

## CAREGIVERS SUPPORT INFORMATION

ALWAYS CHECK WITH THE FACILITY AS TIMES AND DATES MAY CHANGE

<u>SUPPORT GROUPS FOR CAREGIVERS</u>	ADDRESS	PHONE	MEETING DATE	SUBJECT	CONTACT	EMAIL
ARLINGTON HTS. LUTHERAN HOME	800 W. OAKTON	847-253-3710	2ND THURS 1-2:30 PM	CAREGIVING-ELDERLY	SHARON	
ARLINGTON HEIGHTS SENIOR CENTER CATHOLIC CHARITIES HOUSED HERE	1801 W. CENTRAL	847-253-5500 X333	3RD WEDS 7-8:30 PM	CAREGIVER SUPPORT	MICHAELA	
DEERFIELD-PATTY TURNER CTR.	375 ELM ST	847-940-4010	2ND/4TH WEDS 1:15 PM	CAREGIVER SUPPORT	MARGIE FISHER	
DEERFIELD-THE FRIEND CENTER	1601 LAKE COOK RD.	847-374-0500	3RD THURS 7-8 PM		NINA OR SARA	
EVANSTON/SKOKIE VALLEY SENIOR SERVICES	840 DODGE	847-424-5661	1ST WEDS 3-4:30 PM		LAURETTA HART	
HIGHLAND PARK- FAMILY SERVICES	777 CENTRAL	847-432-4110	1ST/3RD THUR 7-8:30 PM	SR. CAREGIVER SUPP.	JENIFER AIELLO	
HOFFMAN ESTATES-ST. ALEXIS HOSPITAL	1555 BARRINGTON	847-839-6481	1ST THURS 7-9:00 PM	CAREGIVER SUPPORT	SUSAN SINTEON	
MORTON GROVE-BETHANY TERRACE	8425 N. WAUKEGAN	847-965-8200X229		3RD MON 7:00-8:00 P		
NORTHBROOK-BRANDEL CENTER	2155 PFINGSTEN	847-412-7303	3RD FRI, 1:30-2:30 PM			
			3RD THURS 11:00 AM			

<u>SUPPORT FOR DEMENTIA</u>	ADDRESS	PHONE	MEETING DATE	SUBJECT	CONTACT
DEERFIELD-WEINBERG COMMUNITY CTR	1501 LAKE COOK,	877-236-7863		CAREGIVER SUPPORT	SARA SANDERMAN
EVANSTON-MATHER PAVILION	820 FOSTER	847-492-2525	1ST WEDS 7-9:00 PM	CAREGIVER SUPPORT	JOANNE MALLETA
EVANSTON-CJE SENIOR LIFE	1015 W. HOWARD ST	847-508-1000	2ND WEDS 1-2:30 PM		
GLENVIEW TERRACE	1511 GREENWOOD RD.	847-729-9090	1ST/3RD WEDS 11-NOON	FAMILY SUPPORT	MIRANDA WHITE
GLENVIEW COMMUNITY CHURCH	1000 ELM		3RD WEDS 6-7:30 PM		
MORTON GROVE-BETHANY TERRACE	8425 N. WAUKEGAN	847-965-8100	4TH THURS 2-3:00 PM	CARING/ CAREGIVER	ROSA CAPUTO
NORTHBROOK-ARDEN COURTS	3240 MILWAUKEE	847-795-9000	2ND TUES 1-2:30 PM	FAMILY SUPPORT	COURTNEY
NORTHFIELD-NORTH SHORE SENIOR CTR	161 NORTHFIELD RD.	847-272-6250	CALL FOR INFORMATION	FAMILY SUPPORT	DEANA LESHT
PARK RIDGE-SUNRISE ASSISTED LIVING	1725 W. BALLARD RD.	847-824-1724	2ND TUES 1-2:30 PM	ALZHEIMERS SUPPORT	RANDY MONROE
PARK RIDGE-NESSET PAVILION	1774 W. BALLARD	847-318-2501	TUES 7:00 PM -CALL	FAMILY SUPPORT	SANDY
SKOKIE-HOME INSTEAD SENIOR CTR	8816 BRONX	847-673-1250	THURS 1:30-3:00 PM	CAREGIVER SUPPORT	TESSA SYLVESTRE
SKOKIE-RUSH NORTH SHORE MEDICAL CTR	9701 KNOX	847-933-6582	1ST TUES 6:30-7:30 PM	SPOUSE SUPPORT	SOCIAL SERVICES
WILMETTE LIBRARY-FAMILY CARE GIVING	1242 WILMETTE AVE	847-256-5025	1ST TUES 7:00 PM	FAMILY SUPPORT	BONNIE FORKOSH
			LAST MON 7:00 PM		

<u>CAREGIVER RESOURCES CENTERS</u>	ADDRESS	PHONE	PHONE #2	CONTACT	EMAIL
C OOK CTY-LEGAL ASSISTANCE FOUNDATION	111 W. JACKSON	312-341-1078		COLLEEN CONNOLLY	<a href="mailto:cconnolly@lafchicago.org">cconnolly@lafchicago.org</a>
EVANSTON-NORTH SHORE SENIOR CENTER	840 DODGE	847-864-3721		LAURETTA HART	<a href="mailto:lhart@nssc.org">lhart@nssc.org</a>
NORTHFIELD-NORTH SHORE SENIOR CENTER	161 NORTHFIELD RD.	847-784-6000	847-864-4601	HEATHER RESNICK	<a href="mailto:hresnick@nssc.org">hresnick@nssc.org</a>
OAK PARK-CAREGIVER RESOURCE CTR	418 S. OAK PARK AVE	708-383-8060	847-784-6088	STEVEN SMITH	<a href="mailto:ssmith@oakparktownship.org">ssmith@oakparktownship.org</a>

<u>ADULT DAY SERVICES</u>	ADDRESS	PHONE	PHONE #2	CONTACT	EMAIL
ARLINGTON HTS.-GLENKIRK	2501 W. CHESTNUT	847-272-5111		CORY	
CHICAGO-CJE SENIOR LIFE	3003 W. TOUHY	773-508-1000			
CHICAGO/EVANSTON-CJE SENIOR LIFE	1015 W. HOWARD	847-492-1400			
DES PLAINES-ADVOCATE OLDER ADULT SERV	9375 CHURCH ST.	847-824-5142		EDYTH HIRASAWA	

NORTHBROOK-GLEN OAKS NURSING/REHAB	270 SKOKIE BLVD	847-498-9320
PALATINE-CARING HEARTS ADULT DAY CTR	505 S. QUENTIN	847-991-1112
SKOKIE-GREAT OPPORTUNITIES ADULT DAY	4555 CHURCH ST.	847-982-3318
WHEELING-FOREVER YOUNG DAY -RUSSIAN	50 W. MILWAUKEE	847-229-0001

**HEARING LOSS**

NORTHFIELD-NORTH SHORE SENIOR CTR	161 NORTHFIELD RD.	847-784-6040X6907
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[mblumer-reed@nssc.org](mailto:mblumer-reed@nssc.org)

**ONLINE CAREGIVER SUPPORT**

AARP	<a href="http://www.aarp.org/caregiving">www.aarp.org/caregiving</a>
AOA	<a href="http://www.aoa.gov/prof/aoaprogram/caregiver/careprof/resources/caregiver_resources.sasp">www.aoa.gov/prof/aoaprogram/caregiver/careprof/resources/caregiver_resources.sasp</a>
ALZHEIMERS ILLINOIS	<a href="http://www.alzheimers-illinois.org">www.alzheimers-illinois.org</a>
ALZHEIMER'S AND CAREGIVING CHATS	<a href="http://www.zarcrom.com/users/yeartorem/chats.html">www.zarcrom.com/users/yeartorem/chats.html</a>
CAPS	<a href="http://www.caps4caregivers.org">www.caps4caregivers.org</a>
CAREGIVING HELP.ORG	<a href="http://www.caregiving.org">www.caregiving.org</a>
CAREGIVING ONLINE	<a href="http://www.caregiving.com">www.caregiving.com</a>
ELDERCARE ONLINE	<a href="http://www.ec-online.net">www.ec-online.net</a>
FAMILY CAREGIVER ALLIANCE	<a href="http://www.caregiver.org">www.caregiver.org</a>
FULL CIRCLE	<a href="http://www.fullcirclecare.org">www.fullcirclecare.org</a>
HEALTHY CAREGIVER	<a href="http://www.healthycaregiver.com">www.healthycaregiver.com</a>
HELPGUIDE.ORG	<a href="http://www.helpguide.com">www.helpguide.com</a>
WELLSCOPE FOUNDATION	<a href="http://www.wellspouse.org">www.wellspouse.org</a>
MATHER	<a href="http://www.matherlifeways.com">www.matherlifeways.com</a>
STRENGTH FOR CARING	<a href="http://www.strengthforcaring.com">www.strengthforcaring.com</a>

**CAREGIVER RELATED**

AARP	<a href="http://www.aarpanswers.com">www.aarpanswers.com</a>
NAT'L ALLIANCE FOR CAREGIVING	<a href="http://www.caregiving.org">www.caregiving.org</a>
NAT'L FAMILY CAREGIVERS ASSOC.	<a href="http://www.thefamilycaregiver.org">www.thefamilycaregiver.org</a> FREE MEMBERSHIP
CAREGIVING ONLINE	<a href="http://www.caregiving.com">www.caregiving.com</a>
FAMILY CAREGIVER ALLIANCE	<a href="http://www.caregiver.org">www.caregiver.org</a>
WELLSCOPE FOUNDATION	<a href="http://www.wellspouse.org">www.wellspouse.org</a>
ELDERCARE ONLINE	<a href="http://www.ec-online.net">www.ec-online.net</a>
HEALTHY CAREGIVER	<a href="http://www.healthycaregiver.com">www.healthycaregiver.com</a>
AMERICAN GERIATRIC SOCIETY	<a href="http://www.healthinaging.org/eldercareathome">www.healthinaging.org/eldercareathome</a>
NATIONAL INSTITUTE OF HEALTH	<a href="http://www.eldercarefamilycenter.com">www.eldercarefamilycenter.com</a>
CJE SENIOR LIFE	<a href="http://www.caregivinghelp.org">http://www.caregivinghelp.org</a>

**BENEFITS**

NATIONAL COUNCIL ON AGING	<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>
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**CLOTHING**

FINALLY IT FITS	<a href="http://www.finallyitfits.com">www.finallyitfits.com</a>
INDEPENDENT YOU	<a href="http://www.independentyou.com">www.independentyou.com</a>
CARE APPAREL	<a href="http://www.careapparel.com">www.careapparel.com</a>

SHOES [www.footsmart.com](http://www.footsmart.com)  
JEANS/SLACKS FOR WHEELCHAIR [www.wheelchairjeans.com](http://www.wheelchairjeans.com)  
BUCK AND BUCK [www.buckandbuck.com](http://www.buckandbuck.com)  
AMERICAN CANCER SOCIETY CATALOG [www.tlccatalog.org](http://www.tlccatalog.org)

#### **HEALTH**

AMERICAN GERIATRICS SOCIETY [www.americangeriatrics.org](http://www.americangeriatrics.org)  
AMERICAN ASSOC. GERIATRIC PSYCHIATRY [www.aagppa.org](http://www.aagppa.org)  
GERIATRIC MENTAL HEALTH FOUNDATION [www.gmhfonline.org](http://www.gmhfonline.org)  
MAYO CLINIC [www.mayoclinic.com](http://www.mayoclinic.com)  
NATIONAL INSTITUTE OF HEALTH [www.nih.gov](http://www.nih.gov)  
NATIONAL LIBRARY OF MEDICINE [www.nlm.nih.gov](http://www.nlm.nih.gov)  
MEDICAL DICTIONARIES [www.medline.org](http://www.medline.org)  
GERIATRIC HEALTH INFORMATION [www.miahonline.org](http://www.miahonline.org)  
PALLIATIVE CARE [www.caregiving.org/care.pdf](http://www.caregiving.org/care.pdf)  
POSITIVE AGING [www.postiveaging.org](http://www.postiveaging.org)

#### **DISEASE SPECIFIC**

ALZHEIMERS' ASSOCIATION [www.alz.org](http://www.alz.org)  
AMERICAN ASSOC. OF PEOPLE W/DISABILITY [www.ascp.com](http://www.ascp.com)  
AMERICAN CANCER SOCIETY [www.ca.cancer.org](http://www.ca.cancer.org)  
AMERICAN HEART ASSOC. [www.americanheart.org](http://www.americanheart.org)  
AMERICAN LUNG ASSOC. [www.lungusa.org](http://www.lungusa.org)  
AMERICAN PAIN SOCIETY [www.ampainsoc.org](http://www.ampainsoc.org)  
ARTHRITIS FOUNDATION [www.arthritis.org](http://www.arthritis.org)  
EYE DISEASES [www.nei.nih.gov](http://www.nei.nih.gov)  
INCONTINENCE [www.incontinence.org](http://www.incontinence.org)  
LEWY BODY DEMENTIA [www.lewybodydementia.org](http://www.lewybodydementia.org)  
MENTAL HEALTH [www.nmha.org](http://www.nmha.org)  
NATIONAL CANCER INSTITUTE [www.cancer.gov](http://www.cancer.gov)  
NATIONAL PARKINSON ASSOC [www.cancer.gov](http://www.cancer.gov)  
NAT'L INST. DEAFNESS AND COMMUNICATE [www.nided.nih.gov](http://www.nided.nih.gov)  
NATIONAL MULTIPLE SCLEROSIS SOCIETY [www.nmss.org](http://www.nmss.org)  
NATIONAL OSTEOPOROSIS FOUNDATION [www.nof.org](http://www.nof.org)  
NATIONAL SPINAL CORD INJURY ASSOC. [www.spinalcord.org](http://www.spinalcord.org)  
NATIONAL STROKE ASSOC. [www.stroke.org](http://www.stroke.org)

#### **DRIVING RELATED**

AAA FOUNDATION [www.aaafoundation.org](http://www.aaafoundation.org) [www.seniordrivers.org](http://www.seniordrivers.org)  
AARP DEFENSIVE DRIVING CLASSES [www.aarp.org/drive](http://www.aarp.org/drive)

#### **INFORMATION ON MEDICATIONS**

DRUG DIGEST [www.drugdigest.com](http://www.drugdigest.com)  
RX LISTS-SIDE EFFECTS, COSTS [www.rxlist.com](http://www.rxlist.com)

MEDICARE PART D [www.medicare.gov](http://www.medicare.gov)  
NEEDY MEDS [www.needymeds.com](http://www.needymeds.com)  
BENEFITSCHECKUP [www.benefitscheckup.org](http://www.benefitscheckup.org)  
PHARMACEUTICAL ASSISTANCE INFO [www.rxhope.com](http://www.rxhope.com)  
ILLINOIS DEPARTMENT ON AGING [www.state.il.us/aging](http://www.state.il.us/aging)

#### **HOUSING**

AMER. ASSOC. HOMES & SERVICES FOR AGED [www.aahsa.org](http://www.aahsa.org)  
ASSISTED LIVING FEDERATION [www.alfa.org](http://www.alfa.org)  
A PLACE FOR MOM [www.aplaceformom.com](http://www.aplaceformom.com)  
CONSORTIUM ON ASSISTED LIVING [www.ccal.org](http://www.ccal.org)  
IL HOUSING DEVELOPMENT [www.ihda.org](http://www.ihda.org)  
NEW LIFESTYLES [www.newlifestyles.com](http://www.newlifestyles.com)  
NURSING HOME INFORMATION [www.medicare.gov/NHCompare](http://www.medicare.gov/NHCompare)  
NAT'L CITIZENS COALITION FOR REFORM [www.nccnr.org](http://www.nccnr.org)  
ILLINOIS DEPARTMENT OF PUBLIC HEALTH [www.idph.state.il.us](http://www.idph.state.il.us)  
SENIOR ALTERNATIVE FOR LIVING [www.snioralterjatives.com](http://www.snioralterjatives.com)  
HOME MODIFICATION INFORMATION [www.homemods.org](http://www.homemods.org)  
BOOKLETS [www.medicare.gov/booklets](http://www.medicare.gov/booklets)

#### **ASSISTIVE DEVICES**

FUNCTIONAL SOLUTIONS [www.beabletodo.com](http://www.beabletodo.com)  
IL. ASSISTIVE TECHNOLOGY PROJECT [www.iltech.org](http://www.iltech.org)  
ABLEDATA [www.abledata.com](http://www.abledata.com)  
ALZHEIMER'S STORE [www.thealzheimersstore.com](http://www.thealzheimersstore.com)

#### **ILLINOIS DEPARTMENTS**

AGING [www.state.il.us/aging](http://www.state.il.us/aging)  
INSURANCE [www.idfpr.com/ship](http://www.idfpr.com/ship)  
PUBLIC AID [www.state.il.us/dpa](http://www.state.il.us/dpa)  
SECRETARY OF STATE [www.sos.state.il.us](http://www.sos.state.il.us)

#### **FEDERAL**

MEDICARE [www.medicare.gov](http://www.medicare.gov)  
SOCIAL SECURITY [www.ssa.gov](http://www.ssa.gov)

#### **LEGAL INFORMATION**

AMERICAN BAR ASSOCIATION [www.abanet.org/aging](http://www.abanet.org/aging)  
NATIONAL ASSOC. OF ELDER LAW ATTORNEY [www.naela.org](http://www.naela.org)  
NATIONAL SENIOR CITIZENS LAW CENTER [www.nsclc.org](http://www.nsclc.org)