public Schools, day care centers and rehabilitation centers.



SENIOR CITIZEN WATER BILL SAVINGS



Senior citizens may be able to save on their water bills. If they qualify, seniors could receive an exemption of the sewer charge on all future water bills. In order to qualify, residents must be at least 65 years old, own the property and occupy it as their principal place of residence, have a separate water meter and not have a balance on an existing water bill. To inquire about this discount, contact the City of Chicago Department of Water Management, Senior Citizen Exemptions department, at **312-744-4426**.

SENIOR CITIZEN PROPERTY TAX RELIEF PROGRAMS



There are a variety of discounts and exemptions available to senior citizens who own homes in Chicago. Some of these include Senior Citizen Assessment Freeze Exemption and the Senior Citizen Tax Deferral. For the latest information about any of the Senior Citizen property tax relief programs, contact the Cook County Assessor's office at 312-443-7550 or visit www.cookcountyassessor.com/exemptions.

MEDICAL ASSISTANCE PROGRAMS OF ILLINOIS



The State offers additional assistance to those in need who are 65 years of age or older, blind or disabled through the Aid to the Aged, Blind or Disabled (AABD) program. This assistance is available to those who receive Supplemental Security Income (SSI) and those with incomes higher than SSI standards. The Illinois Department of Healthcare and Family Services also administers the Medicaid and medical assistance grant programs. For more information, Contact the Illinois Department of Healthcare and Family Services Health Benefits Helpline at 1-800-843-6154 or 1-800-447-6404 (TTY).



CHICAGO RX CARD



The Chicago Rx Card is a free and easy way to save up to 80% on prescription drugs and also provides discounts on dental, vision, veterinarian, and lab and diabetes supplies/equipment. No registration or pre-qualification is needed and every is eligible, including families and individuals, regardless of age, income or health. There's no limits on usage or an expiration date. It's also great for those who are uninsured or under insured or if you're in the Medicare "donut hole" where you must pay all costs out-of-pocket for your prescriptions after reaching your yearly limit. There is no paperwork to fill out, just cut out the card on the back cover and it is ready to use! For more information visit www.chicagorxcard.com.

VETERANS CARE



The Veterans Care program offers affordable, comprehensive healthcare to veterans across Illinois. Under this program, veterans pay a premium of \$40 or \$70 depending on income. They receive medical, limited dental and vision coverage.

This program assists veterans with limited incomes. For more information on Veterans Care, call 1-877-4VETSRX.

MEDICARE



Medicare is a federal governmental health insurance program available to people age 65 or older or determined disabled individuals and is administered by the Social Security Administration. There are a variety of programs within Medicare. The Original Medicare is a fee for service plan that



covers many health care services. You can go to any doctor or supplier that is enrolled and accepts Medicare. Medicare Health Plans are like HMOs and PPOs. These plans are sponsored by Medicare and run by private companies. When you join one of these plans, you are still in Medicare. Some plans require referrals to see a specialist. They provide all of your Part A (hospital) and Part B (medical) coverage. These plans may include prescription drug coverage.

Medicare Prescription Drug Plans add prescription drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private Fee-For-Service Plans and Medicare Medical Savings Account Plans. Medigap policies help pay some of the healthcare costs that Original Medicare doesn't cover. If you are in Original Medicare, you could get a Medigap policy to help cover the extra healthcare costs.

For more information about Medicare, call 1-800-MEDICARE or visit www.mymedicare.gov

LEGAL SERVICES FOR SENIORS



There are a number of services in Chicago to assist senior citizens with legal questions involving will and estate matters as well as public aid eligibility and Social Security benefits. One of the organizations is the Legal Assistance Foundation of Metropolitan Chicago (LAF). The LAF represents seniors (60 and over) in all areas of law, with an emphasis on consumer fraud, homeownership preservation, elder abuse, and Medicare Part D. While LAF concentrates on helping people who cannot afford to pay for legal representation, there are no financial limitations on eligibility.



The Department of Family and Support Services can assist you in finding legal resources. Contact them at 312-744-4016 or 312-744-6777 (TTY). The Clerk of the Circuit Court of Cook County is available to bring its services to the various senior citizen facilities in Cook County. The Clerk of the Circuit Court's office is available to educate senior citizens about the daily functions of the office and how to utilize the many services available. To schedule this program at a senior center, or for more information, call 312-603-5030.





OFFICE LOCATIONS



CITY HALL

121 North LaSalle St., Room 100 | Chicago, Illinois 60602

(312) 744-4016 | TDD: (312) 744-6777

NORTHEAST SENIOR CENTER

2019 W. Lawrence Ave.

(312) 744-0784 | TDD: (312) 744-0320

Monday-Friday 8:30 am-4:30 pm | Saturday 9:00 am-4:00 pm

NORTHWEST SENIOR CENTER

3160 N. Milwaukee Ave.

(312) 744-6681 | TDD: (312) 744-0321

Monday-Friday 8:30 am-4:30 pm | Saturday & Sunday 9:00 am-4:00 pm

SOUTHEAST SENIOR CENTER

1767 E. 79th St.

(312) 747-0189 | TDD: (312) 744-0322

Monday-Friday 8:30 am-4:30 pm | Saturday & Sunday 9:00 am-4:00 pm

SOUTHWEST SENIOR CENTER

6117 S. Kedzie Ave.

(312) 747-0440 | TDD: (312) 744-0323

Monday-Friday 8:30 am-4:30 pm | Saturday & Sunday 9:00 am-4:00 pm

CENTRAL WEST SENIOR CENTER

2102 W. Ogden Ave.

(, (312) 746-5300 | TDD: (312) 744-0319

Monday-Friday 8:30 am-4:30 pm | Saturday & Sunday 9:00 am-4:00 pm

DOWNTOWN: RENAISSANCE COURT

78 E. Washington St.

(312) 744-4550 | TTY: (312) 744-6777

Monday-Friday 8:30 am-4:30 pm | Saturday & Sunday 9:00 am-4:00 pm

ABBOT PARK (ROSELAND)

49 E. 95th St.

📞 (312) 745-3493 | Monday-Friday 8:00 am-4:00 pm

AUBURN GRESHAM

1040 W. 79th St.

📞 (312) 745-4798 | Monday-Friday 8:30 am-4:30 pm



AUSTIN

5071 W. Congress Parkway

(312) 743-1538 | Monday-Friday 8:30 am-4:30 pm

CHATHAM

8300 S. Cottage Grove

📞 (312) 745-0385 | Monday-Friday 8:30 am-4:30 pm

ENGLEWOOD

653-657 W. 63rd St.

📞 (312) 745-3328 | Monday-Friday 8:30 am-4:30 pm

NORWOOD PARK

5801 N. Natoma

(312) 744-4016 | Monday-Friday 8:30 am-4:30 pm

EDGEWATER

5917 N. Broadway

(, (312) 744-4016 | Monday-Friday 8:30 am-4:30 pm

GARFIELD RIDGE

5674-B S. Archer

(, (312) 745-4255 | Monday-Friday 8:30 am-4:30 pm

NORTH CENTER

4040 N. Oakley

(312) 745-4029 | Monday-Friday 8:30 am-4:30 pm

PORTAGE PARK

4100 N. Long

(312) 744-9022 | Monday-Friday 8:30 am-4:30 pm

PILSEN

2021 S. Morgan

📞 (312) 743-0493 | Monday-Friday 8:30 am-4:30 pm

WEST TOWN/LOGAN SQUARE

1615 W. Chicago

(312) 743-1016 | Monday-Friday 9:00 am-5:00 pm

KELVYN PARK

2715 N. Cicero

(312) 744-4016 | Monday-Friday 8:30 am-4:30 pm



ILLINOIS DEPARTMENT ON AGING

The Illinois Department on Aging helps older adults live independently in their own homes and communities. As the population ages, services and programs for older adults must evolve as well because longevity has greater meaning when quality of life is enhanced. To best serve older adults, we must also serve their families and teach younger people about the realities of aging, so many of our programs have an intergenerational emphasis. Working with area agencies on aging, community-based service providers and older adults themselves, the Illinois Department on Aging strives to improve quality of life for current and future generations of older Illinoisans.

Community Care Program - Designed to help older people live independently, the Community Care Program provides in-home and adult day services to seniors each month. To be eligible for service, clients must be 60 years of age or older and their asset level (for a single person) cannot be over \$17,500 (not including home, car or furnishings); a cost share is applied if the client's income is above a specified level.

Care Coordination - Care Coordinators, who work in community-based agencies called Care Coordination Units, arrange for an array of support services and make appropriate referrals for older people who need assistance. It is the care coordinator who determines eligibility and designs the care plan.

In-Home Service - This service provides assistance with personal care, as well as with household tasks such as cleaning, laundry, shopping, running errands, and planning and preparing meals. In-home service is available in every county in Illinois.

Adult Day Service - The Department funds many adult day service centers in the State. The service is designed especially for older people who cannot be at home during the day. Not

only does the program provide socialization for clients, it offers respite for family members.

Note: Adult Day Services Centers are eligible to apply for the Child and Adult Care Food Program administered by USDA. USDA is an equal opportunity provider, employer, and lender.

Senior Companion - This program, which is offered in limited areas of the state, matches older people who cannot be left alone with low income senior volunteers who provide companionship.

Choices for Care - If you need long term care, this program makes it possible for you to learn about community-based care (in-home service, home delivered meals, etc.), as well as nursing home care. Local case managers meet with older people and their families to discuss various care options. As a result, people can make more informed decisions about what kind of care is most appropriate and affordable.

Senior HelpLine - The Department's statewide toll-free number, 1-800-252-8966, 1-888-206-1327 (TTY), handles numerous calls Monday through Friday from 8:30 am to 5:00 pm. The Department also provides an Adult Protective Services Hotline (1-866-800-1409) that receives confidential abuse reports 24-hour, 7-days-a-week.

The Senior Health Insurance Program (SHIP) - is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

EMERGENCY HOME RESPONSE SERVICE

Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the client that will automatically link the older adult to a professionally staffed support center.

EHRS is **Community Care Program** core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the **Community Care Program**.

Learn more about the Emergency Home Response Service and the Community Care Program. Call the Illinois Department on Aging Senior HelpLine: 1-800-252-8966, 1-888-206-1327 (TTY) 8:30 am-5:00 pm Monday-Friday

Senior Community Service Employment Program

The Senior Community Service Employment Program (SCSEP), also known as the Title V Program, is a federally funded program designed to assist adults age 55 and older in entering or re-entering the job market. The program is administered by the Illinois Department on Aging through the Area Agencies on Aging, which are responsible for implementation at the local level.

The SCSEP Program fosters and promotes part-time and temporary community service opportunities that contribute to the general welfare of the community.

Who is Eligible?

Anyone is eligible to enroll in the program who:

- is at least 55 years old;
- has a limited income (a figure set by the U.S. Department of Labor at not more than 125% of the poverty level); and,
- is capable of performing the tasks involved in the proposed community service assignment.

How it Works

SCSEP places enrollees, usually 20 hours a week at minimum wage, in community service or not-for-profit agencies where they can remain productive and independent by contributing their talent and services to their communities while earning a modest income. Participants also receive personalized employment-related counseling to enhance their abilities, skills, and aptitudes to increase their job marketability.

Enrollees receive job-related training designed to assist them in finding permanent unsubsidized employment. Training may consist of upgrading existing skills, development of new skills, exposure to educational opportunities, and counseling and assistance in finding and keeping a job to help improve their lives.

Typically, SCSEP participants are offered positions in schools, hospitals, senior centers, nutrition programs, conservation programs, restoration projects, day care centers, employment training centers and other sites.

CONTACT

For more information, or to locate a Senior Community Service Employment Program in your community, contact:

SENIOR SERVICES AREA AGENCY ON AGING

CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES CITY OF CHICAGO

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CHICAGO PARK DISTRICT PROGRAMS



One of America's best-kept secrets is Chicago's historic park system. Even Chicagoans, who routinely enjoy its diverse open spaces, from the magnificent lakeshore parks to intimate neighborhood settings, may be surprised by their parkland legacy. We invite you to learn more about the history of Chicago parks, which are second to none in America and abroad. The Chicago Park District offers multiple senior programs, below is the list. Please contact the Chicago Park Pistrict directly with any questions at: www.chicagoparkdistrict.com or (312) 742-PLAY (7529), TTY: (312) 747-2001. All programs are subject to change please check with the Chicago Park District for the most up-to-date information.

Adult Swim

Social fun swim. Some may chose to work on their strokes, while others just float around.

Aquatic Cardio Cycling at Don Nash Community Center
 Burn calories and increase your heart rate while targeting your
 arms, core and lower body in this indoor aquatic stationary
 cycle class. The workout is designed to enable all individuals
 to participate in a group exercise class with emphasis on
 individual performance.

Aquatic Exercise I

Instructor led group exercise activity for the general population adaptable for individual pace and intensity. This low intensity activity is for new or returning people. Various styles of walking across the width of the shallow end of the pool will be covered. The aquatic environment is easy on the joints and offers more resistance. General activity format includes a warm up, cardio work, strengthening work and cool down. No swimming experience needed.

Aquatic Exercise II-Low Impact

Instructor led group exercise activity for the general population adaptable for individual pace and intensity. Participants move at a slow pace in this low to moderate intensity activity, while doing less intense exercises in chest deep water. The aquatic environment is easy on the joints



and offers more resistance. General activity format includes a warm up, cardio work, strengthening work and cool down. No swimming experience needed.

Aquatic Exercise III-High Impact

Instructor led group exercise activity for the general population adaptable for individual pace and intensity. Participants move at a faster pace in this high intensity activity, using techniques to increase intensity in chest deep water. The aquatic environment is easy on the joints and offers more resistance. General activity format includes a warm up, cardio work, strengthening work and cool down. No swimming experience needed.

Arts & Crafts

Everyone gets crafty in this creative and fun-filled class. Participants will dabble with all kinds of art material such as paper art, clay projects and more.

Back & Balance

Exercises to improve balance and strengthen your back.

Badminton

Facility is available for open play of badminton games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

Basketball

Gym facility is available for open play of basketball games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

Bid Whist

Join others in playing a lively card game of Bid Whist. Bid Whist is a trick-taking card game that includes a bidding element and is played with a partner, against another set of players.

Bingo

Whether you play one card or three, this game offers loads of fun as participants chat and socialize with others.

Bocce

Lawn and equipment are available for open play of bocce games.



No officials or preset teams. Patrons are welcome to participate at an open level of play.

Boxing

This activity offers individuals an opportunity to work at their own pace while learning the proper technique and fundamentals of boxing. Boxing is a great way to build strength, increase coordination and get an aerobic workout.

Bridge Club

Enjoy an afternoon playing bridge while meeting new friends, strengthening card playing skills and sharpening the mind.

Cardio Conditioning

Through a combination of rhythmic aerobic movements, participants will improve cardiovascular endurance, muscle tone and strength in this fun and energetic class.

Cardio Line Dance

This activity takes line dancing to a whole new level. Get a cardiovascular workout and learn a variety of moves and experience many genres of music.

Ceramics

Participants will learn the basics of clay, molding, glaze and wheel techniques. Through this activity, participants will learn how to build sculptures, work with the throwing wheel, firing the kiln and glazing. Participants are encouraged to progress at their own pace in this class for all skill levels, creating their own art pieces, pottery, tableware, etc.

Chair Exercise

This activity emphasizes flexibility, strength, endurance and cardio-respiratory health through chair-based exercises and gentle movements.

Chess

Participants will exercise their mind by learning the game of chess. Participants master strategies and tactics they can apply to other social and academic pursuits.



Chorus

Join a park community choir. Learn the basic vocal and performance skills necessary for participating in a chorus. Perform contemporary music and old favorites.

Color Theory & Oil Painting

This is a two part class that requires students to register for three consecutive sessions. Students will spend one full session learning about color theory through a series of painting exercises used to prepare for the final oil painting project. Acrylics will be used to complete these exercises, later transitioning to oils.

Conditioning

This conditioning class focuses on various fitness components including cardiovascular, muscular strength and endurance, flexibility and core stability. Tubing, physioballs, and/or handheld weights may be incorporated.

Cooking Club

This fun, social activity teaches the basics of the kitchen, safety and cooking in creative ways.

Crafting

Come exercise your creativity and meet new friends in this fun class. Create one of a kind masterpieces using a variety of materials. Projects may include crafting techniques such as decoupage, basket weaving, beading, knitting, painting, decorative art using recycled materials, among others. Check with the park for specific projects offered this session.

Crazy Crafter's Club

This activity is ideal for those interested in learning life skills while having fun with their friends. The crazy crafters will expand their self-expression through fun and easy projects ranging from starting their own garden, to an easy sewing project, to cooking a delicious treat.

Cross Training

Individuals will improve flexibility, strength and cardiovascular endurance through a variety of exercises. Changing activities decreases the risk of overuse injury.



Join a partner or a group of other dancers in learning a series of synchronized steps, trying some new moves, practicing some old ones or just enjoying the dancing fun.

Dance-Tap

Participants will learn basic tap steps and exercises, as well as floor work and rhythm games, leading up to a final recital at the end of the season.

Drawing & Painting

Using traditional and contemporary methods of drawing and painting, participants will learn to master basic skills. As participant's abilities improve, with knowledge gained while working in various mediums, additional creative and challenging assignments are encouraged. Participants must supply painting canvas.

Fit & Strong

This activity is geared toward individuals who have stiffness or pain in their lower back, hips, knees, ankles or feet, or for individuals who have arthritis who do not regularly exercise. Participants will perform total body exercises to strengthen these critical areas.

Fitness and Nutrition

This class focuses on low impact exercise and chairs exercises resistance to minimize bone loss. Focuses on minimizing stiffness of pain in your lower back, hips, knees, ankles or feet for an older adult. Nutrition topics such as eating on a budget and grocery shopping are discussed.

Fitness Combo

Allows use of Fitness Center and enrollment in another fitness activity at a discounted rate.

Fun and Games

Individuals will have a lot of fun participating in recreational games and other basic activities in this energetic activity.



Hip Hop Aerobics

This activity is designed to offer a cardiovascular workout through hip hop-inspired movements and upbeat music.

Jewelry Making/Lapidary

This activity works with the beginner as well as the intermediate and advanced jewelry artists. Participants will work on shaping, forming, cutting, casting and finishing work.

Learn to Swim

Participants will be introduced to aquatic activities through water exploration. Individuals will learn basic swimming techniques, advanced breathing techniques and mechanics of the four basic strokes (freestyle, backstroke, butterfly and breaststroke). Participants will be grouped according to skill level.

Line Dance

Learn the latest line dances and steps in this fun and energetic class. Benefits may include improved coordination and increased fitness level while moving to music.

Low Impact Aerobics

This activity offers low-impact, fat burning cardiovascular aerobics, designed to reduce stress on the spine and joints while using all major muscle groups.

Mixed Media Arts

Participants will develop their own sense of creative expression through exploration of multiple mediums, materials and subject matters.

Mural

Create a unique artwork with a group of other artists.

Nutrition

This activity is designed to increase participants' awareness of the importance of proper nutrition with a focus on balancing calories and exercise. This includes basic knowledge and definition of total calories needed, minerals and a breakdown of carbohydrate, proteins and fats as it relates to a healthy diet and a more active lifestyle.



Learn basic painting techniques including different kinds of brush strokes, working in different media and more.

Photography-Film

Learn both the technical and artistic skills involved in black and white photography. Participants learn to use a 35mm camera, develop film in the darkroom and make beautiful black and white prints.

Piano-Group-Beginner

Participants are taught the keyboard, music theory and the rudiments of key and time signatures. After completing the class, students should be prepared for more advanced piano lessons.

Pickleball

Pickleball is a racquet sport which combines elements of badminton tennis and table tennis. Players will learn the basic skills, rules and fundamentals of the game.

Pilates

Based on the teaching of Joseph Pilates, this mat workout focuses on the powerhouse muscles, incorporating movement to improve core strength and support flexibility. Learn the fundamentals and proper technique in this basic level Pilates for fitness class. Discover the many benefits including body awareness, increased energy and improvement in muscle tone.

Pinochle Club

A game of cards for two to four people, played with a special deck of cards. All levels: beginner, intermediate, and advanced are welcome to join.

Printmaking

Participants will learn different printmaking techniques and create their own works of art.

Quilting

Learn the art of quilt making in an engaging group setting.



Employ various quilting tools, including rotary cutter and mat. Instruction will also include fabric selection, accurate piecing and quilting assembly.

Scrap Booking

This popular pastime is the perfect way to preserve family and cultural history. Bring photos, print media and artwork to create artistic memories.

Sculpture Open Studio

Use the studio to work on artwork projects for a current class.

Seasonal Sports

Learn to play a variety of sports and brush up on skills. Instructors teach and reinforce skills development through drills and game play, with a concentration on sportsmanship and friendly competition. This activity meets at least once a week. Fall season sports include badminton, cross country, floor hockey, flag football and Punt, Pass and Kick. Winter season sports include 2-ball basketball, 3 on 3 indoor soccer, basketball, volleyball and wrestling. Spring season sports include 5 on 5 Soccer, 16" Softball, Pitch, Hit and Run, table tennis and track and field.

Senior Citizens Club

A club ideal for those interested in socializing with friends and neighbors. Come out and enjoy quality time in group participation activities such as bingo, card playing, board games and more.

Senior Dance

Learn various styles of dancing with other seniors in this weekly rotating class. Styles explored include swing, salsa, ballroom, and many more!

Senior Holiday Trip

Put on your holiday outfit and sign-up for the Senior fundraising trip to the beautiful Drury Lane Theatre in Oakbrook. The fun includes, lunch a holiday show and transportation to and from the theater. Enjoy a great holiday event and camaraderie. Tell a friend!



Senior Swim

Social fun swim. Some may chose to work on their strokes, while others just float around.

Senior Valentine Bingo

Join us for a Valentines Day themed Bingo event. Socialize with local seniors, enjoy refreshments and music.

Sewing

Explore the wonderful world of sewing with simple, fun and easy projects that get you started. No experience is needed. Just bring your enthusiasm and love of learning. This activity is geared toward Beginner sewers.

Sing-Along

Come join in the fun with others in singing your favorite songs.

St. Patrick Day Fun

Hosted by John P. Wilson Playground Park seniors enjoy Bingo an old-fashioned Luncheon and music and fun. The fun takes place at Armour Square Park.

Step Aerobics

Step class involves high energy aerobic conditioning utilizing a step platform. Participants will step up and down, over and around in this fun, up-beat, fast paced, high energy class. Various step heights are determined by participant's fitness level ranging from beginner to advanced.

Story Telling Workshop

Storytelling is a unique craft used over the ages to communicate myths, legends and more. Learn the skills needed to be a great storyteller.

Strength & Conditioning

The class focuses on various fitness components including both cardiovascular and muscle strength and endurance. It increases gains in core strength, endurance, and flexibility. This class often incorporates exercises traditionally seen in the weight room setting, mixed in with various aerobic



exercises. Some classes may involve tubing, physioballs, and/or hand held weights.

Stretching

This activity is for participants looking to increase flexibility of joint and muscle and circulation through various limbering, lengthening and relaxation techniques rather than weightbearing exercise.

Table Games

Join other participants in fun and challenging table games. Enjoy a variety of recreational games from cards to board games and billiards. Exciting games of Mah-Jongg. Some sets provided, however, you can bring your own and enjoy.

Table Tennis

Table Tennis tables are available for open play of games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

TEAM Sports

TEAM Sports includes Swim Team, Water Polo and Junior Lifeguarding. Participants will learn or improve their four competitive strokes, learn skills and game techniques for water polo, and how to use rescue equipment and perform rescue techniques. There are competitions offered for every ability and age level.

Tennis-Senior Round Robin

Drop in and play sets, rotating partners each set. Must be a level 3 or higher player. Fee is \$10 per visit.

Tone Stretch Balance

Participants will move through various exercises and positions to increase flexibility and strengthen their core. Participants will transition from standing to mat exercises on the floor.

Volleyball-Open

Gym facility available for open play of volleyball games. No officials or pre-set teams. Patrons are welcome to participate at any level of competition.



Walking Club

Walking is a simple but effective way to incorporate fitness into your daily routine. This activity encourages the social aspect of walking and incorporates some mat work and stretching at the end. The club will move indoors to the gym during inclement weather.

Weight Training

This activity helps develop muscular strength and endurance for the whole body through a circuit weight training activity.

Woodcraft

Enjoy learning to use scroll and band saws to create a variety of wood projects. Master the skills of woodworking including measuring, designing, cutting and sanding. Projects are based upon age, skill level and interest and include birdhouses, small cabinets and bookcases. No experience necessary.







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| 7.Mitchell, Gregory (312)744-6833 Email ward07@cityofchicago.org City Hall Room 200 Ward Office 2249 E. 95th St. Phone Number (773)731-7777 |

Please visit our website for the most up to date Aldermanic information.

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| 33. Rodriguez Sánchez, Rossana Email City Hall Ward Office Phone Number | ward33@cityofchicago.org Room 200 8001 W. Irving Park Rd. |
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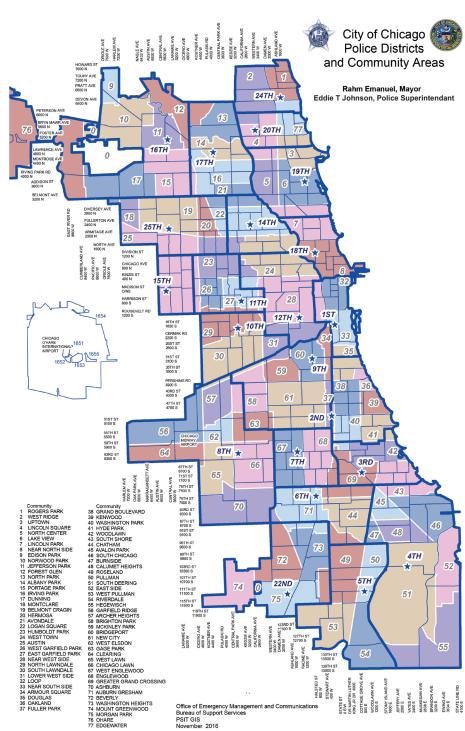
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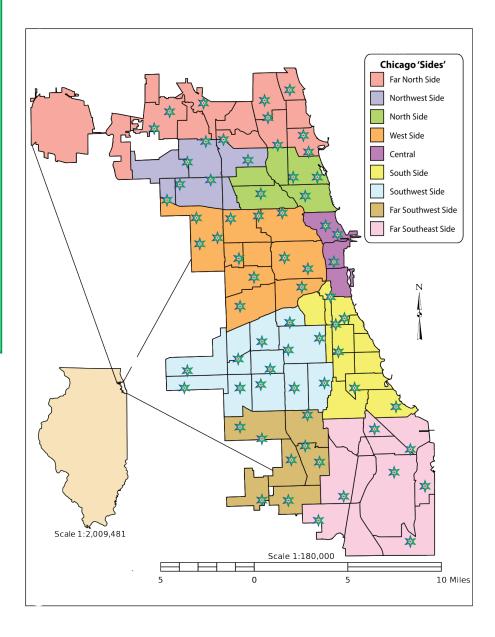
Phone Number.....(773)338-5796

CHICAGO POLICE DISTRICT MAP





CHICAGO LIBRARY INFORMATION CHICAGO LIBRARY NEIGHBORHOOD MAP





CHICAGO LIBRARY INFORMATION

CHICAGO PUBLIC LIBRARY LOCATIONS AND PHONE NUMBERS All locations have a 312 Area Code

REGIONAL

| Harold Washington Library | , Center 400 S. State St | 747-4999 |
|---------------------------|---------------------------------|----------|
| Sulzer Regional | 4455 N. Lincoln Ave | 744-7616 |
| Woodson Regional | 9525 S. Halsted St | 747-6900 |

NORTH DISTRICT

| NORTH DISTRICT | | |
|-----------------------------|--------------------------|------------|
| Albany Park | .5150 N. Kimball Ave | . 744-1933 |
| Austin-Irving | .6100 W. Irving Park Rd | 744-6222 |
| Bezazian | .1226 W. Ainslie St | .744-0019 |
| Budlong Woods | | |
| Bucktown/Wicker Park | .1701 N. Milwaukee Ave | 744-6022 |
| Richard M. Daley-W Humboldt | .733 N. Kedzie Ave | 743-0555 |
| Dunning | .7455 W. Cornelia Ave | 743-0480 |
| Edgebrook | .5331 W. Devon Ave | . 744-8313 |
| Edgewater | .1210 W. Elmdale Ave | . 744-0718 |
| Galewood-Mont Clare | .6871 W. Belden Ave | .746-0165 |
| Humboldt Park | | |
| Independence | .3548 W. Irving Park Rd | 744-0900 |
| Jefferson Park | .5363 W. Lawrence Ave | .744-1998 |
| Lincoln Belmont | | |
| Lincoln Park | | |
| Logan Square | | |
| Mayfair | | |
| Merlo | .644 W. Belmont Ave | 744-1139 |
| North Austin | .5724 W. North Ave | 746-4233 |
| North Pulaski | .4300 W. North Ave | 744-9573 |
| Northtown | .6435 N. California Ave | 744-2292 |
| Oriole Park | | |
| Portage-Cragin | | |
| Roden | | |
| Rogers Park | | |
| Uptown | | |
| West Belmont | 3104 N. Narragansett Ave | .746–5142 |



CHICAGO LIBRARY INFORMATION

CHICAGO PUBLIC LIBRARY LOCATIONS AND PHONE NUMBERS All locations have a 312 Area Code

CENTRAL DISTRICT

| CENTRAL DISTRICT | | |
|-------------------|-----------------------|----------|
| Archer Heights | 5055 S. Archer Ave | 747-9241 |
| Austin | 5615 W. Race Ave | 746-5038 |
| Back of the Yards | 2111 W. 47th St | 747-9595 |
| | 4904 S. Lake Park Ave | |
| | 4314 S. Archer Ave | |
| Canaryville | 642 W. 43rd St | 747-0644 |
| Chicago Bee | 3647 S. State St | 747-6872 |
| Chinatown | 2353 S. Wentworth Ave | 747-8013 |
| Richard J. Daley | 3400 S. Halsted St | 747-8990 |
| Douglass | 3353 W. 13th St | 747-3725 |
| Gage Park | 2807 W. 55th St | 747-0032 |
| Garfield Ridge | 6348 S. Archer Ave | 747-6094 |
| Hall | 4801 S. Michigan Ave | 747-2541 |
| King | 3436 S. King Dr | 747-7543 |
| Legler | 115 S. Pulaski Rd | 746-7730 |
| Little Village | 2311 S. Kedzie Ave | 745-1862 |
| Lozano | 1805 S. Loomis St | 746-4329 |
| Manning | 6 S. Hoyne Ave | 746-6800 |
| McKinley Park | 1915 W. 35th St | 747-6082 |
| Near North | 310 W. Division St | 744-0991 |
| Roosevelt | 1101 W. Taylor St | 746-5656 |
| Sherman Park | 5440 S. Racine Ave | 747-0477 |
| Toman | 2708 S. Pulaski Rd | 745-1660 |
| West Chicago | 4856 W. Chicago Ave | 743-0260 |
| West Town | 1625 W. Chicago Ave | 743-0450 |
| Water Works | 163 E. Pearson St | 742-8811 |





CHICAGO LIBRARY INFORMATION

CHICAGO PUBLIC LIBRARY LOCATIONS AND PHONE NUMBERS
All locations have a 312 Area Code

SOUTH DISTRICT

| 3001H DISTRICT | | |
|------------------------|---------------------------|------------|
| Altgeld | . 13281 S. Corliss Ave | .747-3270 |
| Avalon | .8148 S. Stony Island Ave | .747-5234 |
| Beverly | . 1962 W. 95th St | . 747-9673 |
| Brainerd | . 1350 W. 89th St | .747-6291 |
| Chicago Lawn | | |
| Clearing | . 6423 W. 63rd Pl | .747-5657 |
| Coleman | .731 E. 63rd St | . 747-7760 |
| Greater Grand Crossing | | |
| Hegewisch | | |
| Jeffery Manor | . 2401 E. 100th St | .747-6479 |
| Kelly | . 6151 S. Normal Blvd | . 747-8418 |
| Thurgood Marshall | | |
| Mount Greenwood | .1010 S. Kedzie Ave | .747-2805 |
| Pullman | . 11001 S. Indiana Ave | .747-2033 |
| Scottsdale | | |
| South Chicago | . 9055 S. Houston Ave | .747-8065 |
| South Shore | . 2505 E. 73rd St | . 747-5281 |
| Vodak/East Side | . 3710 E. 106th St | .747-5500 |
| Walker | - | |
| West Englewood | .1745 W. 63rd St | . 747-3481 |
| West Lawn | . 4020 W. 63rd St | . 747-7381 |
| West Pullman | . 830 W. 119th St | . 747-1425 |
| Wrightwood-Ashburn | .8530 S. Kedzie Ave | .747-2696 |
| Whitney M. Young, Jr | . 7901 S. King Dr | .747-0039 |



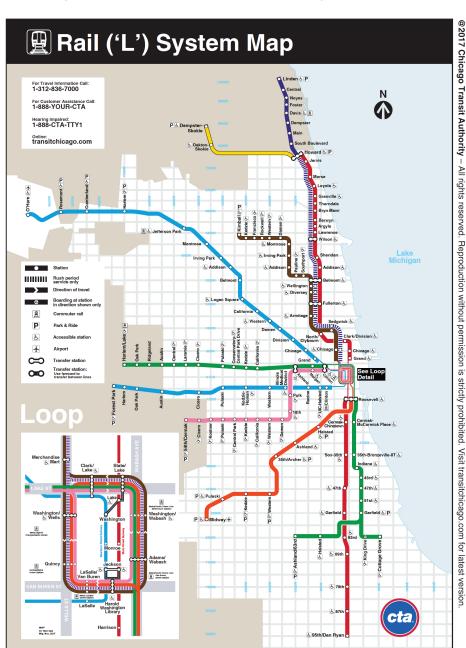




CHICAGO PUBLIC TRANSIT INFORMATION

CHICAGO TRANSIT SYSTEM MAP

For more information about public transportation, including bus routes, visit www.transitchicago.com







THE LINK BETWEEN COMMUNITY AND GOVERNMENT.

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